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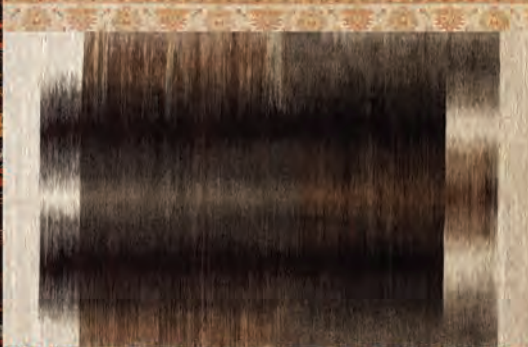


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# Editor's Letter

Last night I went to bed with wet hair and woke up with it looking like Tina Turner's!

Actually, I probably looked more like a member of Slade or the Bay City Rollers after a really good night of smashing up a hotel room.

"Aged Rocker" could also describe how my body felt, thanks to four hours of wandering around one large shopping mall looking for a dress that I could wear to a 50th-birthday barbecue. I wanted something that wouldn't require me to wear "squeezy" knickers – you know, those knickers that cause you to internally combust if you're not in air-conditioning.

I did find an okay one eventually – but then I also found a couple of bargain-priced shoes in the Great Singapore Sale; one of those should perk the whole outfit up nicely. There's nothing like a good bargain!

We have some sportswear featured in this month's magazine. Anything you wear to run or play sport in this climate needs to be as brief as possible – nothing with sleeves for me anyway.

If you're heading somewhere cooler for a holiday – and that's probably 99 percent of the world – enjoy. I have just bought my thermal underwear for New Zealand as they've just had the coldest May day on record. Maybe I should pack my squeezy knickers too?

For planning ahead for future holidays, we have a Maldives story this month that should get you inspired. Start saving the pennies now! Sorry, that should be dollars...

Happy dreaming!



Rebecca

REBECCA BISSET  
Editor-in-Chief

STAY UPDATED ONLINE @  
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## NEWS

Keeping you up to date with the latest news and promotions around town, plus heaps of online-only content.

*Tip:* For fabulous EL travel deals, go to [expatliving.sg/travel](http://expatliving.sg/travel).

## EVENTS CALENDAR

You'll never miss a concert, play, sale or exhibition again. Plus, upload your own events for free by hitting "Post an Event" on the homepage (top right).

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## HOW TO SELL YOUR OLD STUFF

Looking to sell off items online or in the magazine? Post all the details and photos by hitting "Post a Notice" on the homepage (middle left).

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## LAUGH A MINUTE

It's back. The roadshow of the **Melbourne International Comedy Festival** returns to Singapore for its 10th year, with a line-up of five talented comedians. Ronnie Chieng, acid-tongued Joel Creasely and banjo-playing Annie Edmonds are among the performers who'll be presenting Aussie humour at its best, following their appearance at the third-largest comedy festival in the world. **8 to 12 July. DBS Arts Centre. Tickets from Sistic.**

## MUSEUM FOR KIDS

A new play area at the **National Museum** is dedicated to little visitors aged three to seven years, and features some engaging, larger-than-life play areas. The whopping 700 square metres of space allows kids to discover Singapore's heritage, history and culture in a fun and age-appropriate way. Check the website regularly for an updated activity programme. **National Museum of Singapore. Free. nationalmuseum.sg**



## GARDENS GALORE

Even if you don't have a green thumb, the **Singapore Garden Festival** is a great day out, with tropical garden and floral displays created by more than 30 internationally acclaimed designers. See balcony, landscape, miniature and fantasy gardens, floral table displays, plus the Gardeners' Cup display that showcases the work of keen community gardeners. The outdoor venue is perfect for kids, too. **16 to 24 August. Gardens by the Bay. singaporegardenfestival.com**



## TOPS FOR TAXIS

We all know how great Singapore is, and now global travellers have confirmed it: the Little Red Dot appears in as many as 10 of **Trip Advisor's** World City Survey Top 10 lists. The accolades included first for comfort when travelling alone; second for best taxi service, cleanest streets, ease of getting around, and family-friendliness; and third for taxi-driver friendliness. Tokyo ranked first for best overall experience, while Moscow, Mumbai and Marrakech took the wooden spoon across several categories.



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## MUMS AROUND THE WORLD

While Singapore was lauded as the best place in Asia to be a mother in **Save The Children's** annual report, spare a thought for the 250 million children under five who live in countries affected by armed conflict. European countries dominated the top 10 in the report, while Australia sneaked in at ninth and Singapore ranked 15th. The report uses data on health, education, economics and female political participation to highlight where mothers and children fare best, and where they face the greatest hardships (in this report, sub-Saharan Africa). [savethechildren.org](http://savethechildren.org) ▲

## ARE YOU A MUMPRENEUR?

Raise your hands all those dynamic mumpreneurs who run businesses, raise children, and pursue your passions? The inaugural Mumpreneur of the Year award celebrates the lives and achievements of the remarkable women who finely balance work and family, with spirit, style and spunk. Entries close 8 August. [singaporemumpreneur.com](http://singaporemumpreneur.com)



## LEAN IN, LADIES

For women looking for encouragement and support in pursuing their careers and achieving their professional goals, the monthly Synovations Lean In Circle group sessions provide coaching aimed at helping individuals to reach their highest potential. The sessions include facilitated conversations, dialogue and multimedia experiences. They're held on the fourth Saturday of every month from 2pm to 5pm, and the first Tuesday of the month from 7.30pm to 9pm. [synovations.com](http://synovations.com) ◀



## Fun and Free

Singapore might be expensive, but there are plenty of free things to keep you entertained. Following on from our last issue, here are some more suggested activities around town that won't plunder the purse.



**Adults:** Outdoor Theatre at the Esplanade. Fronting the waterfront along Marina Bay, the Esplanade's outdoor theatre hosts regular performances, from music to dance and theatre, all of which can be enjoyed by hundreds of people under the starlit sky. Search "outdoor theatre" to find weekly events at [www.esplanade.com](http://www.esplanade.com).

**Kids:** Marina Barrage. Fly kites (or just watch), check out the Sustainable Singapore Gallery or the Arts Trail, or get wet in the fun water features. Take snacks to eat on the roof at sunset and watch the lights of the city go on. Many people ride bikes to the Barrage, but it's also easy to drive, taxi or walk there from Gardens by the Bay. [pub.gov.sg/marina](http://pub.gov.sg/marina)

**Almost free:** With a wave pool, a lazy river, three big slides and a water play area for little kids, the Jurong East Swimming Complex is lots of cheap fun. Before you go, check for lightning updates and closures at [facebook.com/jurongeastsrc](https://facebook.com/jurongeastsrc). 21 Jurong East Street 31. Admission is \$1 for kids and \$2 for adults. 6563 5052.



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### CAMP ASIA SUMMER CAMPS

(1 JULY-8 AUGUST)

Whether you're looking for a multi-activity or specialist camp, Camp Asia has lots of choices for children aged three to eleven. In addition to its popular specialist camps such as Super Chef, Sports Stars, Tech Savvy and Mini Mandarin, new camps on the block include Math Mania, Mad World of Science, Passion for Art and English 101. **For more information and to book your child's spot, visit [campasia.asia](http://campasia.asia).**



### ON STAGE: WHOSE LINE IS IT ANYWAY?

(2-5 JULY)

Singapore fans of improvisational comedy show *Whose Line is it Anyway?* won't want to miss this live version featuring the stars of the UK version of the show. Every performance will differ, depending on audience suggestions. **DBS Arts Centre, Robertson Quay. Tickets from Sistic.**

### REEM ACRA 2015 BRIDAL TRUNK SHOW

(3-5 JULY)

For the first time in Singapore, Trinity Gallery will be hosting a bridal trunk show for American designer Reem Acra, featuring over 20 glamorous wedding dresses, including her latest bridal collection and best-selling designs from previous seasons. **#02-14 Raffles Hotel Arcade, [trinitygallery.com.sg](http://trinitygallery.com.sg). For enquiries, call 6336 5052.**

### BAOBAB PHOTOWALK AT GREEN CORRIDOR

(5 JULY)

Join Baobab for a fun, relaxed morning photographing the Green Corridor during a walk from Bukit Timah to Buona Vista. Get tips about what to shoot and how to tap into your creativity for some fabulous shots. **No experience necessary. 90-minute walk, \$45. For enquiries, email [admin@baobabphoto.com](mailto:admin@baobabphoto.com).**

### ISS SUMMER SCHOOL

(7 JULY-1 AUGUST)

ISS Summer School is helping kids make the most of their summer with engaging and interesting activities and courses. The programme offers a wide range of experiences in language, art and sports for ages four to 18, and is taught largely by the regular ISS faculty. Parents will have peace of mind knowing their children are thoroughly enjoying themselves, whether it's doing fun science, computer classes, scaling walls or hitting targets. **For registration, contact Summer School Registrations on 6737 6407 or email [sumsch@iss.edu.sg](mailto:sumsch@iss.edu.sg). Bus transport and lunch provided.**



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**EXHIBITION: RIPOLLES, THE COLOURS OF LIFE**

(10-31 JULY)

For the past five decades, Ripolles' paintings and prints have been exhibited at the major galleries and museums of Amsterdam, New York, Tokyo and Beijing. His large-format sculptures have been seen in the parks, streets and squares of Madrid, Seville, Valencia, Lisbon, Venice, Verona and Beijing. **Galerie Belvedere, 140 Hill Street.**

**ON STAGE: RED**

(10-13 JULY)

*RED* by Blank Space Theatre is a Tony Award-winning play written by John Logan (*Gladiator*, *The Aviator*, *Sweeney Todd*, *Skyfall*) and directed by Samantha Scott-Blackhall (*Freud's Last Session*). Enter the mind of abstract expressionist artist Mark Rothko as he finds himself embroiled in a philosophical debate and faces one of the biggest challenges of his career. **Esplanade Theatre Studio. Tickets from \$28, concessions available. To book and for event timings, visit [thestudios.com.sg/2014/red.php](http://thestudios.com.sg/2014/red.php).**



**THE SOUND OF MUSIC**

(11-27 JULY)

One of the world's best-loved musicals arrives at Marina Bay Sands this July from the famous London Palladium. One for the family, and not to be missed. **MasterCard Theatres, Marina Bay Sands. Tickets from \$65, available at [red.phic](http://red.phic).**



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**ABSTRACT ART JAM BY HANSART**  
(12-13 JULY)

Inspired to create your own abstract masterpiece? Now you can at this introductory art jam, which will teach you basic concepts and techniques such as colour-washing, dotting and "blow art". Materials will be provided, including a 28cm-by-36cm canvas. **Tickets from \$25. For more information, visit [www.thestudios.com.sg](http://www.thestudios.com.sg).**

**CONCERT: SLO CHILDREN'S CHOIR**  
(18 JULY)

This month, the Singapore Lyric Opera Children's Choir performs for one night only, featuring guest choirs from Bedok South, Geylang Methodist and Yishun secondary schools. Expect classics such as "Waltzing Matilda" and "Moon River", and a medley from *The Little Mermaid*. **7.30pm. Esplanade Concert Hall.**

**BALLET UNDER THE STARS**  
(18-27 JULY)

Take a picnic along to the park for Singapore Dance Theatre's 19th annual Ballet Under the Stars. Works to be performed include George Balanchine's joyous *Allegro Brillante*, *The Winds of Zephyrus* and *Opus 25* by award-winning Chinese-American choreographer Edward Liang, and the world premiere of a new work by Australian choreographer Natalie Weir. **Fort Canning Green. Tickets from Sistic.**

**SINGAPORE SLINGERS BASKETBALL MATCH**  
(20 JULY)

With players from the US and the Philippines on its roster, the Slingers are Singapore's only professional basketball team. You can watch them at the ASEAN Basketball League (ABL) 2014 season, where they will compete against teams from Indonesia, Malaysia, Thailand and Vietnam. **OCBC Arena. Visit [singaporesslingers.com](http://singaporesslingers.com) for more info. Tickets available at [sportshubtix.sg](http://sportshubtix.sg) or by calling 6333 5000.**

**OSCAR DE LA RENTA BRIDAL TRUNK SHOW**  
(24-26 JULY)

Trinity Gallery will be the first retailer to host Oscar de la Renta's 2015 bridal trunk show, showcasing around 30 designs from the collection that recently closed the Audi Fashion Festival. **#02-14 Raffles Hotel Arcade, [trinitygallery.com.sg](http://trinitygallery.com.sg). For enquiries, call 6336 5052.**

**ON STAGE: BOMBAY BICYCLE CLUB**  
(29 JULY)

This Indie rock band from London will be heading to Singapore this month for a one-night-only performance at *\*Scape*, off Orchard Road. **2 Orchard Link. For concert tickets, visit [www.tickets.eventclique.com](http://www.tickets.eventclique.com).**



Oscar de la Renta Bridal Trunk Show



Ballet Under The Stars (photo: Nicoletten Studio)



Ballet Under The Stars (photo: Tan Ngiap Heng)





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# CALENDAR

*Plan Ahead*

AUGUST 2014

**AIS WOMEN'S  
EDUCATIONAL  
LEADERSHIP CONFERENCE**  
(15-16 AUGUST)

A conference covering gender, identity and leadership issues, from how to navigate career challenges to reflecting on your journey. Lectures and workshops will delve into issues such as the common characteristics of woman's leadership journeys, effective school leadership, and developing action plans for progress into middle management and senior management positions. **Australian International School. Registration deadline: Friday, 1 August. To register, call 6319 3786 or email [innovation@ais.com.sg](mailto:innovation@ais.com.sg). [womenineducation2014.eventbrite.sg](http://womenineducation2014.eventbrite.sg)**

**ANZ AOTEAROA BALL**  
(23 AUGUST)

This year's Aotearoa Ball features a five-course menu crafted from premium New Zealand produce, together with wonderful wines. **7pm, Grand Copthorne Waterfront Hotel. Visit [nzchamber.org.sg](http://nzchamber.org.sg) for information on the entertainment line-up and wine selection, and to reserve your tickets.**

**AWARE CRYSTAL BALL 2014**  
(25 AUGUST)

AWARE, a leading gender equality advocacy group in Singapore, is holding its annual ball. Funds from ticket sales will go towards the organisation's charity work. Pam Oei and singer-actor Benjamin

Kheng will host the evening, while popular local brand Sam Willows will provide the entertainment.

**7pm, Regent Hotel, Royal Pavilion Ballroom. Tickets from \$260, tables at \$2,600. For reservations, contact [crystalball@aware.org.sg](mailto:crystalball@aware.org.sg) or call 6779 7137.**

**MONIQUE LHUILLIER  
BRIDAL TRUNK SHOW**  
(28-30 AUGUST)

Following the success of last year's show, Monique Lhuillier's Spring 2015 bridal collection will be publically showcased at Trinity Gallery. The designer, who grew up in the Philippines, is synonymous with luxe glamour. **#02-14 Raffles Hotel Arcade, [trinitygallery.com.sg](http://trinitygallery.com.sg).**

*Aware Crystal Ball 2014*



# ANNIE LEIBOVITZ

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Annie Leibovitz, Leonardo DiCaprio, Tigon Ranch, Lebec, California, 1997 © Annie Leibovitz from A Photographer's Life 1990 - 2005 Courtesy of Vanity Fair

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Don't miss this showcase of close to 200 photographs by celebrated photographer, Annie Leibovitz, featuring well-known personalities as well as personal photographs of her family and close friends at ArtScience Museum.

In parallel with the exhibition, join our two-day portrait photography courses conducted on weekends in June to October.

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\*Terms & Conditions apply.



# LETTERS



Readers' thoughts and comments about *EL*

## Best Letter

We want to hear from you! Send us your thoughts on the magazine, or on any subject under the sun. For his interesting idea, bookworm **Stefan Winkler** wins a bottle of Moët & Chandon Imperial Brut.

## Bookworm

I've been an *Expat Living* reader for several years. I particularly enjoy your "On the Page" section about new local books and authors, and I have discovered many interesting reads based on your reviews there. I also like the occasional interviews with the authors, which adds even more background to the books themselves.

How about presenting some of the classics from time to time as well? For example, I recently came across the 1973 Paul Theroux novel *Saint Jack*, and I thought it was a very good read; I was especially impressed with the author's knowledge of various local details, even though he only spent a couple of years here.

I'm sure there are other such gems that I'm unaware of, and I'd be very interested in hearing about more.

*Stefan Winkler*



**Ed: We've asked Stefan to write us a review of *Saint Jack* in due course. Any other readers keen to suggest classic local books for review? Also coming up is our interview with British expat Starr Wood on his brilliant *Once Upon a Timepiece*, reviewed in the June issue of *EL*.**

## Website Bites

Monica Pitrelli's June issue story on her trip to Nusa Dua, "To Bali With Baby", was such a joy to read!

*Elise Tan, Singapore*

Loved Erin Reed's May issue Parting Shot titled "Jill of All Trades", on the pros and perils of being an expat in Singapore. I am in Melbourne currently, working full time, and your kind of life seems so inviting to me. Though they say, "The grass is always greener on the other side", I'd still love to try the expat life!

*Preeti Rao Naig, Melbourne*

## Pages of History

Wow, that was a very interesting article on the Sime Road WWII internment camps in your May issue focus on black-and-white houses. I now want to read the books mentioned and learn more about Singapore's history and what the POWs went through.

*Ann Rochford, Singapore*



*The Railwayman* by Eric Lomax also tells of the lives of the POWs in Singapore. Thank you for an interesting article.

*Tricia Hollingum, Exeter, UK*

## EL Moment



This great shot was sent in by Annelies Zwart. Send yours to [verne.maree@expatliving.sg](mailto:verne.maree@expatliving.sg).

Email us at [info@expatliving.sg](mailto:info@expatliving.sg)

# Subscription Gift



The first 50 new subscribers to *Expat Living* will each win a Super Hydra Facial Therapy session, worth \$128, at **Phoenix La Beaute**

Phoenix La Beaute is a boutique salon specialising in sustainable skin health and weight management treatments. Since its inception in 2011, Phoenix's trained therapists have helped women and men control and manage their weight, improve their skin and resolve skin health problems – all thanks to prescriptive treatments and through the practice of the Phoenix philosophy: "A Secret Not Told, Experience It Yourself".

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*\* Treatment must be redeemed before the end of September. Call for an appointment and present the subscription letter issued by Expat Living. Valid for first time customers only.*

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# SCENE AROUND TOWN

Recent events, openings & parties



## Great Gatsby Ball

Everyone dressed to the nines for the British Association's charity Gatsby Ball on 24 May, and the Raffles Hotel Ballroom never looked more glamorous. Congratulations go to the organisers and general thanks to the many generous sponsors.

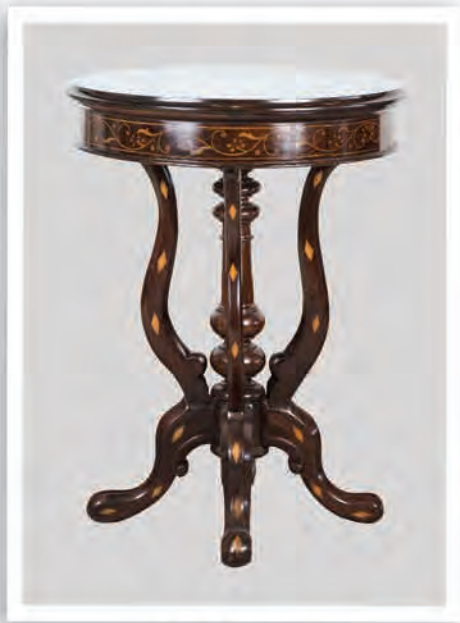
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### Boats & Beats

The Sail Spin dropped anchor in Singapore with its first music festival at sea, in partnership with Belvedere Vodka. A fleet of 10 private yachts cruised along the coast and to the stunning bay of Lazarus Island, where up to 200 pleasure-seekers partied on the water to the beats of DJ Dave Does, DJ Tang and MC N'FA from the AOS Collective.







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### Pop-up Pieces

Dreamweave Concepts celebrated the arrival of some new additions to its Sika Designs Icons Collection of furniture with a party at its pop-up store in Robinsons on Orchard Road. Guests admired the new items of furniture and perused Dreamweave's stock of Campomaggi bags and Jamais Sans Toi jewellery.



### WWF Panda Ball

The Ritz-Carlton Hotel, Millenia, was the venue for this year's fundraising Panda Ball to support the seafood movement in Singapore. Highlights included a coral-inspired fashion show by couture designer Frederick Lee, where a gown was put up for auction, and works from renowned underwater photographer, Aaron Wong.

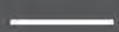




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### Spring Beers

Singapore's third Erdinger Maifest was a resounding success as over a thousand revellers participated in the event over two nights in May. The German festival gave fans of Erdinger, the popular German wheat beer, an occasion to indulge in merry-making in celebration of the arrival of *Fruhling*, or spring.



### Make Room's New Room

Make Room, the furniture, homeware and interior design specialist, celebrated its move to the Tan Boon Liat Building with an evening of wine, canapés and musical entertainment. Guests were entertained by a saxophonist, and took the time to peruse the collection of Scandinavian-style pieces from brands such as Nordal and Madam Stolz.



### Cocktails & Fashion

British fashion designer and style icon Victoria Beckham presented a personal edit of her Spring/Summer 2014, Pre-Autumn/Winter 2014 and ICON collections at the ArtScience Museum at Marina Bay Sands. At the cocktail evening, around 80 guests mingled among elegant pastel blooms and golden candlelight in one of the museum galleries.





Solid Suar-wood table, Matti chandelier, assorted dining chairs



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*Two-seat sofa from Danovel*

Home

# WHAT'S NEW

Hot shops and what to buy right now



## Dutch Additions

New premises in the Tan Boon Liat Building means new stock for Make Room, which has added Dutch brand **Zuss** to its collection. Items include wooden cabinets, magazine racks, cushions, chairs, lamps and ladders. Check out Make Room's various collections at **315 Outram Road, #10-01**, or online at [make-room.net](http://make-room.net). ◀



## LET THERE B LIGHT

**Taylor B Fine Design** has expanded its offerings even further with the opening of its Lighting Gallery, showcasing a variety of chandeliers and lamps available in Singapore for the first time. Complementing this range are vases, rugs and a selection of furniture within the same showroom. Head to **27 West Coast Highway, #02-03**, or call **9420 4040** for more information. ◀



## PARTY TIME

**Lotto Carpets Gallery** has double the reason to celebrate in early August: National Day on the 9th, and five years' tenancy at Dempsey Hill. Lotto is inviting *Expat Living* readers to join in the fun at its showroom on 2 August, starting at 6pm, with live entertainment, a bar and a DJ, so you can dance the night away. If you'd like to join in, email [enquiry@lottocarpets.com](mailto:enquiry@lottocarpets.com) or call **6476 8784**.



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## AWARD-WINNING DESIGNS

**Design Intervention** scooped three gongs at the International Property Awards: Best Interior Design (private residence) Asia-Pacific, Best Interior Design (private residence) Singapore for the second consecutive year (both for its work on The Tropical House, pictured), and Best Interior Design (private residence) Japan.

[designintervention.com.sg](http://designintervention.com.sg) ◀

## ICONIC FURNITURE

**Sika-Design**'s growing Icons Collection is available exclusively at Dreamweave Concepts, #01-34 Millenia Walk.

The collection showcases pieces from pioneering Danish designers, including Arne Jacobsen's Paris chair and the Hanging Egg Chair by Nanna and Jorgen Ditzel. Rattan and wicker have never been so stylish. [dreamweaveconcepts.com](http://dreamweaveconcepts.com)



## LET'S GET DIGITAL

**Grohe** has launched a raft of digitised bathroom and kitchen products, including its Spa F-digital Deluxe, which lets you control audio, lighting and steam functions in your shower via your iPod, using the Grohe Spa app. Go to [grohe.com.sg](http://grohe.com.sg) to learn more about its new launches and showroom details. ▼

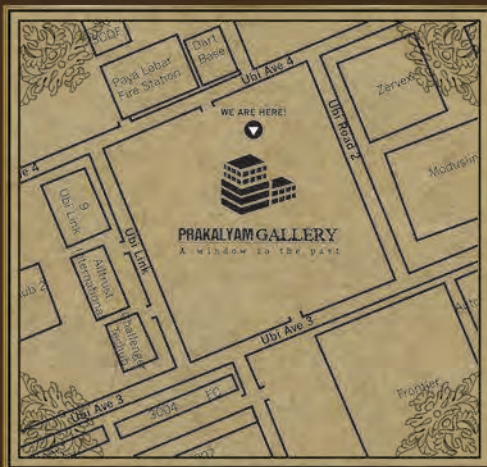


## SLEEP EASY

Hot, sticky nights could be a thing of the past with Tempur's new **Breeze mattress collection**. Using cooling material in the cover and comfort layer, which helps draw away excess moisture and promote airflow, Breeze mattresses promise a fresher and more comfortable night's sleep. The mattresses come in three different support types. For more information, go to [sg.tempur.com](http://sg.tempur.com). ▲

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# APARTMENT LIVING

By Amy Brook-Partridge

Whether you've just moved in or have been in your apartment for years, sometimes we all need a helping hand (or a gentle nudge) to turn our pad into a comfy home from home. Here are some handy tips on working with the space you have.

## LIGHTS AND MIRRORS

Caroline Chin Geyler, interior stylist and founder of Arete Culture, recommends using lights and mirrors to create the "wow" factor. "Lighting is one of the most important elements in creating the right mood and feel for your home, and mirrors are a great way to enlarge a room and double the impact by giving the illusion of space." Introducing a pair of stylish table lamps into the lounge or dining room can improve balance and symmetry.

"Placing a mirror on the wall opposite a window is a fantastic way to bring nature into the home. And, when positioned behind a pair of table lamps, it immediately reflects their light around the room, making it cosy and inviting." Hanging an exquisite mirror in the dining room, hallway and foyer can instantly transform a room.



### From left to right:

Floor lamp designed by Carolyn Kinder with metal base and brushed bronze-plated finish. The shade is a round, hardback drum in white linen fabric.

Helton lamp designed by Billy Moon, with aged ivory ceramic base accented with polished nickel-plated details and matching shade in linen fabric.

Designed by Carolyn Kinder, the frame has a distressed ivory finish and a stone glaze and is fitted with a bevelled glass mirror.

Designed by Grace Feyock, this decorative mirror features fleur-de-lis details and is finished in distressed antique white with charcoal undertones. All items available from Treasure Trove.



## FEATURE FURNITURE

Barbara Fritschy, interior designer and owner of Make Room, advises changing it up. "If you find yourself wondering where to start, leave your new place and go shopping. Buy one item, small or large, that you'd like to be the centrepiece, or the start of your new beginning. Build up from there, and you'll see it will all come together. If you still need a lot of things, don't buy them all at once; gradually add pieces in."

The new range of Prime Habitat home furniture at Lorenzo includes living, dining, study and bedroom furniture. The frames are made from laminated solid oak, and they're upholstered in recycled leather. The natural and neutral tones of the furniture make it ideal for an apartment that needs just one or two main pieces, and also make it easy to add to when the time comes.

*The natural materials and neutral tones of this piece from Lorenzo means it can match with a variety of other items.*



**RUGS AND CARPETS**

One drawback of apartment living is the sandwich effect of living above or below another apartment. Shared sounds can include chairs being scraped along floors, children throwing toys, and pets scratching around. Pads for the bottom of chairs and table legs work well (they're available from Home Fix), but rugs and carpets also work wonders to muffle sounds, and immediately add texture, depth and comfort to a room.

*A rug can add instant depth and texture to a room, as in with this one, styled by Arete Culture*

**CURTAINS AND BLINDS**

When it comes to curtains, tenants are usually stuck with what the landlord has left in the apartment. The ladies at E&A Interiors have some nifty tips on how to work with what you've got, as well as some easy additions you can make. Roman blinds, for example, use less fabric than curtains, and are great for kids' rooms and studies. "Go for a bold print or colour to add interest to a small space," says interior designer Chiöe Elkerton.

She also suggests a contrast border on curtains or blinds to give a more designed and finished look. "If you have large windows, consider dress curtains; they'll cost a small fraction of the price, as they use much less fabric, but will make a huge difference by framing and softening the space."

And finally, if the landlord has simply given you plain blackouts, consider hanging a pretty sheer or voile in front of them and using the blackout only at night. "This gives a chic hotel look and is great for overlooked apartments."



*A dress curtain is a simple and cost-effective way to soften and frame a space*



*Lorenzo's console desk is stackable; a simple solution in an apartment that's tight on space.*

**SAVING SPACE**

Space-saving furniture is often essential in apartment living. You might not get the storage areas you often find in a house (in attics or under stairs, for example), and you'll want to maximise your living space. Simple space-saving furniture such as sofas and ottomans with storage, or this stackable console desk from Lorenzo, can help.

Turn the page and take a look at our two very differently styled apartment showcases for more ideas on how to deck out your home. [»](#)

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**Arete Culture**

9878 8154 | areteculture.com

**Dreamweave Concepts**

6333 1669 | dreamweaveconcepts.com

**E&A Interiors**

6702 4850 | eandainteriors.com

**Lorenzo International**

6846 0330 | lorenzo-international.com

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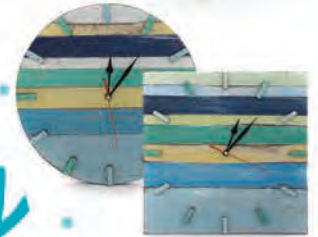


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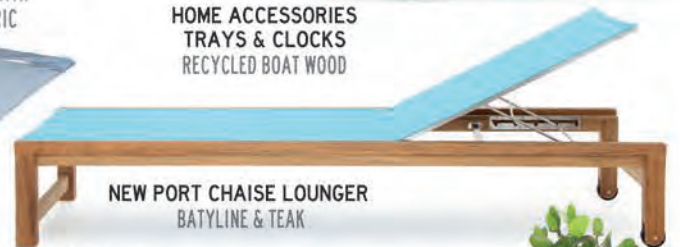
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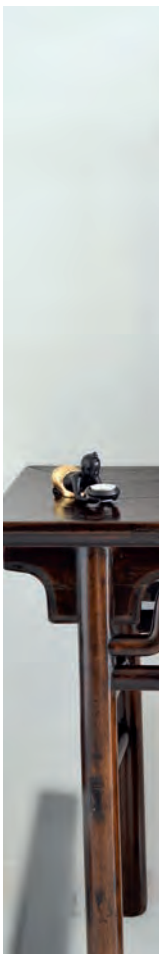
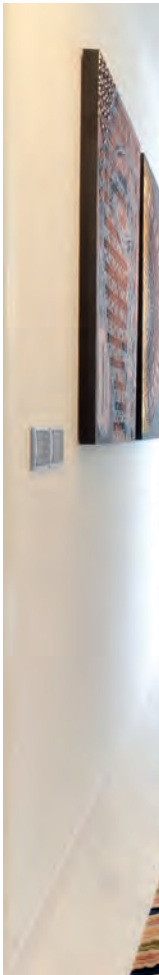


# Final Farewell

*By Katie Roberts;  
photography by Michael Bernabe*

Before American BETH WHITTEN says goodbye to Singapore for the third and last time, she graciously shows us through her gorgeous, Asian-inspired apartment at Keppel Bay and shares her insights on expat life.

*"I've used black-cushioned stools under the TV console to hide the cords; they are also useful for storage. The John Erdos dining table is a little tall here, but it will fit well in my home in Houston, as will the large sofa. The Buddha was a surprise birthday gift from my parents in 2010 when they returned to Singapore for the first time since the 80s."*







*"The cute setting on the entrance table is a Chinatown find; I don't find this style at reasonable prices anymore. The gold drum from Tangs fills in the space underneath the table and creates interest, too."*

Though she may have lived the expatriate life since the age of just seven, Beth Whitten still feels strongly that her home is Houston, where most of her family lives. "It's my base, and the only place I really feel tied to," she says in a soft Texan accent that's tempered by her years abroad.

Beth ponders the pros and cons of expat life as she prepares to relocate back to Houston for good in September. It's a city she has lived in for only two or so of the past 11 years. "As expats, you do get used to the nomadic lifestyle and it can be difficult to stay in one place for long. You become accustomed to knowing people in similar situations, with similar life experiences, and you know it will be harder to integrate back home," she says. Beth has her parents to look to; they are now settled in Houston, after living for years in the Middle East, Singapore and London.

This last six-year stint has been her longest in Singapore. "I was here as a teenager in 1984 and 1985, studying at the Singapore American School where my father was posted," she says. To her surprise, the Leonie Hill condo where they lived back then remains standing even after 30 years. "Then, in 2003, I came back to do a two-year contract here," she adds.

"Singapore seems so different every time I come back; I can't imagine how it will look in another 10 years," she says. "Not only is it changing physically, but Singaporeans are changing too. Sadly, a number of unique places are being lost in the rush to transform the island, as some of my Singaporean friends will agree."

With just herself to consider, Beth chose proximity to work as the main factor in deciding where to live. She works in the complex offshore floating production sector of oil and gas, and her office is within walking distance of her condo.

Having lived previously in an apartment off Pasir Panjang, she wanted to stay in the area, but hoped to avoid construction

noise. "I had seen Reflections being built and thought it would be far removed from future construction projects. When I visited the apartment complex I liked its great views of the marina, Sentosa, the walking trails and nearby parks. Some of the Towers have oddly shaped living spaces that can be difficult to fit furniture into, so I requested to look at the low-rise units. The second one I saw had an amazing balcony and view."

Beth did the interior styling herself. With her great knowledge of local shops, she would be an asset on any shopping trip. She has a nose for a bargain and reveals an instinct for furnishing economically, but for maximum effect. "You have to look around to find good bargains and great pieces. There are stores that I have returned to regularly, particularly Far East Inspirations in Chinatown. The owner has nice, quality things, and reasonable prices if you're willing to do a little bargaining."

"I like all kinds of décor, but while living here at Keppel Bay I've focused on an Asian style. Framing Angie framed all the artwork, and she came with her team to suggest where to hang the various pieces. She was great to work with, presenting options in a computerised picture to give you a sense of what the final framed piece would look like. I like her style."

As Beth contemplates the onerous packing and unpacking of the three-bedroom apartment, she feels sure that everything should fit into her Houston home, which will seem a luxury after apartment-living.

Now counting down the months, she feels sad about leaving Singapore, but says she will go with good memories. Having recently squeezed in a trip to Bhutan and Laos, she has crossed almost every Asian country off her to-do list.

"I'll miss the people I've met, the food and the greenery of this city. It's one of the better international assignments: safe and convenient, easy to meet people, and well located for travelling to other places in Asia. I'm not looking forward to unpacking when I get home, but it's nice to know I'm going home to stay. It has been a long time."

# HOME

**Right:** "I bought the lamp from Taylor B and figured I would find a place for it somewhere; it may seem out of place with the Chinese pieces. I was told that the designer has produced similar pieces for Restoration Hardware in the US. Most of these collectibles were picked up over the years from Chinatown and Dempsey. The horse artwork was purchased over Chinese New Year from a one-off artist exhibition."

**Below:** "When I bought the Balinese headdress they said it had been used in a fire dance – and it is actually a little singed! I started buying furniture when I knew I would be living in Singapore for some time. The bed is from John Erdos, some of the accessories are from Lim's and the funky Union Jack cushions are from a little place in Pasir Panjang. I purchased the pillows and bedding in blues and greys in an effort to tie in the existing curtains."



"Raffles Hotel has a great shop where I picked up the silk-screened cushions which sit nicely on the low Chinese bench from Lim's. Lim's is a good place for reasonably priced antiques and reproduction pieces, and it has good sales. The Balinese balls on the kitchen bench are from Ubud."



*"This collection is a mix of pieces from Vietnam. The shelf and some of the blue and white pottery is from Lim's; the stupa on the top is from Olathe in Chijmes."*

## Recommendations

### Furniture and accessories

Al-Rehmat Trading ("For rugs")  
45 Arab Street  
6296 8545

Far East Inspirations ("Ask for Dave")  
33/33A Pagoda Street  
6224 2993

Framing Angie Art Gallery  
211 Holland Avenue, #03-02 Holland  
Road Shopping Centre  
6466 0800

John Erdos  
7A/7B Dempsey Road (about to relocate)  
6735 3307

Lim's Arts and Living  
Holland Road Shopping Centre, #02-01  
(plus other outlets)  
6467 1300 | facebook.com/  
LimsArtsandLiving

Only Zest Living ("Pillows in master  
bedroom")  
2 Boon Leat Terrace, #01-02 Habourside,  
Building 2

Taylor B  
43 Keppel Road, #04-02  
6225 7090

Teak and Mahogany ("Patio furniture")  
100E Pasir Pajang Road, #07-04 Century  
Warehouse  
6273 8116

Thow Kwang Industry ("or 'Pottery Jungle'  
– for blue-and-white pottery, Peranakan  
tiles and dinnerware, old signs, vintage  
items")  
85 Lorong Tawas via Clean Tech View  
6265 3811

Wynn Furnishing ("For unique rugs")  
The Furniture Mall  
10 Toh Guan Road, #01-38  
6396 0395

Woody Antique House  
Block 13, #01-05 Dempsey Road  
6471 1770

Wood Farm Lifestyle  
Block 13, #01-03 Dempsey Road  
6472 3398

### Restaurants and Bars

99 Buona Vista Kitchen ("Good Asian  
food")  
22 South Buona Vista  
6473 1719

B28 ("Bar and jazz club with live  
music")  
Basement, 28 Ann Siang Road, The  
Club Hotel  
9026 3466 | btwentyeight.com

Bali Thai  
IMM, 2 Jurong East Street 21, #01-21  
6560 5660

Donna Carmela ("Italian – great pizza  
and pasta")  
2 Greenwood Avenue, Hillcrest Park  
6463 4206

PS Café ("Great alfresco rooftop  
patio")  
Ann Siang Hill  
9797 0648 | pscafe.com

The Training Shed  
("Open-air bar and food")  
8 Port Road, near Labrador Nature  
Reserve  
6273 1993 | facebook.com/  
thetrainingshed 📍

*"Clever framing means the Balinese  
art can be hung in one of several ways,  
depending on the desired position, in  
another home. The tall John Erdos shelf  
fits in snugly next to the wardrobe and  
contains travel trinkets. I'm trying to buy  
things that are becoming harder to find."*



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*"For the Lego table, a graphic designer drew up a plan detailing how many red, white and blue bricks we had to order from Denmark, and it took us almost two weeks to assemble ourselves. It's mounted on an Ikea table. People try to pick bricks off it all the time, but we've super-glued it and got a custom-made glass top for it." – Veronika*

*"The sofa was custom-made in China, sourced from a shop in The Furniture Mall. The modular style works well because the living room is so large, and we had to opt for extra-long; but we also had to think about how the cargo lift would transport it up here." – Harry*

# Marina Bay

Harry Dewhirst and Veronika Kopacikova  
welcome us into their hip and modern Marina  
Bay Residences apartment.

*By Amy Brook-Partridge; photography by Ken Tan*

Cool!





“Lucky buggers” is one of the first things that pops into my head as I enter the lobby of the Marina Bay Residences to visit British expat Harry and his Slovakian girlfriend Veronika. As I reach the 20-something couple’s four-bedroom apartment that overlooks the entire Marina Bay area, the lift door pings open straight into the living room, and their modern, stylish and comfortable lifestyle is immediately apparent.

It’s also clear that luck has nothing to do with their success; rather, it’s the result of plenty of hard graft. Harry made his professional mark within the mobile advertising industry, selling the company he co-founded to SingTel-owned Amobee in 2010 for an undisclosed sum. Veronika left Slovakia at the age of 17 to attend high school in Arkansas in the US, and hasn’t looked back. She’s since spent seven years in China, working for an investment company while studying finance and Chinese (she speaks fluent Mandarin); she also lived and worked for four years in Australia.



**Above:** Dining table purchased from Air in Park Mall.

**Left:** “The brewing machine is quite an involved process, with endless options and modifications, and it makes about 50 pints. Think of it as a Soda Stream for adults!” – Harry

“My dad gave me the tape,” says Harry. “It’s by Horace Panter of The Specials. He went to all the studios that have made iconic albums, and created art pieces like this.”





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### Work and play

Both are now investing time in their company, Victor York, which offers casual and formal tailoring, primarily for men; they're looking at branching out into women's wear, too. "When we invested in it, Victor York was very old-school, with lots of manual processes," says Harry. "We now have a full e-commerce offering, plus a boutique shop in Boat Quay."

Customers' measurements are stored for life, so it's easy to reorder items, either in the store or online. Their clients are loyal, says Harry, and sometimes order up to ten shirts in one go – "a very male buying habit," he laughs.

Chatting to the smartly dressed couple (they're wearing Victor York, of course), I find out that they like to work hard and play hard too. The conversation turns from diet (they're following the paleo diet – mainly proteins and no refined foods) to brewing beer for the weekend, and Harry's first meetings with Veronika's family in Slovakia. Her family is involved in alcohol brand St Nicolaus, which produces all the most popular traditional spirits, including slivovitz. "It's almost like a schnapps, and you don't mix it with anything," explains Harry. "When I first met everyone, they wanted to give me shots to welcome me, so I was drinking about 20 a day. Luckily it's calmed down since then!"

They love to host parties at home, citing Harry's cooking skills as a big draw. "We entertain at least once a week, and our friends love coming here as they always know they're going to be well fed," says Veronika. "We have well-stocked wine fridges and our beer-making machine, and at the end of the night the slivovitz comes out."

*I've had the congas for about ten years, and they've been to lots of different countries.*  
– Harry



### When Harry met Veronika

Harry and Veronika arrived separately in Singapore in early 2012. Their companies shared office space and, says Harry, it was lucky that they met. "It took about three weeks of 'eye meeting'; we didn't really talk to each other, but then we bumped into each other in a nightclub and that was it!"

Veronika lived in a condo in River Valley; Harry was staying at the St. Regis. They first moved into The Sail, before relocating to their current home in the Marina Bay Residences two months later.

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**Top left:** The guest room houses Chinese art bought by Veronika during the time she lived in China.

**Above:** Artwork by TraseOne, a Singaporean artist and activist in the local street-art movement.

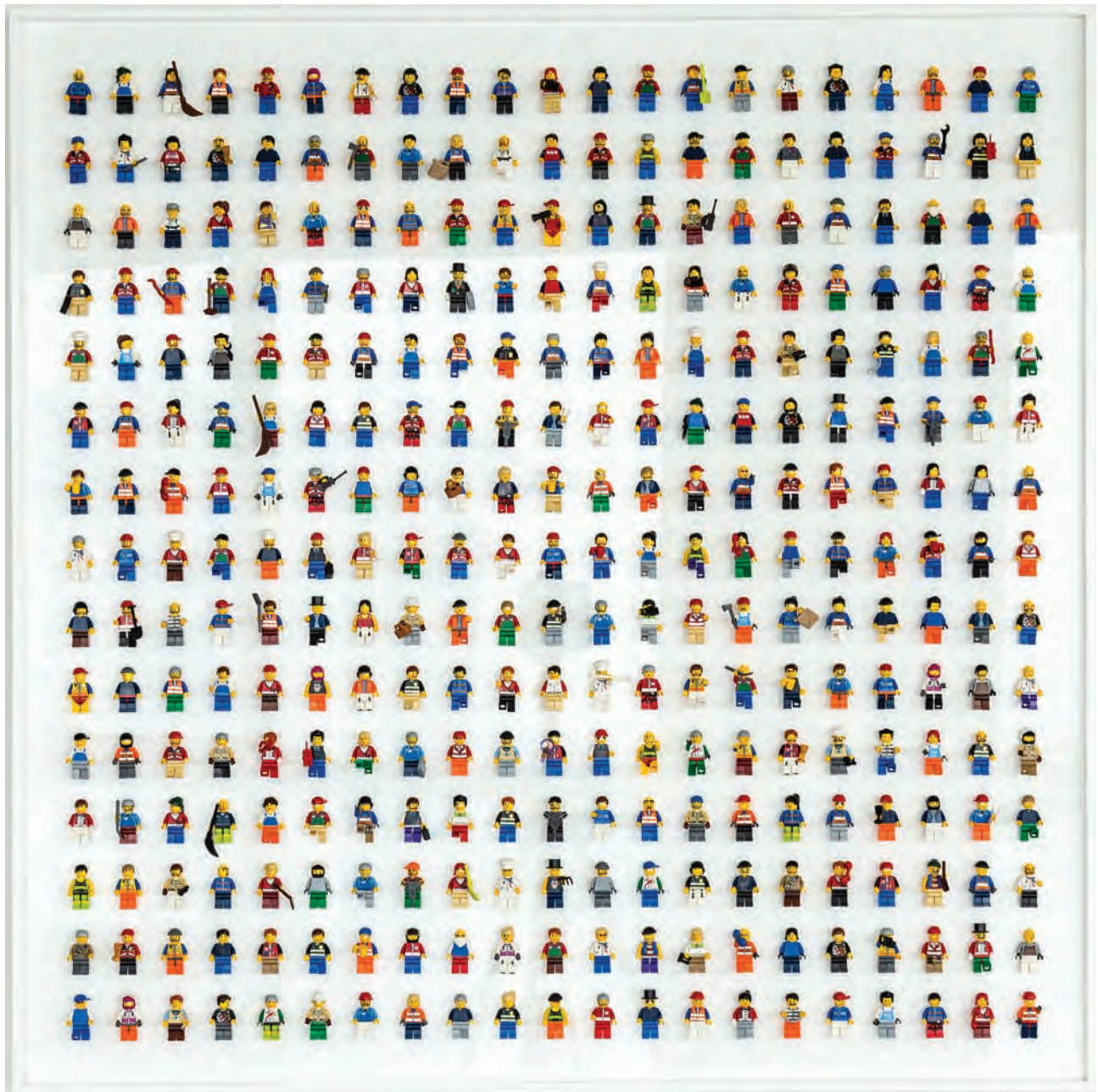
**Centre left:** "This piece is for a global initiative around disarmament, the Non-Violence Project, in which 50 different versions of the knotted gun were painted by different people. This one was by Yoko Ono." – Harry

**Centre:** "We bought this at the Affordable Art Fair. It's by a Chinese artist, and shows every country in the world." – Harry

**Left:** "This was a gift from Harry's friend, and it's by a Vietnamese artist. It's my happy painting; when I walk round the corner and see it, it always makes me smile." – Veronika

**Opposite page:** "This piece is by a British artist. Apparently, he put the figures in rows of occupation, but you can change them around quite a bit, swap their hair and take their legs off, for example." – Veronika

"We've bought most of our art in the last year, and we've started to gain something from it; it certainly makes the place feel like home." – Harry



### Home influences

Harry grew up in a small village in the UK, and jokes that he was brought up on a building site. "My family bought a cinema and converted it into a house, so we lived in a caravan for quite a while. My dad finished the house after 18 years, and almost immediately sold it – he now lives in the Cotswolds. It was interesting growing up in that environment." Interesting, and also in

stark contrast to the contemporary high-floor apartment they reside in now.

Veronika says that her family home in Slovakia is quite "designed". "My parents love art and design, and would buy paintings before buying furniture or a television when I was young. My classmates would ask if I'd seen the latest show, and of course I hadn't; I could only stare at the art piled up

against the walls! As a child I didn't appreciate this 'art education', but I'm so thankful now."

For someone who describes her style as modern, colourful and minimalist, and who loves light, this apartment is perfect. She agrees. "We love this condo; the facilities and its services are fantastic, and we wouldn't move anywhere else." 🏠



*"We spend at least 50 percent of our time on the balcony. It's fantastic out here, and my favourite place at home. In the evening it's beautiful, having a glass of wine and watching the sun set through the buildings." – Veronika*

## Recommendations

### Foodie Market

225 Outram Road

6224 3290 | [facebook.com.FoodieMarketPlace](https://facebook.com/FoodieMarketPlace)

*"This is where we go to shop for our barbecues and dinner parties; great quality and prices."*

### Great Wall Gallery

11 Lorong 24A

8388 6176 | [facebook.com/GreatWallGallery](https://facebook.com/GreatWallGallery)

*"This is a friend's art dealership, with mostly Southeast Asian artists. This is where our 'smiling girl' came from."*

### Gunther's

36 Purvis Street, #01-03

6338 8955 | [gunthers.com.sg](https://gunthers.com.sg)

*"This is our favorite restaurant – it has fantastic food and service. Save it for special occasions. Chef Gunther often comes out of the kitchen to talk to his customers and make sure they are satisfied."*

### Pasta Brava

11 Craig Road, Tanjong Pagar

6227 7550 | [pastabrava.com.sg](https://pastabrava.com.sg)

*"Good value, honest Italian grub in a family-owned restaurant."*

### The Tuckshop

403 Guillemard Road

8511 8102 | [thetuckshop.com.sg](https://thetuckshop.com.sg)

*"A one-of-a-kind, relaxed bar in Geylang with a great selection of beers and good food."*

### The Williams Warn Personal Brewery

[wiliamswarn.com](https://wiliamswarn.com)

[ngata@ultranova.asia](mailto:ngata@ultranova.asia)

*"What would we do without our beer machine? It even makes cider!"*

### Wine Exchange Asia

[wineexchangeasia.com](https://wineexchangeasia.com)

*"You get great service from Robert at Wine Exchange Asia; there's a good selection, from everyday wine to fine wine, and it's great value (especially for Singapore!)."*

### Victor York

40b Boat Quay


6220 5908 | [victoryork.com](https://victoryork.com)

### Yamada

2 Marina Boulevard

6227 7648

*"For those in Marina Bay, this is the best for Japanese takeaway or delivery."*



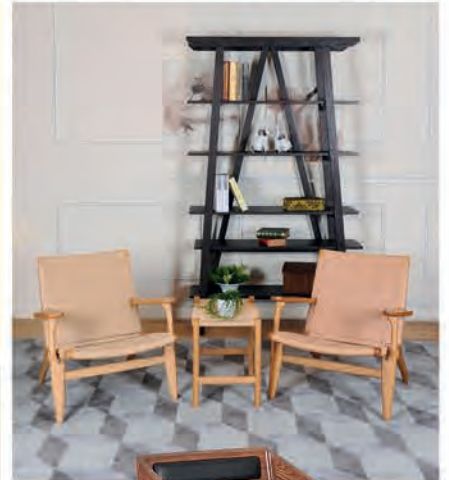
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# Carpet Collections

By Amy Brook-Partridge;  
photography by Michael Bernabe

There's a carpet out there for any home: it just takes some time and research to decide on the right one. Here's our guide to some of the carpets on the market at the moment, and ensuring you match the right one with your lifestyle and abode.

Jehan Gallery's custom-made cowhide





### Wooden floors or Oriental furniture? Try a Russian Kazak-style carpet.

This woollen Russian Kazak-style carpet has a geometric design that features tribal ethnic motifs and earthen shades. "It's ideal for those who are not drawn to floral patterns, and it works very well with wooden floors and Oriental furniture," explains Peter Hedger of Hedger's Carpet Gallery.

His advice is to experiment with colour and patterns. "Nowadays, many people decorate their home with contemporary modular furniture. When the fabrics are plain and in neutral shades, and especially if they're matched with neutral curtains, a carpet can add some softness and texture to the room." Some people stick with plain and neutral designs for their carpets, but, as Peter points out, these can be the most difficult to take care of as the slightest spill is noticeable. "A carpet with a pattern and a bit of colour works well in most rooms, and it also gives a bit of life or 'zing' to the space."



### Open-plan living space? Try an Afghan Chobi carpet.

The Afghan Chobi carpet is hand-knotted in wool, and sparsely patterned without a central medallion. This means that a coffee table can be placed anywhere on the carpet; it doesn't have to be centred. With a sofa in a neutral shade, there are many other carpet colours that would work well, along with a few cushions to tie it all in.

For both of these suggestions, instead of lining up the sofa with the edge of the carpet, Peter has chosen a slightly larger carpet. "Putting part of the sofa on the border of the carpet would visually take away the outline of the carpet on the floor. This way, the room looks larger and has a softer, more relaxed look."

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



### Family with young children? Try the Turkish Kayseri carpet.

“Turkish Kayseri-style carpets are made of superior New Zealand wool that is hand-spun. They showcase bright, unusual and interesting colour combinations and designs,” says Imran Mir, marketing director at Lotto Carpets Gallery.

Usually, they are very tightly double-knotted for strong durability and detail of design. Their dyes are all natural, made from materials such as indigo flowers, pomegranate and walnut husks, algae and even saffron.

“It can take a weaving family years to complete a carpet,” explains Imran, “patiently, knot by knot, passing down lessons of skill, discipline, tradition and most of all beauty, through the generations. This woven art is not just a beautiful piece for a family home, but is also a means for the producers to empower and educate their children.”

### Traditional home with antique furniture? Try the Kashan carpet.

This silk-pile-on-silk-base, central-medallion Kashan carpet from the 19th century will suit a traditional home, particularly if juxtaposed against antique furniture. Pink-and-purple, and hand-spun 120 years ago, it’s an antique itself.

“Traditions define this rug’s pattern; the method with which it was made is now lost forever,” explains Imran. “It was most probably exclusively woven by women whose hands were dexterous enough to weave such a densely knotted, extremely detailed, complex work of art.”

According to Imran, the carpet is showcased best, as per tradition, in a frame on a wall. “The pattern is immediately recognisable as a classic, one that has been deeply rooted in Persian culture for more than 250 years. It’s a masterpiece, and a collectible that has loads of both spiritual and investment value.”



Lotto Carpets Gallery, #01-04 Block 26,  
Dempsey Road 6476 8784 | [lottocarpets.com](http://lottocarpets.com)



**Contemporary home? Try a collage carpet.**

Jehan Gallery's Persian collage designs are unique and specially created by the Nishaburi family. "Our proprietary designs stand apart from other 'patchwork' carpet designs in terms of style, weave and quality," says director Hadi Nishaburi.

"Much design, planning and thought goes into each collage; carpet sections are carefully selected for their different colour hues, tones and designs to make a harmonious collage design. Our designs vary from single colour combinations and single tones to mixed colour designs."

Hadi points to their unusual geometric composition and vibrant colour palettes as particularly enhancing contemporary interiors – "So much so that they have become a popular choice among interior designers."



**Best all-rounder, the cowhide.**

Jehan Gallery's cowhide designs are unique, explains Hadi. "We incorporate colour as the main design element to create a compelling pattern, unlike other cowhides that only come in their natural colours."

The cowhide is a versatile piece that can fit in with a casual, modern home as well as something more traditional or elegant, and can even be thrown over a couch. It's a good choice for families with pets or small children, as the material is durable and easy to clean. **■**

Jehan Gallery, 315 Outram Road, #03-08 Tan Boon Liat Building  
6334 4333 | jehangallery.com



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# Sofa SO GOOD

Sofas are much more than a place to perch our derrières while we catch up with *Game of Thrones*. As a focal point within one of the key rooms in the house, a sofa is an important reflection of our home and lifestyle. *Expat Living* readers give the reasons behind why they chose their sofas.

Photography by Michael Bernabe



## Hege Tiller, Norwegian

“After three years in Singapore we moved back to Bergen, Norway, in 2011, to our fully renovated house by the sea. Our new home needed furniture, and so we started the hunt here for a sofa to take back, as well as barstools for our kitchen.

I first heard of “Sofa” Vince of Centrepiece Furnishing from my friends, some of whom were ordering sofas, chairs, dining chairs, headboards and benches for their homes or mountain cabins. All the talk about designs,

colours and customisation you could get from Vince made me decide to get in touch with him.

Vince was patient when listening to our wishes. We decided on a Slettvoll design, which is well known back home, but often very expensive. We chose a classic but modern design, and ended up with two two-and-a-half-seaters in a good quality, light-grey fabric.

The design and colour fit with the Nordic style that we had chosen for our home. The light grey wooden floor, the dark grey, high-gloss kitchen and the white walls were a perfect match. The

five barstools that were made for our kitchen were painted in the same colour, and the seats got turquoise covers to take in the colours from the view of the sea outside our big kitchen windows.

Now we are back in Singapore, along with the two sofas, which are a match for the grey marble floor and white walls in our Sentosa home. We will definitely get Vince to make more items for us.”

## Centrepiece Furnishing

7030 Ang Mo Kio Ave 5  
Northstar@AMK #06-62  
9030 5057 | centrepiece.com.sg

## Louise Daley, Australian

“My existing sofa was to be used on the mezzanine of my new apartment so I needed one for the living area. A friend of mine found Danish Design online, and I was interested in the fact that you shopped in a warehouse rather than a retail environment. I also love the clean lines and design aspects of Danish furniture, so that guided my search.

The shopping experience was wonderful. Rhiannon really cares about getting the result right, rather than just seeing an opportunity to sell. I was originally looking for a dining table and outdoor furniture, and the sofa is my third purchase from Danish Design.

I bought the Eilersen Giga sofa with an upgraded fabric, Misty, which is grey in colour, along with sand-coloured back cushions. Its colour is in keeping with the industrial style of the apartment. It's a great size for the space, and has moveable back cushions so you can seat facing front or back without moving it – ideal for me. It's also low, which retains the sense of space in the apartment.

I'm thrilled with this purchase and already have a Gloster outdoor set, as well as a Naver extendable dining table. My dining table was going to take some time to manufacture and I was moving apartments before it was due to arrive, so I was facing the prospect of not having a table at all. Rhiannon offered to lend me a dining table until mine arrived, which I happily accepted. This service makes the Danish Design team so great.”

### Danish Design

(multiple locations)

Century Warehouse #08-01

100E Pasir Panjang Road

6270 8483 | [Danishdesignco.com](http://Danishdesignco.com)



### Rani Swords, Australian

“I recently moved from Hong Kong to Singapore, and I decided to furnish my apartment from scratch. I was renowned amongst my friends in Hong Kong for having great-looking sofas (I changed them every three years), but also the most uncomfortable! For me it was all about the aesthetic.

This time I decided I was going to focus on comfort and luxury. I wanted something reminiscent of my own private island in my living room that I wouldn't want to leave.

It was by accident that I came across Design Intervention and Wendy Smith. A friend recommended the company to me, and after meeting Wendy and the team, I thought they really understood my vision and lifestyle. Wendy was able to open my eyes and senses to new interior ideas and expressions that I never thought I would appreciate, and make them real.

There are two key sofas in my apartment. One is part of the dining set. Wendy came up with the great idea



of having a sofa on one side of the table and clear chairs on the other. The couch can comfortably seat three people. We chose a very pretty floral and bird design in blue hues, backed by blue velvet. This material is used in the cushions interspersed around the apartment, giving an aesthetic flow.

The main feature in the lounge area is the U-shape couch. It's a modern

Chesterfield design, resplendent in blue velvet. The foot squares are detachable, which allows for more seating. This is without doubt my favourite purchase; I could not want for anything more in a sofa.”

#### Design Intervention

75e Loewen Road  
6506 0920 | [designintervention.com.sg](http://designintervention.com.sg)

### Sanchita Mahajan, British

“We were moving from two separate seating areas in our reception to a single integrated one. This required a large central sofa to go with our beautiful

carpet and create a tidy flow-through from our dining table.

I had seen Gallery 278 featured in *Expat Living* nine years ago when I moved to Singapore, and had popped in then. Several years later, I bought a few odds

and ends, and thus began my relationship with Felicia from Gallery 278. She is an amazing lady and moves seamlessly from her role of designer and entrepreneur to that of advisor and confidante.

Due to the extremely colourful collection of carpets, art and other bric-à-brac I have at home, I wanted a white sofa with clean lines. I already have a beautiful white leather sofa whose lines I love; I wanted Felicia to replicate that for me in fabric.

I'm happy with my sofa, although in hindsight I feel that I should have specified removable covers. I will always be happy to go back to Felicia because of how keenly she shares in my enthusiasm and vision for my home. She always tries to work around existing loved items, and what she calls “superstars”

#### Gallery 278

278 River Valley Road  
6737 2322 | [gallery278.com](http://gallery278.com)







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**Rima Shrivastava,  
Australian**

“We recently moved into a retro 1960s house and were looking for our furniture to reflect our love for modern retro pieces and be in keeping with the house’s aesthetic. We were looking for a stylish, functional sofa, and this one from Originals fit the bill perfectly.

It’s a charcoal-grey three-seater with wooden legs and buttons. It has a lovely structure, and is very well made with an emphasis on quality. It suits our style and fits in beautifully with our retro, modern yet classic home. In fact, we intend to get another two-seater in the same design. We call it our *Mad Men* sofa, as it is reminiscent of the one in the opening credits of our favourite television series. It was also very well priced.

I heard about Originals when we moved nearly five years ago, and love its beautiful collection. The service is exceptional and Originals has always been able to help me find the perfect pieces for my home. I love the sprawling



store at the Sime Derby Centre, and I find it easy to shop there as the staff are so friendly, helpful and knowledgeable, and the design, layout and setting make it easy to imagine the furniture in your home.

We also have some beautiful Indian cabinets from Originals, in an array of colours, in almost every room of our home, as well as three leather chairs

for our home office in black and tan soft leather, and a small study desk. They are stylish and functional. Originals is my “go to” store for any furniture requirements.”

**Originals**

896 Duncarn Road  
#02-03 Sime Derby Centre  
6471 9918 | [originals.com.sg](http://originals.com.sg)

**Sacha and Rob Lee, British**

“My partner and I came out to Singapore from the UK, and I was 33 weeks pregnant at the time. Our condo was brand new and unfurnished, but we had been directed towards WTP via

Rob’s company. Fortunately, they made our sofa before our baby was born – in fact, it only took a couple of weeks for them to make it to order.

I found that WTP gave exceptional customer care with a genuine personal touch. We required something L-shaped

with good width, and a foam top and feather backing. WTP has a wide selection of colours to choose from, but we wanted something sleek and sharp that would suit our contemporary condo in River Valley, so we went for dark grey.

The sofa is probably my favourite piece of the furniture that we have purchased; it was very comfortable while I was pregnant, and is now perfect for looking out across the Singapore skyline, and enjoying the peace and quiet once our baby has been put to bed.

We also purchased our beds, televisions, console table and coffee table from WTP. We’ve had many positive comments about the coffee table, which looks like a sliced section of a tree.

I love my sofa. Not only does it fit well in our modern apartment, but we’ve had many good naps on it too!”

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### Karen Richmond, British

“Our old sofas were dated and uncomfortable and needed replacing, and we were looking for a new one that was stylish, colourful, comfortable and easy to clean.

Domicil is a shop we have visited many times, as it is at the end of our road. We like the clean lines and quality of the furniture there. The staff are very helpful and we have never had a bad experience.

Our first purchase at Domicil was a leather chair for the lounge, in a very simple style, with good quality leather and in a cream colour that fitted in with our colour scheme. We then purchased four small, leather dining-room chairs. We are currently using these at the dining table, but when we return to our house in Spain they will be used in the lounge. They again are good quality and extremely comfortable. We then bought the sofa, which, like our other purchases, will be taken with us – our main priority is that the pieces fit into our house in Spain, both in style and colour.

We're continually looking at the furniture in Domicil and I'm sure more purchases will be made in future. ”

### Domicil

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6735 0511 | [domicilishome.com](http://domicilishome.com)



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**PURE Interior**, 2 Alexandra Road,  
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# LIVING ROOMS

Get inspired and find the perfect piece for your living room, whether you're looking for a stylish statement sofa or an accent piece to complete your look.

HOME



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1 Soleado by Gamma, **Castilla**, 9 Penang Road, #03-08 Park Mall, 6337 6433, castilla.com.sg 2 Sierra sofa with solid wood frame, goose feather and doll cotton cushion; three-seater \$2,500, four-seater \$2,950, **Ark Haus**, 6735 5130, arkhaus.com 3 Meeting Point full-leather sofa available in alternative configurations, two-seater from \$4,450, **Domicil**, 56 Tanglin Road, #02-01, 6735 0511, domicilishome.com 4 Porada collection, **Marquis HQsquare**, 16 Tai Seng Street, Level 1, 6288 2843, marquis.com.sg 5 Oslo three-seater teak and Viro wicker sofa, \$2,615, with Sunbrella fabric cushions, priced separately, **Teak & Mahogany**, 100E Pasir Panjang Road, #07-02/03/04 Century Warehouse, 6273 8116, teakandmahogany.com 6 Black-and-white woven cushion cover with filler, \$45, printed cushion with filler \$35, **Singapore Trading Post**, 102F Pasir Panjang Road, #02-04 Citilink Warehouse, 6274 0511, singaporetradingpost.com



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**7** Krypton modular sofa with corners, sections and chaise longues, from \$6,800, **Danish Design**, 100E Pasir Panjang Road, #08-01 Century Warehouse, 6270 8483, danishdesign.co **8** Tossa one-seater sofa bed, removable covers available in different colours, \$599 (inclusive delivery), **D'Galleria**, 10 Ubi Crescent, #01-22 Ubi Techpark Lobby B, 6763 1886, dgalleria.com.sg **9** Fallon three-seater sofa, \$1,952, coffee table, \$859, **Window to the Past**, 3 Kung Chong Road, 6235 2760, wtpstyle.com **10** Hastings sofa, Signature Series, **Design Intervention**, 75E Loewen Road, Tanglin Village, 6506 0920, designintervention.com.sg **11** Wooden bench with cool-grey upholstered cushion seat and backrest, \$799, **Make Room**, 315 Outram Road, #10-01 Tan Boon Liat Building, 9113 1274, make-room.net **12** Lewis sofa, Meridiani collection, **Marquis HQsquare**, 16 Tai Seng Street Level 1, 6288 2843, marquis.com.sg



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**13** Perennial Comfort 100-percent finely knitted cashmere throws in neutral colours, US\$2,908, **Ploh**, ploh.com **14** Snakeskin-print PU-leather sofa, \$1,699, **iwannagohome**, 1 Kim Seng Promenade, #01-35/36 Great World City, 6737 8858, iwannagohome.com.sg **15** Bicycle-frame room divider, **OriginAsia**, 372/ 372A River Valley Road, 6733 7384, originasia.com **16** **In Situ**'s signature three-layer sofa by Parisian designer E. Ledoigt, \$8,750, includes six back cushions, available in various colour combinations, 238 River Valley Road, 6733 7307, insitu-sg.com **17** Cannes collection, Misura Emmet, **Marquis HQsquare**, 16 Tai Seng Street Level 1, 6288 2843, marquis.com.sg **18** N101, three-seater wheat sofa, \$1,495, **Ethnicraft Online**, showroom in Eunos by appointment only, 9272 1545, ethnicraft-online.com.sg

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19



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21



**19** One-seater teak panel frames with Novatex fabric cushion covers, Sofa Panel collection, \$1,372; or three-seater, \$3,102, **Mountain Teak Furniture Gallery**, 315 Outram Road, #07-02 Tan Boon Liat Building, 6224 7176, mountainteak.com **20** Mozart chair with black frame and black leather cushions, \$1,490, **Dreamweave Concepts**, 9 Raffles Boulevard, #01-34, 6333 1669, dreamweaveconcepts.com **21** Whitewashed linea curva wooden lounge chair with cushioned seat and backrest, **DiLegno**, 188-6 Tanjong Katong Road, 6246 2012, dilegno.sg **22** Sixty-One Hero sofa, G Plan collection, **Lifestory**, 1 Kim Seng Promenade, #02-15 Great World City, 6732 7362, lifestory.com **23** Nautic natural teakwood tabletop with stainless steel base and Clever benches, \$4,600, **Roops**, 85 Defu Lane 10, #06-00 Ever Expand Building, 6281 1377, skyline-design.com.sg **24** Club House Biais, **House of AnLi**, 18 Mount Pleasant Drive, 6251 0410, houseofanli.com **25** Mozart two-seater sofa with leather seat and backrest, \$2,990, **Dreamweave Concepts** **26** Handcrafted bleached tree-root coffee table, \$1,200, **Modern Eclectic**, 120 Lower Delta Road, #01-14 Cendex Centre, 6273 2204, modernelectic.com



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27



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**27** Palm-wood table-and-chair set, **Nirvana Gallery**, 19 Tanglin Road, #01-19 Tanglin Shopping Centre, 67350 060 **28** Resort wingback rattan chair, \$1,295, ottoman, \$495, **Verandah Living**, Level 2 Shop 2C, Sime Darby Centre, 896 Dunearn Road, 9026 7061, verandah-living.com **29** Custom-made upholstered sofa, **Centrepiece**, 998 Toa Payoh North Industrial Estate, #04-03, 6258 0780, centrepiece.com.sg **30** Ming-style chicken-wing square coffee table, \$900, also available in rectangular, **Just Anthony**, 379 Upper Paya Lebar Road, 6283 4782, justanthony.com **31** Solid teak side table, Vintage Collection, **Journey East**, 315 Outram Road, #03-02 Tan Boon Liat Building, 6473 1693, journeyeast.com



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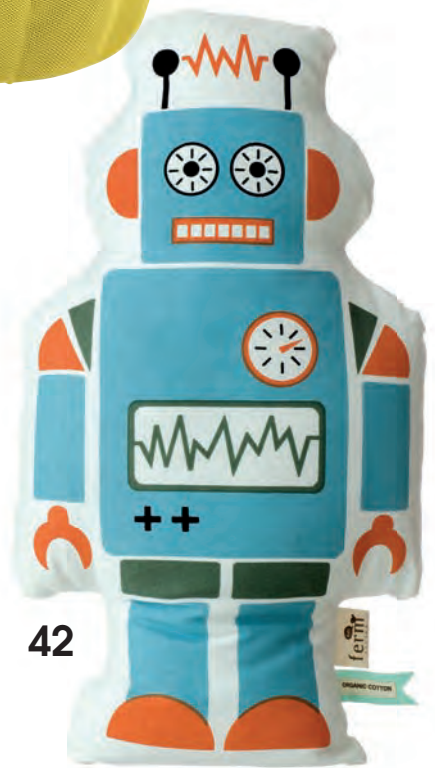
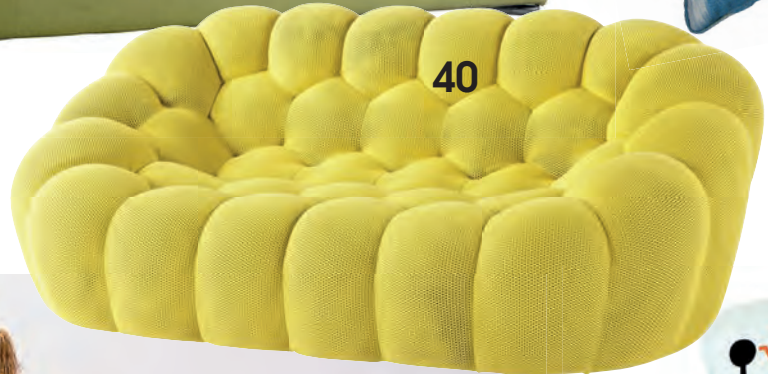
**32** Coast collection, chairs, sofas, coffee and side tables in bronze weave and other colours, Sunbrella cushion fabric available in a range of colours, **OHMM**, 30 Merchant Road, #03-09 Riverside Point, 6836 2747, ohmm.sg **33** Antique 100-year-old walnut console from Shanxi Province, China, \$2,200, **China Collection**, 20 Malcolm Road, 6235 1905, chinacollection.com.sg **34** Mahogany colonial rocking chair, circa 1910 from the house of the Goan governor-general, guaranteed 100-percent buy back at purchase price after three years, **Treasures of the Raj**, 19 Tanglin Road, #03-28 Tanglin Shopping Centre, 9173 5041, tot.rpw **35** British colonial mahogany and cane sofa, **The Past Perfect Collection**, 896 Dunearn Road, #02-01D Sime Darby Centre, 6737 3078, pastperfect.sg **36** Marble, granite, onyx, travertine and sandstone supplier for wall coverings, flooring and vanity-tops, **Hot Spring Stone**, 34 Sungei Kadut Street 1, 6362 0085, hotspringstone.com



36

HOME

**37** Dowel light-blue sofa by Sean Dix, **OM**, 177 River Valley Road, #02-24 Liang Court, 6837 0060, om-home.com **38** Playtower sofa with mobile, non-slip, underside back-blocks that can be repositioned for different seating arrangements, from \$4,700, **Danish Design**, 100E Pasir Panjang Road, #08-01 Century Warehouse, 6270 8483, danishdesignco.com **39** Peter Dunham fabric, from \$120 per metre, \$150 for a cushion, exclusively at **E & A Interiors**, 46 Kim Yam Road, #04-24, 6702 4850, eandainteriors.com **40** Profile quilted seat and cushion sofa, designed by Roberto Tapinassi and Maurizio Manzoni, in cabaret velvet fabric, 100-percent cotton, also available in Jean Paul Gaultier kilt fabric, **Roche Bobois**, 354 Alexandra Road, #01-19/20/21 The Alexis, 6734 7939, roche-bobois.com **41** Luxe Hotel Collection, products from \$20, plus styling services, **Arete Culture**, 63 Hillview Avenue, #09-08 Lam Soon Building (by appointment only), 9878 8154, areteculture.com **42** Ferm Living collection, robot cushion, **Lifestory**, 1 Kim Seng Promenade, #02-15 Great World City, 6732 7362, lifestory.com







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46

**43** Armchair upholstered in Akoko Stripe, and Alba curtain fabric, \$128 per metre, from the Villanova collection of upholstery and custom-made fabric sofas, **Danovel**, 19 Tanglin Road, #02-54 Tanglin Shopping Centre, 6235 5509, danovel.com **44** "55" armchair with bolster, G Plan collection, **Lifestory**, 1 Kim Seng Promenade #02-15 Great World City, 6732 7362, lifestory.com **45** Striped fabric armchair, **OriginAsia**, 372/ 372A River Valley Road, 6733 7384, originasia.com **46** Vincent Sheppard Joe lounge chair, \$980, contemporary teak M rack, \$1,825, **Originals**, 896 Dunearn Road, #02-03 Sime Darby Centre, 6471 9918, originals.com.sg **47** Armchair and one-seater sofa upholstered in Chinoiserie fabric, other custom-sizes and fabric available, **Artful House**, 315 Outram Road, #08-04 Tan Boon Liat Building, 62219019, artful-house.com **48** Julep chair, custom upholstery in a variety of fabrics and furnishings, **Gallery 278**, 278 River Valley Road, 6737 2322, gallery278.com



47



48

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- f.** Sadao Sunlounger Usual \$1,199. **Promo \$599**
- g.** Sula Lounge Set Usual \$1,999. **Promo \$999**



*Adrian Pang*  
Adrian Pang  
FLY Entertainment Artists

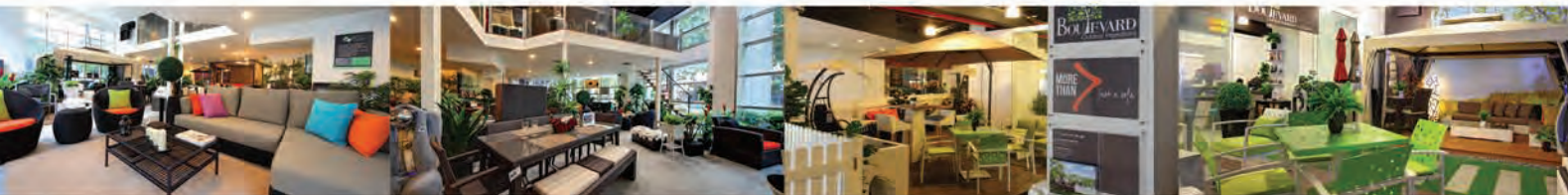
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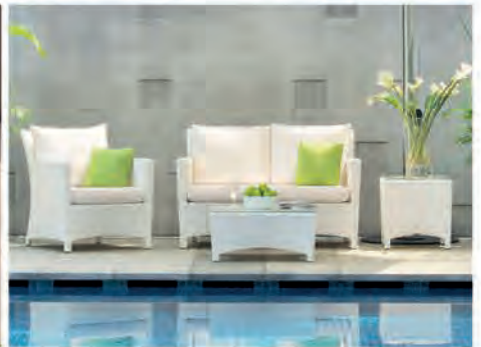
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# All About the Garden

*Photographs by Michael Bernabe*

Melburnian garden landscaper and home stylist **KARIN RYSGAARD** wants to help us to connect with our living-spaces in a meaningful way that does the least harm possible to the environment. Reinventing pre-loved furniture is key to her eco-friendly approach, as **Verne Maree** discovers.





"It's all about the garden," says Karin, "and the garden is where we spend most of our time." Soothing music from her iPod drifts from outdoor speakers placed at intervals along the walls of the wrap-around alfresco area. Standing on 7,000 square feet of land, the 50-year-old, four-bedroom bungalow in Jalan Berjaya is home to Karin and her 11-year-old daughter, Sophie.

It's hard to imagine that before they moved in three years ago, there was not one plant on the property. Fortunately,

Karin's background in landscaping, gardening and floral design enabled her to transform the house into the exquisite haven it is today.

Its liveable layout features four distinct alfresco seating areas, a cosy indoor lounge that's adjacent to a more formal dining area "for grownup dinners", a dry kitchen that serves mainly as a bar and for storage, and an unexpectedly spacious area behind the kitchen that provides generous seating for casual dinners and even workshops.

**Did you install this garden yourself?**

Yes. I knew exactly what I wanted, and I transplanted many of my trees from my previous place. I also had the pool and the decking put in. Luckily, my Filipina helper, Eloisa, is not only blessed with a green thumb but does much of the maintenance of the house and garden.

**What did you do to the house?**

Besides repainting, installing chandeliers and other light fittings throughout made a big difference; most



of the switches have dimmers. I gave the two bathrooms a partial makeover, including taking out the window glass to create an outdoor-indoor feel.

### Where did your love for gardens come from?

It has always been a part of my life. I grew up in the Melbourne suburb of the Dandenong Ranges, and both of my parents loved gardening. My creative, inspirational grandmother was a brilliant gardener, too.

### What's your design background?

About 20 years ago, I found myself in Copenhagen, where I took the opportunity to familiarise myself with Scandinavian design and classic European furniture. On returning to Melbourne, I taught horticulture and floral design at NMIT for a while before moving to Singapore close on 10 years ago.

### Tell us how you furnished this home.

Ninety-nine percent of it is second-hand, recycled or refurbished; some pieces are

gifts, but almost every item has a story and some kind of meaning to me. I'm a great believer in reinventing pieces through painting, reupholstering or even just repositioning them.

For example, everyone asks about the Indonesian teak cupboard in the living room – but in fact, it's a pretty generic piece that I simply gave a coat of silver paint. The same goes for the round table that we're sitting at; I painted it gold. Personally, I like metallic finishes very much. They give us another neutral

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option. Metallics go well with one another, as they do with other neutrals, and pieces like this are becoming a signature part of my business, Cocoon Styling.

### How did you get into the home-styling business?

My first home project in Singapore was for my own landlords, a local couple who were relocating to Shanghai. When I looked at the big bungalow off Sixth Avenue, I fell in love with it. But it required extensive renovation; so I offered to

manage the renovation for the owners, and they were extremely happy with the outcome.

That flowed naturally into doing interior and exterior styling projects for friends, which I did on an informal basis for the next five years, while Sophie was still young and needed most of my attention.

Rebuilding a villa in Seminyak, Bali from scratch was my next project. That was a steep learning curve: I'd been to Bali many times, but knowing where to buy a kaftan is a far cry from sourcing tiles and bathtubs! Along with having our

own villa there, and having made all the necessary contacts, that led on to other private villa jobs, to the Legian Hotel and to my project-managing the landscaping and some of the interior refurbishment at La Residence d'Angkor in Siem Reap.

I launched Cocoon Styling two years ago.

### What's behind the name Cocoon Styling?

It struck me that newly arrived expats, in particular, really need some "cocooning", by which I mean help in



creating a protective, restorative place for rest and recreation where they can feel at home, safe and happy.

Many of us are far from home, living in properties we don't own, often in an uncertain time-frame, limited by budgets and restrictions on what we're allowed to do. Faced with these limitations, some people react by doing nothing at all: they go into a sort of holding pattern or limbo; they settle for feeling generally dissatisfied until it's time for them to return "home".

Instead of that negative and unsatisfactory state of affairs, I can

help them to proactively make the most of what they have.

### Can you describe your approach to styling other people's spaces?

It's not about telling people what they should have in their home. Instead, it's about observing and listening to them, to understand what would make them feel most comfortable and connected with their surroundings.

Often, they come here with their own furniture, and sometimes just want to get a few Asian things to add to the mix.

When they look at a particular room or piece, I ask them how it makes them feel. If it evokes a positive emotion like peacefulness, pleasure or happiness, they're on the right track; and the same principle works whether the overall style is vintage, minimalist, contemporary or Asian.

In essence, I want to help people connect with how they feel in their homes, rather than only what they see, because that's what will take them to another level of connection with the space that they live in.




### What are you working on now?

I currently have five expat family clients on the go, including a couple of landed properties, one gardening project and two condos. Plus I'm doing some work for Lynda and Eleanor of Verandah Living – we're on the same wavelength, and I love their products.

I'm also in the process of developing a range of signature Cocoon home-styling accessories, just for my clients: accessories such as cushions, candles, cheeseboards and bathroom accents.

And finally, having done a couple of floral design workshops for the American Women's Association, I'm getting a lot of enquiries into the possibility of my offering workshops on dinner party table-settings, and how to incorporate plants and flowers into the home.

So yes, my days are pretty full! 



### RECOMMENDATIONS

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# MARKET Update



DEBORAH LAW

*Executive Director,  
Expat Realtor*

Investors believe that if the present market sentiment persists then a good time to re-enter the currently overpriced Singapore market may be in 12 to 18 months' time. In the meantime, Singapore-based property investors are flooding into Europe – they're currently the top buyers in Dublin, second in Paris, third in London, not to mention Australia – and overseas developers are responding and opening up shops here at a great rate.

Local developers with slow take-up on their new projects have started to discount from around 10 to 14 percent, with those most affected advised to offer as much as 20 percent to get their stock moving. Offers of free appliances and other initiatives don't hold the same power in a market where price per square foot and the absolute price quantum

are what matters. Other strategies being taken on by developers include re-building show flats, offering different materials, linking in with more sales agencies and offering higher commissions.

Within the expat residential rental market, July will see a spike in activity for the August commencement of the school year, both with newcomers and people relocating within Singapore as their leases come up for renewal. If you're one of the many needing to reduce your rental, the current tenants' market suits you well. Landlords usually prefer to look after their sitting tenants rather than look for a new tenant, so speak to your current landlord first before searching elsewhere.

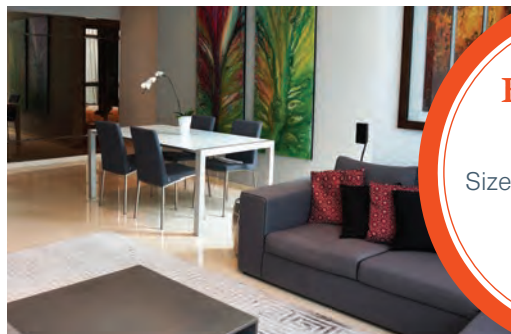
For free advice on comparative market pricing and what you can get within your budget in this current market, call me on 9171 3392.

## Hot Properties



Entertainers' delight! Currently owner-occupied, this penthouse unit with a beautiful roof terrace has been carefully and lovingly renovated. It has high-ceiling windows creating a modern, bright feel. There are three good-sized bedrooms, an open lounge-dining area and a separate kitchen.

The boutique-style low-rise condo offers handy facilities in a kid-friendly atmosphere, including a water playground, resort pools and a gym. Shopping malls 112 Katong and Parkway Parade are nearby, while Eunos MRT is 15 minutes away. Close to international schools and to East Coast Park for outdoor fun and exercise.



### Katong Kool

**\$\$7.2K RENT**

Size: approx. 2,000 sq. ft

Bedrooms: 3

Type: Condo

District: 15

## PROPERTY

### Patio Perfection

**\$5.3K RENT**

Size: 1,770 sq. ft

Bedrooms: 3

Type: Condo

District: 18



This idyllic ground-floor patio unit has been perfectly renovated by its owner-occupiers, offering ample storage, a perfect entertaining ambience, good-sized rooms, and the ideal corner garden patio (approximately 500 sq. ft).

The condo is great for families, with facilities including a bowling alley; it's also hugely convenient – Simei MRT is a five-minute shuttle bus way, and the airport, Changi Business Park, One World International School and UWC South East Asia are all close by. Nearby shopping malls include Eastpoint Mall, Changi City Point and Tampines.

Be the first to rent this exquisitely renovated, top-end apartment in one of Singapore's most popular condos. The photos speak for themselves; this four-bedroom unit has been tweaked to three bedrooms, to create great space and flexibility. A magnificent, quiet-facing balcony is the perfect spot for dining outdoors and enjoying the greenery.

The property is close to the PIE, Orchard Road and international schools, and there's also a shuttle bus on weekdays from nearby Hillcrest Arcadia. Full facilities include tennis, squash and basketball courts, a gym, a clubhouse and a children's playground.



### Connection Convenience

**\$11.5K RENT**

Size: 3,750 sq. ft

Bedrooms: 3 + 1

Type: Condo

District: 10



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## PROPERTY



### Nongsa Nostalgia

#### Price on application

Size: 3,000 sq. ft  
Bedrooms: 5 or 6  
Type: Detached villa  
Overseas property



Situated on the northeastern tip of Indonesia's Batam Island, just 30 minutes by boat from Singapore, this idyllic resort village is set on more than 10 hectares of lush tropical jungle. Rustic, yet with modern fittings, these villas are hugely popular with expats working and also holidaying on Batam.

This particular villa is set on the hillside overlooking the sea, with unblocked view and an easy walk to the beachfront. The two-storey property has been modified by its French owner to incorporate an extra three bedrooms on the ground floor, creating a great family bungalow with six bedrooms. The open-plan kitchen, dining, living and patio areas offer fabulous views and great entertaining.

Residents can use the resort pool and gym, or the facilities at adjacent Turi Beach Resort, Nongsa Point Marina and Resort, and Tamarin Santana Golf Club.

For sale or rent, as the owners are relocating overseas.

This is a great family home set in a quiet cul-de-sac, with a well-maintained garden at the front and a patio with room to park a car. Although not a large house, all its rooms are a really decent size, and the bedrooms are huge with plenty of wardrobe and storage space. There is a family or office area on the third level, and two bedrooms on each floor.

Located just off Still Road and close to Marine Parade Road, the property allows easy access to the ECP and East Coast Park, shops, restaurants and more. It's a 15-minute drive to the CBD, and 10 minutes to Changi Business Park.



### Siglap Serenity

#### \$7,2K RENT

Size: 2,600 sq. ft  
Bedrooms: 4  
Type: Semi-detached  
District: 15



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# A



# B

# C



## PROPERTY

With its sense of the grandeur and luxury of old Singapore, this home offers extra-large everything: bedrooms, lounge and dining area, kitchens (wet and dry), rolling lawn to the left and back of the house, and plenty of patio areas. The current tenant has installed a swimming pool; you can negotiate to have it kept or not.

The house is about a 10-minute walk from Bukit Timah and Dunearn Roads, and 15 minutes the other way to the British and Swiss Clubs. The location is perfect for easy access to town, the PIE motorway and international schools.



### Superbly Spacious

**\$12K RENT**

Size: 4,000 sq. ft (built),  
9,000 sq. ft (land)

Bedrooms: 4

Type: Bungalow  
District: 11



This renovated four-bedroom apartment is an entertainer's dream. An open-plan kitchen features modern appliances and opens to a full dining area with sweeping views from the city to Changi beach. The balcony has extensive space for a barbecue and outdoor living.

The indoor living area also commands unblocked views, while a generous master bedroom with balcony and private master bathroom has been immaculately renovated and features a large wall-to-wall walk-in shower. There are three other bedrooms, an additional bathroom, and a separate helper's and laundry area with additional storage.

Bayshore Park is popular with expats due to its spaciousness both indoors and outdoors, and its direct access to East Coast Park. Full facilities include a supermarket, a restaurant, a spa, squash and tennis courts and two swimming pools. Changi Airport is 10 minutes away, it's an easy drive to the city, and schools on the East Coast are close by.

### Beautiful Bayshore

**\$7K RENT**

Size: 2,196 sq. ft

Bedrooms: 4

Type: Condo

District: 16



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# STREET TALK

An insider's guide to life in their 'hood.



## THE SPECIFICS



**NAME:** NICOLE LADE  
**FROM:** Australia  
**OCCUPATION:** Project manager in a publishing company

**What street do you live on?**  
Loyang Avenue.

**Exact words you tell a taxi driver to get home?**  
"Loyang ('Loy-ang') Avenue, Loyang Valley condominium. Yes, the big red brick place." I haven't come across a taxi driver yet who doesn't know it.

**What's the name of your neighbourhood?**  
Changi.

**Closest MRT station?**  
Toss-up between Pasir Ris and Tampines.

**How long have you lived here?**  
Six years.

**Why here?**  
My husband works at the airport and is impatient with public transport!

## THE SCENE

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

Cyclists, including lots of MAMILs!\* My MAMIL-husband tells me Loyang Avenue is good for practising hill climbs. Other cyclists are on the bike path – one way goes to Pasir Ris Park, the other to Changi Village. (*\*Middle Aged Men In Lycra*)

**The closest store (of any type) to your front door is:**

Our condo shop (it sells everything you could possibly need, and it runs a tab system).

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

Cliché, I know – any World War II movie with jungle scenes.

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

Cat-fighting. One of our cats seems to have an issue with the seven cats next door.

**The unofficial uniform of your street is:**

National Service uniforms – we're surrounded by army camps.

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

Lance Armstrong – close to cycling routes, but far from prying eyes.

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

Visit Changi Village late on a Saturday night.

**If you're missing home, you:**

Go cycling on Pulau Ubin for a bit of countryside.

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

A walk along Changi Boardwalk followed by drinks and a meal at the Changi Sailing Club. There's nothing like it in Singapore – fresh air, sea views and decent food to top it off.

**You'd swap houses in a second with:**

The people who live at Changi Sailing Club. The sea is at its doorstep, literally.

**A common myth about your neighbourhood is:**

That it's miles away from anywhere. Actually, we're less than ten minutes from the airport.

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

If not a cat-fight, the crowing of the wild jungle fowl roaming around the condo grounds.

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

Ghostly activities at the abandoned Changi Village Hospital.



THE SUPERLATIVES

**Your hands-down favourite neighbourhood joints are:**

Changi Sailing Club – great location and decent food. The dim sum stall at Airfield Restaurant – good choice of dim sum at a great price. Coastal Settlement – a taste of Dempsey in Changi Village. Lots Gourmet – good Western-style café food.

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

Go to Changi Village late on a Saturday night and you’ll see.

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

The giant Giant, IKEA and Courts stores close by in Tampines. There are also outlet shops at Changi City Point, especially good for sports gear.

**The guiltiest pleasure in your area is:**

Chocolate cake from Chocolate Origin in the main street of Changi Village.

**One thing you’d never change is:**

The rustic nature of the area. It’s been a shame to see Sentosa and Dempsey, for example, become modernised over the years. We like our area exactly the way it is now (and as it has been for years).

**But one thing you wouldn’t mind seeing go is:**

The new bus depot they’re building on Loyang Avenue. It doesn’t fit with the area at all.

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

Pay off any authorities or developers who want to build up the area. I’ve always said that if Pulau Ubin ever gets developed, I’m out of here.

**Why should your neighborhood be featured in a guidebook?**

It’s a breath of fresh air from the rest of busy Singapore. The pace of life is slower. Changi Village has rustic charm and undeveloped Pulau Ubin is a great escape from hectic city life.



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](mailto:contribute@expatliving.sg) with “Street Talk” in the subject line. Include your name and street, and we’ll be in touch.

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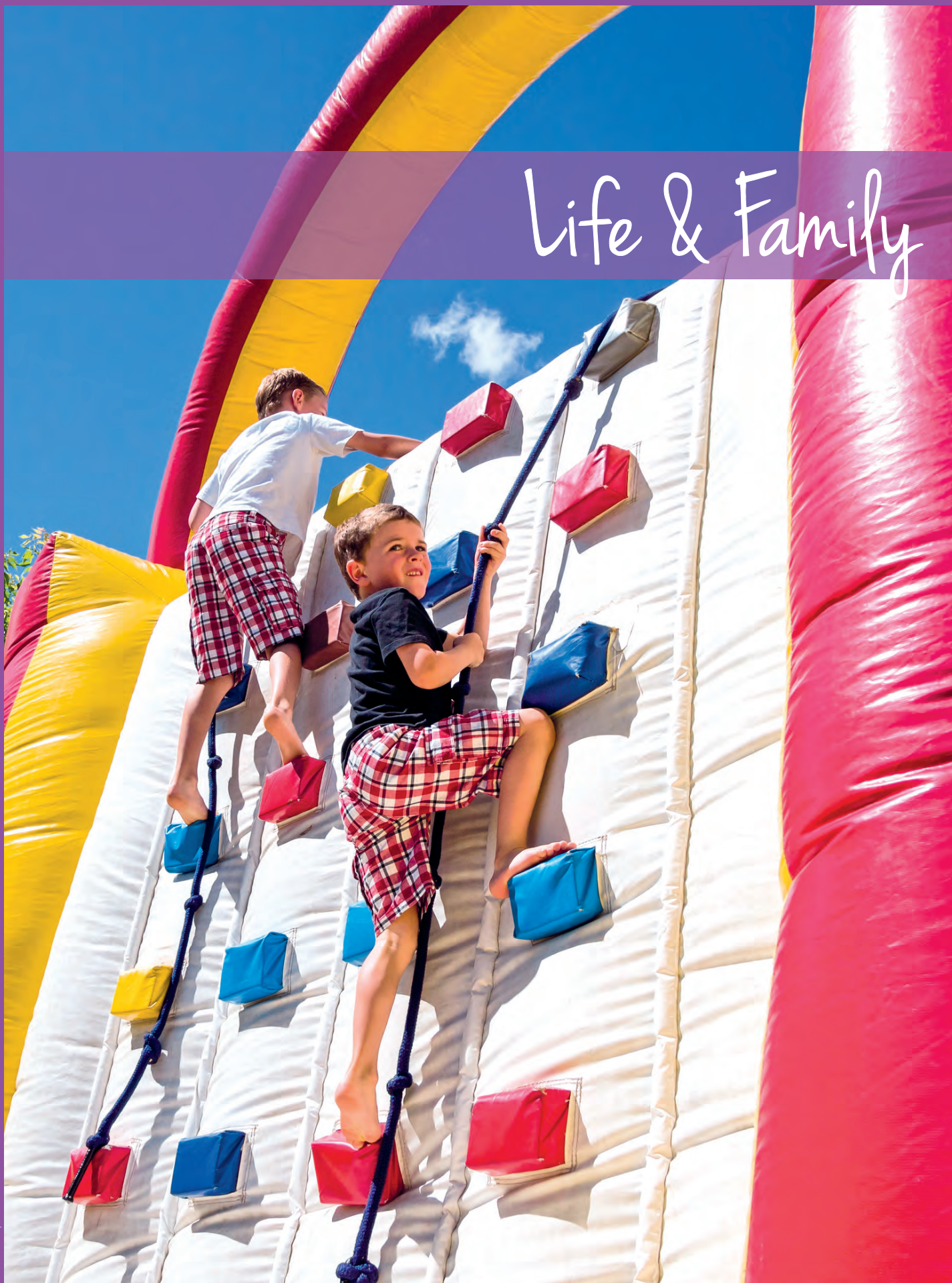
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# Life & Family



# WHAT'S NEW What's up for kids this month

## Science Fun

There's a lot going on at the Science Centre, with three new exhibitions just opened. **Exploring Nature's Design** runs until 24 August and includes a robot zoo of giant mechanical animals and a make-your-own-creations tinkering space. The **Human Body Experience** is a journey through the five main body systems, complete with special effects, that starts with a climb into the mouth of a six-metre-high face. And for littlies aged up to eight years, **KidSTOP** opened last month with custom-designed science perfect for enquiring minds. Over at **Snow City**, a new 290-square-metre wall known as The Cliff will challenge climbing and abseiling enthusiasts. [snowcity.com.sg](http://snowcity.com.sg) | [science.edu.sg](http://science.edu.sg)



## UK SCHOOLS

Expats can often feel out of the loop when looking at schooling options in the UK. If you don't know where to start, check out Independent Education Consultants who offer unbiased advice on UK education from nursery to university, as well as a mentoring or

guardianship service for children once they reach the UK. Head to the website for free advice and one-to-one service for choosing schools, applying, interviewing and getting through the entrance exams.

[independenteducationconsultants.co.uk](http://independenteducationconsultants.co.uk)

## PLAY AT ROCHESTER

Open again after a total makeover, the popular **Rochester Play Café** retains its reputation as the go-to place for fun, games and learning experiences. At weekly classes, mums can put their feet up (or get hands-on) as kids get stuck into puppet-making, yoga, balloon sculpting and terrarium-making. There are five themed indoor and outdoor play areas and a bistro serving top food, coffee and weekend brunch. Open Tuesday to Sunday, 10am to 8pm. **7 Rochester Park. Call 6773 1312.** ▶



## COMPETITION

Win a family pass to see **HANSEL AND GRETEL: AN ECO ADVENTURE**



This month we have three family passes, each for four people (worth \$80), to see

Hansel and

Gretel on 26 July at 11am. This popular show for children aged three to eight promises to be educational and fun, with catchy songs, witty dialogue, beautiful sets and animated puppets. Through *Hansel and Gretel*, children will discover that everything in nature is connected, and that balance in the environment is important.

12 July to 2 August. Aliwal Arts Centre. [glowsticks.com.sg](http://glowsticks.com.sg)

**Enter online at [expatliving.sg/competitions](http://expatliving.sg/competitions).**

## SCHOOL HOLIDAY CAMPS

Looking for things to do during the holidays? It's not too late to sign up for camps and activities. Take a look at our handy list online; there's a heap of options to suit every child! [expatliving.sg/kids](http://expatliving.sg/kids)



# 7

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Support the charities that help the needy in the region



### CYCLING FOR A CAUSE

Want to see the real Cambodia, and make a contribution along the way? With seven riders already signed up, the **Nokor Tep Foundation** is seeking another 18 from around the world, along with their mountain bikes, to raise funds for the construction of the Nokor Tep Women's Hospital. As the first women's hospital in Cambodia, where women have an average life expectancy of 49, it will provide free healthcare for the underprivileged. The seven-day course covers 1,070km and will provide safety and logistical support to riders. It starts in Siem Reap on 10 August, and joins up with those who've opted for the three-day ride that covers the last 380km into Phnom Penh. **Sign up here:** [lostowl.wix.com/rideformokortep](http://lostowl.wix.com/rideformokortep). [nokor-tep.net](http://nokor-tep.net) ◀

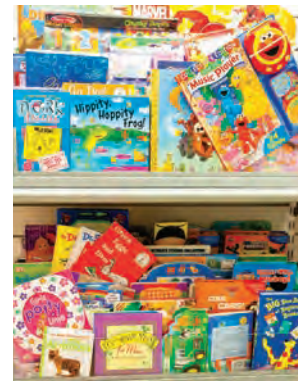


### UPLIFTING SUPPORT

More than 650,000 unwanted bras have found their way to the chests of needy women through the efforts of Uplift Project. This volunteer group, founded in Australia, collects and ships secondhand and new bras to underprivileged women across Asia-Pacific. Uplift works with NGOs and women's organisations in recipient countries, ensuring culturally appropriate distribution and fitting services. Now there's a chapter in Singapore, and Uplift is looking for donations at a giant swap-meet event; they're also on the hunt for corporate shipping sponsors. **26 July.** \***Scape, The Ground Theatre, 2 Orchard Link, 11am to 4pm.** [upliftbrasinsingapore.org](http://upliftbrasinsingapore.org)

### BOOKS BUILD LITERACY

Donate used and new children's books and dictionaries to help needy kids improve their reading and literacy. **Project BookMATTERS** is a non-profit initiative aiming to collect 3,000 books in three months to help underprivileged children in Singapore and neighbouring countries by putting books in their hands. Drop books off at Plain Vanilla Bakery outlets at 1D Yong Siak Street and Holland Village until 8 September, International Literacy Day. [projectbookmatters.com](http://projectbookmatters.com)



### GIFT OF SIGHT

The numbers say it all. In one eight-week period earlier this year, the **John Fawcett Foundation**, a Bali-based charity dedicated to restoring sight, including children's corrective surgery, improved the lives of thousands. The happy facts: it restored sight to 141 blind adults and children, provided 5,023 pairs of glasses, and carried out nearly 400 cataract surgeries in Bali, while at outreach centres and mobile clinics on Lombok, 4,911 people were screened and 229 sight-restoring cataract surgeries performed. Donations are always appreciated, including ophthalmic equipment. [balieye.org](http://balieye.org) ◀

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New products to check out this month



## BAMBOO BIKE

The humble bamboo plant has had many uses over the centuries, but its reincarnation as a balance bike is ingenious. Weighing just 3.5kg and designed for children from 18 months to five years, the bike has a bamboo frame that is infused with honey to prevent cracking and treated with bamboo wax for weatherproofing. Local villagers in Guangzhou, China, are employed to select the best bamboo, guaranteeing a stronger-than-steel frame. US\$165. [greenchambikes.com](http://greenchambikes.com) ◀



## HOT OR COLD

Leaving the new JNO-series Thermos filled with cold water in a black car on a hot day was the ultimate test. It passed with flying colours, just as it did in reverse: boiling water was still too hot to drink after six hours. Hot or cold, the Thermos works; it's light in weight, and available in two sizes: 350ml (\$45) and 500ml (\$49). [thermos.com](http://thermos.com)



## ZOOM ZOOM

If a car is financially out of reach, this might just be the answer to your transport needs. With a top speed of 25kph, the Zoom Scooter is a big time-saver. It's easy to operate, light enough to carry on and off the MRT train, takes a load of up to 100kg, is allowed on footpaths but not on roads, and travels up to 20km on a full charge. From \$1,199. [zoom.sg](http://zoom.sg)

## Happy Snaps

Riding a new wave of instant photography development is the Lomo'Instant camera. Not only does it come with a wide-angle lens that allows for shooting as close as 40cm, there are portrait and fish-eye lenses and adjustable exposure settings too.

[lomography.sg](http://lomography.sg)



## STATIONERY CHIC

When did stationery become so cool? The kids have Smiggle, but the adults are not forgotten, with Kikki K's new collection of stationery and journals, technology cases and accessories. In stores and online. [kikki-k.com](http://kikki-k.com) ▲



## COOL KIDS

Hands up those parents who despaired when their kids outgrew Cotton On's kids' range? Now the Australian company has designed an affordable, age-appropriate range for nine-to-14-year-olds who are too big for children's clothes but too small for adults'. Available at Wisma Atria and online. [shop.cottonon.com/free-by-cottonon/](http://shop.cottonon.com/free-by-cottonon/)



# WHAT IF...



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Parent Christine takes a strategic view of the school

## ... YOU COULD EXPLORE THE POSSIBILITIES?

Would choosing a school for your child be easier if you could experience it firsthand? At UWCSEA, we appreciate how important this decision is. We know that it's reassuring to experience a school in action before deciding if it is the right fit for your child.

Our open days provide an opportunity to meet Principals and teachers and observe classes. Most importantly, you can speak directly to our students about their experience at UWCSEA.

We invite you to come and see for yourself:

### **East Campus**

Primary School	Monday, 15 September
Middle School	Wednesday, 17 September
High School	Thursday, 18 September

### **Dover Campus**

Primary School	Monday, 22 September
Middle School	Wednesday, 24 September
High School	Tuesday, 23 September

*What if your child joins UWCSEA?*

Visit [www.uwcsea.edu.sg](http://www.uwcsea.edu.sg) to register and find out more.



# Independent Thinkers

To become successful learners and global citizens, educators largely agree, children should be taught how to think, not what to think. And there's plenty that parents can do to encourage their children to become independent thinkers. Here are seven useful tips.



## 1 THE IMPORTANCE OF FACT-CHECKING FOR ACCURACY

With so much information and misinformation online, children need to verify what they are reading. Encourage patience and persistence. Remind them to ask questions: How do we know this is true? Why should I agree with this opinion?

## 2 CHECK THE RELIABILITY OF A WEBSITE OR REFERENCE BOOK

Ask children to consider: Does the URL have an official suffix such as .org or .edu? When was the information posted or published? Are the sources stated? Is the author an expert? How can you tell? Is the information the same or different on other trusted sites?

## 3 COPYING AND PASTING INFORMATION IS NOT THINKING

Children need to know they will never attain good results by plagiarising; they must be able to demonstrate understanding. Ask: Can you summarise what you've just read and break it into key ideas and examples? Can you explain it in your own words? Ask them to practise this skill aloud.

## 4 ASK A MIXTURE OF FACTUAL AND INFERENTIAL QUESTIONS

Watch, read or listen to a news report or thought-provoking story together. Choose something that is neither too hard nor too easy, because the brain is stimulated by challenge, but inhibited by threat. Talk about what you've read. Start with the facts: Who did what? Where? When? How? Move on, and ask: Why? How can you tell? Mix it up by asking inferential questions before the factual ones, but beware of leading questions, such as "He shouldn't have done that, should he?"

## 5 ENCOURAGE YOUR CHILD TO WONDER, AND TO ASK MORE QUESTIONS

Can they make connections between the information and the people, places and events from other stories, or from real life? Ask: Did this remind you of anything else you've seen, heard or read? Why?

## 6 SOME CHILDREN DEMONSTRATE THEIR THINKING CREATIVELY

Encourage active and artistic children to share their knowledge and ideas through drawings, models, dance and role-play. Any opportunity for enthusiastic review and reflection is worthwhile. Ask: Can you draw that? Can you show me? Can you act it out? Always include plenty of talk.

## 7 ENCOURAGE CHILDREN TO LOOK AT INFORMATION FROM DIFFERENT PERSPECTIVES

Ask children to put themselves in the shoes of someone else and think like another person. This can open minds, develop empathy and discourage children from generalising or rushing to judge others. Cinderella is a good example: Encourage the child to think like the sisters, rather than Cinderella. Ask: Could there be reasons why the sisters behave the way they do? They may still decide that the sisters are "the baddies", but in reaching that conclusion there's a very worthwhile discussion to be had about the wider issue of how people should treat each other.

*Charlotte Humphrey is Avondale Grammar School's Assistant Principal and Head of Primary and Middle Years. [avondale.edu.sg](http://avondale.edu.sg)*

The Referral Guide for SINGAPORE

JULY 2014

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## INTERNATIONAL SCHOOLS

TIPS FROM PARENTS

LOCATION MAP



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# NOTICEBOARD

Births, engagements and weddings plus items for sale

## FAMILY NEWS



Niki and Mark Vogel happily welcomed their first child, daughter **Aria Indiana**, on 4 May at Gleneagles Hospital.



Gavin Christof Cruz joined sister Hailey Madison and delighted parents Glenis and John on 12 March.



Melanie and Sebastien Vanaudenhove are thrilled about the birth of their little girl, **Victoria**, on 21 February.



**Matthew McConnell** was born in Thomson Medical Centre on 11 November 2013 to the delight of parents Gill and Derek, and proud big sisters Hayley and Jenna.



### 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](mailto:editorial@expatliving.sg).

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**Jenny Packham Eden dress**

This size-10 dress is being sold by its second owner following her wedding in April this year.

The seller, who is a size 8, had some adjustments made and shortened it. It is clean but is slightly damaged at the base, is missing a few beads and has a few tiny tears. Asking \$4,800.



**Interested?** Email loviewkq@gmail.com

**Home wanted for Hazel the cat**

An English family is relocating and can't take their cat with them. She is three years old, sterilised and microchipped, quiet and undemanding, but doesn't get along with dogs. The family lives in the Novena area, and is giving Hazel away free.

**Interested?** Contact Cath at mcnulty\_cath@yahoo.com

**Solid teak cupboard**

Measuring 195 x 132 x 64cm, this heavy cupboard has many shelves which can be moved; some locks need replacing. Free to anyone who can arrange for it to be taken away.

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**Custom-designed Manhattan sofa**

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# ZEST FOR NEW ZEALAND



By Katie Roberts

Vast mountain scenery, All Blacks rugby, kiwifruit and the *Lord of The Rings* films all spring to mind when you hear New Zealand mentioned. The High Commissioner of this beautiful country on the far side of the southern hemisphere, Her Excellency Bernadette Cavanagh, chatted with *Expat Living* about representing New Zealand in Singapore.

The sun is barely up on a sweltering, sticky morning and there's no hint of a breeze to cut through the humidity. It's a normal Friday for Singapore, but at Kranji War Memorial, New Zealanders and Australians are chatting after the annual ANZAC Day dawn service, a traditional gathering for both countries to remember those who have served in the armed forces, past and present.

Having laid a wreath and given a speech, New Zealand's High Commissioner Bernadette Cavanagh, in a tailored suit, cheerfully meets people, pausing to chat with decorated soldiers, fellow diplomats, children and adults alike. This is just one community aspect of the diverse role performed by New Zealand's top representative in Singapore, one that highlights the past and bolsters the ongoing relationship between the two countries.

Many expats only interact with diplomatic representatives for passport and visa assistance, but it's reassuring to know, when living so far from home, that a high commission, embassy or consulate is nearby. "In a country like Singapore,

New Zealanders don't need that much support from government agencies. So most of the 3,500 New Zealanders here carry on with their lives, and we don't really come into contact with them. They get on with it, which is good," she says.

Bernadette is 18 months into a four-year posting, having moved here from New York in January 2013. This shift was a change of scene for Bernadette and her husband Martin; in New York she was Deputy Permanent Representative at New Zealand's Mission to the United Nations. "For small countries, the UN provides an international legal framework and a

platform to speak from, something that is hard to find elsewhere," she says of that incredible experience.

"When this opportunity arose we were excited to move to Singapore. I had previously worked as head of the Southeast Asia unit in the Ministry of Foreign Affairs and Trade, so we were keen to live and work in Asia. Not to



mention that it's closer to New Zealand, and Singapore is an important partner of ours," she says.

After completing school in Wellington, Bernadette, who hails from Te Kuiti, a small town on the North Island, did a public policy degree at university, also in the capital. Initially she found a job at the Ministry of Defence, but was soon seconded to the Ministry of Foreign Affairs and Trade. "It opened up a whole new world and I didn't look back, working across a range of roles. My first posting and first time living overseas was in Moscow, which was incredible. We then went back to Wellington for a term and then to New York. It's been an amazing opportunity and a huge honour to represent my country in three such diverse locations."

New Zealand has maintained a resident High Commissioner in Singapore since independence in 1965, and Bernadette follows in the footsteps of the first female High Commissioner to Singapore, who was here from 1982 to 1985.

"The High Commission is here to advocate for New Zealand's interest across a range of areas, but a key focus is trade and economic," says Bernadette. "We support NZ exporters or Singaporean exporters to NZ; build defence, tourism, business, political and cultural links; offer consular support. We also support incoming visitors and delegations, and link them with appropriate Singaporean counterparts. Our population size is quite similar – roughly five million – so there are many things we can learn from each other."

After the devastating Christchurch earthquake more than three years ago, Singapore contributed substantial fundraising efforts. A Singaporean army group that was in NZ at the time doing military exercises, immediately came and helped with the initial response.

"The media attention moved on, but for a year after the first quake, which caused dramatic damage, the ground did not stop moving. It was tough for people in Christchurch, the waiting. Now the land is stable, enormous work has gone into planning and demolition, and a lot of reconstruction will start this year.

It's taking time, but the city is recovering and there are exciting years ahead for Christchurch."

As with most expats, Bernadette believes the benefits of a foreign posting definitely outweigh the negatives of living far from home and family. "Living in someone else's country is special, and experiencing their culture gives you a useful view of your own country – both positive and negative. Certainly it gives you a greater appreciation and puts things into perspective.

"I'm now acutely aware how geographically isolated New Zealand

is. From Singapore, it's a two-hour flight to numerous countries; yet after two hours of flying from NZ we've not even made it to Australia or one of our Pacific neighbours yet! So, as a New Zealander, you have to work hard just to get out into the world, as often the rest of the world doesn't see any reason to come to you, which can be a real challenge.

"For me, it's important to go back regularly to New Zealand to touch base. Countries change, and when you've been out of them for a few years you need to take a fresh look at the interests you're representing."



### Trade Talk

At 4.5 million, the size of New Zealand's population is similar to that of Singapore and, despite the geographical distance, Singapore features in many of NZ's Top 10 lists:

- Fourth-largest source of foreign investment
- Sixth-largest bilateral trading partner
- Ninth-largest source of visitors to NZ

New Zealand food exports to Singapore meet the need for high quality and a safe and secure supply. As well as dairy products, produce includes fish, beef, lamb, honey, fruit and vegetables – and let's not forget the wine. NZ oil is shipped and refined here. Numerous high-tech products are available

here, and star of the recent Yacht Show was the NZ-made super-yacht, *Vertigo*. And after nearly a decade's absence, Air New Zealand is seeking approval to fly between NZ and Changi again from the end of this year.

### Did You Know?

There are 12 female High Commissioners or Ambassadors in Singapore, a small percentage of the total number, but covering a range of countries big and small including Israel, Sri Lanka, Germany, Laos, Mongolia, Denmark, Nigeria, Canada, Egypt, India and South Africa. **31**



"What I love about White Lodge is how it offers the children opportunities to enjoy new experiences and broadens their horizons."

Claire Taylor with her daughter Jemma, Pre-Kindergarten, Upper Bukit Timah



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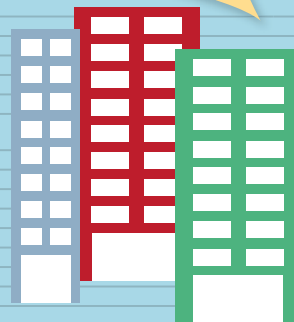


# DOWN THE CHUTE

## Where does your rubbish go?

By Katie Roberts  
Designed by Beatrice Ng

### RECYCLABLES



At the **Material Recovery Facility** waste is sorted into streams:

- Paper
- Glass
- Clothes
- Plastic
- Ferrous
- Non-ferrous



### CHUTE



Starting this year, all new HDB developments will have a separate recycling chute.

Recycling bins are collected from landed properties, condos and HDB blocks and transported to a sorting facility. Waste is not separated.

### SOLID WASTE

Singapore's solid waste output  
**1970:** 1,260 tonnes a day  
**2012:** 8,016 tonnes a day



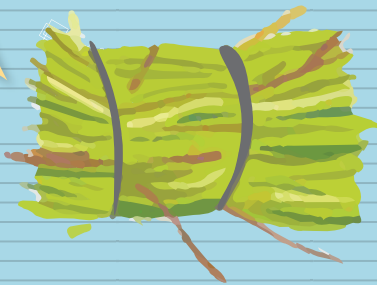
Singapore has four waste to energy plants, including Tuas South, which handles 3,500 tonnes daily and cost \$890 million to build. A fifth plant, being constructed by Sembcorp for \$250 million, will handle 1,000 tonnes of waste daily.

The discovery of the rubbish chute is rated as an “Aha!” moment for many people when moving for the first time into a condo in Singapore. No more midnight trips to push a heavy green bin onto the side of the street for weekly collection (often wearing only an inadequate dressing gown). With the chute, in one push the rubbish is gone, never

to be thought of again. The threat of disposal of a toy or uneaten meal can also prove a useful child behaviour management tool.

Jokes aside, what happens to rubbish once it’s disappeared down the chute? And where do the recyclables end up after they’ve been deposited in a recycling bin? Here’s a guide.

Sorted waste is baled and sent to local and overseas recycling plants.



**2013:** 7.85 million tonnes of waste. 4.82 million tonnes or **61%** was recovered for recycling.

## SEMAKAU LANDFILL



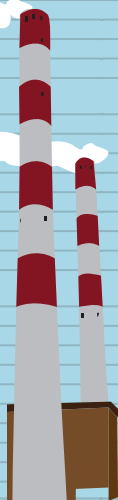
Photo: National Environment Agency of Singapore, 2014

Waste is unloaded into 35-tonne dump trucks and deposited as landfill; this is covered with soil and planted with trees and shrubs. Semakau can take waste until about 2035. The island supports a coral reef, mangroves and fishing. Visitors are welcome.

2012: An average of **2,300** tonnes was received daily.

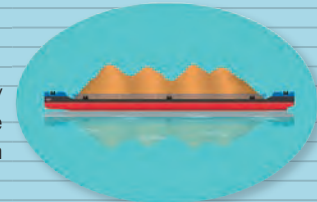
## WASTE TO ENERGY PLANTS

- Waste is incinerated at 850 to 1,000 degrees Celsius, reducing its total volume by **90 percent**
- Heat from the combustion process generates steam in boilers that is used to drive turbo generators to produce electricity.
- Air in the refuse bunker is kept below atmospheric pressure to prevent odours escaping into the environment.
- A flue gas-cleaning system removes dust and pollutants so the air meets environmental standards before its release into the atmosphere.



## BARGES

Waste is transported by barge to the 350-hectare Semakau Landfill, 8km south of Singapore



## TUAS TRANSFER STATION

- Ash and non-incinerable waste from waste-to-energy plants is sent for transfer.
- Ferrous scrap metal in the ash is recovered and sold to a local steel mill for recycling.

The first WTE plant opened in 1979, ending years of reliance on landfills.

Source: National Environment Agency

## RECYCLING IN SINGAPORE & AROUND THE WORLD

In Singapore, four waste-to-energy (WTE) plants incinerate waste that is not separated for recycling. According to a spokesperson for NEA, a fifth plant is under construction and the government has put a sixth out for tender, as the first is de-commissioned. In 2012, Singapore's incinerable solid waste could fill 990 football fields to the height of an average person. Recycling helps reduce this amount.

A national recycling programme was launched in 2001, and the rate across all sectors in 2013 was 61 percent (see table, below right). Improving this number is reliant on recycling becoming an accepted social norm across all communities. Dr Catherine Yeung from NUS says people typically follow social norms when two conditions are met: it is socially acceptable *and* everybody else is doing it. In the case of recycling, she says, the first condition has been met, but the second condition falls down because we tend to think that no one else is recycling.

Changing this norm starts with targeting a well-defined group, for example schoolchildren, in the hope that their recycling behaviours will spill over to other groups, including parents. There are numerous examples in Europe, the UK and Asia of successful and not-so-successful campaigns to motivate and drive behavioural change.

In Taiwan, a campaign to encourage consumers and businesses to recycle was launched in 1998. According to Chen Hung-Yi of the Environmental Protection Administration, it has been successful nationwide, with a recycling rate of 40 percent reached in 2011; a target of 75 percent has been set for 2020. The preferred solid waste solution is recycling. Households and businesses are charged for garbage collection, while recycling is free. The government encourages businesses to collect recycled materials through subsidies. South Korea and Japan use similar systems.

In Austria and Belgium, recycling rates are well over 90 percent and the practice is so ingrained that it is automatic behaviour, according to Christian Stiglitz, CEO of the European Institute of Environmental Economics. Ongoing communication campaigns with clear, consistent and concise messages are essential to maintain these rates. He believes that in high-rise buildings, the chute is to blame for low recycling rates. And he questions why people might be fine with carrying heavy shopping bags into their apartments and yet not be prepared to carry much lighter bags out for recycling.

In the UK, the recycling rate is 47 percent. The big driver to reach 50 percent by 2020 is the lack of space for landfill sites in a country where the cost of dumping waste is an expensive \$170 per tonne. Smartphone apps are seen as one of the best ways to encourage recycling, from reminding residents to put their bins out, to providing information about what can and can't be recycled.

### FAQ

#### What can be recycled?

Paper, cardboard, old clothing, bottles, drink cans and containers made of metal, glass or plastic. Containers should be emptied of their contents to prevent contamination of other recyclables. Old clothing should be bagged.

#### What cannot be recycled?

Items with food and liquid waste, items with composite materials, light bulbs, ceramics and porcelain.

#### Why are recycling bins not separated?

Waste separation is done at the Material Recovery Facility.

#### Are there any recycling plants in Singapore?

There are various facilities that recycle different types of waste across the island. At the Sarimbun Recycling Park, entrepreneurs operate recycling facilities at low costs to boost the domestic waste industry. Located in Singapore's northwest, it contributed about 30 percent of total waste recycled in 2012.

#### What about batteries?

Used batteries can be safely disposed of with household waste, which ends up at the WTE incineration plants.

#### How can I recycle electrical and electronic waste?

Besides the various take-back schemes operated by companies to collect unwanted electronic items for recycling, used items that are in serviceable condition can be donated, sold or exchanged at collection centres. Households can also use the recycling bins to deposit their e-waste. Check the NEA website for drop-off details.

### Waste Statistics

Overall recycling rates, as a percentage, in 2013:

Construction debris	99
Used slag	97
Ferrous metal	97
Non-ferrous metals	84
Scrap tyres	88
Wood	77
Paper/cardboard	54
Horticultural waste	48
Glass	20
Food	13
Plastics	11
Textiles/leather	10
Total recycling rate for all waste:	61 percent

Statistics: NEA

For detailed information, lists of collectors for recycled goods, and numerous resources, visit [nea.gov.sg](http://nea.gov.sg)



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A SCHOOL OF THE DE LA SALLE BROTHERS

# Meaningful Merchandise

By Amy Greenburg

ELLA SHERMAN has been caring for all kinds of creatures for as long as she can remember. As a child, she'd befriend stray dogs, and even try to resuscitate the fish her mother brought home for dinner. (Little wonder she's been a vegetarian for most of her life.) Now, Ella has started her own business to help animals in need, while still finding time for her real estate career. We spoke to the British expat about her foray into entrepreneurship, and the furry friends who benefit from it.

Since she moved from Hong Kong ten years ago, Ella's been a dedicated shelter volunteer and active board member for the Society for the Prevention of Cruelty to Animals. In 2012, she took her passion a step further by creating **Animal Merchandise**, a colourful collection of animal-print products – from oven mitts, aprons and coasters to tote bags and apparel – that gives back through its sales, and helps raise awareness of local animals in need. Officially launched in 2013, the line is carried at Robinsons Orchard, Takashimaya and select home gift stores.

## What prompted the creation of Animal Merchandise?

My experience in both fundraising and merchandising inspired me to turn my passion into a business with a strong social responsibility. I wanted to combine my work with my love of helping animals, and this was the perfect way to do it.

## How did you choose which shelters to support?

It was very hard to shortlist the shelters for our Animal Merchandise Donation Programme, but in the end, I chose the ones that I'd either volunteered or done joint projects with, knowing that they had efficient adoption programmes in place. I selected both big and small shelters, known and relatively unknown, that support a mix of dogs, cats, rabbits and wildlife.

## How are proceeds distributed?

We contribute toward certain items from the shelters' wish lists once a year. This includes donations toward rescue vehicles, sterilisation programmes, veterinary services, food, medical supplies and animal welfare awareness campaigns. The reason we donate toward specific items is so that we know exactly where and how the funds are used. Every year, we post all of this on our website for the information of our customers.



Ella with her dogs, Freddie, Rupert and Trinny – Maltese, Pomeranian and Chihuahua, respectively.

*Animal Merchandise benefits eight local animal welfare organisations:*

Animal Concerns Research and Education Society | [acres.org.sg](http://acres.org.sg)  
 Action for Singapore Dogs | [asdsingapore.com](http://asdsingapore.com)  
 Cat Welfare Society | [catwelfare.org](http://catwelfare.org)  
 House Rabbit Society Singapore | [hrss.net](http://hrss.net)  
 Noah's Ark Cares | [noahsarkcares.com](http://noahsarkcares.com)  
 Oasis Second Chance Animal Shelter | [oasis2ndchance.blogspot.sg](http://oasis2ndchance.blogspot.sg)  
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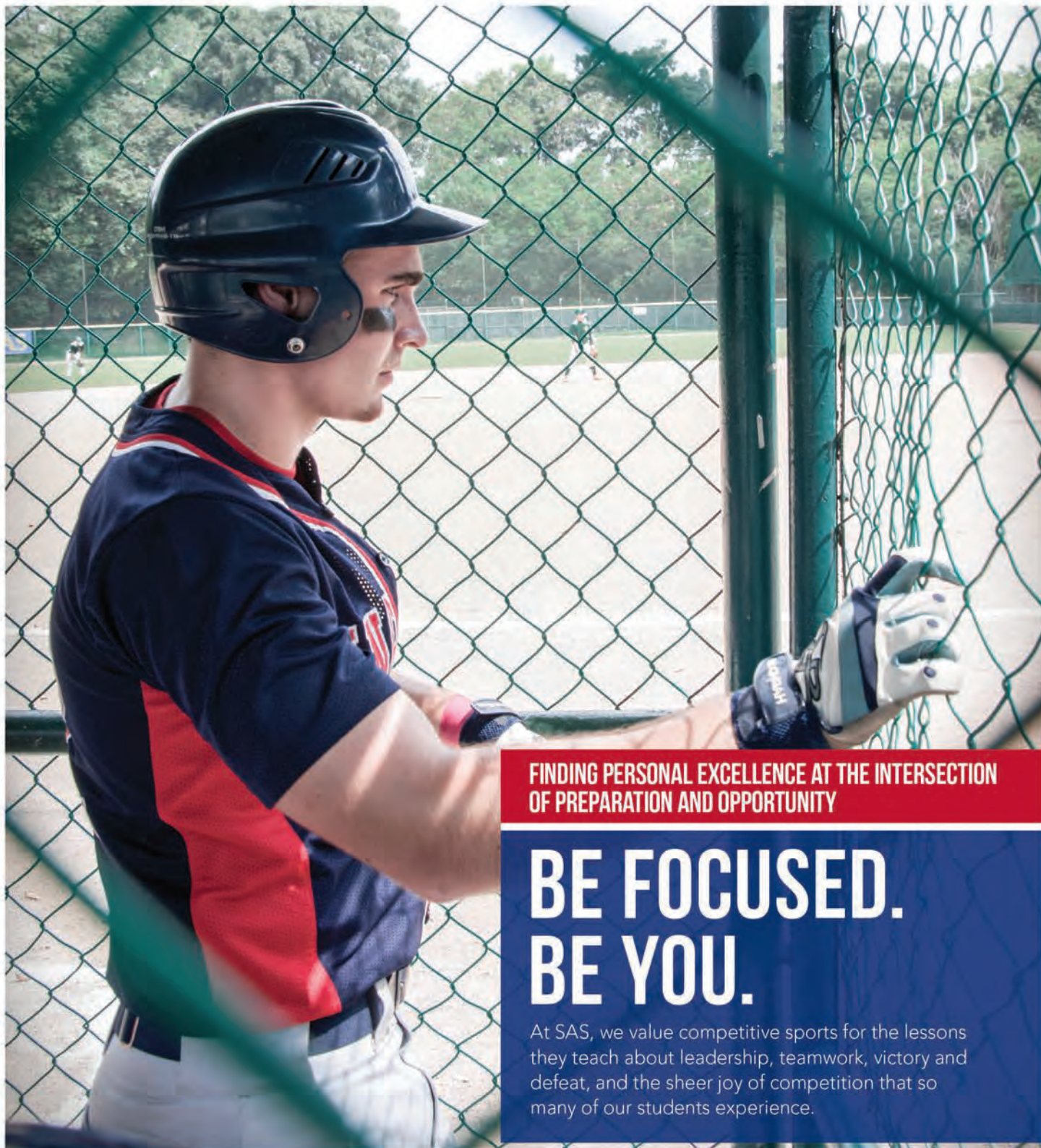
## What's it like to juggle two careers?

It's hard work and exhausting, but completely worthwhile. Not only are we getting positive feedback from Animal Merchandise customers, but animal shelters are benefitting from us spreading the word about pet adoption. The feel-good factor it gives me is absolutely priceless.

## Where else is Animal Merchandise sold?

We've distributed Animal Merchandise to Kuala Lumpur, Shanghai and Seoul, and we've chosen two or three shelters in each of these locations to support. We're also expanding into stores in Hong Kong and Bangkok this year. 🐾

[animalmerchandise.com](http://animalmerchandise.com)



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# Cashew Kids

Beyond the glittering resorts and carefree tourist laughter is Bali's flipside, where people live on \$2 a day, struggling to eat, let alone get an education. Four teachers from Singapore's Stamford American International School (Stamford) recently volunteered their school holidays to support local teachers at a new preschool in the island's northeast.

With their mothers now employed at the plant of East Bali Cashews in jobs that just a few years back they could only have dreamt of, 60 preschoolers in the village of Desa Ban have got stuck into learning. Before AnaKardia Kids Early Learning Center opened in April for children aged two to six years, there were no education opportunities in the area for this age group. The preschool fulfils two aims: to care for the children while their mothers work, and to provide them with a valuable education.

"It's staffed by 10 local teachers who will prepare the preschoolers for entrance into public school," said Alexandra Cleary, one of the four Stamford teachers on the trip. "Before the centre opened, these children had no prospect of preschool education."

"The response from villagers has been overwhelming," adds teacher Jillian Smith. "They see the benefit and value of giving the children education at an early age; most kids in Bali don't actually start school until the age of seven (and unfortunately a large majority don't finish). The school motto is 'Happy,

Healthy, Smart', which truly symbolises how they feel."

During their visit, the Stamford teachers planned inquiry, play-based lessons using reusable materials that local teachers can easily replicate. "We aimed to make lesson plans sustainable for the school and tried to create lessons using materials that can be found nearby," said teacher Amy McClellan. "We've been using bottle tops and reusable materials that can be used as a resource not just in AnaKardia Kids but also in other village schools. We want to make education accessible and show that learning can be fun."

The teachers also took educational supplies, including crayons and a train set donated by the Stamford community, and are committed to the ongoing collection of donations.

Two of the teachers at AnaKardia Kids also work at the village public school during the mornings, while the



### East Bali Cashews

Based in the rural village of Desa Ban, East Bali Cashews is a social enterprise started two years ago by American Aaron Fishman, who saw an opportunity to process Bali-grown cashews on the island, rather than exporting them to other countries. He has successfully attracted investment to expand his facilities for processing and packaging unshelled cashews for sale domestically and internationally, and has plans to expand further. It's the first village-based, large-scale cashew processing facility in Bali, and the aim is for it to have a positive social impact. Employment has been created for over 200 women, many of whom had never had a job. What's more, renewable energy sources are used to power the processing facility.

[eastbalicashews.com](http://eastbalicashews.com)



others are finding their way around a classroom for the first time; several teachers themselves only received formal schooling to the age of 10.

"For the local teachers, the greatest challenge will be to truly understand what is needed by each age group, but this is where we come in to offer our support," said teacher Matthew Holmes. "Two groups of teachers will visit twice a year to ensure that education standards are kept high, and provide ongoing training for the AnaKardia Kids teachers." ❏



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# CYBER MISBEHAVIOUR

High rates of internet usage and mobile telephone ownership combined with the popularity of social media have opened up huge opportunities to connect with people near and far. It has also had unintended consequences in creating a new frontier for harassment, which previously took the form of lewd telephone calls or face-to-face slurs. Technology now provides a convenient shield for perpetrators to hide behind. We spoke with **Gloria James-Civetta Advocates and Solicitors** about new laws passed by Singapore's Parliament in March, which aim to protect people from this insidious online crime.

"Standards of acceptable behaviour should be the same in the physical world as the online sphere," said Singapore's Law Minister K. Shanmugam as he recently announced the *Protection from Harassment Bill* – and it's easy to agree. With input from advocacy, welfare and community groups, the Bill seeks to address cyber bullying, for which a 2012 Microsoft survey found that Singapore ranked second out of 25 countries. Statistics such as these, along with high-profile examples reported frequently by the media highlight the problem. Here's a brief overview of what the Law includes.

- **Cyber harassment.** This is now an offence; it was previously not specifically covered by any Act. An example of cyber harassment is a classmate posting nasty or hurtful comments about their peers on a website.
- **Unlawful stalking.** This is defined as conduct that causes harassment, alarm or distress to a victim, with that intention on the part of the stalker. Examples include attempting to make communication by any means with the victim, or giving or sending material to the victim.
- **Harassment and bullying** within and outside of the workplace are now covered.
- Offences committed **outside Singapore** are covered, if the overseas offender commits acts of cyber stalking against a victim in Singapore.



- Victims can sue for **damages** or apply to the Court for a **protection order**. It's advisable to retain evidence such as harassing emails and text messages.
- The Act applies to **children**, and education about the legal repercussions of cyber bullying will be rolled out in schools.

In December last year, a 38-year-old Singaporean was convicted of cyber stalking after pleading guilty to 31 counts of intimidation over a six-year period. He received three years in jail and a fine of \$5,000 in a Singapore court for the offences against US singer Leandra Ramm. He initially contacted the young singer with promises to assist her career. After she broke off contact, he started sending threatening emails and phone messages which the sentencing judge described as "vile, vicious and vulgar".

For legal advice, contact **Gloria James-Civetta Advocates and Solicitors**. 6337 0469 | [gjclaw.com.sg](http://gjclaw.com.sg)  
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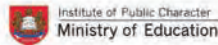
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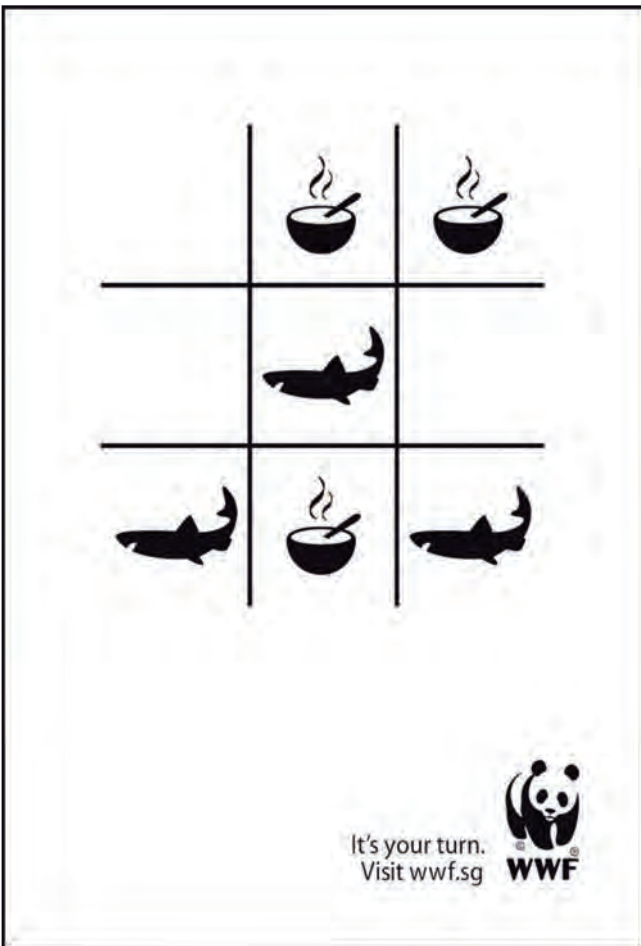
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# Arts & Leisure



*The Winds of Zephyrus (photo: Tan Ngiap Heng)*

# ON THE SCREEN

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



## BIG SCREEN



### Hateship Loveship

In an act of mean-spirited rebellion, a teenaged girl named Sabitha (Hailee Steinfeld) orchestrates an awkward, one-way email romance between her shy caregiver, Johanna (Kristin Wiig), and her estranged,



recovering addict father Ken (Guy Pearce) – an interference that provokes Johanna to truly come out of her shell and find the courage she needs to transform her affection-starved existence. Opens 24 July at Golden Village cinemas.

### Begin Again

This romantic comedy follows Greta (Keira Knightley), who, after being dumped by her boyfriend (Adam Levine) for the fame and fortune of his solo music contract, meets a down-on-his-luck record producer (Mark Ruffalo) who recognises her true talent. Somewhere between their friendship and their love of music, they strike a chord that captures the hearts of everyone around them – proving that every great story has its own soundtrack. Opens 3 July at Cathay Cineplexes.



### Guardians of the Galaxy 3D

Marvel's new action flick finds space adventurer Peter Quill (Christ Pratt) the object of a bounty hunt after he steals an orb coveted by the villainess Ronan. But when Quill discovers the power it holds, he must find a way to rally the quartet of ragtag rivals hot on his trail, in order to save the universe. An all-star cast features Bradley Cooper, Zoe Saldana, Glenn Close, Vin Diesel and Benecio Del Toro. Opens 31 July island-wide.



### Behaving Badly

Love isn't easy, and for Rick (Nat Wolff), it involves going to a Josh Groban concert, just to win over his crush, Nina (Selena Gomez). It also means having to deal with strippers, his best friend's flirty mother, the local mob, his drug-abusing boss, a perverted headmaster and his own crazy mother – all in hope of landing his dream girl. This wild comedy also features Dylan McDermott, Heather Graham, Mary-Louise Parker, Elisabeth Shue and Jason Lee. Opens 10 July at Cathay Cineplexes.

### Wish I Was Here

Following the success of his directorial debut film, *Garden State*, Zach Braff



presents yet another existential dramedy; this time, he stars as Aidan, a 35-year-old struggling actor and father trying to find identity and purpose. This bittersweet film about self-discovery and the meaning of life also stars Kate Hudson, Ashley Greene and *The Big Bang Theory*'s Jim Parsons. Opens 31 July at Golden Village cinemas.

## SMALL SCREEN

### The Leftovers

Set in a small New York suburb, this new HBO Original Series follows a police chief and father of two (Justin Theroux) as he and others try to maintain some normalcy after two percent of the world's population abruptly disappears without explanation. The ten-episode drama also stars Liv Tyler and Amy Brenneman. Premieres 6 July at 8.45pm on HBO (StarHub Channel 601).



### The World Wars

Narrated by two-time Oscar nominee Jeremy Renner (*The Hurt Locker*), this three-night miniseries features gripping dramatic scenes, stunning computer-generated imagery and interviews with contemporary leaders, including John McCain, Colin Powell, John Major and David Miliband, along with noted historians from around the world. *The World Wars* takes viewers on an epic ride through the bloodiest century in history, exploring two of the most cataclysmic conflicts in history, WWI and WWII. Premieres 26 to 28 July at 10pm on HISTORY Channel (StarHub Channel 401).



### A La Vie, A La Mode

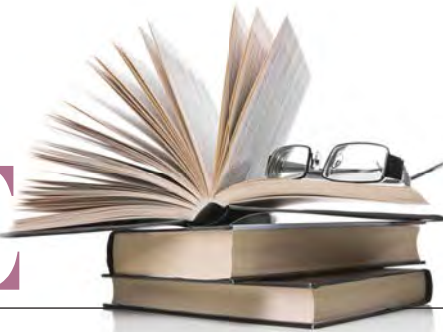
Quirky fashion personality, Elizabeth Bost, introduces viewers to all things fashion, from the front row of Paris Fashion Week to backstage with haute couture icons like Karl Lagerfeld and Vivienne Westwood, and interviews with Parisian stylists, photographers and celebrity trendsetters like Jessica Alba. It's all presented with a dash of French humour, including Bost's wicked impersonations of *Vogue's* Anna Wintour. Don't speak French? No problem – there are English subtitles for all you fashionistas interested in watching this half-hour show. Premieres 6 July at 4pm on TVMONDE (StarHub Channel 152).

### The Wahlburgers

From the streets of Dorchester, Massachusetts to the red carpets of Hollywood, Boston's most famous family, the Wahlbergs, has taken on a new, sizzling business venture. Paul Wahlberg, brother of actors Mark and Donnie, has set his sights on making it big in the burger business, and joins forces with his brothers to take the city – and country – by storm. Expect lots of antics as the family members, and the eccentric employees who work for them, face the challenges that come along with running a burger joint. Premieres 24 July at 8pm on Lifetime (StarHub Channel 514).



# ON THE PAGE



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

## HOLIDAY READS

Verne Maree

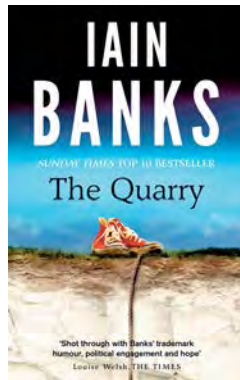
These two novels gripped me from start to finish and continue to linger in my mind. Good candidates for summer holiday reading, though their subject matter is admittedly anything but light.

### The Quarry

Iain Banks

Little, Brown | 326 pages

Told through the voice of an autistic youth, Kit, this story centres on his misanthropic and cancer-ridden father, Guy, who gathers together the friends of his youth for one last time before he dies. It was only when *The Quarry* was being prepared for publication that Banks himself discovered that he was in the advanced stages of gallbladder cancer: a most tragically ironic twist. In true Banks style, authentic characters and a fast-paced plot make this a real page-turner. This is Banks' last novel, and he will be deeply missed by his legions of fans.



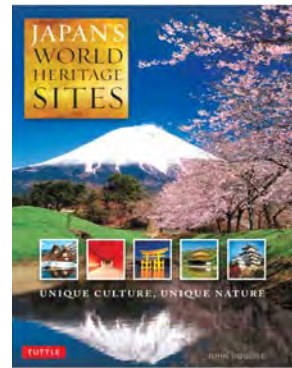
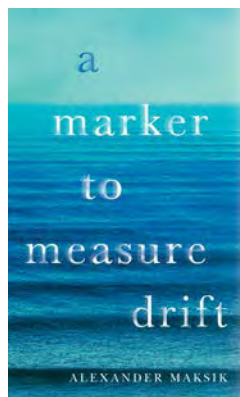
### A Marker to Measure Drift

Aleksander Maksik

Random House | 240 pages

It's difficult to review this book without giving away too much of its exquisitely crafted story. In the aftermath of Charles Taylor's regime, we find a young vagrant Liberian woman called Jacqueline living in a cave on the beach of an Aegean island. The tale is an exploration of memories, of hungers – both physical and spiritual; and finally of the human potential for healing.

As it reaches its terrible denouement, there is no way to avoid being strongly shaken by the unspeakably dreadful event that lies at the novel's core.



## Japan's World Heritage Sites

John Dougill

Tuttle | 189 pages

How wrong it is to think of Japan in terms of big, overcrowded cities like Tokyo – as wonderful as they are, too. Much more of this long, geographically diverse collection of

islands is characterised by culturally distinctive villages, rolling countryside, majestic mountains, wonderfully unspoilt national parks and, of course, temples. And shrines. Lots and lots of temples and shrines, each one as fascinating as the next.

John Dougill is a professor at Kyoto's Ryukoku University, so it would have been a doddle for him to research and photograph the 17 top cultural sites that make the city of Kyoto just one of Japan's 17 World Heritage sites. (There seems to be something about the number 17 here.)

After that, he set off on a four-month tour of Japan to visit the other 16 sites – travelling the length of the country from the sub-Arctic north of Hokkaido down to sub-tropical Okinawa. This gorgeously illustrated and hugely informative coffee-table book is the result.

Iconic Mount Fuji kicks off the list; next comes the exquisite Itsukushima Shrine, on an island just off the city of Hiroshima, whose apparently floating *torii* (Shinto gate) evokes harmony with nature. Then follows the Peace Memorial at Hiroshima, the only building to survive the world's first nuclear blast. Of the remaining national treasures, my favourite is Yakushima Island, a primeval forest with thousand-year-old cedar trees that are photographed here to awesome perfection.

As for the author's favourite, he was smitten by the volcanic Ogasawara Islands, 1,000km south of Tokyo and uninhabited until they were first settled by Westerners and Pacific Islanders in the 1830s. They were never attached to the mainland, and have been called "a laboratory for evolution" by scientists who study their distinctive flora and fauna.

If you've visited one or more of Japan's heritage sites, this lovely book will make you hanker to return. And if you haven't yet, it might just put this amazing country right on top of your wish list.

Verne Maree

## Dim Sum: A Flour-forward Approach to Traditional Favorites and Contemporary Creations

Janice Wong and Ma Jian Jun

*Gatehouse* | 176 pages

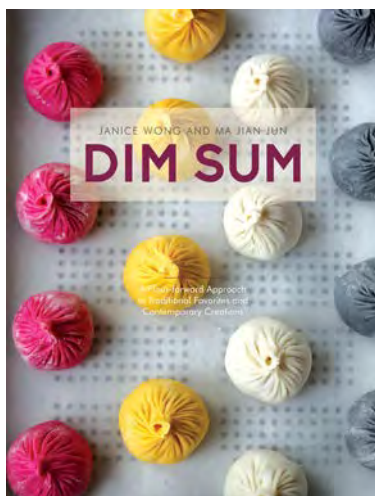
Though Chef Janice Wong of Singapore's 2am:dessertbar is best known for her artistic pastry creations, her latest book, written in collaboration with Chef Ma Jian Jun, focuses on the art of dim sum – a staple of Chinese cooking.

Eager to explore the Cantonese dishes she grew up eating, and intrigued by the variations of flour used in making dim sum, Chef Wong sought out classically trained Chef Ma, who prepares dim sum daily. Together, they came up with a collection of traditional dim sum recipes and others reinvented with Western ingredients – think truffle cheese dumplings, foie gras and cognac dumplings, and snow-skin popcorn balls.

*Dim Sum* presents the origins, ingredients and techniques behind dim sum through beautifully photographed recipes and accompanying tips, beginning with types of flour – wheat, potato starch, glutinous rice and mung bean flour, among others. Over 80 recipes are organised by dumplings and their various skin textures – crystal, elastic, matte and sticky, for instance – followed by buns, flourless creations and pastries.

It's obvious that these dishes require some major skills, and this cookbook won't make the process much easier for those of us who are culinarily challenged. Nevertheless, Chef Wong's inventiveness is fascinating, and each recipe is showcased as a piece of art. I, for one, plan to keep my copy of *Dim Sum* on the coffee table, rather than in my kitchen; it's certainly a great conversation-starter.

Amy Greenburg



## Living in Singapore, 13th Edition Reference Guide

*American Association of Singapore* | 463 pages

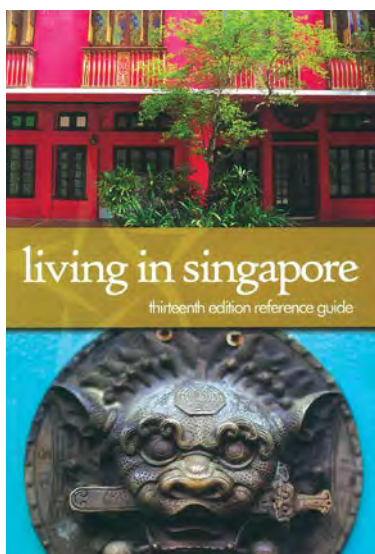
Updated every two years, this is the indispensable reference guide to living in Singapore. Each of the chapters, from The Big Move and Settling In through to Education, Health & Fitness, Motoring & Transportation, Arts & Culture, Nightlife, Shopping and many more, is written by a long-term expat with a thorough grasp of his or her subject, and is a comprehensive mini-guide in itself.

Even if you already have a well-thumbed past edition, it's worth getting the new one – it's been redesigned and updated, and is still hot off the press. Taking the Education chapter as an example, Rosanne Woodmansee has included invaluable new information, including insider-type advice for those considering local schooling as an option.

I loved Laura Schwartz's chapter on Lifestyle, particularly her refreshing reflections on the dating scene, LGBT

issues, and even "nudity, naturism and swinging". It was slightly disappointing, though, to learn that sex is strictly prohibited during any gatherings of the members of the Yahoo! SgNudClub.

Verne Maree



## Deco Roll Cake Party

Junko

*Marshall Cavendish Cuisine*

This cute and kitsch recipe book jazzes up the humble Swiss roll into a party talking-piece. Japanese graphic designer turned food-blogger, Junko, has made a name for herself by pre-baking patterns onto parchment paper, which is then used as the baking paper to line a Swiss roll tin.

The result is intricately pretty designs on Swiss rolls, the sponge in a range of flavours from vanilla to matcha green tea, filled with cream and fruit. Her first book *Deco Roll Cakes* and this latest "party book" together offer a variety of cake recipes, fillings and baking tips, plus a collection of patterns from teddy bears to skulls. Simply photocopy the patterns and use them under parchment paper for a shortcut route to baking success.

Beate Baldry



# ON THE WALL



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



## Get Intimate

Back for its fourth edition, the **Art Apart Fair** will feature over 2,000 works from a selection of emerging international artists, with a particular focus on Russian artists this time around. Known for its more cosy, unconventional setting – 33 guest rooms and suites on the fourteenth floor of the Parkroyal on Pickering hotel will be converted to “home art galleries” – the fair is designed to let collectors view artworks in a more intimate context. The three-day event will include an art auction and a lucky draw, as well as talks by experts, performance art and live painting by a Russian character artist. 18 to 20 July at Parkroyal on Pickering, 3 Upper Pickering Street. Tickets are \$10 from [artapartfair.com](http://artapartfair.com).

## Contemporary Art

### Mixed Media Madness

Singapore Art Museum's (SAM) exhibition, **Medium at Large: Shapeshifting Material and Methods in Contemporary Art**, explores some of the most fundamental aspects of modern art – its making and our understanding of it – as well as the wealth of materials with which contemporary artworks can be created, and the shifting nature of media as genres begin to merge with one another. From traditional media like oil painting, drawing, photography and sculpture to more eccentric materials like whitening soap, bullet shells and human hair – and “dematerialised” media such as sound, language and text – the exhibit probes and ponders the fluid, and often



obscure, nature of art. See it until May 2015 at SAM, 71 Bras Basah Road. [singaporeartmuseum.sg](http://singaporeartmuseum.sg)



### Modern Art Mash-up

Curated by Singaporean June Yap, Guggenheim UBS Map Curator for South and Southeast Asia, **No Country: Contemporary Art for South and Southeast Asia** features 19 thought-provoking works across various

media – including painting, sculpture, photography and video – by 16 diverse artists and collectives from 11 countries such as Bangladesh, Cambodia, India, Singapore and Vietnam, among others. The acclaimed exhibition was first presented last year at the Solomon R. Guggenheim Museum in New York, before showing at the Asia Society Hong Kong Center, as part of the Guggenheim UBS MAP Global Art Initiative, a multi-year collaboration that charts contemporary art practice in three geographic regions, and encompasses residencies, international touring exhibitions, audience-driven education programming and acquisitions for the Guggenheim's permanent collection. See it until 20 July at the Centre for Contemporary Art, Block 43 Malan Road, Gillman Barracks. [gillmanbarracks.com/cca](http://gillmanbarracks.com/cca)





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### Culture Cloths

Altar cloths, called *tok wi* in Baba Malay, the language of the Peranakans, are an often overlooked aspect of Chinese Peranakan culture, yet one that perfectly represents the community's rituals and ceremonial practices, from weddings and funerals to ancestor veneration and Chinese New Year celebrations. As Asia's first large-scale exhibition of batik altar cloths, **Auspicious Designs: Batik for Peranakan Altars** presents a collection of 72 cloths that combine traditional Chinese symbolism with motifs and designs from Southeast Asia and Europe, together with furniture and other household objects to provide context. The exhibition illustrates how art and religion evolve in changing local conditions, as cultures borrow from one another, and gives a glimpse into customs that are quickly fading. See it until 28 December at the Peranakan Museum, 39 Armenian Street. [peranakanmuseum.org.sg](http://peranakanmuseum.org.sg)



### Ruptured Refuge

In his new exhibition, **We are Home and Everywhere**, Singaporean artist Zai Kuning uses beeswax – a material that's produced by honeybees to create safe havens – to reflect upon issues of displacement. Influenced by the Orang Laut – the nomadic, indigenous fishermen of the Riau Archipelago, also known as “sea gypsies” – and the survivors of Japan's massive earthquake, tsunami and Fukushima-Daiichi nuclear disaster of 2011, Zai's work is a commentary on how these groups have been affected by external circumstances beyond their control. See it until 10 August at Ota Fine Arts, 7 Lock Road, #02-13 Gillman Barracks. [otafinearts.com](http://otafinearts.com)



### Trickery Treat

The new **Trickeye Museum** has opened at Resorts World Sentosa's Waterfront, offering visitors a unique opportunity to become part of the artworks on display. Already a popular attraction in South Korea, the museum, which derives its name from the French expression *trompe l'oeil* – meaning “trick of the eye” – features over 80 two- and three-dimensional paintings, sculptures and optical illusions, located across six themed zones: Love, Circus, Masterpiece, Safari, Fairytale and Adventure. Look forward to an interactive experience with plenty of bizarre scenes to step into and funny photo opps for the whole family. Resorts World Sentosa, 8 Sentosa Gateway. [rwsentosa.com](http://rwsentosa.com)

### Calling All Comic Enthusiasts

Until 31 August, the Singapore Philatelic Museum is commemorating Batman's 75th anniversary with **The League Against Evil: A DC Super Heroes Exhibition**, which showcases Comics Super Heroes stamps from the museum's permanent collection, Batman-themed Singapore Post MyStamps and stamp artworks, as well as rare, original comic art pages and collectibles on loan. In addition, fans shouldn't miss out on the Draw Your Own Super Heroes Workshop for adults and children, conducted by renowned comic artist and Association of Comic Artists president, Jerry Hinds, on 19 July and 16 August. 23-B Coleman Street. [spm.org.sg](http://spm.org.sg)



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# ON THE STAGE

From live music, comedy and ballet performances to tragedies and Tony Award-winning productions, there's certainly no shortage of entertainment this month

LIVE PREVIEW



## Music to Our Ears

The beloved Rogers and Hammerstein musical, ***The Sound of Music***, arrives this month, giving you a chance to experience one of the most famous shows of all time. Set in Austria during WWII, *The Sound of Music* tells the heartwarming, true story of Maria, a fun-loving governess, who changes the lives of the widowed Captain Von Trapp and his children by bringing music into their home.

In addition to hearing memorable songs like "My Favourite Things," "Do-Re-Mi," "Sixteen Going on Seventeen" and, of course, the title song, audiences can look forward to seeing young faces from both the expat and Singaporean communities on stage. Of the 400 students from 50 schools who auditioned, 18 were chosen for the coveted roles of six of the seven Von Trapp children, and will be performing on a rotation basis; the eldest Von Trapp sibling, Leisl, will be played by a regular cast member from the touring production. See it from 11 to 27 July at MasterCard Theatres, Marina Bay Sands. Tickets from Sistic. [baseentertainmentasia.com](http://baseentertainmentasia.com)

## Meet the Von Trapp Children



### Gretl

Chloe Choo, Singaporean, 8  
Jaime Chew, Australian, 8  
Emilia Klein, Singaporean, 7

### Marta

Carolina Campbell Magan, British, 9  
Samantha Lee, Australian, 9  
Selma Hansen, Danish, 9

### Brigitta

Georgia Blakeman, British, 11  
Mimi Slinger, British, 11  
Felicity Bertram, Australian, 11

### Kurt

Benjamin O'Dwyer, British, 10  
Joshua Goh, Singaporean, 11  
James Bell, New Zealand, 11

### Louisa

Sabrina Lee, Australian, 11  
Abbie Machin, British, 13  
Olivia Nolan, British, 13

### Friedrich

Isaac Burgess, Australian, 12  
Patrick Friedlander, Australian, 14  
Sean Harrison, British, 13

### Picnic and Pirouettes

This year marks the 19th edition of Singapore Dance Theatre's **Ballet Under the Stars**, an outdoor performance featuring works by a selection of renowned international choreographers. Audiences can expect a range of dance numbers from classic and Asian-inspired pieces to more contemporary sequences, divided between two consecutive weekends – Australian choreographer Natalie Weir's *A pas de deux* will be featured at all shows. So, pack some snacks and a bottle of wine, and get ready to take in the timeless art of ballet. 7.30pm from 18 to 20 July and 25 to 27 July at Fort Canning Green. Tickets are \$25 from Sistic. For performance line-ups, visit [www.singaporedance theatre.com](http://www.singaporedance theatre.com)



### Tackling Intolerance

Based on the true story of Matthew Shepard's 1998 kidnapping and brutal death in Laramie, Wyoming, **The Laramie Project** chronicles life in the small town in the year following the murder. Presented by The Young Co., Singapore Repertory Theatre's educational platform for 16- to 25-year-olds, and directed by Daniel Jenkins, the play confronts the destructive power of bullying and hate in all forms. See it 25 and 26 July at DBS Arts Centre, 20 Merbau Road. Tickets from Sistic. [srt.com.sg](http://srt.com.sg)

### Side-splitting Stand-up

Following last year's sold-out show, the original stars of the hit British TV show **Whose Line is it Anyway?** return to Singapore this month for a second round of improv. Audiences can expect lots of laughs as comedians Andy Smart, Stephen Frost, Steven Steen and Ian Coppinger turn anything and everything into a fresh batch of hilarious sketches. See *Whose Line is it Anyway?* live from 2 to 5 July at DBS Arts Centre, 20 Merbau Road. Tickets from Sistic.



### All Aflutter

Scotland-based Singaporean director Ramesh Meyyappan takes the classic themes of love, despair, loss and hope from *Madame Butterfly* to create a modern adaptation, using complementary elements of puppetry. **Butterfly** tells the tragic tale of a kite-maker who must grapple with her anguish after her lover leaves her alone and isolated. Don't miss out on the post-show dialogue with the artists. See it 17 to 19 July at Esplanade Theatre Studio, 1 Esplanade Drive. Tickets from Sistic. [thestudios.com.sg](http://thestudios.com.sg)

## FOR KIDS

### New Spin on the Brothers Grimm

A twist on the classic fairytale, **Hansel & Gretel: An Eco Adventure**, follows two intrepid siblings on their journey through the forest. They meet an evil witch along the way – only, in this version, she's disturbed the balance of nature, and it's up to Hansel and Gretel to save the flora and fauna before it's too late. This 35-minute musical – complete with catchy songs and animated puppets – teaches three- to eight-year-olds the importance of caring for animals and the environment, and how their actions can impact the entire ecosystem. See it 12 July to 2 August at Aliwal Arts Centre, 28 Aliwal Street. Tickets are \$19 from Sistic. [glowsticks.com.sg](http://glowsticks.com.sg)



### Learning Journey

In **Round the Moon, Blue the Sky**, little ones can journey with Smallest Dragon through a whimsical world of shapes and colours. Combining physical theatre, puppetry, black light magic and audience interaction, this lively, educational show features cast members from Singapore, Hong Kong and Japan – it's iTheatre's first collaborative project with the Asian Alliance of Theatre Festivals for Young Audiences (ATYA), and is specially tailored for children aged two to eight. See it 21 to 27 July at Alliance Française Theatre, 1 Sarkies Road. Tickets from Sistic. [itheatre.org](http://itheatre.org)

# In the Studio

By Amy Greenburg



This month, the Tony Award-winning bio-drama, *Red*, will hit the Esplanade Theatre Studio stage. We asked its director, SAMANTHA SCOTT-BLACKHALL, for a sneak peek.

Set in 1958 New York, *Red* follows Mark Rothko, one of the most influential

artists of the Abstract Expressionist movement, as he works in his studio and fires questions at his new assistant, Ken, sparking an intense philosophical debate on life, art, culture and Nietzsche. This fictional drama by American playwright John Logan contemplates the fundamental questions of creation and experience, delving into the relationship between art and commerce, and the master-apprentice dynamic.

## What drew you to *Red*?

When I heard *Red* was a bio-drama about Rothko, my ears pricked up. My previous collaboration with the Esplanade was a bio-drama depicting legendary psychoanalyst Sigmund Freud in a meeting with the novelist and theologian C.S. Lewis. Its content and its investigation of real-life characters drew interest from audiences, so I was immediately sold on the premise of *Red*. The action throws audiences into Rothko's headspace from the get-go; there's no cushy start allowing audiences to warm up. As soon as wide-

eyed Ken enters the studio, his new boss fires questions at him. I'm drawn to a challenge and, dramatically, visually and intellectually, this play is definitely that.

## Have you made any changes or local adaptations to the original?

I've not made any changes to the play. In fact, I feel it's my responsibility as a director to ensure the character of Rothko (played by Daniel Jenkins) and the world we re-create on stage is seen and performed with a certain accuracy, supported by an understanding of his work, his life, his beliefs and his passion as an artist.

## Do you have a favourite scene?


There's a very exciting moment when Rothko and Ken prime a six-by-six-foot canvas – a task they must finish within the time limit of a three-minute piece of music. As in a dance, they step around each other, brushes flailing, paint splattering, in somewhat choreographed movements until the canvas is completely covered with red paint. I love this play because it's so hands-on. The actors are constantly mixing paints, stretching and priming canvases while engaging in philosophical debate.

## What messages or feelings are you hoping audiences will come away with?

*Red* takes audiences on an intellectual debate about life, art, politics, love and literature. Ken isn't only challenged by the very stubborn Rothko, but also manages to challenge him. You end up watching a tennis match of ideas, and can't help but take sides.

At one point in the play, Rothko screams, "I'm not here to make pretty pictures!" His art intends to contain so much more than what the eye digests. Rather, it's about feelings, and it's the spectrum of emotions that the actors evoke that draws audiences into more than just a debate on differing opinions; it's a journey of passion.

## How do you think Singapore theatre has evolved in recent years?

With more theatre companies on the scene, there's so much happening at any one time, and the choice of things to watch – dramas, musicals, original works, sound and light narratives, physical theatre, plays in English and plays in Chinese – is vast! I'm excited to be part of such a vibrant scene. 

See *Red* from 10 to 13 July at Esplanade Theatre Studio, 1 Esplanade Drive. Tickets from Sistic. [thestudios.com.sg](http://thestudios.com.sg)



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# After-Dark

## Artistry

By Amy Greenburg

Though New Zealander HONOR HARGER arrived just four months ago from her ten-year stint in Europe – most recently, she was a curator in the UK – she's already made her mark on Singapore's arts and culture scene, as executive director of the ArtScience Museum at Marina Bay Sands. Her first task? Launching **ArtScience Late**, a programme that aims to encourage interdisciplinary exchanges between international artists. We asked Honor what we can expect from this collaborative performance series.



### What can museum-goers look forward to?

At the heart of ArtScience Late is a series of free, cutting-edge performances by local and international artists who explore art, science and technology in their works. From 7pm on one Thursday every month, the public can unwind over drinks while seeing the museum in a different light, as it's transformed into a buzzy, night-time destination; our galleries are also open until 10pm, giving museum-goers the chance to see exhibitions after-hours.

Over the course of the series, you'll see artists from different backgrounds performing together in new collaborations; for instance, a beat boxer working with a VJ; a performance artist working with a classical musician; a technologist working with a choreographer; a spoken-word artist working with interactive light technology, and so on. This month will feature a groundbreaking performance by Elemento and Wawi Navarroza of the Philippines. Together, they'll play original compositions using self-made musical instruments, constructed from objects such as bicycle parts, kitchen utensils, scrap metal and sensors.

### What inspired the programme lineup, and how'd you match up the artists?

We were inspired by the way that this generation of performers are working at the confluence between art, science and technology, and felt we were in an ideal position to share these works with new audiences. We had a very clear idea of what we wanted to achieve; the concept was to create a context for interaction, collaboration and experimentation between performers. Each performance explores the intersection between two different disciplines – just as ArtScience Museum explores the intersection between art and science.

We worked very closely with Singapore-based curator, Vanini Belarmino, on the lineup of performers, as she's worked with a range of artists from different disciplines in her career. One important consideration was the creative energies that each artist brought and how their individual work complemented one another. Also important was how well the performances would work within our space, and several of the nine performances were conceived specially to complement it. We wanted to select artists whose practices we felt passionate about; artists whom we knew would create genuinely exciting live performances that push the boundaries of what's possible at the convergence of art and technology.

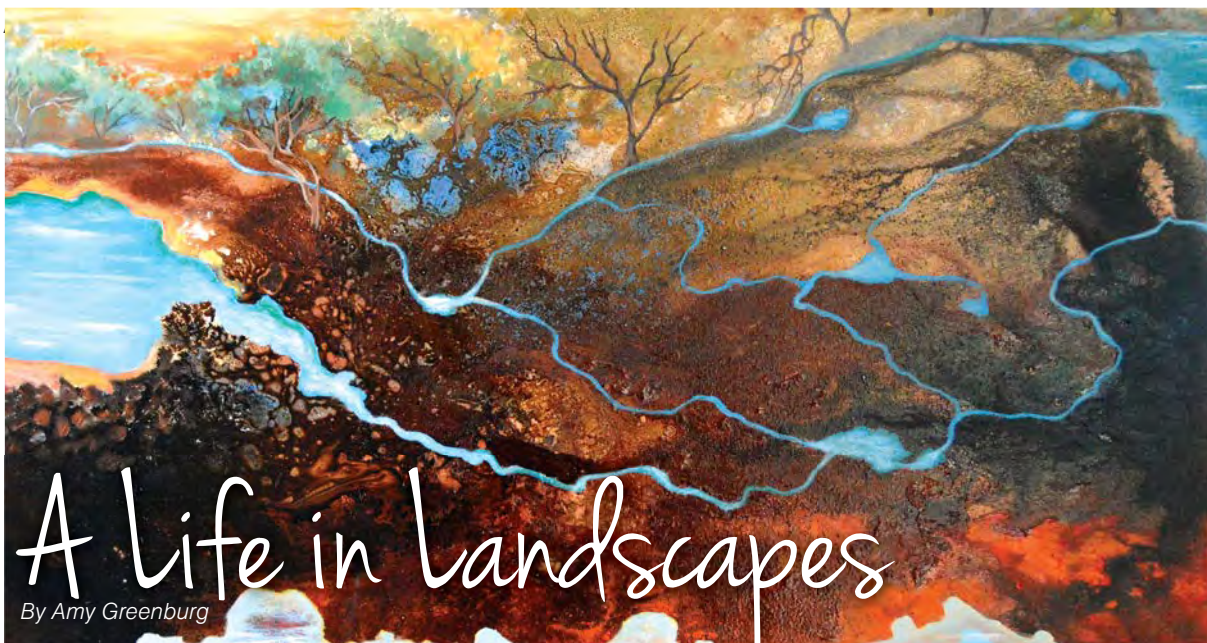
### Sounds like an amazing gig. What's your favourite aspect of the job?

My favourite part is having the opportunity to work alongside a fantastic team, interacting with outstanding local and international artists and scientists, and being able to curate works which exist at the intersection between art, science and technology.

### What do you think of Singapore's arts scene?

Even in the short time I've been here, it's been very evident to me that the scene is thriving. The contemporary art ecosystem here is particularly vibrant right now, with the new galleries at Gillman Barracks sitting alongside national museums of art, and the art fairs, all signposting Singapore as one of the capitals of contemporary art in Asia. It's a very exciting time to be here, and I'm looking forward to positioning ArtScience Museum at the heart of this ecosystem. 🇸🇬

10 Bayfront Avenue. Upcoming dates: 24 July, 21 August, 11 September. For more on ArtScience Late and its line-up, visit [marinabaysands.com/artsciencemuseum](http://marinabaysands.com/artsciencemuseum).



# A Life in Landscapes

By Amy Greenburg

**Clockwise from left:**

**Networking:** Mixed media on canvas.

**A Walk in the Park:** Mixed media with acrylics. "This painting is one of my more recent works, tending more toward abstraction. I'm now more comfortable with the 'inferred' rather than just what I see, though what I see is still the starting point."

**Goddess of Water, Land and Sky:** Mixed media with gold leaf and Chinese characters.

**Traces in the Sand:** Mixed media on canvas. "This is a symphony of textures found on the desert floor."



In her upcoming retrospective, **Astrid Dahl: Looking Back and Look Forward - A Retrospective Art Exhibition**, Singapore-based artist ASTRID DAHL will feature paintings from her entire career, covering a vast variety of expressions and terrains – from dry Australian deserts, tropical Thai rainforests and Tibetan hills to seascapes and outer space. We asked Astrid to share some of the inspirations behind her works, both past and present.

**K**nown for her colourful, contemporary landscape paintings, Astrid has been expressing herself creatively since she was a young girl – at four, she'd use the pigment from crushed flowers for drawing and, at 19, she sold her first painting. Her fascination with landscapes began when she first crossed the Nullarbor Plain from Melbourne to Perth in 1980 – sparking a series of works and giving her endless inspiration. In her new exhibition, Astrid – who was born in Thailand to a Norwegian father and an English-Thai mother, and raised in Singapore, Malaysia and Australia – will showcase works that span more than 45 years.

**How would you describe your artistic style and creative process?**

My works are scattered poetic versions of my experience of the landscape. They're representations, or fragments, of memorised parts of earth, sky and water. The themes are pieced together in my mind like a mosaic, and they become a reality to me as I paint. Each piece is unique, and reflective of my immediate experience or mood, or a memory that's been recalled.

At times, I have overlaid the "life force", the visible and the invisible, using lines and textured shapes among other techniques. Right now, I'm using a lot of gold and silver leaf, combined with oil paint. I love to experiment, and often do small canvases

to test out new mixed-media ideas and combinations of materials.

Each of my paintings has its "own time" to be finished. Some works can take two to four weeks to complete, while others can take five to eight years before I'm happy with them; in fact, one of my paintings took about 20 years to complete.

#### What is it about landscapes that inspires you so deeply?

Nature gives us humanity, a sense of belonging through natural history and a global view of that which is greater than human endeavour. We all take part in the struggle between the macro and microscopic elements of survival and, as we all walk this ancient earth on that delicately balanced line between good and evil, some of us, including myself, try to tread lightly.


The natural world is shrinking, and we need to worship and nurture what is left. Through my paintings I endeavour to show

66 My landscapes are taken from life all around me, as well as my inner landscapes of my mind. My creative spirit is beneath the soil, above the earth and on the ground. – Astrid

the spiritual inspirations, the beauty, and my respect and appreciation for being on this planet. I'm grateful for the opportunity to record nature in all its wondrous forms and my ability for self-expression.

Right now, I'm most inspired by the mixture of nature and the spirits that inhabit the world around us. Visual alignments of rocks, cascading water, or freak effects of earth, light and sound were seen as themes for ancient spiritual worship. Nature is in itself majestic, awe-inspiring, and full of drama and unpredictability.

#### What can we expect from your retrospective?

Expect diversity, interest and a visual story of my search for self-expression. I included as much of my story as possible, with a couple of paintings from each of the different exhibitions I've had. Different eras have produced different styles and subject matter, and my own feelings and creative growth, together with the culture of each decade, have played a role in determining each series of work. 

See it from 15 to 22 July at ION Art Gallery, 2 Orchard Turn. Ten percent of all profits from Astrid's exhibition will go to The Red Pencil foundation, which provides art therapy programmes to children suffering from illnesses, injuries and traumas. Call 8383 1642 to reserve a space in one of Astrid's upcoming Master Classes, to be held on 18 and 20 July. [astriddahl.com](http://astriddahl.com)



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# SCENE AROUND TOWN

Recent events, openings & parties



## Galleries Galore

The Affordable Art Fair returned to the F1 Pit Building in May. Art lovers, seasoned collectors and art novices alike embraced the chance to browse through artwork presented by 82 galleries.



## Something Special

As part of its Icons exhibition, Icon Gallery welcomed Horace Panter, artist and bass player from seminal UK ska band, The Specials. Prior to rejoining his band for a gig at The Isle of Wight Festival, Horace introduced a number of his new music-inspired works at the launch. Other artists in the exhibition include Morgan Howell, Nikki Douthwaite, Colin Brown and Paul Oz.





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### Mexican Perspectives

Introspective of the Outside World, the first solo exhibition in Singapore of Ángel Boligán, one of Mexico's most distinguished graphic artists and one of the world's best cartoonists, was launched at The Arts House at the Old Parliament Building.



### Indian Art

Kala Sutra 2014's second successful edition at The Arts House was one of the largest showcases of contemporary Indian art in Singapore. Guests included members of the expat community, and local art personalities such as Lorenzo Rudolf, Gil Schneider, Henny Scott and Valerie Cheah. Eugene Tan, Director of National Gallery Singapore was also present.



### Boutiques at the Pit Building

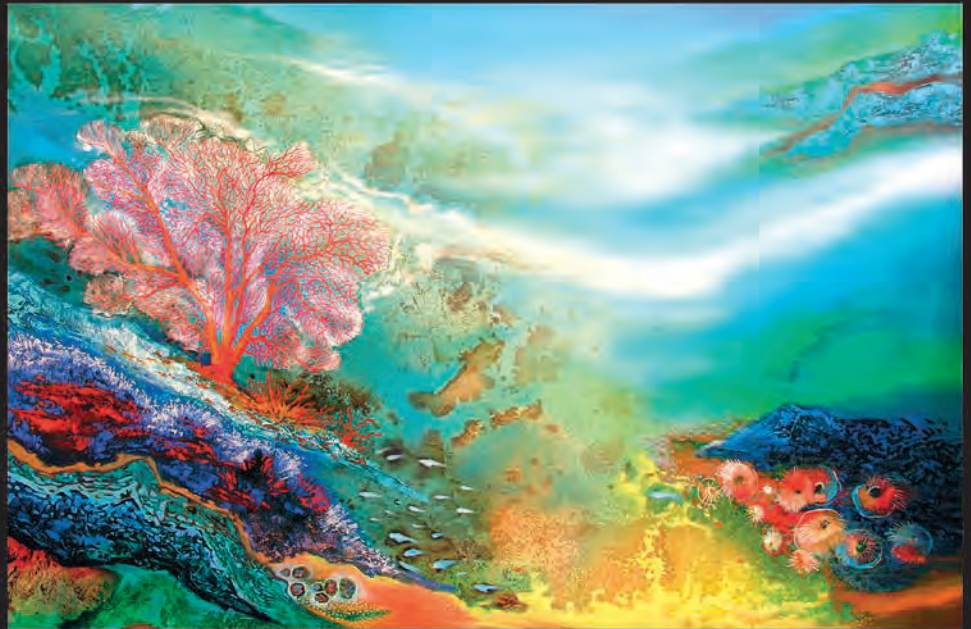
This fabulous fair bought together more than 100 bespoke designers and independent businesses at its new location, the F1 Pit Building, for a hugely popular shopping event.



# ASTRID DAHL

Friends, come and celebrate the career of an artist & art educator - spanning 40yrs + a large collection of works are for sale from different eras of her life. As she continues into the next creative phase, with recent, contemporary paintings, Astrid will run master classes and art workshops during the show in conjunction with The Red Pencil charity organization.

A Dahl



**Preview** Wednesday, July 16th 10am - 10pm

**Grand Opening** Thursday, July 17th 7.30pm - 10pm  
ION Orchard #05-03

**Astrid's Master Class Workshop**

Friday, July 18th 11am - 4pm & 6pm - 9.30pm

Monday, July 21st 11am - 5pm

Call Astrid at **8383 1642** or Janice at **9150 2177** to book

**Red Pencil Charity Workshops**

Saturday, July 19th (3 workshops)

10.30am - 12pm | 2.30pm - 4pm | 5.30pm - 7pm

Tuesday, July 22nd

10.30am - 12pm | 4pm - 8pm

Call **6221 2217** to register

[www.astriddahl.com](http://www.astriddahl.com)





### Static Touches Down

Editions by Collectors Contemporary presented the exhibition Idols, featuring new work by Static, a duo of British artists. Guests mingled with the artists who had flown in especially for the event from the UK.



### Taking Flight

The Embassy of Brazil invited guests to the opening of a solo exhibition, Taking Flight, by Brazilian artist Patricia Cabaleiro. The exhibition featured Patricia's latest series, abstract works that explore the different aspects of an individual journey.





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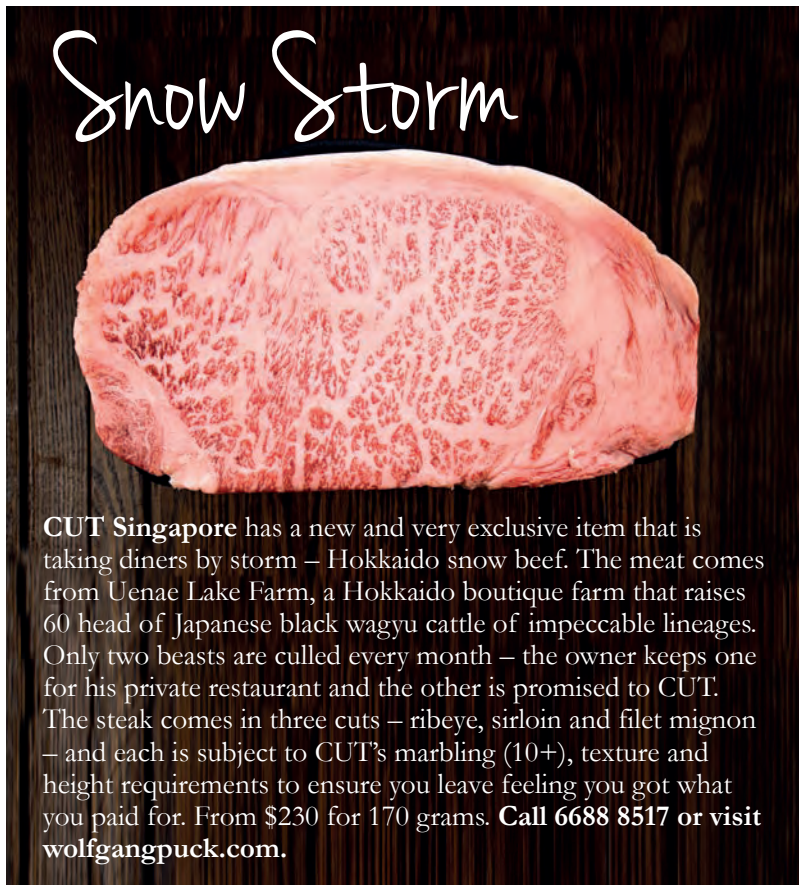
# Wine & Dine



*Pluck's curry-roasted cauliflower with almonds and sun-dried grapes*

# WHAT'S NEW

The latest trends in food and wine



**CUT Singapore** has a new and very exclusive item that is taking diners by storm – Hokkaido snow beef. The meat comes from Uenae Lake Farm, a Hokkaido boutique farm that raises 60 head of Japanese black wagyu cattle of impeccable lineages. Only two beasts are culled every month – the owner keeps one for his private restaurant and the other is promised to CUT. The steak comes in three cuts – ribeye, sirloin and filet mignon – and each is subject to CUT’s marbling (10+), texture and height requirements to ensure you leave feeling you got what you paid for. From \$230 for 170 grams. **Call 6688 8517 or visit [wolfgangpuck.com](http://wolfgangpuck.com).**

## KALE KRAVE

Your juicing book may be chock-full of recipes calling for kale, but it seems a shame to turn your \$10 bushel into just two tablespoons of juice. That’s why we are excited that Japanese brand **Yakult Health Foods** just launched packets of Maroyaka kale that dissolves in juice or water for a super-boost of beta-carotene, vitamin K and more. Available at Guardian Pharmacy outlets. For the fresh stuff, check the produce section of your local **Cold Storage** – the supermarket chain has just announced that both red and green varieties of kale are being stocked in 20 locations around town. ▼



## MORNING ROAR

Food is a serious topic in Singapore, but slinging flapjacks made from the **Nordic Ware Zoo Animal mini-pancake pan** will definitely lighten the morning conversation. Best of all, it’s on sale this month ToTT at \$41.05 (usual price, \$51.35) as part of the Great Singapore Sale, which features a host of kitchen must-haves at discounts of up to 50 percent. **Ends 28 July. [ToTTstore.com](http://ToTTstore.com).** ▼



## Pop Art

Pop open a bottle of bubbly, and eyebrows will raise. Sabre off the end, and jaws will drop. At the Ritz-Carlton Millenia, a staff member trained in “**The Art of Sabrage**” can instruct you how to perfectly hit the sweet spot – the intersection of the bottle’s vertical seam and lip – so that the cork and neck dramatically fly off, as they did for so many of Napoleon’s troops during the French Revolution. Available with the purchase of a bottle of Dom Pérignon (\$488) at Treetops, the alfresco area of the Chihuly Lounge. **Call 6434 5288.** ▼





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## BEST AT THE BAR

Best bartender in Singapore? Try the best in all of Southeast Asia! Beating out 25 bartenders from Singapore, Malaysia, the Philippines, Indonesia and Vietnam, Peter Chua from 28 Hong Kong Street was named **SEA Best Bartender of the Year** at the inaugural Diageo Reserve World Class South East Asia Finals & Bar Show 2014. Next up? He and his golden shaker will compete in the Global Finals in July. ▲



### CATCH OF THE DAY

The new junior menu at **The Manhattan Fish Market** is all about presentation. There's a crab-shaped fish burger with cranberry coleslaw and cucumbers, and a grilled fish and mashed potato dinner, the Wacky Dory (shown here), plus more, for just \$7.95 each. Sixteen outlets island-wide. [manhattanfishmarket.com](http://manhattanfishmarket.com).

## Brunch this Month: CHOPSUEY CAFÉ



Most restaurants have one menu for mornings; go for brunch here, and you'll get three. The brunch menu is stacked with familiar faces all dolled up in their Sunday best – dishes like the sublime **French toast** topped with Mandarin marmalade and passionfruit-lime butter (\$21) and the **eggs Benedict** on wok-crisped potato *rosti* with sweet and sour hollandaise sauce (\$24). Highlights of the Asian menu include the tingling **chilli jam prawns** (\$26) and the orange-glazed, caramelised grain-fed **short ribs**, aka rusty nails (\$24). The dim sum menu (from \$7) is a bit pricier than Chinatown, but we'll gladly pay the price for beautiful morsels of squeaky-clean prawns and identifiable chicken meat served on a silver platter. Like its sister restaurant PS Café, ChopSuey's desserts are quickly becoming the stuff of legends, and its **upside-down toffee banana and walnut cake** (\$16) is just one reason why this place will remain the darling of Dempsey for a long time to come. Weekends from 10.30am to 5pm (no reservations during this time period). Block 10 Dempsey Road, #01-23. [chopsueycafe.com](http://chopsueycafe.com)

## REVOLVING DOORS

Gemmill Lane's **Luke's Oyster Bar and Chop House** is opening a second restaurant on Orchard; look for it on the third floor of The Heeren.

**Dutch Colony Coffee Co.** is opening a new outlet on Frankel Avenue in East Coast.

**The Providore** is launching two outlets at PasarBella @ The Grandstand (200 Turf Club Road) – a huge café in the glass house space and a smaller deli and bakery in the marketplace area.

Picotin makes a triumphant return to Bukit Timah, this time in the form of a **Picotin Express**, the second in Singapore, located at 60 Fairways Drive.



## BREAK OPEN THE BOTTLES

Each month, Parisian bistro **Ô Batignolles** takes you on a journey through France, exploring different regions or varietals through wines that are normally available only by the bottle. May was dedicated to the weighty wines of Burgundy, June to earthy Chardonnays and this month, to the best of what the Rhône Valley has to offer, including an exquisite Châteauneuf-du-Pape Blanc. From \$10 to \$20 per glass; cured meat and cheese platters from \$28 to \$29. 2 Gemmill Lane. [obatignolles.com](http://obatignolles.com) ▲

## Play Dough

Spizza is now offering **pizza-making classes** for children from seven to 12 years old on the second Saturday of every month. The two-hour class includes drinks, pizza ingredients, an apron and cap, a tour of the restaurant and an intro to basic kitchen hygiene. 3pm to 5pm. **To register, call 6220 7657 or email [info@spizza.sg](mailto:info@spizza.sg).**



## LUNCH CRUNCH

We took up the Pan Pacific hotel's new **Express lunch** promise to have your order to your table in less than 10 minutes flat – and they delivered (with one minute and 14 seconds left). Mix and match seven salads with seven new sandwiches, such as spicy salami and mortadella served on sun-dried tomato focaccia (shown here) or buffalo mozzarella and pesto on broccoli carrot cheese bread, each designed after one of the five flavour profiles: sweet, salty, sour, bitter and *umami*. Breads are made fresh daily, as are corn, celery and carrot soups and fresh fruit juices. From \$14, 11am to 3pm daily. Free delivery in the area for orders over \$50. [pacificmarketplace.com.sg](http://pacificmarketplace.com.sg)



## BACK IN BLANC

After an inaugural event that made headlines for all the wrong reasons, **Dîner en Blanc** Singapore is back in its third rendition. Started in Paris over 25 years ago, the event is a ticketed affair where all invitees wear white and assemble for a mass outdoor picnic at a location announced at the last minute. \$40 per person. 5 July. **For tickets, visit [singapore.dinerenblanc.info/register](http://singapore.dinerenblanc.info/register).** ▲



## OMAKASE GOODNESS

Arrive early and ask for a counter seat to see **Sushi Kou's** owner-chef Koda Naokatsu prepare some of the most affordable *omakase* sets (\$50, \$80 or \$100) in town. The sets are said to showcase the best and freshest of what's available on the day, and no two meals are likely to be the same. After a nice little starter, our \$80 menu leans heavily towards fish: various sashimi (shown here); a tiny, seasonal "sweet fish", grilled; spring onion tempura; braised cooper fish; sushi with miso soup; and a yummy little frozen chocolate ganache. Grate your own fresh wasabi, enjoy the complimentary pickled cucumber, cherry tomatoes and seaweed, and congratulate yourself having eaten such a healthy meal. One of a strip of newish Japanese eateries on Tanjong Pagar Road, Sushi Kou also offers set lunches from \$16 (or \$25 with sashimi). **1 Tras Link, #1-16 Orchid Hotel. Call 6444 8433.** ◀



## A Feast for \$50

North Indian restaurant **Shahi Maharani** is pulling out all the stops on its weekday lunch buffet. For a limited time, two can enjoy a lunchtime feast for \$50. #03-21B Raffles City. **To make a reservation, call 6235 8840.** ▲

## DISHIN' ON DISNEY

Got a kid who's obsessed with Anna, Elsa and Olaf? Surprise them with one of Swensen's new line of **ice-cream cakes** based on the Walt Disney movie, *Frozen*. There are eight designs and 23 flavours to choose from, including thin mint, strawberry sherbet and rocky road. Available in all Swensen outlets. **swensens.com.sg.**



## VEG OUT

**Sufood**, the newest vegetarian restaurant in town, made a splash when it opened by setting a Guinness World Record for preparing the greatest number of pizzas in 12 hours. How many did they make? 3,574, to be exact: nearly five pizzas every minute. The fare is Italian-inspired (with a little Asian fusion), and the food is priced to move (\$25 for eight courses). **#02-19 Raffles City. sufood.com.sg** ▲



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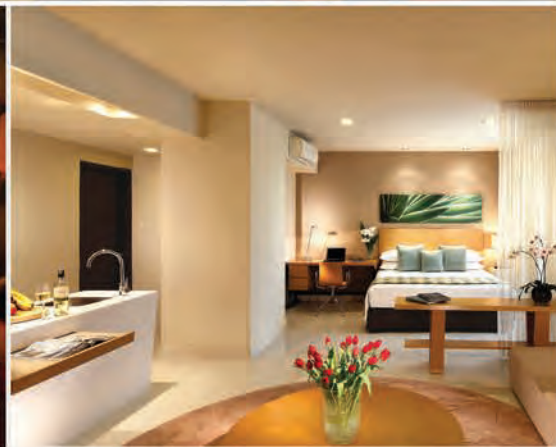
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the  
TASTE  
TEST

This month:  
PLUCK  
MANHATTAN  
LE COMPTOIR  
OUTPOST BAR & BISTRO  
THE CLIFFORD PIER  
BÉCASSE  
SPRIGS

We sample the island's newest restaurants,  
so you can decide whether to follow suit

**Pluck**

90 Club Street  
6225 8286 | [ohpluck.com](http://ohpluck.com)

Gastro bars aren't new to Singapore, but the recently opened Pluck (branded as “:pluck”) is one to get excited about. At this casual and unpretentious eatery, it's all about sharing plates with your closest mates; the menu is categorised by small, medium and larger plates, each one ideal for splitting among friends, allowing them to “pluck” at the different items they like the look of.

The intimate 45-seat restaurant's tiled walls – reminiscent of a New York subway – and long bar lend an industrial-chic diner feel, and its open kitchen provides for some viewing pleasure as head chef Brandon Teo and his team whip up mouthwatering concoctions with fresh ingredients, distinctive flavours and imaginative textures.

Small-plate standouts include **curry-roasted cauliflower** with almonds and sundried grapes (\$14), **scallops with roasted apples**, hazelnuts and bacon crisps (\$18) and **slow-cooked egg** with maple-glazed sweet corn and



chicken skin crisps (\$13) – be sure to soak up every last drop with garlic sourdough bread. Heartier highlights include a perfectly **pan-roasted sea bass** with cumin and carrot puree and lentils, topped with fish crisps (\$23), and **pork neck** with roasted chestnuts and caramelised pears (\$22).

Save room for sweet treats like the scrumptious **bananas, malt and honey** (\$10) – crispy, battered bananas, burnt thyme honey and malt ice cream – and a refreshing **cucumber and Thai Tea** (\$10) featuring pineapple sponge

cubes, Thai tea ice cream, candied peanuts and pickled cucumber. Wash it all down with one of the bartender's own cocktail creations; try **The Matriarch**, comprised of rum, orange bitters, Cointreau and five-spice syrup with infused foam and forget-me-not flowers.

*Amy Greenburg*

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**MUST-TRY DISH:**

Slow-cooked egg, maple-glazed sweet corn and chicken skin crisps

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Curry-roasted cauliflower with almonds and sundried grapes



Pan-roasted sea bass with cumin and carrot puree and braised lentils

Bananas with malt and honey



# BAR TAB



The Princess Cut

## Manhattan

Regent Singapore, Level 2  
6725 3377 | [facebook.com/manhattansg](https://www.facebook.com/manhattansg)

**First impressions:** Glamorous, modern, sophisticated and sexy.

**The Chosen One:** The Princess Cut (\$23), a sweet and floral drink with house-made hibiscus syrup, rosewater and Champagne. Another favourite is the Box Office Smash (\$23), a combo of bourbon, ginger-apple syrup, lemon and organic mint, served with a pot of salted caramel popcorn.

**The Cheapskate:** The Knickerbocker Lager, brewed exclusively for Manhattan (\$15).

**Bite on this:** Chef Nicholas Trosien has created a simple but delicious menu of bar bites. The Shrimp Ceviche Taco (\$20) and the Maine Lobster "Roll" (\$26) are not to be missed.

**Last but not least:** The bar boasts the world's first in-hotel rickhouse featuring over 100 American oak barrels. There's also a special "Ingredients Room" – also known as head bartender Ricky Paiva's cocktail-making playground – which has shelf upon shelf of jars full of cool stuff – wild cherry bark, smoked sea salt and pickling limes, to name but a few.

Susannah Jaffer



*Hand-cut steak tartare*

## Bécasse

01-21, 10 Dempsey Block 10,  
Dempsey Road  
6479 8119

Dempsey just got a little more sophisticated, a bit more elegant, rather more, how do you say... French! Bécasse (owned by Jones the Grocer) may be familiar to you because of its bakery in ION Orchard, but in the new Dempsey branch has taken things up a notch. The result is part bakery, where they make fresh sourdough, fougasse, croissants and pain au chocolates daily; part patisserie, where the counter heaves with lovely little tarts and cakes; part European restaurant, and part cold seafood bar.

It's open all day, so it would be rude not to start with a breakfast of **sticky date pancakes** (\$13), **croque-monsieur** (\$14), or the **Bécasse big breakfast** (\$22) complete with Toulouse sausage, crispy bacon, eggs, mushrooms, tomato, hash brown and spinach on wonderfully tasty sourdough toast.

If you linger a bit, you could nibble on small plates of **king crab rillettes** (\$15), a dainty pot of king crab and herbs paired with apple and fennel seed compote with brioche toast. Or plump for a lunch of **hand-cut steak tartare** (\$18), **seared scallops** with broad bean puree (\$22) or **entrecote and frites** (\$28).

With black-and-white décor from the floor tiles to the marble-top counters, Bécasse has a classy atmosphere that's family-friendly too. The food is of high quality, and there's enough variety on the menu to keep you coming back for more, be it for breakfast, lunch, dinner or high tea (3pm to 6pm daily, from a reasonable \$15). What's not to like?

*Beate Baldry*

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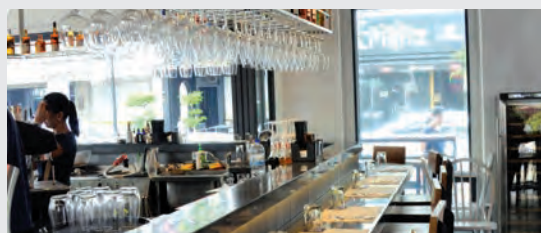
## MUST-TRY DISH:

King crab rillettes

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# BAR TAB



## Le Comptoir

79 Circular Road  
6534 7645 | [facebook.com/lecomptoir](https://facebook.com/lecomptoir)

**First impressions:** Cute corner Parisian spot with an airy, industrial-chic vibe.

**The Chosen One:** Traditional French Breton cider is Le Comptoir's thing, and the Poiré Bouché brut, Cidrerie de la Brique (\$8) is a dry pear cider that's like a swankier version of a Somersby – served in a wine glass.

**The Cheapskate:** A glass of cider is \$8 regularly, but grab a pitcher for \$16 to \$18.

**Bite on this:** There's a crêpe to match every cider on the list, from classic cheese and ham (\$12) to fusion crêpes like the Khao San Road (\$20) – pan-fried prawns, tomatoes, garlic, mango chutney and mint – and the salted butter and caramel Normandy Landing crêpe (\$8).

**Last but not least:** The dry Cidre Brut Rosé (\$8) and sweet Cidre Doux (\$6) are brand new to Singapore; you'll find them only here.

*Amy Greenburg*



## Outpost Bar & Bistro

#01-11 St James Power Station, 3 Sentosa Gateway  
[outpostbar.sg](http://outpostbar.sg)

**First impressions:** Unpretentious, cosy and a bit rough around the edges – but in a good way.

**The Chosen One:** The Ladies' Mojito (\$18) or, if you're daring enough, the Outpost Ice & Fire (\$20).

**The Cheapskate:** Tiger beer at \$11 for a half-pint.

**Bite on this:** The signature seafood pizza (\$22) with calamari and prawns is tasty and great to share; another must-try is the truffle-sautéed button mushrooms (\$15).

**Last but not least:** The bar promotes home-grown artists, and has weekly entertainment that will have you singing along to crowd requests. Our favourite is local singer Juni Goh, who has a set on Friday nights.

*Susannah Jaffer*

## The Clifford Pier

80 Collyer Quay

6597 5266 | fullertonbayhotel.com

There's no chope-ing tables and definitely no lining up for food at new, hawker-inspired restaurant The Clifford Pier, and no plastic chairs either. Think the exact opposite: monogrammed cloth placemats, cushioned lounge chairs, courteous staff, soft lighting and the quiet efficiency of a five-star hotel. A part of Singapore maritime history, the 1930s jetty was once as well known for its vibrant hawker culture as it was as a transport hub.

Harking back to this food heritage is a menu focused on hawker favourites.

A standout is the fresh **popiah** (\$12), paper-thin crepes encasing shredded turnip, prawns, egg and sprouts. The **kong bak bao** (\$18), a slice of soy-braised Iberico pork belly on steamed white buns, is not to be missed. Classics are done to perfection, including **carrot cake** (wok-fried turnip cake in sweet and spicy soy sauce with prawns, \$16), and an oh-so-fresh **oyster omelette** (\$16). Traditional flavours are re-interpreted with a contemporary twist in the **wagyu rendang hanger steak** (\$28) and the **lobster roll** (\$29). Ice cream lovers won't want to miss the pandan (\$9) offering.

Drinks range from Tiger beer (\$17)

to unusual non-alcoholic creations like Virgin Red Lantern (\$14), a refreshing cucumber, lime, watermelon and sugar cane juice, so named after the lanterns that guided ships to port. This is not a cheap hawker, but with quality ingredients and a talented chef serving food in glorious surroundings it is worth every cent.

*Katie Roberts*

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### MUST-TRY DISH:

Heritage rolls, a mixed platter of six crisp, fresh rolls with dipping sauce

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Heritage rolls

## Sprigs

12 Purvis Street  
6338 5844

Chef Shubri Basere's commute hasn't changed much. After a three-year stint at fine dining favourite Gunther's, in March he jumped ship to Sprigs – located right across the street.

Like the chef's former stomping grounds, Sprigs is modern and super-sleek. The menu here is officially "contemporary continental", or Modern Euro, if you prefer, which covers a big territory. Yet, the menu doesn't set out to be everything to everyone. It fits easily on one page, and my dining companion pointed out that she would readily order five of the six main courses.

Have your soup and salad in one by ordering **chilled pea soup with crab salad** (\$15), a delightfully light puree drizzled with *crème fraîche* and Ardoine olive oil encircling a hearty portion of blue swimmer crabmeat. Generally speaking, **grilled langoustines** (\$26) don't yield much meat, unless they are served piled high. They are here, and generously bathed in a fresh tarragon and garlic sauce.

It's funny (and simpatica) when two people have such different reactions to a meal. My friend loved the langoustines; I the soup. She took thirds of the **Cape Grim Angus rib eye** (\$38), and I ate more than my fair share of the **baked cod with saffron broth** (\$33) with capers, Kalamata olives and plum tomatoes.

There were a few points of agreement though: the salted truffle butter that started the meal was unusually moreish, and the **crispy chocolate and caramel crumble** (\$12) that ended it a fitting finale. 🍷

Monica Pitrelli

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### MUST-TRY DISH:

Baked cod with saffron broth

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Baked cod with saffron broth



Chilled pea soup with blue swimmer crab



Crispy chocolate and caramel crumble with toffee mousse, sea salt and hazelnuts



# Flavour Forager

BEATE BALDRY forages for exciting Asian ingredients that are readily available in Singapore, to discover their traditional uses and ways to incorporate them into Western home cooking.

This month's ingredient: *Bitter gourd*  
(aliases: bitter melon, bitter squash)



## What it is

Bitter gourd grows off a vine as a pale green, roughly oblong, knobby and wrinkly fruit. Its size, colour, texture and degree of bitterness differ depending on the variety and the region in which it grows. It's found in South America, Asia, parts of Africa and the Caribbean.

## The flavour

Bitter gourd is a fruit, but is treated more like a vegetable in cooking. It has a crunchy and watery texture and can be extremely bitter. It's an acquired taste; some find it unpalatable. But don't be put off! It is extremely good for you, and there are ways to tone down the bitterness (see one in our box of tips).

## Where to find it

In the vegetable section of most supermarkets. There are often two types: a large, tubular version sold loose; and a much smaller type with a bumpier, more wrinkled exterior, generally sold in packs of three.

## Uses

- In Southeast Asia, Japan and China, bitter gourd is often used in stir-fries, or cooked simply with egg - scrambled or in an omelette, sometimes with fresh or dried shrimp. It is also used in salads - especially, in Taiwan, Thailand and Japan.
- Bitter gourd can be stuffed with pork (in China) or coconut, jaggery and ground nuts (in India), and then steamed or fried.

- It is used in Indian curries, or made into an *achar* (or pickle) to be served as a side dish.

## Health benefits

- Bitter gourd is commercially available as tea (from the fruit or leaves), juice, extracts and pills.
- Some clinical trials show bitter gourd having anti-diabetic properties that can lower blood glucose levels.
- It is also used in traditional medicine to help with colic, fever, burns, chronic cough, painful menstruation and skin conditions.
- Research has shown that bitter gourd can kill breast cancer cells and prevent their growth.
- Bitter gourd features prominently in Okinawan cuisine, and is thought to contribute to Okinawan longevity.



## Cook it at home

### PREPARATION TIPS:

- Wash the skin, which is edible, then slice open the bitter gourd and remove the seeds, hollowing out the centre. Slice into slivers and keep them in cold water to retain their crispness before cooking.
- To remove some of the bitter taste, sprinkle the dry bitter gourd slices with salt and leave for a while. This will extract some of the bitter juices, and you can squeeze out any excess juice.



Cook it at home

## Thai bitter gourd and prawn salad



Serves two as a side dish

### Ingredients

- 10 medium prawns, cleaned and shelled
- 1 bitter gourd
- a handful of cherry tomatoes, quartered
- 2 chillies, finely chopped
- 2 shallots, sliced
- 3 garlic cloves, pounded
- 2 tablespoons fish sauce
- 1 tablespoon sugar
- 2-3 tablespoons lime juice

### Dressing

1. Prepare the dressing by mixing the garlic, chilli, shallot, fish sauce, lime juice and sugar together.
2. Blanch the prawns in boiling water until cooked.
3. Wash, prepare and slice the bitter gourd. Blanch in a pot of boiling water and drain.
4. In a serving bowl, mix the prawns, bitter gourd slices, tomatoes and dressing so everything is evenly coated. Serve with steamed jasmine rice.

### Try it in Town

Sabai Fine Thai does a version of this salad ("Yam Mara") with bitter gourd, prawns, chicken, mint leaves, chilli and lime (\$17.50).  
70 Collyer Quay, #01-02 Customs House, [sabaifinethai.com.sg](http://sabaifinethai.com.sg).

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# Crème de La Crema

We're talking  
coffee this month. And  
it's one super-charged,  
hyper-caFFEinated  
conversation.



# Editor's Picks

After homicide detectives and late-night petrol station attendants, no one drinks more coffee than writers. Ours weigh in on their go-to spots for liquid inspiration.

## Katie Roberts

**HIGHLANDER COFFEE**  
49 Kampong Bahru Road  
6223 7102 | [highlandercoffee.com](http://highlandercoffee.com)

**I'VE BEEN A FAN SINCE:** at a Tabitha charity dinner about three years back, I won an auction bid for a barista training course. Highlander was then unknown to us, but doing the course improved our home coffee making and introduced us to Highlander beans, and we've been regulars since then.

**I ORDER:** coffee any way you like it, milkshakes for kids, and tasty snacks: cakes, croissants – the selection changes daily. It's a cosy space (like most cafés here), so be prepared to snuggle in.

**I KEEP GOING BACK BECAUSE:** I need to pick up freshly roasted beans for the home machine (\$11 for 250 grams, the best price in town) and a consistently good takeaway cappuccino. The milk is the perfect temperature every time, not too hot and not too cold.



## Rachael Wheeler

**WHEELER'S YARD**  
28 Lorong Ampas  
6254 9128 | [facebook.com/wheelersyard](https://www.facebook.com/wheelersyard)

**I'VE BEEN A FAN SINCE:** I heard about this amazing spot a month ago (it opened in July 2013), but I'm averaging twice a week. Not just because we share a name (although that is three percent why).

**I ORDER:** a latte (iced or hot based on how sweaty my face is that day) and the salmon and scrambled egg bagel. I've also been in the evening and wolfed

down fish and chips, a dreamy chicken burger, nachos and cheesecake. Not at the same time. Maybe.

**I KEEP GOING BACK BECAUSE:** this is hands-down the coolest place to eat and drink in Novena, where I live. They've transformed an urban warehouse behind Balestier Road on the river, creating an unexpectedly trendy and casual café. Running down one side of the open-plan warehouse is a bike shop, piled high with amazing, handmade bicycles from Taiwan. I hate cycling, but it sure looks wicked. The interior is awesome, the atmosphere is chilled and the staff love my puppy almost as much as I do ("Oh, your dog just barfed on the floor? No problem – does she like lemon water?"). My main hope now is that they extend their opening hours (currently 10am to 8pm) so I can grab coffee in the morning and swig cider by night.



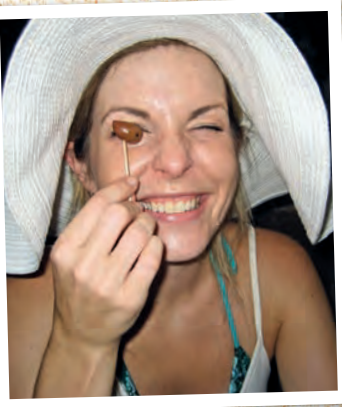
## Monica Pitrelli

**TIONG BAHRU BAKERY**  
56 Eng Hoon Street, #01-07  
6220 3430  
tiongbahrubakery.com

**I'VE BEEN A FAN SINCE:** mid-2012, when I was eating my way across town in the name of research for a story on bakeries.

**I ORDER:** the "Magic" (\$6.50), an aptly named drink of two parts coffee and one part steamed milk (a flat white in reverse? a slightly bloated piccolo latte?), plus a loaf of sourdough to munch on during the walk home.

**I KEEP GOING BACK BECAUSE:** although it's loud, it's packed, and carting a baby stroller through that ingenious, centre-pivoting door gets you death looks from a fair share of the customers, it's worth it for the *Kouign-amann* (\$3.50) – an impossible-to-pronounce (it's like something like "queen ahman", which I say really fast and low while pointing) Breton cake that is one of the best things I've ever eaten. It's not flashy, it's not covered in almonds or chocolate, but it kills all the other pastries, each of which is fabulous in its own right.



## Amy Greenburg

**KITH**  
7 Rodyk Street, #01-28  
Robertson Quay  
6341 9407 | kith.com.sg

**I'VE BEEN A FAN SINCE:** a year ago.

**I ORDER:** a simple, no-frills iced black coffee with soymilk (\$5 for a large) and a tuna, double-cheddar toastie (\$6); the freshly squeezed orange-and-carrot juice (\$6.50) is excellent too.

**I KEEP GOING BACK BECAUSE:** "Kith" literally means "familiar friends, neighbours and relatives" – a fitting name, given its sociable, kid- and dog-friendly atmosphere. As it's one of the neighbourhood's best cafés for coffee, I'm sure to run into an acquaintance or two who live in or around the quays; it's an ideal spot for couples and families to casually convene and catch up over a cup of joe. Kith's laid-back, riverside setting and outdoor seating – perfect for people-watching – combined with its reasonably priced, fuss-free menu and deliciously brewed coffee, makes for a perfect Sunday morning. ☺

## Runners-up:

Here is a list of close seconds.

**Blackbird Café**  
#01-01A The Luxe,  
6 Handy Road  
6337 3448 | blackbird.com.sg

**Common Man Coffee Roasters**  
22 Martin Road  
6836 4695  
commonmancoffeeroasters.com

**Costa Coffee**  
313@Somerset  
6636 9774  
costacoffee.com.sg

**Nylon Coffee Roasters**  
4 Everton Park, #01-40  
6220 2300 | nyloncoffee.sg

**Sarnies**  
136 Telok Ayer Street  
6224 6091 | sarniescafe.com

**The Pantry**  
75 Loewen Road  
6474 0441  
thepantrycookeryschool.com

**The Plain Café**  
50 Craig Road  
6225 4387 | theplain.com.sg

**Toby's Estate**  
8 Rodyk Street  
6636 7629  
tobysesstate.com.sg

**Yahava Koffee Works**  
4 Jalan Gelenggang  
6554 7080 | yahava.sg



# SPOTS THAT RISE BEFORE YOU DO

The blog *Obnoxious Expats in Singapore* had it right when it used an picture of a woman slapping a guy across the head to illustrate the phenomenon of the coffee shop that only opens at 11am. What gives? We dedicate this space to all the early-opening coffee shops, bakeries and breakfast spots out there.

## From 7am:

- Baker & Cook on Hillcrest Road
- Boomarang Bistro & Bar at Robertson Quay
- Kith at Robertson Quay
- Toby's Estate at Robertson Quay

## From 7.30am:

- Casa Verde in the Botanic Gardens
- Sarnies on Telok Ayer (9am on weekends)

## From 7.45am:

- My Awesome Café on Telok Ayer Street (10am on weekends)

## From 8am:

- Assembly Coffee on Evans Road (closed Mondays)
- Choupinette on Bukit Timah Road
- Common Man Coffee Roasters near Robertson Quay
- eM by the River at Robertson Quay (weekends only)
- Food For Thought in the Botanic Gardens
- Gastronomica Da Paolo at Cluny Court
- Hatched on Evans Road (closed Mondays)
- Maison Kayser in Scotts Square
- Merchants on Duxton Road (opens later on the weekends)
- Nassim Hill on Tanglin Road (closed Mondays)
- Revolution Coffee in Media Circle (Portsdown Road)
- Riders Café on Fairways Drive
- The Book Café near Robertson Quay
- The Canopy at Bishan Park (weekends only)
- Tiong Bahru Bakery (Tiong Bahru, Raffles City, Tangs Orchard)

## From 8.30am:

- Cafe Melba at Goodman Arts Centre (weekends only)
- Jimmy Monkey at One North Residences
- Spruce in Phoenix Park (weekends only)
- The Pantry at Loewen Gardens (closed Sundays)

## AREA HIGHLIGHT: Upper Thomson TRIO

Several pockets of Singapore feature excellent Aussie-style cafés, including Tiong Bahru, Robertson Quay, Duxton and Dempsey. Tracking down a faultless flat white is trickier in the heartlands, however. Traverse the 6km of Upper Thomson Road, for instance, and you're unlikely to find much more than a *kopi* in a bag.

Then you come to the intersection of Upper Thomson and Sin Ming Road and *whammo!* – within about 50 metres of each other are three excellent cafés that wouldn't seem out of place in St Kilda.

**Habitat** is arguably the best known of the trio, and it deserves its popularity. One EL staff member is a weekend regular here and swears by the coffee and the food. Excellent espressos aside, don't miss the eggs with tomato relish and sourdough, and grab a side of truffle fries while you're at it.

About four doors down, **One Coffee Man** hit upon the clever idea of sharing the premises of Crust, the pizzeria, which was mostly using the space in the evenings. It has great coffee – beans are imported from Melbourne's Axil Coffee Roasters – supported by a satisfying if limited menu (they only have a pizza oven to work with, after all).

The third spot in this holy trinity of caffeine is **OZ Specialty Coffee**. Australia is again the inspiration – it shows in the décor and menu – though the coffee is made with Pacamara beans from Thailand. Set back from the busy main road, this is a slightly mellower spot for café lounging than the other two.

Habitat,  
223 Upper Thomson Road | 6456 2567  
One Coffee Man,  
215R Upper Thomson Road | 6456 1555  
OZ Speciality Coffee,  
11 Sin Ming Road, #01-13 Thomson V Two  
All three cafés have Facebook pages with more information

### ALSO NEARBY:

November 8 Café & Company, 11 Sin Ming Road, #01-30 Thomson V Two



# DID YOU KNOW?

## COFFEE FACTS

that are  
*probably true*

The stuff can kill.  
The lethal dose of  
coffee for an adult  
is 100 cups.

### **Civet coffee – boring.**

Elephant dung coffee is  
where it's at now. A cup  
of the brand Black Ivory  
Coffee goes for over \$60 in  
northern Thailand.

Australia has been named  
the one English-speaking  
country that "Starbucks cannot  
conquer". By 2008, its 87  
outlets there had reported a  
loss of \$143 million, which is  
attributed to the fact that, like  
France and Italy, Oz "already  
has a sophisticated coffee  
culture".

**The most  
long-lived cat on  
record, Creme  
Puff, was 38 years  
old when she died  
in 2005. She lived  
on a diet of bacon,  
eggs, broccoli  
and coffee.**

**The Italian word  
barista does  
not refer only to  
someone who  
serves coffee, but  
to anyone who  
serves drinks, hot  
or cold, and from  
coffee to alcohol.**

A cup of  
coffee is in  
every scene in  
***Fight Club.***

There is a spa in  
Japan where you  
can bathe in coffee.  
(We'd caution against  
drinking it, though.)

# The Art of the Pour

A Step-by-step Guide

By Monica Pitrelli

Ever wonder how those delicious little designs end up on your cappuccino? Oriole's Aslam Yusoff shows us that latte art is easy (for him).



*to allow the milk to enter smoothly without breaking the crema*



1

**Hold the espresso in one hand and the pitcher of milk in the other. Give the espresso a little tap on the table. Give the milk a good swirl.**

*to fill the base of the coffee with milk without disturbing the "crema ring" along the outer edge of the cup.*



2

**Tilt the pitcher a little, then "sink" the milk by pouring it directly into the centre of the coffee, and then in a small circle.**

*to keep the milk from separating too much*



3

**"Float" the milk by simultaneously tilting the cup and increasing the tilt of the pitcher to allow the foam to pour out.**

*to reach the milk at the bottom of the pitcher*



4

**Straighten the cup while pouring the foam quickly from side to side and simultaneously pulling the pitcher back towards you.**

*to make the rosetta design emerge when the milk rises*



5

**Level the cup and cut a thin pour of milk across the length of the coffee to create the stem in rosetta.**





**ON DESIGNS, FROM EASIEST TO HARDEST:**

Heart, tulip, layered tulip, rosetta (looks like a fern), inverted tulip (a combination of rosetta and tulip), swan

**ON HOW LONG IT TAKES TO MASTER:**

Quick learners could produce art worthy of serving to customers in a month. Others never get it down.

**ON WHAT HAPPENS WHEN THE BARISTA SCREWS UP THE DESIGN:**

No latte art is better than bad latte art. We don't waste coffee, but we don't serve bad art either.

**ON THE POPULARITY OF LATTE ART ON SOCIAL MEDIA:**

It's become a social standard of "good coffee", though we all know it's not.

**ON ETCHING VERSUS POURING:**

Etching used to be big, back in the day. The emphasis now is on the barista's ability to pour the perfect design without using any tools.

**ON ITS DETRACTORS:**

I liken it to a chef's plating. Coffee is about good quality ingredients *and* presentation.

**ON THE LATEST TREND, 3D LATTE ART:**

The one popular in Japan, using dry foam shaped into the shape of cats? Yeah, we're not into that.

## Preparing the milk

The consistency and temperature of the milk is critical. Follow these tips to get it right:

- Start with a clean pitcher and cold milk. Insert steaming nozzle just below surface at a tilt. As volume increases, sink the tilted nozzle further into the pitcher. The milk should swirl vigorously, and the pitcher should get so hot you can't touch it for long.
- Listen for a hissing sound. If you hear screeching, the nozzle is too close to the metal pitcher.
- The whole process should take about 30 seconds. If steamed too little, your milk will be flat. If too much, the foam will be dry. The result you want is a creamy, almost velvety milk (steamed past the microfoam phase).
- Work quickly. The milk starts to separate immediately, so have your espresso on hand when the milk is ready.



## What the...?

If you get one of these, you may want to send that cuppa back. Nicely, of course.

**BUBBLES**

This means the cup has been sitting on the counter a little too long, or that the coffee was ground too close to roasting. (A week's break gives the best results.)

**BROKEN CREMA RING**

Your first taste will be milk, rather than coffee, which isn't a good thing.

**INEXPERIENCED BARISTA**

In this case, that would be yours truly. This is my first stab at latte art – a rosetta (supposedly) and evidence that this craft is not as easy as it looks.

**Oriole Café and Bar**

96 Somerset Road  
#01-01 Pan Pacific Serviced Suites

**Oriole Espresso and Brew Bar**

9 Raffles Place, #01-23 Republic Plaza  
oriolecoffee.com

## Going Local

Craving a strong hit of caffeine in a toe-curling brew? A cup of local coffee at one of Singapore's more than 3,000 kopitiam (coffee shops) could set you back as little as 80 cents, says VERNE MAREE – especially if it's in a heartlands market or housing estate. At famous chains such as Killiney Kopitiam and Yakun Toast, it starts from \$1.50.

### How it's made

In traditional style, the beans are wok-roasted with sugar, margarine and sometimes pineapple skin and maize, to a dark black brown, then ground and brewed with a sock-like cotton strainer in watering can-sized pots.

Both **Killiney Kopitiam** and **Yakun Toast** were started by Hainanese immigrants; Killiney's roots go back to the Killiney Road shop established in 1919, and Yakun's to 1926. According to Killiney, its coffee is made from a blend of Columbian Arabica coffee beans and Indonesian Robusta coffee beans "to create an alluring aroma and mesmerising taste".

We watched them make a *kopi-C* at Yakun Toast in Parkway Parade. After

heating the cup by pouring hot water into and over it, they put in evaporated milk and sugar, pour in the coffee, top it up with a little hot water and serve it with a teaspoon on the side.

Wherever you go, thick white china cups are mandatory, with or without the traditional blue-and-white pattern. If you ask for *tapau* ("takeaway" in Hokkien), your coffee comes in a scarily carcinogenic polystyrene cup, or, even worse, a plastic bag.

### What to eat

Standard breakfast fare is the Hainanese-Western **half-boiled eggs, kaya toast and coffee** set. You're supposed to break your own very runny eggs into a bowl and season them to taste with soya sauce. Kaya is coconut jam made from coconut, eggs and sugar.

At the original Killiney Kopitiam outlet in Killiney Road, it's mandatory for your server to slop approximately one quarter of your coffee into the saucer. We also enjoy the heart-stopping screech of orders being relayed from serving to kitchen staff – preparing the adrenals for the imminent jolt of caffeine, perhaps.

We tend to prefer the kaya toast at Yakun: light brown instead of soft white, each slice of bread is toasted, then split into two thin, crispy halves that are sandwiched with a spread of kaya and a couple of generous slabs of cold butter. That said, we've had our best-ever

*kopi* and kaya toast at **Good Morning Nanyang Café** at Chinatown Point.

And for an East Coast hangover, you can't beat the addictively spicy chicken curry at Killiney Kopitiam in Siglap. Along with a cup or two of whatever form of *kopi* takes your fancy, it's guaranteed to set you to rights.

#### HOW TO ORDER

By default, a coffee or **kopi** (*kaw-pee*) comes with condensed milk and sugar at the bottom of the cup. Or you can ask for:

**Kopi-C:** coffee with unsweetened evaporated milk (the C is for Carnation); but they'll still add sugar

**Kopi-kah-C:** extra sweet, with both condensed milk and evaporated milk

**Kopi-o:** black, with sugar

**Kopi-kosong:** black, without sugar

**Kopi peng:** sweet white coffee with ice

**Kopi-o peng:** sweet black coffee with ice

**Kopi-o-kosong peng:** unsweetened black coffee with ice

To really sound like a local, order:

**Kopi sua** – two regular coffees



# Trend Alert: Cold Brew

## What's behind the brouhaha? Let us explain.

Sure, you're familiar with iced coffee – coffee brewed hot and served cold, usually over ice – but cold brewed coffee is a different beast altogether. Here, ground coffee is slowly steeped in room temperature or cold water to produce a sweeter, less acidic cup of joe. And by replacing heat with time, you're rewarded with loads of flavour without any of the bitterness.

Why is it so popular now? After all, cold brews are anything but new. The drink took root in Japan after being introduced by Dutch traders in the early 1600s, so we figured: who better to speak with than the coffee gurus over at **Dutch Colony Coffee Co.**? Here is what we learned.

Generally speaking, there are two ways to make a cold brew:

### 1) Soaking Method (aka the no-frills way)

You'll need:

- 1/3 cup coarsely ground coffee
  - 1 1/2 cups room temperature or cold water, a strainer, a bowl, a paper coffee filter and a pitcher; or a French press\*
1. Place coffee grounds in the pitcher, add the water and stir to combine. Cover tightly and let steep at room temperature for 12 to 24 hours.
  2. Line a fine-mesh strainer with a coffee filter. *Slowly* and patiently pour the coffee through the strainer into a bowl. Once only grounds are left in the pitcher, discard all grounds.
  4. Rinse the pitcher, and pour the strained coffee back into it. Cover and refrigerate.
  5. The coffee produced is a concentrate, so you can drink it straight or dilute it with water, milk or flavourings like sugar, vanilla or booze. Serve slightly chilled or over ice.

\* A French press streamlines the process – simply plunge after steeping.

### 2) Drip Method (aka the *moo-hah-hah-hah* mad-scientist way)

Using the same proportions of coffee and water as above, replace the kitchen items with an ultra-impressive chemistry-lab-style Japanese coffee drip that extracts coffee one drop at a time. If you're short on cash (a few thousand, for starters) or space at home, you can sample a drip-method cold brew at Dutch Colony Coffee Co. (\$6), or take one home at the same price in one of their new takeaway bottles. Otherwise, you can purchase a less expensive, but much smaller, Hario drip from them (\$359).

### THE COLD, HARD FACTS:

- ☛ Cold brew is also sometimes called "Kyoto coffee" or "Dutch coffee".
- ☛ Steeping can be done in as little as 12 hours, or upwards of 30 hours.
- ☛ Cold brews cost more than iced coffees; it takes longer and uses more beans per cup.
- ☛ The use of cold water extracts different chemical compounds within the bean structure, imparting more depth to the coffee.
- ☛ Ounce for ounce, cold brew has more caffeine than any other coffee, due to the slow extraction process. Beware – it's smooth but potent stuff.

The guys behind Dutch Colony Coffee Co. tweaked over 100 cups of coffee before agreeing on the cold brew that they serve today. The winner? A coarse blend of chocolaty Guatemalan and fruity Ethiopian beans steeped for 12 hours.

**Dutch Colony Coffee Co.**  
#02-K67 PasarBella @ The Grandstand  
200 Turf Club Road | 6467 0255





**The Panel**

**What's your coffee of choice?**

**If I wanted a coffee in your country, what should I order or do to avoid being laughed at?**



**Stephanie Batot** is from Brazil and is executive director at Grayling PR agency in Singapore. She started drinking coffee when she

was “probably too young”.

I prefer an Arabica mixture with a combination of Colombian, Guatemalan and Brazilian beans.

Don't try to dip your breakfast pastry in your coffee like the French do; the cups are just too small.



**Jean-Christophe** (JC) is French, is general manager APAC for HTTV, and

was 15 when he had his first coffee.

I use Nespresso for convenience, and prefer to use South American blends. In the morning, it's boring Nescafe with milk.

We rarely say *un café*; we say *un express*, *un grand crème* (and not *un café au lait*, as most tourists say), *une noisette* (drop of milk), *un alongé* (with more water), *un serré* (short), and most lunches in a café end up with *deux cafés et l'addition*.



Italian **Corrado Riccio** is group operations director at Mangiatutto Group of Restaurants.

“Espresso started to be a daily routine when I was 15 years old.”

In Italy, families get used to one blend, often created by a *torrefazione* shop selling coffees and teas, and it's delivered regularly to your home. Nowadays, supermarket shopping has replaced that, and if I had to pick a brand it would be Illy.

If you order a latte, which literally means “milk” in Italian, you'll probably be served a cold glass of plain milk, without any coffee in it! We have two ways of mixing milk with coffee, either a *macchiato*, a double espresso with just a few drops of milk, or a *caffelatte*, a glass of milk with one single espresso poured into it.



**Kathy Campbell** is from Melbourne and runs a millinery business, Hats Off. She had her first “very weak” coffee when she was 17.

At home we use Nespresso's Arpeggio capsules.

I reckon that if there is any place that you can just about do anything, it is Melbourne. Order whatever you like – no one will raise an eyebrow.



## How do you “do” coffee? Are there any cultural traditions you can tell us about?

Brazilians like their coffee very sweet. Fill a very small cup halfway with fine, non-crystallised sugar. Pour extremely concentrated coffee (about 75 grams of coffee per litre of water) on top and sip. The coffee will be so thick you can almost eat it with a spoon.

For breakfast, Brazilians pair a cup of sweet coffee with *pão de queijo* (small, chewy tapioca flour buns with lots of cheese). Both are available on every street corner; it's a must-try combination.

We have two very different ways of drinking coffee. For breakfast it's usually a filter or instant coffee in a large bowl, not too strong, black or with milk. This what we have with our toast or with croissants, and dunking is allowed.

During a date or for a café coffee, you order an espresso made with a proper espresso machine. The French very rarely take milk in coffee, only for breakfast; and it's easy to spot the tourists, as they ask for milk with their coffee and butter with their bread.

*“Un caffè, per favore”* means “One coffee, please.” It's the only phrase you need to receive a single espresso, in a properly pre-warmed cup, with sugar on the side. Coffee equals a single espresso, period. One shot in the morning, before going to work, one during the coffee break and the last one after lunch. The actual intake of caffeine is similar to one or two Americanos; it's just the concentration in the espresso cup that makes it feel stronger.

Never order a cappuccino after midday: it's strictly breakfast stuff for us.

Coffee shops in Australia are varied, but you can always rely on good coffee and a great atmosphere. Drinking coffee is really an all-day thing, and like in a lot of countries, grabbing a takeaway on the way to work is almost a tradition. Of course, there's nothing better than a weekend big brekkie with a steady flow of coffee to see you through the morning papers.

## Where do you go to get your coffee here and why?

I worked for Starbucks in Thailand for four years, so I can't help but be attached to the brand. Big brands like Starbucks can be trusted to consistently provide high quality coffee and do a good job of sourcing their beans ethically.

Smitten in Robertson Quay and the Tiong Bahru Bakery serve coffee like back home. Paul in Tanglin Mall also offers decent coffee and good croissants and bread. I sometimes have breakfast meetings at Hediard in Tudor Court shopping arcade, where they serve good coffee and croissants.

We run five restaurants in town (mangiatutto.com.sg), so I really don't have much time to spend in any other establishment. Each of our restaurants has a professional machine imported from Italy, so I make my own coffee all the time.

Most of my coffee drinking is done conveniently at The Coffee Bean & Tea Leaf or Starbucks; it's a fantastic way to re-energise after a hard session of exercise. I do enjoy a latte at Beviamo, or the Melbourne-Italian icon Brunetti. In the city, I don't mind a good drop at Sarnies in Telok Ayer Street.

# From Basic to Barista: Profiling the latest coffee machines

Forget plungers and percolators; check out our roundup of automatic machines to make your own barista-style coffee at home.

By Amy Brook-Partridge



**Philips Saeco Poemia** manual espresso machine promises to “deliver an authentic Italian espresso every time”. It includes a classic milk-frother, can hold a litre of water and has high bar pressure (15) to extract the ground coffee aroma. It doesn't have a cup-warmer, so drink up fast. RRP \$299. [philips.com](http://philips.com)



**DeLonghi's Prima Donna XS ETAM** is its slimmest coffee machine, working well in compact kitchens. It has automatic cleaning, an active cup-warmer and a pre-brewing cycle, and can be used with beans or ground coffee. It's probably easier to say what it doesn't have (a barista chat function?). This kind of functionality comes at a price, though. RRP \$2,499. [delonghi.com/en-sg](http://delonghi.com/en-sg)



Nespresso is a home-brew favourite – easy to use, and the variety of capsules means there's plenty of choice. The recently launched **Nespresso Inissia** machine comes in black, red and limited-edition blue. It has a 700ml water tank, a 25-second heat-up and automatically powers off after nine minutes. Minus points: there's no George Clooney to serve it to you. RRP \$238. [nespresso.com/sg/en](http://nespresso.com/sg/en)



**Bosch VeroCafe** is for the serious coffee-drinking household that likes variety. It can prepare multiple types of coffees in consecutive brewing cycles, can accommodate large and small cups, and has a removable 1.7L water tank, and separate containers for beans and ground coffee. RRP \$2,199. [bosch-home.com.sg](http://bosch-home.com.sg)

**Gaggenau's** fully automatic **CM 450** espresso machine has a continuous-flow heater for immediate coffee gratification, along with warming drawers for your cups. There's a personalisation function for up to eight brews, so you can programme all your favourite coffees. One small snag is that you then need the flash kitchen to fit around it. Price depends on the installation option chosen. [gaggenau.com](http://gaggenau.com)



**PERSONAL COFFEE MACHINE?**

I have a Mirage at home. And by home, I mean CAD Café, my second home.

**HOW MANY CUPS A DAY DO YOU DRINK?**

Apart from the espresso shots I pull every morning to calibrate the right shot, just one cup a day.

**HOW DID YOU TRAIN TO BECOME A BARISTA?**

With great experience comes great coffee. I've worked with some experienced baristas and learned the art from them. It includes: calibrating (getting the right grind, not too coarse, not too fine), dosing (making sure there is the right amount of coffee in the basket), pulling the shot (ensuring the shot pours with a slow, constant drip to give a rich golden crema on top), steaming the milk (correct temperature and method) and doing latte art (pushing the technique and getting creative). Baristas need to know exactly what goes into the cup of coffee they're going to serve: the origin of the coffee, how it's processed, the quality and the taste profile.

**ANY WORKPLACE HAZARDS?**

When I first started out as a barista, I did get burns on my hands from the steam wand. But after a while, I got used to it, and no burns anymore.

**MOST REQUESTED ORDER?**

Latte.

**LARGEST NUMBER OF COFFEES MADE IN ONE DAY?**

I remember a day I didn't leave the machine, when we went through 3.5kg of coffee beans – that's about 200 coffees!

**WHERE DO YOU SOURCE YOUR BEANS?**

At CAD we use Toby's Estate Woolloomooloo Blend on the hopper, as it's a great, all-round smooth blend that works well in the milky coffees. Toby's Estate is an Australian coffee roaster (and café) in Singapore which roasts beans from all over the world. On Tuesdays, it holds regular public cupping sessions (the term for tasting coffee bean and roast profiles).

**OTHER FAVOURITE ROASTERS IN TOWN?**

Nylon, Oriole and Dutch Colony Coffee Co., all of whom sell beans in their cafés and online. There's so much good coffee out there, we've no need to roast our own.

**FAVOURITE LATTE-ART DESIGN?**

When I have time, it is definitely the swan, but the two-layered tulip is simple and easy when I'm in a hurry.

**WHY IS ICED COFFEE MORE EXPENSIVE?**

It's not only the cost of the ice. We pull a larger espresso shot and the size of the glass we serve the iced coffees in requires more milk.



23 Haji Lane | cad.sg

**About CAD**

Scottish expat Chad Samson opened CAD with a business partner in Kampong Glam in July last year. "There were no cafés on Haji Lane at the time, and we felt it was missing a place where people could have brunch before browsing the shops, or stop off in the afternoon for a coffee and bite," he says. "We have an art wall that showcases local and international artists and puts the A in Coffee, Art and Design."

## Sweet Endings

Try these Asian-inspired sweet treats when you're craving coffee in another form.

### Hong Kong Cupcakes

Difficulty level: 

Makes: 6 to 8 cupcakes

These soft, spongy cupcakes – here with the addition of a subtle coffee flavour – are a mainstay of Asian bakeries.

#### YOU'LL NEED

- cupcake liners
- electric mixer

#### INGREDIENTS

- 5 eggs, separated
- 50g corn oil
- 60ml milk, warmed
- 1 teaspoon instant coffee
- 100g plain flour
- 80g caster sugar

#### METHOD

1. Preheat the oven to 180°C. Line muffin pan with cupcake cases.
2. Mix together the milk and instant coffee; set the mixture aside. Mix the egg yolk, corn oil and coffee-flavoured milk together. Sift the flour into the wet mixture; stir well to combine.
3. In a large, clean bowl, whisk the egg whites with the electric mixer until frothy. Gradually add the sugar while whisking until stiff peaks form. Fold the egg whites into the flour mixture, working carefully so as not to deflate the batter.
4. Spoon the batter into the prepared cases, filling them almost to the edges. Bake for 20 to 25 minutes or until a toothpick inserted into the centre of the cupcakes comes out clean.
5. Cool for 1-2 minutes in the pan, then remove to cool completely on a wire rack. Note: it is normal for the cupcakes to deflate slightly once removed from the oven.







## Layered Cake with Coffee Butter Cream

Difficulty level: ☹ ☹ ☹

Inspired by the classic opera cake, this cake is just as delicious and easier to make.

### YOU'LL NEED

- 20cm square cake tin
- electric mixer
- digital pocket thermometer
- pastry brush

### INGREDIENTS

#### For the cake

- 4 eggs
- 120g caster sugar
- 120g plain flour
- 50g melted butter (kept warm)

#### For the butter cream

- 100g egg whites
- 160g caster sugar
- 400g unsalted butter, cut into cubes and softened

#### For the coffee syrup

- 250ml brewed Vietnamese coffee, cooled (or 1 tablespoon Vietnamese coffee powder with 250ml water)

#### For the ganache

- 100g dark chocolate
- 100g whipping cream

### METHOD

Preheat the oven to 175°C and grease the cake pan.

### MAKE THE CAKE:

Beat the eggs and sugar with the electric mixer until the mixture becomes pale and thick. Add the melted butter and mix well. Sift the flour into the egg mixture and fold gently until just incorporated. Pour the batter into the prepared tin and bake for 40 minutes or until a skewer inserted into the cake centre comes out clean. Remove from the oven and cool the cake completely.

### MAKE THE BUTTER CREAM:

Place the egg whites and sugar in a small saucepan over very low heat. Whisk until the sugar crystals dissolve (when the mixture reaches 70°C). Remove from the heat and pour into a mixing bowl. Beat on high speed until stiff peaks form. Gradually add the butter, beating until the mixture becomes smooth and creamy. Then add 100ml of coffee.

### MAKE THE GANACHE:

Combine the chocolate and cream in a heatproof bowl over a saucepan of simmering water. Stir with a metal spoon until melted and smooth. Keep the ganache warm.

### ASSEMBLE THE CAKE:

Split the cake into three layers. Place the first layer on a large serving plate. Brush a generous amount of coffee syrup onto the cake and cover with half of the butter cream. Carefully lay the second layer onto the first layer and brush with coffee syrup. Spread a third of the ganache evenly onto the second layer. Place the third cake layer onto the second layer and brush with coffee syrup. Spread the remaining butter cream onto the final layer. Refrigerate for one hour. Remove the cake and cover with the remaining ganache. Refrigerate the cake to set. Decorate with toasted walnuts or coffee beans.

**TIP:**  
Cut with a serrated knife to keep the cake layers neat and intact.



These recipes, plus many more, can be found in **Our Sweet Kitchen**, a cookbook with 50 classic cake and cupcake recipes, all with a touch of Asian flair. Pick up a copy at Kinokuniya for \$21.90.

# THE GREAT RECIPE SWAP

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

## MIRIN-GLAZED SALMON Serves 2



**Katherine Thomson, UK**

"This mirin-glazed salmon is my favourite healthy mid-week meal. It's a super-easy Nigella Lawson classic – we serve it with a delicious cold noodle salad instead of sushi rice."



### Ingredients:

- 2 salmon fillets
- 60ml mirin
- 60ml soy sauce
- 50 grams light brown sugar (or just a teaspoonful, if you like)
- 2 tablespoons rice vinegar
- spring onion – a handful, sliced
- bean sprouts – a handful
- 1 packet of mangetout (snow peas), steamed but still crunchy
- sesame oil
- toasted sesame seeds
- juice of half a lime
- coriander – handful, roughly chopped
- 1 packet egg noodles

### Directions:

1. Marinate the salmon in the mirin, soy and sugar for about five minutes, turning occasionally. Meanwhile, prep the salad by cooking the noodles to the packet instructions. Drizzle with sesame oil then leave to cool. Once cooled, mix in all the other salad ingredients (using your hands is easiest), leaving some coriander and spring onion.
2. Cook the salmon in a dry, non-stick pan for 2 minutes on each side, adding the marinade juices at the end. Once cooked, plate up the noodles and top them with the salmon.
3. Pour any remaining marinade juices over the salmon and finish off with the lime-juice and remaining coriander and spring onion.

DESSERT

## LECHE FLAN (MILK FLAN)



## Mark Montano, Philippines

"This is the Philippine version of crème caramel. Every time we invite friends to our place for lunch or dinner, they ask me to make a leche flan for dessert. In the Philippines, leche flan is typically made by steaming it in a bain-marie; but my recipe, which I learnt from my mum, is baked in the oven."

steaming it in a bain-marie; but my recipe, which I learnt from my mum, is baked in the oven."

## Ingredients:

- 2 tablespoons brown sugar
- 1 cup evaporated milk
- 1 cup condensed milk
- 6 egg yolks
- 1 whole egg
- 4 cups water
- 1 teaspoon vanilla extract

## Directions

1. Preheat the oven to 175 degrees Celsius.
2. Mix together the evaporated milk, condensed milk, egg yolks, whole egg and vanilla extract.
3. In a saucepan, dissolve the brown sugar slowly until it just caramelises (take it off the heat before it goes too dark or it will have a bitter taste).
4. Quickly pour the caramel into a pan or mould and swirl it so the caramel evenly covers the bottom. Top with the egg milk mixture.
5. Cover the container with aluminium foil and place in a large roasting pan. Pour in hot water until it reaches up to the same height as the flan mixture.
6. Bake for 45 minutes, allow to cool at room temperature and then refrigerate for a couple of hours.
7. To un-mould the flan, simply run a knife around the sides, place an upside-down serving platter over the flan, then invert it! Great on its own or served with vanilla ice cream.



PLUS

If we publish your recipe in our magazine, you'll be adding a great cookbook to your bookshelf.

This month it's **All Minced Up**, a Food Heroes cookbook that has everything you need to know about cooking delicious homemade meals with all kinds of mince, from Thai chicken cakes to turkey chorizo empanadas and Sichuan beef meatballs. Publisher: Parragon.

## Be Part of THE GREAT RECIPE SWAP!

If you have a fail-safe recipe you'd like to submit for our next issue, send the recipe, a photo of yourself and a few words about your dish to [contribute@expatlivingsingapore.com](mailto:contribute@expatlivingsingapore.com).  
Thanks, Chef!



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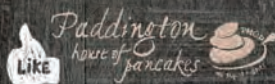


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Travel

# WHAT'S NEW Hot destinations & great places to stay



## A BRIGHT SPOT

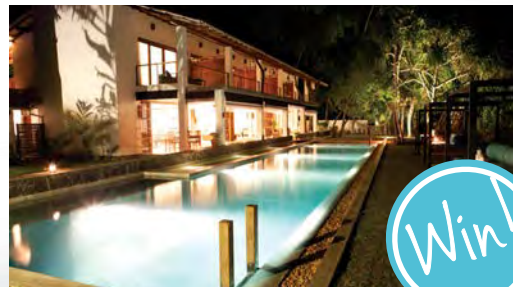
**Lantern** is a luxury boutique hotel located on a picturesque beach on the southwest coast of Sri Lanka, with architectural features that include 400-year-old Kandyan terracotta tiles, local hand-cut granite, jade glass mosaics, and polished cement, slate and recycled timbers that have been crafted into furniture by local villagers. The six rooms have been designed to be enjoyed individually, or you can book all of them as your own private boutique hotel. All six rooms have a direct view of the beach. Guests can also enjoy the 23m freshwater pool overlooking the ocean, and relax on its swinging daybeds. Food is a big focus at Lantern, with everything from traditional Sri Lankan dishes to tapas-style barbecue nights. [thelanterngroup.co](http://thelanterngroup.co)

**Special offer:**  
From now until 30 November 2014, book with reference code "EXPAT LIVING LANTERN" to enjoy 15 percent off, or an extra night for free on a booking of five nights.



## COMPETITION

One lucky couple will enjoy four days and three nights for two people at the Lantern Hotel, in a Classic Ocean View Room, including breakfast and airport transfers, valued at US\$1,000. Subject to availability and prevailing terms and conditions. Valid August through to November. To enter, visit [www.expatliving.sg/competitions](http://www.expatliving.sg/competitions).



## LAKESIDE LUXURY



**Mandalay Lake Villa** is a private lakefront property situated in the small village of Kathaluwa on Lake Koggala, close to Galle. It's located just 700 metres from Koggala's surf beach (and a two-minute walk from a Buddhist temple), yet is tucked away from the prevailing ocean winds and noisy main roads, and hidden behind high walls. The villa comprises two separate pavilions, one with three bedrooms (all ensuite) for sleeping, and the other for dining and entertainment. Both pavilions capture spectacular views across the water to the uninhabited island of Madol Doova. Other features include a private pontoon, an attap for massage, Wi-Fi and satellite TV, and a 25m pool. The staff at Mandalay Lake Villa includes a private chef, a female housekeeper, a gardener, a pool attendant and two security guards. [mandalaylakevilla.com](http://mandalaylakevilla.com) ◀



## FIT FOR A DIGNITARY

Set within Galle's historic 17th-century fortress on the southwest coast of Sri Lanka, the recently refurbished Ambassador's House is a five-bedroom property bursting with colonial charm. Once the residence of the Bangladeshi ambassador, the house boasts abundant living space, including a roof terrace. Galle itself is a joy to visit, with narrow streets bearing English and Dutch names, impromptu cricket matches going on, and ramparts perfect for strolling on at sunset. Museums showcasing the fort's history plus a number of restaurants and boutiques are all close by, and the south coast beaches begin a few minutes' drive away. The house is fully staffed and comes with an elongated plunge pool, Wi-Fi and satellite television. [elitehavens.com](http://elitehavens.com) | [ambassadorshouse.com](http://ambassadorshouse.com)



## BEACH ESCAPE

Reef Villa & Spa comprises seven luxurious suites featuring antique four-poster beds, set among three acres of lush tropical gardens with palm-fringed pavilions and lily ponds teeming with fish. A typical day at the resort might include a walk along the beach, a clay cocoon treatment at the Reefresh Spa, a sundowner overlooking the Indian Ocean, and a dinner of fresh lobster and other seafood.

### *Special offer:*

Book online for a minimum five-night stay and use voucher code "ExpatSL" to enjoy a range of extras, including complimentary dinner for two people (excluding beverages), complimentary airport collection, and cocktails on arrival. The offer only applies to Ocean Suites and Main House Suites, which are priced from US\$400 per suite per night. Valid until 31 August 2014. Contact [info@reefvilla.com](mailto:info@reefvilla.com) for more information.

[reefvilla.com](http://reefvilla.com) ▲

## GALLE GETAWAY

The Fort Printers is an 18th-century mansion that has been restored and converted into an elegant, private, five-



suite hotel. The property has now been enlarged to include two heritage villas, 54 Pedlar Street and 41 Church Street, adding eight more suites. Both are 18th-century Dutch houses that can be rented as whole villas or individual suites.

The Fort Printers has also expanded its popular restaurant to include a formal section in the main hall of the building. The restaurant uses fresh seafood and organic local produce prepared in a Mediterranean-Moorish style. As yellow-fin tuna is abundant in the area, you can expect to find sashimi, grilled or seared tuna, along with lobster, prawns and more. Meals are served in a frangipani-filled courtyard overlooking a lap pool, or in the new dining room. **+94 91 2247977 | [thefortprinters.com](http://thefortprinters.com)**



### DOH LA LA!

Staycation fans will be pleased to hear that two of France's leading design names collaborated on the newly opened **Sofitel So Singapore**. Interior designer Isabelle Miaja and Chanel's Karl Lagerfeld have both left their imprint on the century-old heritage building at 35 Robinson Road, which has been transformed into a 134-room hotel with a unique ambience. We like the sound of the golden-tiled rooftop pool! Introductory offers are currently available, including weekend-plus-brunch deals, and complimentary food and beverage credits. **r6701 6800 | sofitel.com ▲**

### NEW IN TAIPEI

Mandarin Oriental has opened a new hotel in the Taiwanese capital, featuring classically inspired interiors combined with contemporary design, several restaurants and the largest hotel spa in Taiwan. Introductory deals are available between now and September 2014, including a complimentary third night on a two-night booking, or dinner for two at Italian eatery Bencotto or French brasserie Coco with a single-night stay. **+886 2 2715 6888 | mandarinoriental.com/taipei ▼**



### SILKAIR ENTERTAINMENT

The regional wing of Singapore Airlines has launched a new wireless in-flight entertainment system, SilkAir Studio. Passengers on SilkAir flights can now stream blockbuster hits, short features and music to their personal laptops and handheld devices throughout flights. The service is free, and no app download is required.

### SPANISH ART

While Picasso, Dali and Goya are Spanish artists whose work is known to all, new exhibitions in Madrid's world-class galleries highlight some of the country's other exceptional artists. For example, 25 of El Greco's dark, brooding works are featuring in a Prado Museum exhibition until 5 October, alongside 75 modern works influenced by his style, while the Thyssen Museum is showing Pop Art Myths until 14 September, an exposé of 100 striking works exploring contemporary themes. **museothyssen.org | museodelprado.es/en ▼**



### SICHUAN STYLE

Chengdu, the capital of China's Sichuan Province, has been labelled UNESCO's first "city of gastronomy in Asia", and its newly opened St. Regis hotel reflects this foodie emphasis, with six distinct restaurants and lounges. These include dedicated wine bar, Decanter, and Vantage XXVII, an outdoor sky bar with views of the city skyline. The signature St. Regis Butler Service will also be available for all guests. Introductory rates start from RMB 1,750 (approx. \$350) for a Deluxe Room with breakfast and a choice of other complimentary options such as airport transfers and spa treatments. **stregis.com/chengdu ▼**



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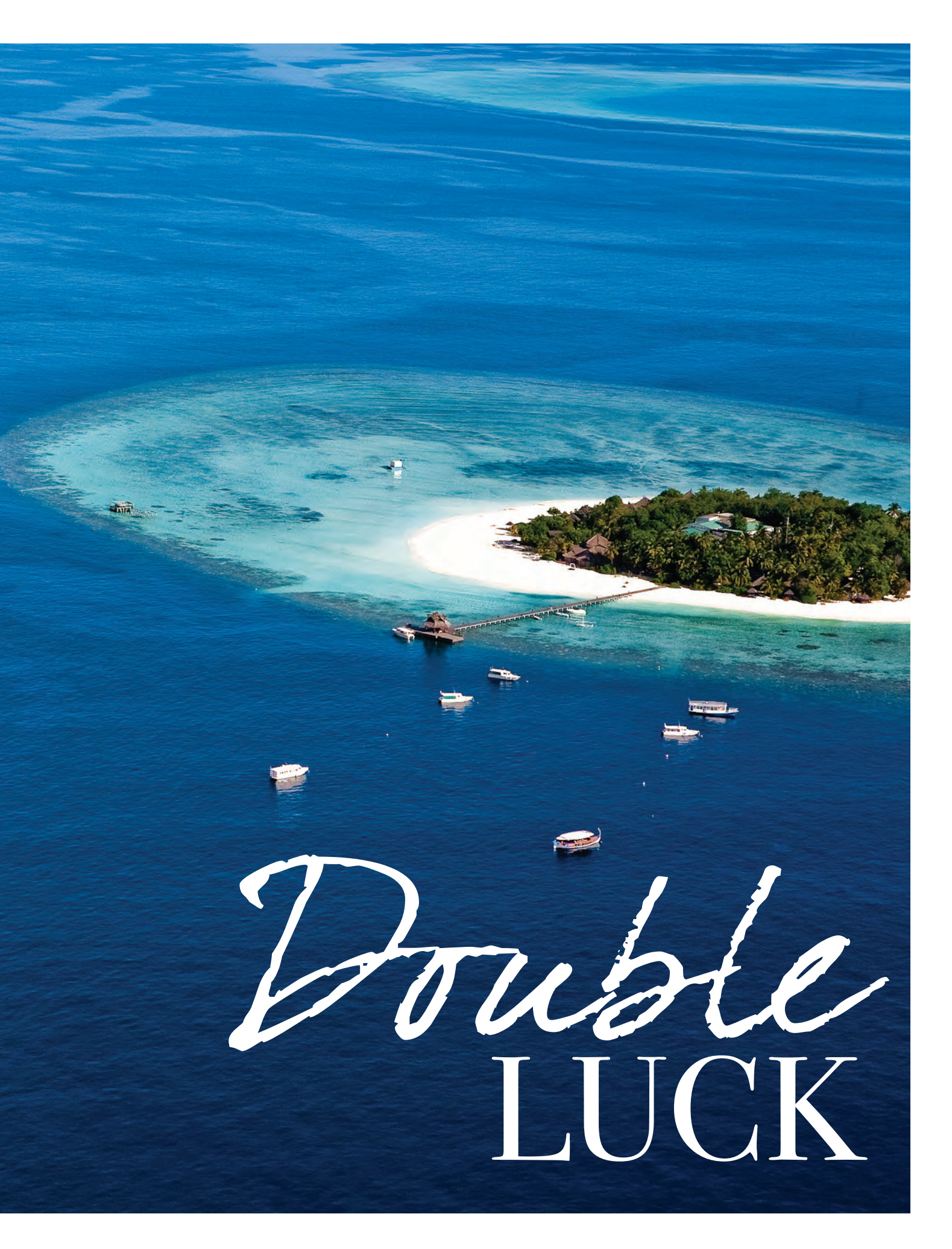


**Angsana Ihuru** and **Banyan Tree Vabbinfaru** belong to the Banyan Tree hotel group, are only two minutes apart, and are just a 20-minute speedboat ride from Malé airport. Best of all, each has its own exquisite “house reef”. Lucky VERNE MAREE took lucky husband Roy to this island paradise.

**A** Maldivian coral atoll is the archetypal island, fringed by a brilliantly white beach that gives way to a shallow lagoon of palest aquamarine, surrounded by a house reef bristling with corals harbouring a myriad of colourful species of sea life. Ideally, you should be able to exit your villa straight onto the beach, don snorkelling gear and reach the house reef with a few lazy flicks of your fins. That’s what it’s like here.

Though the Maldivian island experience is largely about the reef and the snorkelling, any Banyan Tree resort is also about the spa. Twenty years ago, Banyan Tree pioneered the Asian spa at its first development, at Phuket Laguna, transforming a toxic wasteland into a holistic spa resort of the kind we’ve come to know and love. Vabbinfaru came next, launched in the same year as the Bintan resort. It’s enough to say that Roy and I have never had a better spa experience than the 90-minute signature couple’s massage that was his birthday treat at Banyan Tree Vabbinfaru this past May.

What’s more, Banyan Tree has a distinct identity that’s not just about indulgence: it’s also known for eco-initiatives – community greening, marine research, turtle conservation et al – plus social responsibility programmes that include youth outreach and development.



*Double*  
LUCK



## Angsana Ihuru

On our first morning, it was full moon low tide – so low that bits of the reef we'd snorkelled around late the previous afternoon were holding up coral branches to the early sun. Ihuru has an exceptionally narrow lagoon, the first corals and their attendant fish sometimes no more than a few feet from the edge of the water.

At intervals, four or five channels give wonderfully easy access to the outer wall of the reef – one of the best house reefs imaginable, impeccably maintained and home to some 400 species.

Literally the first thing I spotted was a black-tip shark, and my heart skipped a beat; a lucky sighting, apparently, as you're more likely to see them in the evening. At any time of day, though, you're assured of a kaleidoscope of colourful, shimmering fish of all sizes and colours, plus a multitude of corals and the occasional starfish turtle, octopus and more.

Little Angsana Ihuru is in some ways the most perfect of the Maldivian islands I've been lucky to visit. All essential elements – powdery sand, lambent lagoon and rich reef – being in harmonious balance, it has an ultimately satisfying simplicity. One sandy path takes you around the island in four or five minutes. The sea is your swimming pool. There's a souvenir shop and there's a gym to admire, and that's about it.

Each of the 45 villas is right on the beach and they're all the same size. Some, like ours, have a more concealed entrance and more privacy; others have a direct view of the sea that laps just beyond their back deck, swing and curl-up-on-me lounger. All have a spacious, semi-outdoor walled shower area to the front, some with the addition of a spa bath, ideal for those (like me) who like to wallow.



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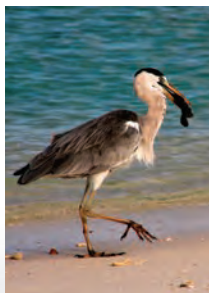
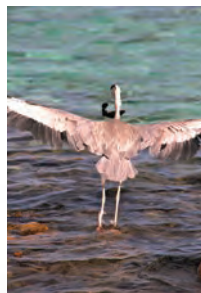
Starting from 10 July 2014, Air France will operate a direct daily flight from Singapore to Jakarta on Boeing 777-300 ER. Flight information on Singapore-Jakarta route: AF254 SIN-CGK Dep. 16:55 Arr. 17:35; AF259 CGK-SIN Dep. 19:30 Arr. 22:25. Flight schedule is subject to change.



### Nat Geo Moment

Perched on an exposed bit of coral, this heron let me get up surprisingly close. Quick as a flash he had it in his beak, wriggling desperately. For a good few minutes, he stalked up and down the shore – letting his breakfast die? – then repeatedly dropped it onto the sand, stabbed it scissor-like with his beak and rinsed it in the shallows.

Feeling a bit peckish myself, I went to have my own breakfast... smoked mackerel, incidentally.







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Mandalay Lake Villa is just 15 minutes from Galle on the popular southwestern coast of Sri Lanka.

Sheltered from the coastal winds, yet only minutes walk to the surf at Koggala beach, this private, luxury, lakefront villa provides an authentic experience of Sri Lankan culture.

You will be looked after by your very own full-time chef, a female housekeeper, a gardener and two security guards. Mandalay Lake Villa consists of two separate pavilions, one for sleeping and one for dining and entertaining.

There are three bedrooms all with air-conditioning. The huge master suite covers the entire top floor of the sleeping pavilion. All bedrooms have their own private ensuite.

There is a 25m swimming pool, an attap for massages or for afternoon tea, a balcony sitting area, a TV lounge area, a ten-seater dining table and a pontoon where you can enjoy cocktails at sunset.

Wifi and cable TV are available for your convenience.

For a detailed list of amenities, a comprehensive list of the local attractions, more photos and to make a reservation, visit our website: [www.mandalaylakevilla.com](http://www.mandalaylakevilla.com)



*Mandalay Lake Villa*  
LAKE KOGGALA, SRI LANKA





## Banyan Tree Vabbinfaru

Leaving Ihuru was a wrench, somewhat softened by the knowledge that we could come back on the two-hourly shuttle whenever we liked.

If my Ihuru heron constituted a Nat Geo moment, our first day at Vabbinfaru was a Nat Geo fiesta. First, we cooed over the month-old green turtles in the marine lab next to the dive centre. After that, we swam out to the turtle cage in the lagoon to watch Shameem feed the one-year-olds that are being prepared for release when they turn two. So far, more than 300 turtles have been bred and released from here. (From the trackers attached to their shells, it is known that they survive, often heading off to destinations as diverse as Indonesia and South Africa before coming home to Vabbinfaru years later to lay their eggs.)

We also watched Shameem feeding chunks of fish to the eight or so stingrays that come to the edge of the lagoon next to the main jetty every day at 5pm. He knows each by name, and feeds them individually. This tradition has been going on for the past 13 years; what they get is only a snack, we're told, so they aren't dependent on it.

Later, after a dinner at a table on the beach, we strolled to the end of the jetty to enjoy the surreal sight of a dozen or more ghost-like sharks swimming endlessly through the clear and shallow water, attracted by the jetty lights like moths to a flame.

Unlike those proverbial moths, the sharks here are quite safe. Though sharks abound in the Maldives, we're told, not one attack on a human has ever been recorded. That's partly because of the types of shark found here; but also because their natural prey, fish, are so plentiful.

Like Angsana Ihuru, Banyan Tree Vabbinfaru's public areas include a central arrangement of convivial bar and restaurant, all with airily high thatched roofs and immaculately raked white-sand floors. A small minority of guests totter around on high heels, looking (patently) ridiculous. You could happily go barefoot all the time, or just dress up for the evening in sparkly flip-flops, if you liked.

The Banyan Tree accommodation and general atmosphere is a bit more luxurious than Angsana, which has a younger, more contemporary vibe. Though the villas themselves are not much bigger, they do have a lovely plunge-pool and spa-bath area at the entrance, and at the back – leading onto the beach – your own deck, sala, hammock and sun-loungers. Ours, one of just two Vabbinfaru Villas, even had a thatched alfresco lounge area. I made a concerted effort to make use of all the available seating during the course of our three days, but it wasn't easy.



### Birthday moment

How better to celebrate your birthday, your love or just life in general? An hour-long sunset cruise on a traditional Maldivian *dhoni* came complete with two charming boatmen to attend to the sail and pour the champagne. Later, of course, came the cake, the candles and the singing.

### Food

Each island has only one restaurant, but with fare this good and varied it's all you need. A highlight for me was the array of freshly picked lettuces and herbs grown hydroponically on site. Another nice touch was the array of gourmet salts.

Our first dinner at Angsana Ihuru was a barbecue buffet; the next, a set menu with options – my fresh seafood salad, ginger and carrot soup, tempura-fried wahoo and chocolate brûlée with coconut sorbet was outstanding. (Full board is an additional US\$90 or so per person. Taking at least half-board, meaning breakfast and dinner, can save you quite a bit.)

Banyan Tree Vabbinfaru, on the other hand, is a full-board resort. Breakfast and lunch are buffet-style, as is dinner on Fridays and Sundays. Otherwise, you choose from a multi-course menu or opt for a somewhat lighter “spa dinner”, for example: salmon sushi, cream of parsnip soup with crisp almond slivers, sea bass on pureed peas. There was some sort of fruity dessert too, but we swapped that for a couple of Dom Pedros\*, kindly whipped up for us by the South African executive chef Neil Firman.

On both islands, we're assured, the bar stays open until the last guest leaves. I'll take their word for it; after days of sun, snorkelling and spa, we couldn't keep our eyes open much past 10.30pm.

\*A **Dom Pedro**, available in every South African bar or restaurant, is vanilla ice cream blended with a dash of whole cream and a good shot of whiskey (or brandy, Kahlua or whatever your poison happens to be). Plenty of calories.




### What about children?

Until some years ago, Banyan Tree did not take children under 12. Now they do – partly, we're told, because of pressure from loyal guests who'd honeymooned at their resorts and were now parents.

Our neighbours in the next-door villa had their five-month-old son with them; no surprise then that they caught the 6.45am sunrise from the beach every day. With no kids' club, baby-sitting, public pool or other family-friendly facilities, I'd recommend leaving little ones at home until they're old enough to entertain themselves.


On the other hand, the English mother of an eight-year-old girl and a six-year-old boy told me that her two were perfectly happy with beach-play, snorkelling, the odd game of table tennis and the books she'd loaded onto their iPads. We're so lucky to be here, she said. “If they told me they were bored,” she added, “I'd have to kill them.”

### Getting There

We took the 9.35am direct Tigerair flight from Singapore to Malé, paying a bit more for leg-room and extra baggage allowance (for the shoes I didn't wear). As it's just a 4½-hour plane trip followed by a mere 25-minute speedboat connection, and Malé is three hours behind Singapore, we arrived at Ihuru in good time for lunch. The same plane leaves Malé each day at 12.10pm and should get to Singapore before 8pm, if it's on time. 



banyantree.com  
tigerair.com



8am: Quality time by my newfound spot,  
enjoying yoga on watertops

1pm: Succulent cuisine nearby in sight,  
satisfying my palate with every bite

5pm: Winding down, a drink in hand  
- catching sunsets while I lay in sand

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Java Red Restaurant and view

# A HIDDEN RETREAT

In sore need of a break, **SUSANNAH JAFFER** retreats to a wellness paradise in Central Java – a mere hop, skip and jump away from Singapore's shores.

**M**y much-anticipated trip to Java nearly didn't happen at all. On 14 February, active volcano Mount Kelud erupted violently, spewing out volcanic ash across 500 kilometres of the island. Happily for me, the Central Java Tourism board decided to reschedule the visit to the end of the month instead of cancelling it altogether.

After a pleasant 90-minute flight from Singapore, I stepped off the plane into sunny Semarang's humble little airport. Soon after collecting my bag, I found myself in the car that within an hour would get me to to MesaStila retreat, where I'd be spending the next two nights. Landed and out of the airport in 15 minutes? Changi, you've got competition.

## The Grounds

MesaStila is tucked away in Losari village, Magelang, 628 metres above the plains of Central Java. The site encompasses an impressive 22 hectares

of land, with lush tropical gardens giving way to untamed jungle, and, in the distance, eight volcanoes. After passing through the hotel's little reception area, I was greeted by immaculate manicured lawns and beautiful sprawling grounds as far as the eye could see. The views were, quite simply, majestic.

A glance to the left revealed the resort's Java Red restaurant, an open-



air Javanese-style building with more of those panoramic views across the valley. A short initial tour of the grounds also brought me to the central meeting point for residents, known as the Club House, a charming building constructed in 1928 by the Dutchman who first owned the plantation. (The property has changed hands a few times over the years; it was most recently known as Losari Spa Retreat and Coffee Plantation.)

Now completely restored, the Club House skilfully blends colonial, Javanese and contemporary architecture. The highest point of the retreat, it serves as a spot for afternoon tea or evening drinks, where guests can lounge on the verandah and take in the views, or perhaps sit back with a book from the library.

The large, on-site coffee plantation produces up to seven tons of different varieties of beans per year, providing jobs and a sustainable source of income for the community.



### The Villas

After a refreshing drink – ginger tea rather than coffee – I was shown to my two-storey Ambar Villa. The open-plan interior had high ceilings, a double bedroom featuring a big four-poster bed with fairytale-like draped hangings, a spacious lounge, a separate wardrobe room, and a large two-sink bathroom with huge stone bath and shower. Accessible via wooden steps was another double bedroom upstairs.

Interesting antiques in my villa included a writing desk, chests and dark wooden chairs, while the walls were decorated with traditional artwork.

Guest accommodation at MesaStila includes 23 of these unique and traditional heritage villas, transported from different sites in Indonesia and reconstructed in original Limasan, Joglo or Kudus form. Each villa has different features, too – some are suited to



The Club House





families, with beds for four, while others are more “romantically” themed, such as the Plantation Villa with its outdoor shower and scenic balcony views. The grandest of them all – the palatial Bella Vista Villa – comprises three adjoining villas and two adjacent freestanding villas, and boasts a colossal presidential suite and a private pool with a view of the mountains. I’m told that the president of Indonesia is a regular visitor – and I can understand why.

No matter which accommodation you choose, each is equipped with modern conveniences like Wi-Fi internet, television, air-conditioning and the like, but what struck me most was their luxuriously simple interiors and stunning views across plantation, jungle and volcanoes.

### The Facilities

MesaStila is well known for its wellness retreats. Guests can choose from a number of packages, such as Escapism, which includes a full spa package, and Fitness and Weight Management, which includes an appraisal, a meal-plan, a daily steam bath and private fitness training. The team also runs special programmes, such as endurance cycling through the surrounding terrain. Yoga retreats are led by the resident yogi master; sunrise classes are held in an outdoor pavilion overlooking the expansive jungle.

For kids, the team at MesaStila can tailor a full activities package to keep them occupied, including arts, crafts and fun sports. Other optional activities for families include mountain biking, jungle gym, trekking, traditional martial arts or aqua gym in the large infinity pool that overlooks the nearby mountains, Andong, Merbabu and Merapi.

As you can imagine, I wasn’t going to leave without checking in to MesaStila’s famous spa, which reportedly boasts the only Turkish-style hammam in Asia. It didn’t disappoint. The cylindrical hammam steam room ticked all the boxes, featuring spacious seating and authentic tiling. Following that, my one-hour Javanese body massage was utterly blissful – perhaps the best I’ve had in Asia.



The private pool at the Bella Vista villa



### The Verdict

MesaStila oozes traditional old world charm, seamlessly incorporating its activities and accommodation within a magnificent natural landscape. The result is a wholesome experience with a real “back to nature” feel – so much so that, despite only having a weekend visit, I left feeling thoroughly relaxed and recharged.

### Tours to Try

- **Borobudur temple visit:** You can opt to visit stunning Borobudur temple at sunset, sunrise or during the day (and even throw in an elephant ride through the surrounding grounds).
- **Horse-riding:** Did I mention that MesaStila also has its own stables? You can practise horse-riding on site, or ride through the villages with a qualified local instructor.
- **Mountain-trekking:** Be guided on a day trek up one of the many photogenic mountains surrounding the site.

All tours can be arranged directly through MesaStila.

### Getting There

SilkAir, the regional wing of Singapore Airlines, operates weekly flights from Singapore to Semarang. MesaStila is situated between Semarang, Jogjakarta and Solo airports. The drive from Semarang airport takes an hour on average, whereas from Jogjakarta or Solo it takes two hours. [✈](#)

### Offer for *Expat Living* Readers

The Collektion Hotels & Resorts is currently offering *Expat Living* readers exclusive rates at MesaStila, from US\$160 per night. This includes breakfast for two, daily scheduled activities and afternoon tea. For enquiries or to book, contact 6689 1042 or email [info@thecollektion.com](mailto:info@thecollektion.com), mentioning the *Expat Living* offer.



Eye Kandy  
**Hiking in Central Sri Lanka**



*Words & photos by  
Shamus Sillar*

**A** holiday spent flopped on a sun-lounger beside a pool or ocean, getting to know the characters in a good book (and the items on a cocktail menu) is, to me, a thing of greatness. But sometimes I crave a different kind of travel experience. Enter MOONSTONE EXPEDITIONS, and its guided trips to

the **Knuckles Mountain Range** near the Sri Lankan city of Kandy. I've recently returned from their five-day expedition, which involved staying in a local home, camping in the jungle, swimming at waterfalls, steering clear of a leopard, and trying to outwit a leech – plus four fantastic hikes, each with its own particular focus.



## HIKE 1 – TEMPLES

The first of the hikes begins on the second morning and is a relatively easy ramble of 10km – a perfect warm-up for the mountains ahead. The trailhead is a short tuk-tuk ride from Pilmathalawa, a town on the outskirts of Kandy, and also the location of my charming overnight homestay (see “Accommodation”, below).

The route takes us (me and guide Amal) through low-lying rice farms and to a series of three significant yet off-the-beaten-track temples, each one built in the 14th century on a separate rock plateau, with great views of the steamy countryside.

Buddhist Sunday School is in session when we reach Gadaladeniya Temple, and the kids are sitting attentively outside the main shrine, chanting scriptures in the Pali language. For one reason or another, it’s mostly girls, each with an identical hairstyle of two long plaits and a stark-white uniform offset by the vermilion robes of the monk instructor.

Further hiking through local farms follows, before a visit to Lankathilaka Temple, reached by dual staircases hewn out of a rock mountain; one of the staircases dates to 1344, the other to 1913.

The last of the three temples is called Embekka, and it includes a notable Drummers’ Hall whose timber pillars have survived 700 years with their ornate woodcarvings intact. There’s nobody

about, but that doesn’t stop two elderly local gents from doing the name of the hall justice by beating a rhythm on a pair of ornate drums. It feels like it needs some vocal accompaniment, but I’m hardly going to inflict my singing on a mellow farming community of Sri Lanka.

Our walk is done in time for a late lunch – a Chinese-style stir-fry at a roadside eatery on the way back to Kandy.

There’s a footnote to the religious tone of the day: a visit to the Temple of the Sacred Tooth Relic in Kandy. This one is very much on the beaten track, with a queue, a metal detector, and a stern official berating tourists for showing too much flesh. (Bring a sarong.) Inside, you’ll struggle to get a glimpse of the namesake tooth, but there’s still plenty at which to marvel.

**From left:**  
Temple on a rock plateau

Chanting Sunday-school attendees

A centuries-old temple painting

Carved wooden pillar

### Accommodation, part 1

The first two nights of the trip are spent in an atmospheric homestay west of Kandy, and it’s a refreshing change from a hotel. A lovely retired couple runs the show, and I also meet their cricket-obsessed son and chat with him about the Indian Premier League. Almost all meals are included on Moonstone trips, including the ones at the homestay; they’re as delicious as they are enormous – dinner on the first night, for me alone, is a bucket-load of rice served with three curries, two salads, papadums and fresh fruit. The next morning at the breakfast table I’m given six slices of toast and six parathas, together with a range of homemade pickles, preserves and chutneys. Oh, and an omelette, a plate of bananas (two varieties), three wedges of papaya with lime squeezed on top, a pot of tea and a fresh avocado juice. I make a pretty decent dent in all of this, yet the mother seems genuinely concerned that I’m not eating enough.



## HIKE 2 – TEA

Sri Lanka isn't a huge place – about the same size as Tasmania or Ireland – yet it's the world's fourth-largest tea producer. This means you're never too far from a plantation, especially in the middle of the country.

Our second walk begins after a 90-minute drive east of Kandy to the Rangala tea-growing region (spelt "Rangalla" on some of the old estate signs). It's a sparkling morning, and the journey is a scenic joy.

The van lets us off, and with daypacks on our backs (the Moonstone guys conveniently transport your main luggage onward each day), we begin a gentle ascent of a tea-laden hill.

There are more temples, only this time they're small Hindu buildings set up by the Tamil tea-pickers, or even smaller shrines dotted among the plots. I'm thankful for the quick visit we made to a tea factory yesterday, on the drive between Colombo Airport and Kandy; it gives me a better idea of what's going on.

Despite a few steep-ish climbs, the 15km hike isn't too taxing. As we amble

along in the sunshine, Amal imparts some of his encyclopaedic knowledge of Sri Lanka's flora and fauna. At one point, he picks some free-growing cardamom and hands me the fresh pods to sample. Later, he plucks a different plant from the ground, then breaks the stem and blows on the oozing sap; it creates perfect soapy bubbles, like from a plastic toy. Of the country's 98 varieties of snake (eight venomous) we see only one, but it's a biggun – a 10-foot yellow rat snake that slithers away from the path as we approach.

Lunch is a picnic (unbeknownst to me, Amal has been lugging our food in his pack) next to a sacred Bodhi tree that has Buddhist paraphernalia deposited around its base. We eat rice, curries and dahl, and coconut biscuits to finish.

Our pace quickens in the afternoon, not from the sugar in the biscuits but from the quickly darkening sky. Amal counts down the kilometres to our overnight camp, but we don't quite make it in time. I don a plastic poncho for the last half hour as the thunder roars around us and the heavens open.



### Accommodation, part 2

Nights three and four of the trip are spent in an excellent tented camp on the southern slopes of the Knuckles Mountain Range. I wouldn't call it luxury, but the tents are all housed under timber A-frames so they're protected from the elements. A couple of "camp masters" are on hand to whip up cups of tea, meals and bonfires. The camp is perfectly located for making hiking forays into the rugged but beautiful Knuckles range.



Tea-pickers' village



Surveying the job at hand



Saris drying in the sun



*Raja in the  
Cloud Forest  
(with his bottle  
of leech spray)*



*Crossing a  
stream*

### HIKE 3 – WATERFALLS

“Today we’re walking to some waterfalls”, says Amal, cunningly omitting one important detail; we’re actually walking to the *top* of some waterfalls. So, while much of the 20km we cover for the day is still relatively easy, a few sections are close to vertical.

As if to confirm there is a greater challenge in store, we’re joined by a second guide, Raja, a rake-thin, moustachioed fellow from a nearby village. He’s carrying a spray-bottle of antiseptic, which from time to time he squirts onto my boots. This is to stave off the many leeches that have made their home in Knuckles. I’ve also been advised to wear a double layer of socks. The precautions mostly do the job, though one clever wriggler does find his way onto the back of my leg, drinking his fill before I realise what’s happening. Leeches have 32 brains, by the way, which is presumably why I’ve been outsmarted.

The aforementioned waterfalls are a series of three separate cascades, each one reached by a muddy scramble and ending in a swimmable waterhole. I wait until we’re at the last and highest of them before ditching my clothes and diving in. (Those photos are staying safely on my hard drive.)

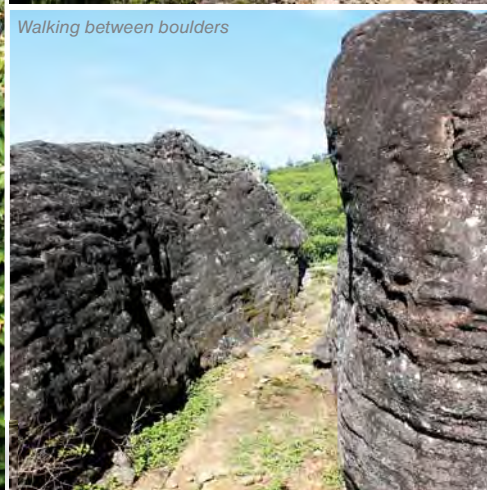
We eat lunch while we’re there – a sardine curry, among other things – and thanks to the noise of pounding water and the stunning views of central Sri Lanka, it’s a memorable moment.

Equally memorable is what awaits once we climb up and above the final waterfall. We’re now on a high, flat rock shelf known as a “cloud forest” – and we are quite literally walking through a cloud. Eerie and exhilarating.

With clouds, of course, come rain, and if yesterday’s afternoon downpour measured a 6 on a scale of intensity, today’s is a 9. It absolutely hammers down, and by the time we get back to camp, my boots are a pair of miniature swimming pools. But I’m having the time of my life.



Setting out  
once again



Walking between boulders

View from  
the top

## HIKE 4 – SUMMIT

Tonight I'll be flying from Colombo back to Singapore, but if that implies the trip will be winding down with a final-day whimper rather than a bang, I'm mistaken – there's the little matter of a mountain summit to conquer.

Amal, Raja and I set out after a 7.30am breakfast, and retrace part of our route from yesterday before branching off in a different direction. Soon our peak looms into view. It's no Everest – snow wouldn't last 10 seconds in this humidity, for one thing – but it looks like a reasonable challenge.

And so it transpires. We climb sharply for several hours on a path that's shrouded by vegetation. The trees and shrubs come in useful, offering hand- and footholds, with vines as makeshift ropes to help get up some of the steeper sections.

At one point, Raja stops me in my tracks and points at what look like dog droppings on the path in front of me. I thank him for the heads-up, but he's not actually concerned about me treading in the stuff. "Leopard," he says, before taking a closer look at the pile. "Fresh," he adds. It's just the news I need to climb that little bit faster. (Fifty metres later we pass the deep, large footprints of a wild boar and my pace quickens again.)

After a final bit of breathless scrambling, we're at the top. Raja celebrates the lung-busting ascent by smoking a hand-rolled *beedi* cigarette. I take photos and look around for the cable car to take me back down. There isn't one, of course; just 360 degrees of picturesque greenery. We drink it in for 15 minutes before beginning our descent.

Cable cars, postcard sellers and other trappings of tourism will come to Sri Lanka soon enough. As a holiday destination, it's very much on an upward trajectory. With this in mind, my advice would be to go soon, if you can, before all its secrets are discovered.


And if you love a holiday that involves culture, nature and some rigorous exploration of the great outdoors, this five-day trapeze around Kandy and the Knuckles Mountain Range is a brilliant place to start.

## GETTING THERE

Moonstone Expeditions is an independent UK travel company specialising in unique adventure trips to Sri Lanka. Aside from trekking in the Knuckles (prices start from £399 per person, including guides, accommodation, airport transfers, most meals and more), it offers cycling holidays, and any number of tailor-made trips, whether it's surfing, canoeing or something else that takes your fancy.

Trips are available year-round, and there is no minimum group size or specific starting date, so all you need to do is get in touch (details below) and line up a time.

Flying to Colombo is a cinch from Singapore; various airlines ply the 3.5-hour route. I took the 9.55am SriLankan Airlines flight, which got me in at midday. A Moonstone representative was waiting in the arrival area with a sign and a van for the drive to the homestay at Kandy. Hike 1 began the next morning (after six parathas and 11 pieces of fruit).

info@moonstone-expeditions.com  
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Sometimes it's nice to get away from Singapore with friends you've met here. If you don't know them really well, though, it can be a bit of a leap of faith. Here's some advice, below, for enjoying this kind of friends' weekend away, applicable both to "first-timers" and to existing friends you'd like to keep.

I recently took the *Expat Living* sales team to Montigo Resorts Nongsa on Batam for a girls' night, and the three-bedroom residences ticked all the boxes. It's easily accessible by ferry from Singapore, though if you want to add a bit more fun and glamour, splash out and line up a private yacht through Aqua

Voyage – it's called *Chilen*. Oh, and don't forget a cooler-bag of "sparkling" and some plastic glasses!

The Montigo residences have a large open-plan living/dining area leading on to a kitchenette and area for a helper to stay – if you want to eat in and are terrible cooks, this is the way to go. If you're bringing children along, you can take your own babysitter, but do note that the property isn't practical for younger ones as there are steep steps down to an open pool and a few other no-go areas. Children over six would be fine, though, and it's perfect for teenagers.

There's a lovely double bedroom, with large bathroom and balcony on the same level as this living area, as well as a large deck area where we sat out at night under the stars.

Down the steps is a seating area, pool and lounging area, with the master

1. Keep enough space between you and them when needed.
2. Make sure you're on your own schedule. If they want to go for a run at sunrise, let them do it without waking you up! The same thing applies at the other end of the day when they feel like having that fifth bottle of red under the stars while you'd rather be under the duvet.
3. Try to find accommodation that has a private space where you can hang out together as a group and be loud or stupid without worrying about other guests.
4. Find a place where you can eat and even cook together – it creates good bonding moments.
5. And, it's so much better if you aren't sharing bathrooms.

bedroom and a twin bedroom on either side of the pool. All the bedrooms are totally private, though the twin room has glass doors in the bathroom area, so it's better if you know each other well (or want to know each other better!). Luckily, we've known each other for years.

The view across the sea to Singapore is fantastic – we could see Marina Bay Sands most of the time. The immediate area below the pool isn't finished off so there is still some bare earth, and the beach area is pretty limited at the moment – it's mainly a small volleyball area near the adult pool.

There are two restaurants: under the reception area is Pantai, which serves Chinese and other Asian dishes – including plenty of fresh seafood options, while Tadd's is the breakfast place. Tiigo is a new adults' bar and pool area, and it's a great spot to hang out and watch

the sunset. During the week it opens a little after sunset. There's another family/kids' pool and even a kids' club if you're travelling with children.

After a late night and a very good breakfast, indulge in a massage at the spa. These are set in traditional huts near the sea. We didn't get around to doing this as we spent most of the time bobbing about in the pools – the villa one and the public ones.

If you want to be active, there are a couple of fantastic golf courses nearby, and the resort has tennis courts and a gym.

Fancy having all this for yourself? This residence is up for sale at S\$1.2 million. You get 60 days to spend there during the year, and the rest of the time it's rented out and works as an income. Deborah at Expat Realtor has all the details; email her at [deborah@expatrealor.sg](mailto:deborah@expatrealor.sg).



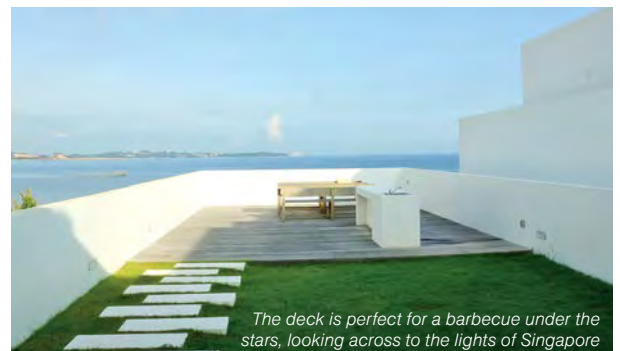
*The adult pool and bar is a great place to hangout for sundowners*



*The large living/dining room leads on to a kitchen and helper's room/extra bedroom*



*The infinity pool lies between the master bedroom and second bedroom*



*The deck is perfect for a barbecue under the stars, looking across to the lights of Singapore*



**Clockwise from far left:**

The dining room at the residence; sitting area by the villa pool; lounging areas at the adult pool; the "girls" hanging in the kids' pool after breakfast; breakfast room at the main resort; Jacqui and Sarah pretending to be millionaires; Sarah pretending to drive

**Right:** Reluctantly heading home but feeling very chilled after just one night away





### Getting there

Getting to Batam is easy; the ferry is quick to the Nongsa Pura terminal (close to Montigo) and to other parts of the island. However, the Aqua Voyage option means you get a private waiting area while check-in and customs are done for you, and after immigration you are swept through onto the boat while the visas get sorted. You also have a gorgeous white-leathered living room and upper deck on which to play “millionaires”. And just think of the airfares you’re saving!

The trip over is around half an hour, perfect for a couple of drinks – if you’re a fast drinker. Do be careful, though: timing your mouthfuls in the choppy areas takes a bit of practice. We sat up on the top deck for the last 10 minutes

### Packing list:

- Couple of bottles of your choice of beverage, plastic glasses (for the boat)
- Crisps, cheese and biscuits; if you want to cook, you can take groceries or ask someone to buy them from Batam town
- Suntan cream, hat, sunglasses
- Golf, gym or tennis gear if you’re feeling energetic
- Swimmers, cool dress for dinner, shorts
- Walking shoes – distances are big, and there are golf buggies to take you around, but it’s sometimes nice to walk

of the trip as we cruised into Nongsa Point Marina.

Special tip: do *not* wear a dress that can blow up over your head as you walk up the ladder to the top deck. It can be very embarrassing for you and for the man standing below helping you! (We won’t mention who this happened to...) 🙊

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Fashion

Indy Sports Bra by Nike

# STYLE UPDATE

Jacket by Daydream Nation, available at Inverted Edge.com



Skirt by Zara



Heels by Alaia, available at The Outnet.com



Solange Knowles



Metallic was one of the hottest trends on the red carpet at the recent CDFAs awards. Work it into your everyday wardrobe by homing in on one key piece.

## Moon Jewels

On our radar: the new Moonrise fine jewellery collection from Georg Jensen, which has a contemporary feel thanks to its combination of yellow gold and cabochon cut amethyst, blue topaz, peridot and citrine. **Prices from \$1,350. Available at Level 1, Paragon.**



## Clothes for tweens

This July, for the GSS sale, Shopping at Tiffany's is presenting a brand new trendy "tween" range for young fashionistas, featuring lots of floaty and feminine numbers perfect for the tropics. **Available at #02-03 Tanglin Mall and #01-17C Great World City.**

## COMPETITION

### WIN A STYLE WORKSHOP FOR KIDS



This month, be in with a chance to give your child the opportunity to let their inner style star shine in the fun workshops at Dream Factory by Ines Ligrón, a fashion, beauty and concept styling studio. From mixing and matching garments to brushing up on social skills and even learning to walk down the runway, your young ones will learn how to be confident in a style that is truly theirs.

For your chance to win, visit [www.expatliving.sg/competitions](http://www.expatliving.sg/competitions).



### Reader Makeover: The Big Reveal

In one of our cracking online competitions, lucky EL reader Kristi Mackintosh won a makeover and a \$300 voucher from online fashion marketplace StyleTribute.com! Head on over to [expatliving.sg](http://expatliving.sg) for more before and after photos of her style transformation.

### Fashion Benefit

Jewellery label Stones that Rock, and Ladli, a Jaipur-based vocational training centre project, have joined forces for charity. STR's multi-strand glass bead and semi-precious stone



necklace is available in seven colours, and handmade by young women supported by Ladli. Proceeds from sales are donated to the Singapore Committee of UN Women and directed towards the support of the STEM campaign, designed to encourage females in science-based fields traditionally dominated by men. **\$95. Available at The Emporium Millenia Walk #01-84, or online at [gnossem.com](http://gnossem.com).**



### Be Bejewelled

Swarovski's new Fall/Winter 2014 collection, Facets of Light, brings together art and light to create jewellery with a futuristic vibe. You'll find LED effects, mirror detailing and glittering stones – the Blacklight necklace is a real showstopper. For those who prefer their bling subtler, there are more

feminine designs too – try the delicate Bouquet or Bolt ranges.

**Available from July in Swarovski stores island wide.**

### Fit for a Queen

The latest collection from Arizma, The Ottoman Lady, is inspired by the bridal jewellery of the *buyuk hanim* ("great lady" – the first wife of an important man) during the Ottoman Empire. Chokers and elaborate statement necklaces



with intricate detailing were the order of the day. Designs are ornamental and are feature emeralds and other fine gems.

**#01-31 Parkway Parade. For enquiries, call 6440 4791 or visit [arizma.com.sg](http://arizma.com.sg).**

### Shop for the boys

New store PUDU at Orchard Gateway offers stylish European linen and fine Egyptian cotton apparel for men and boys – a vibrant colour palette, breathable, natural fabric and prices from \$49 to \$115. For its GSS promotion, the store is



offering 15 percent off storewide and 20 percent off for purchases of four items or more.

**#02-17, Orchard Gateway. Open daily 11am to 10pm. 6702 4567.**

# STYLE HUNTER

## SHOPPING THE GSS

If you've spent any time in Singapore then you're likely to have heard about the Great Singapore Sale. It's going on until the last week of July, and many stores are offering 30 to 50 percent off their products. Having been working as a personal stylist in Singapore for almost seven years, JULIA BLANK has honed her shopping techniques, and this month clues us in on the best places to shop during the sales.



- 1. Club 21.** This is a collection of high-end designers such as Calvin Klein, Dolce & Gabbana, Lanvin, Marni, Moschino, Paul Smith and many more. If you've already joined the loyalty programme, you'll be notified when pre-sales begin, but make sure you head down on the first day as the good items sell out. The Club 21 Bazaar Sale is a mega-sale that takes place in August and September, and I promise you it's worth the long queue. Clothing for men, women and children is all marked down by 60 to 80 percent.
- 2. Jimmy Choo.** Needs no introduction. This brand is one of the first to go on sale, and its shoe stocks clear fast thanks to discounts of more than 30 percent in its stores in Paragon and MBS.
- 3. Raoul.** This local brand features a collection of trendy women's pieces. During the sale, it will be cutting 40

percent from original retail prices. Raoul provides very attentive customer service, too.

- 4. Metro.** This big department store has four locations within Singapore, and you can join its loyalty programme when you spend \$300 within three months. Metro runs big sales and promotions throughout the year and is well worth a visit.
- 5. Diane Von Furstenberg (DVF).** DVF's classic wrap dresses make women of all shapes and sizes look gorgeous. I often bring my clients here to find that special occasion dress or casual-chic clothes that are so hard to find elsewhere. The loyalty card will get you an extra 10 percent off, as well as an invitation to VIP pre-sales. DVF is offering discounts of up to 40 percent in its ION and Takashimaya stores during the GSS.



Julia Blank,  
Image Consultant,  
julia-blank.com

## EDITOR'S PICKS

### IT'S A TREND: SLIP-ON SHOES

What can be better than gliding into a pair of comfy slip-ons? Luckily, it's a big trend this season.



1. Printed slip-ons,  
Zara, \$149.



2. Nautical slip-ons,  
H&M, \$24.90.



3. Kooper slip-ons,  
Topshop, \$119.



4. Leather slip-ons,  
Vans, \$60.

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# Workout Cool

Out with the old and in with the new – it's time to refresh your workout wardrobe. And with all these bold and bright new season styles available, getting in shape never looked so good.

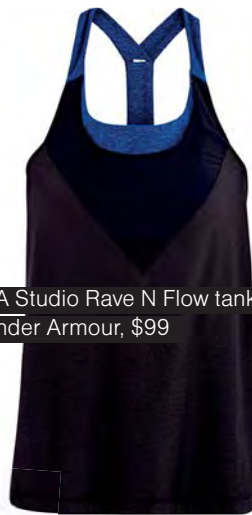


# RUNNING

Printed sports bra,  
H&M, \$19.90



UA Studio Rave N Flow tank,  
Under Armour, \$99



Sports bra,  
Nike, \$59



Racer-back tank top,  
Juicy Couture, \$60



Grey leggings,  
H&M, \$49.90



Armour bra,  
Under Armour, \$69



Black leggings,  
H&M, \$49.90



# FOOTBALL

Mesh sports bra,  
Juicy Couture,  
price on request



evoSPEED Tricks World Cup  
series football boot,  
Puma, \$229



Sports tee,  
H&M, \$24.90



Shorts, Under Armour,  
price on request



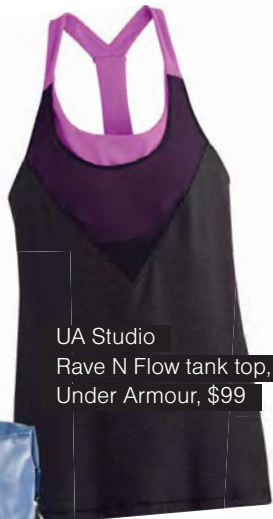


# YOGA

UA Perfect Flow duffel bag, Under Armour, \$179



UA Studio Rave N Flow tank top, Under Armour, \$99



Ballet tank top, Juicy Couture, \$100



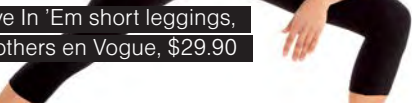
Polka-dot-strap bra, Juicy Couture, \$70



Perfect Fit maternity tank top, Mothers en Vogue, \$25



Live In 'Em short leggings, Mothers en Vogue, \$29.90



UA StudioLux denim 20-inch capri, Under Armour, \$99



Printed tights, H&M, \$49.90



# GOLF

Customised dry-fit golf shorts, Victor York, from \$35



Customised dry-fit golf shirt, Victor York, from \$35



EVO One golf shoes in white and chilli red, Ecco, \$299.90



EVO One golf shoes in black and white, Ecco, \$329.90



# RUNNING FOOTWEAR



Minimus Zero Road v2 running shoes, New Balance, \$169



Speedform RC trainers, Under Armour, \$179



Rome "gladiator" running shoes, New Balance, \$178



Nike LunaGlide 6, Nike, \$209



Faas 600 trainers, Puma, \$169



Nike Free Flyknit 4.0, Nike, \$219



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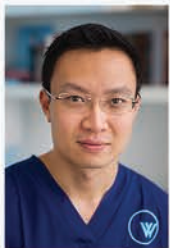
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*Hair & Beauty*

# WHAT'S NEW

All the latest hair and beauty treats



## ISLAND PARADISE

Complementing life in the tropics, the new Caribbean Island Wild Flowers collection from Crabtree and Evelyn – which replaces the India Hicks Island Living collection – smells of delicate spider lily blended with notes of wild flowers, tropical citrus fruits and marine accord. The full range includes a fresh eau de toilette fragrance, body wash, lotion, polish, hand wash and hand therapy moisturiser. **Available now at all Crabtree and Evelyn stores ▲**

## GET TERRIFIC TRESSES

Thought that dream hairstyle was well out of your reach? Hairdreams, a company from Europe, has created a system that uses real hair to create any style you like – choose your desired length and volume. It's even touted to work for those with hair loss or bald spots. What's more, the whole application process takes from only 30 minutes to no more than two hours – no longer than your average salon visit. **Visit the Hairdreams studio at 51 Cuppage Road, #01-09. [hairdreams.com.sg](http://hairdreams.com.sg) ▶**



## Hair loss

Thinning hair becoming enemy number one? Hear about its causes, effects and solutions from the experts at Freia Medical's special hair-loss education forum in July. **For more details, call 6735 8180 or email [freiamed@gmail.com](mailto:freiamed@gmail.com). Tickets in advance, \$10; tickets at the door, \$20. Limited seats available ◀**



## MADE WITH LOVE

All products at multi-brand beauty boutique SHEA are handmade, contain pure essential oils and are suitable for vegetarians – and none are tested on animals. Highlights include pure hand-pressed argan oil from Saadia Organics, unrefined pure shea butter, and traditional African Black soap – great for acne sufferers. We also love the delicious-smelling bath bombs, moisturisers and scrubs from UK-based Bomb Cosmetics. **#B2-47/48 Orchard Central, #01-33 Liang Court, River Valley Road. [shea.com.sg](http://shea.com.sg). ◀**



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### TIME FOR A CURE

When you have sensitive skin, hunting down good facial products is like finding a needle in a haystack. Japanese brand CUREL now offers a new skincare line, the Sebum Care range, to manage both skin sensitivity and excessive oil production, which can be caused by anything from a change in diet to fluctuating hormone levels. **From \$19.90 to \$34.90. Available at selected Guardian and Watson's stores.**



### Clean & Comfortable

Beauty rule number one: remove your makeup before you hit the hay. Bioderma's range of H2O cleansing waters is perfect for daily use, as they don't strip skin of moisture, and they keep it balanced and feeling comfortable. As well as being suitable for sensitive skin, the range includes products especially for oil-prone skin, dehydrated skin and even babies' skin. **Available at Guardian outlets.** ◀



### REALLY REFRESHING

For radiant, glowing skin, RMK's new Refreshing Gel – an overnight moisturiser – promises to restore moisture levels while you sleep, thereby healing inflammation, hydrating your skin and increasing its elasticity. **\$82. Available at Isetan Scotts, Serangoon Central and Takashimaya.** ▲

### COLOUR TO GO

Following the success of its Chubby Stick lip colour, Clinique is launching one for the cheeks too – simply swipe, blend and go. The formula has a sheer, moisturising and non-sticky finish for fuss-free beauty: an easy alternative to powder blush. **\$39. Available from August in four colours.**





## ANNIVERSARY SPECIAL

To celebrate the brand's 15th anniversary, Deborah Lippmann has released a limited edition "Music Box" of 15 of its best nail polishes. Just 100 boxes will be available in Singapore, all personally signed and including a note from the brand's founder.

**Available from end July at Takashimaya, Level 3 gift department. ◀**

## SUN SAFETY

Nivea's new, refreshing sun lotion with SPF30 is non-sticky and easily absorbed. Perfect for those lazy beach days! It's water-resistant, too, so you don't have to worry about reapplying it after a quick dip. **\$22.90. Available only at Watsons**



# Beauty 101

## DUTY-FREE BUYS

You're heading to your departure gate when something catches your attention: the aromatic breeze of a floral perfume and a candy-like display of eye-shadows. Indeed, it's hard to turn your head away from the alluring world of duty-free shopping. For some advice on how to tackle this treasure trove of deals, here's beauty guru **KELLY BILIMORIA**.

### WHAT'S AVAILABLE AND HOW SHOULD YOU CHOOSE WHAT TO BUY?

Singapore duty-free stores offer a small discount off the retail price that you'll pay in the rest of the city. Duty-free is a great way to stock up on your favourite brands, or just benefit from the savings. The best part? The stores have great little gift sets and palettes that are available exclusively at the airport. For example, **Lancôme's Hypnose Mascara** retails for \$50 on Orchard Road, but costs just \$42 at Changi, and comes in an exclusive travel three-pack for \$92.50



### CURRENT DUTY-FREE DEALS:

- Bobbi Brown Shimmer Brick with brush: **RRP \$86, duty-free \$62**
- Clinique CC Cream Moisture Surge: **RRP \$53, duty-free \$45.90**
- Philosophy Miracle Worker Set: **RRP \$115, duty-free \$88**
- Revlon Superlustrous Lipstick 9-pack: **Exclusive to duty-free \$65**
- Dior "5 Couleurs" palette: **RRP \$98, duty-free \$82**



### TIP FOR SHOPPERS:

If you're buying from duty-free overseas, don't forget the currency conversion! Sometimes, when you add up the transaction and conversion fees, the great bargain you thought you scored is not so great after all. So, know the regular retail price before you shop to ensure you make smart purchases and maximise your savings.



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# SCAR SOLUTION

This month, *EL* readers tested Bio-Oil, a specialist skincare oil touted to improve the appearance of scars, stretch marks and uneven skin tone.

## ABOUT BIO-OIL

- In a proDERM 2010 clinical study of Bio-Oil for scars, 100 percent of subjects recorded an improvement in eight weeks, and 90 percent of subjects said it also helped reduce the appearance of skin pigmentation.
- It contains nourishing vitamins A and E, as well as chamomile extract and calendula, lavender and rosemary oils.



### SUFFERING FROM POST-PREGNANCY STRETCH MARKS

I started using Bio-Oil a couple of months ago to try to tone down the

stretch marks from having had three rather big children. I thought I'd have trouble remembering to use it twice daily as instructed, but I easily got into the habit. The 50ml is a convenient size, so I've even taken it on holiday.

I found the oil non-greasy and easy to apply. I'm not a fan of over-fragranced products, and Bio-Oil really fit the bill in that respect.

The results? After two and a half months, my stretch marks are definitely not as noticeable as they were, and I've started wearing a bikini rather than a tankini. Now I just need to work on toning those tummy muscles!

*Vanessa Spooner, British, Homemaker*

4/5



### ON A MISSION TO PREVENT STRETCHMARKS DURING PREGNANCY

Finding out I was pregnant came as exciting news, but pretty soon vanity reared

its ugly head. Could I do anything to stop stretch marks appearing during pregnancy? For this reason, I started using Bio-Oil at the start of my second trimester – I'd heard that it had worked wonders for others in the same situation.

I applied the oil twice a day, as directed, and have had amazing results. It's made my skin supple and has given radiance to the areas applied. I've also found that it works well as massage oil. The price point is good too – you can use as much or as little as you like, without having to worry about the expense.

Overall, I would definitely recommend this product. I'll continue to use it when my pregnancy is over, and see if it has any further effect on my problem areas

*Cassandra Burton, British, Middle-school teacher*

4/5



### KEEN TO REDUCE EXISTING STRETCH MARKS AND ACNE SCARS

I used Bio-Oil after my daily shower, around my hip areas and upper

thigh areas, on my stomach and on some post-acne scar marks on my face. I found the oil lightweight and non-greasy after application. It was absorbed easily and quickly into skin, with a smooth finish. It has a slight perfume which is pleasant and not overpowering.

The more recent facial scars and stretch marks around the upper thighs seem to have faded a bit after two and a half months of constant use. My more stubborn stretch marks around the hip and stomach area that developed during pregnancy haven't changed much yet.

Overall, I'm pleased with the results and will continue using Bio-Oil. I think it's a reasonably priced product, and I'm happy I saw results in a fairly short period of time.


*Angel Merito, Singaporean, Homemaker*

3/5



Bio-Oil retails at \$15.50 for 60ml and \$25.90 for 125ml, and is available at leading pharmacies, personal care stores, selected hospitals and department stores island-wide

## JOIN OUR PANEL!

Want to be part of our Tried & Tested reader panel? Email in to [editorial@expatliving.sg](mailto:editorial@expatliving.sg) and tell us your beauty problem along with your age and occupation. 

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# Best Face *Forward*

In our increasingly time-starved lives, when it comes to facial treatments we tend to look for something that is effective and convenient with lasting benefits. This month, we review facials from salons around town that we believe tick all the boxes.



## GLOAESTHETICS Image Skincare Wrinkle Lift Facial

Reviewed by: Verne Maree

Aside from a host of other anti-ageing and hair-removal treatments, GloAesthetics also offers a facial with a difference. Its key element is a chemical peel from the Image skincare line from California, containing all-natural and organic ingredients suspended in a base of soothing aloe vera.

As the range of peels caters for a wide range of conditions, from acne through to wrinkles, blemishes and uneven skin pigmentation, your facial will be customised to whatever your skin needs most. Potent Acne Lift Peel, for example, has an effective blend of alpha and beta hydroxy acids, plus anti-inflammatory agents to treat and heal acne, while the Lactic Kojic Peel contains a blend of lactic acid and kojic acid, which target uneven pigmentation, treat rosacea and lighten the skin.

Each peel in the range contains a host of other active ingredients, such as:

- Anti-oxidising Vitamin C and green tea
- A blend of exfoliating fruit enzymes
- Hyaluronic acid for hydration
- Skin-lightening bearberry
- Skin-revitalising polypeptides
- Anti-inflammatory meadowsweet, comfrey and chamomile

I'm having the Wrinkle Lift Peel: equal amounts of exfoliating glycolic acid and collagen-synthesising retinol, both at 40-percent strength for a powerful effect. It's said to be good

for ageing, wrinkles, rough complexion, uneven skin tone, smoker's skin, oiliness and so on.

After a thorough cleaning with a "peel prep" toner, Patricia paints on the citrus-scented peel with a brush. (I'm glad she includes my neck in the treatment; I've seen too many 30-year-old faces above 70-year-old necks.)

The solution is left on for anything from two to a maximum of eight minutes, depending on skin reaction. A little fan is used to cool my face, but it's hardly necessary – the sensation is no more than a slight tingle.

Then comes a lovely Vitamin C mask to calm the skin and speed up recovery. As I happen to have a Vitamin C serum at home, Patricia advises me to use that nightly for the next week, rather than anything containing strong active ingredients such as peptides, and as this is a retinol (Vitamin A) based treatment, I'm advised to avoid the sun for at least a week, or use a high-SPF sun block.

The treatment lasts a mere 20 minutes, and I'm in and out of GloAesthetics within half an hour with all questions answered. That leaves me ample time for a super-healthy bowl of *yong tau foo* at the Novena Square 2 food court, conveniently located below Novena Medical Centre.

There's no downtime at all, and you can have this peel as often as once a month. Because of the ultra-soothing gel base, any flaking should be very minimal – and so it was.

Cost: \$115 + GST is the trial price for first-timers; this is 40 percent off the usual price. Packages are available after that.

GloAesthetics  
#09-30 Novena Medical Centre  
10 Sinaran Drive  
6397 7012 | gloaesthetics.sg



## SPA AT LOEWEN GARDENS Oxy Face Lifting Treatment

Once described as being like a “facelift minus the surgery”, the Oxy Face Lifting Treatment is the latest addition to the series of Karin Herzog facials offered at the Spa at Loewen Gardens.

Each one uses oxygen-infused products by Karin Herzog (both Kate Middleton and Victoria Beckham are said to be big fans), and caters to different skin types and conditions – for example, those in need of a boost of hydration or an acne treatment.

The new lifting treatment begins with a cleansing ritual: Karin Herzog Professional Cleansing Cream is used to remove makeup, including mascara, followed by a double cleanse with cleansing milk and a toner from the range.

Next comes an exfoliation with a serum catered to your skin type, using a soft facial brush – you’ll experience a warm, comfortable sensation on the skin as the serum is left on for five to 10 minutes.

Following that, nourishing facial oil will be massaged in and left for four to five minutes. Then you’ll be ready for the quick extraction process. It finishes off with a relaxing, 20-minute facial massage using more tailored products for your skin type. The result? A luminous complexion that is silky-soft to the touch.

Cost: \$220 for 100 minutes.

Spa at Loewen Gardens  
75e Loewen Road, Tanglin Village  
6471 1922 | loewenspa.com.sg



## VISAGE THE SALON Balancing Facial

Reviewed by: Rebecca Bisset

In a city that’s sleek and modern and where most treatment rooms look the same, going to Visage for a facial feels a bit like going on holiday to an Indonesian resort. The lighting is gentle, while the antique-looking wooden cupboards and batik wraps create a relaxing “island-life” atmosphere.

The treatment begins with a deep cleansing and toning ritual, followed by an extraction. It was a little hard to get my power nap in this process – Chris, my therapist, leaves “no stone unturned”. (I can’t think of a more suitable idiom, but you know what I mean.) This is after an extensive but soft exfoliation. I’d also opted to have my eyebrows waxed and tinted, and she paid just as much attention to this as my facial

and was very detailed – down to the last hair. After that, once she started to put the mask on, I was gone to the world.

I was slowly brought back to the present with a wonderful shoulder, neck and upper back massage, and after that a refreshing cup of tea, which set me up for the drive home.

Most facials are relaxing and your skin feels nice afterwards, but two days after the facial, my face and neck still feel so smooth and hydrated – and there’s not a blocked pore in sight! Visage has always been praised for its Brazilians and other waxing services, but now I think it’s safe to say we can consider the Balancing Facial one of its “must-try” treatments too.

Cost: \$150 for 120 minutes.

Visage The Salon  
#02-11 Delfi Orchard  
6733 0933 | visage.com.sg

## SYLVIA'S SECRETS Filorga Cryolift Facial

A treatment to try if you suffer from a dull and tired complexion is the new Cryolift facial; it has a lot of medical research behind it, and combines the high performance of products by skincare brand Filorga with the stimulating effect of cryotherapy (the use of extreme cold during a treatment).

Despite the fact that your skin gets blasted with cold air (at minus 18 degrees Celsius) there is actually no discomfort. In fact, the process serves to open the skin's blood vessels, boost microcirculation and pump cells full of oxygen, right to the deepest dermal layers. You'll be left with dramatically more toned and radiant skin that is firmer to the touch.

If you'd like to continue the regime at home, the salon has a full range of professional Filorga products in house, too.

Cost: \$300 for 90 minutes (first trial price).

Sylvia's Secrets  
100 Turf Club Road, Horsecity, 6465 5338  
559 Bukit Timah Road, #03-01A Kings Arcade, 6469 0833  
sylviassecrets.com.sg



## DIY FACIAL AND SKINCARE TIPS FROM THE EXPERTS

### Patricia Sia, GloAesthetics, says:

"Be sure to use products designed for your skin type. For example, a Vitamin C range is often good for someone from 25 to 30 years of age; after 40, look for a formulation containing peptides to encourage skin-cell turnover, which naturally slows down with age."

### Amanda Ong, Spa at Loewen Gardens, says:

"Incorporate aromatic stimuli and deep breathing techniques into your regime. This releases serotonin and helps with relaxation (as well as taking a few creases off your face). Put two or more drops of facial oil into the palm of your left hand, then rub clockwise with the flat palm of your right hand. Then, cup your hands together over your nose and mouth and inhale deeply."

### Chris from Visage The Salon says:

"After washing your face, gently rub ice over it. This helps to diminish the size of pores by constricting the blood vessels underneath and stimulating circulation."

### Sylvia Haughey, Sylvia's Secrets, says:

"Every day, apply your cleanser or creams using lymphatic drainage movements. I've always believed that this technique helps to keep the face toned and radiant while reducing any fluid retention. To begin, start massaging from the chin up and along the right jawline towards the earlobe. Work up one side of the face up to the forehead, and then do the same for the other side of the face. Repeat the whole motion gently several times."



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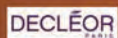
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MBBS (Hons) (UNSW), M.Med (Surg), FRCS Edin (Gen Surg)

- Graduated from the University of New South Wales, Australia (1998)
- Senior Clinical Fellow in Vascular and Endovascular Surgery, Prince of Wales Hospital, Sydney (2007)
- Registered as a Medical Practitioner with the Medical Board of Australia
- Member of the American College of Phlebology

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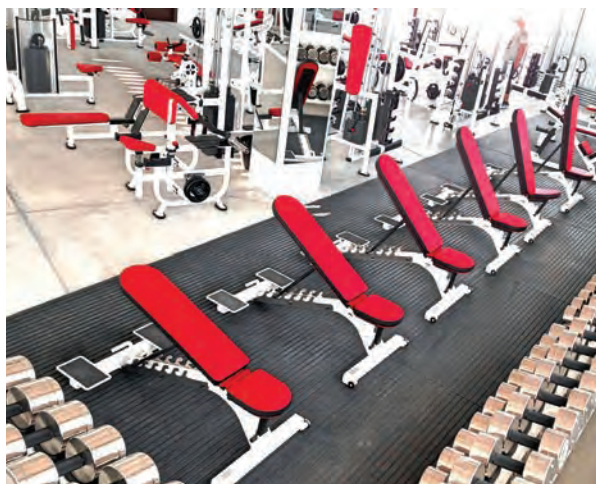




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## HOLISTIC HAVEN

In line with its holistic approach focused on Asian therapies, **COMO Shambhala Urban Escape** has launched a new programme based on traditional Chinese medicine (TCM). The wellness sanctuary's new resident consultant, Mark Chern – a Chinese physician specialising in reproductive health and perinatal support – offers perinatal "happy baby sessions", herbal blending and an integrative table technique that combines acupuncture, cupping, guasha and bodywork; these treatments are tailored to the needs of each individual woman.

Also new is COMO's 60-minute traditional yin yoga class, led by a TCM physician, which provides the restorative benefits of yoga while also achieving the same overall effect as acupuncture. Yin yoga is a more meditative, slower-paced style involving floor postures that are held for longer periods of time, sometimes up to five minutes. The poses apply moderate stress to the connective tissues to increase circulation, enhance flexibility and improve the flow of *qi* – the energy that, according to TCM, is said to run through the meridian pathways of the body, improving organ health, immunity and emotional wellbeing. For more details, visit [comoshambhala.com/singapore](http://comoshambhala.com/singapore). ►

## Fly Your Fears Away



Scared of flying? You're not alone. Although commercial aviation is now safer than ever, many remain fearful of flying, with symptoms ranging from uneasiness to terror and an inability to step foot on a plane. This anxiety, however, often stems from not understanding how an aircraft actually functions. Which is why **The Hypnosis Clinic** at **Novena Medical Centre** offers a Joy of Flying course to help panicked passengers get over their phobias. Run by clinical hypnotherapist Jonathan Garside-Atkinson, who's also a certified commercial pilot with thousands of hours of flying experience, the one-on-one course includes two sessions of hypnosis, a personalised, self-hypnosis MP3 recording and a briefing on air travel, as well as 60 minutes in a real Boeing 737 flight simulator, with you at the controls. For a free consultation, call 6397 6073 or visit [thehypnosisclinic.com.sg](http://thehypnosisclinic.com.sg). ◀





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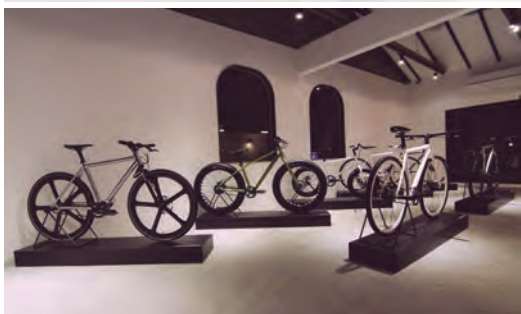


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## EASY RIDER

Avid cyclists will love the newly opened **Coast Cycles** concept store, offering sleek, bespoke-quality bicycles for the modern urbanite. Founded by ex-national cyclist and industrial designer Jansen Tan, the brand is known for streamlined, rider-friendly designs. Its signature Coastliner is a clean, maintenance-free model with hidden internal cable-routing, thanks to Jansen's patented chainless belt drive. The new two-storey retail space boasts a selection of locally designed bikes, alongside gourmet coffee and cuisine. While your bike's being serviced, grab a bite at the adjacent Coast & Company café, or a latte from coffee boutique Papa Palheta. 54 Siglap Drive. [coastcycles.com](http://coastcycles.com)

## JANSEN'S TIPS: FIVE THINGS TO CONSIDER WHEN CHOOSING A BIKE

### 1. Intended use

Knowing how and where you'll use the bicycle is important when making a decision. Buying a mountain bike for commuting, for instance, isn't ideal.

### 2. Fit

Ensure that the bike can be configured to your physique. Take it out for a test ride on actual roads; don't just take it for a spin around the block. Stay on the bike for at least a couple of minutes and, if you feel any pain, the geometry needs adjustment. Being comfortable on the saddle is key to enjoying the ride.

### 3. Brakes

It's most important to be able to stop in all conditions, rain or shine. Beware of older brake systems that don't work well in the wet; I highly recommend disc brakes.

### 4. Maintenance and service intervals

You want a reliable, low-maintenance product, and finding a bike with the correct components to suit your intended use is key.

### 5. After-sale support

You'll want to have someone to talk to and help you out post-purchase. Buy from someone who can provide the whole experience; the shop that's going to sell you the bike must be able to fix and service it years down the road.

## SHAKE IT!

Looking for a new way to get fit while having some fun? **Tahiti Dance Fitness** offers full-body workouts, from the traditional Tahiti Dance – involving rapid hip movements and fast-paced drum music – to the cardio-based Tahiti Fitness and the 30-minute Tahiti Toning body-sculpt; there's even Tahiti Kids, a lively dance class just for little ones. Founded by two Tahitian sisters and professional dancers with a mission to encourage wellness and promote French-Polynesian culture, Tahiti Dance Fitness is the first of its kind in Singapore. So, grab your *pareo* (sarong) and get going. For a week of free trial classes, email [info@tahiti.sg](mailto:info@tahiti.sg). Kali Majapahit Studio, 43 Carpenter Street, #02-01 Greatwood Building. [tahiti.sg](http://tahiti.sg) ►



## Big News, Bootcampers!

Two of Singapore's most popular outdoor bootcamps, OZFIT and UFIT, have joined forces. Between them, they now offer 180 sessions per month and a greater variety of classes – including OZFIT's specialty classes, Boxfit, Yogafit and Shefit, and UFIT's Corefit and Runfit – in nine different locations such as Holland Village, East Coast, Sentosa, Marina Bay, Botanical Gardens and Fort Canning Park. To sign up for a free trial, visit [ozfit.com.sg](http://ozfit.com.sg) and [ufit.com.sg/bootcamp](http://ufit.com.sg/bootcamp). ▶



## COMING UP



### A SHORE CHALLENGE

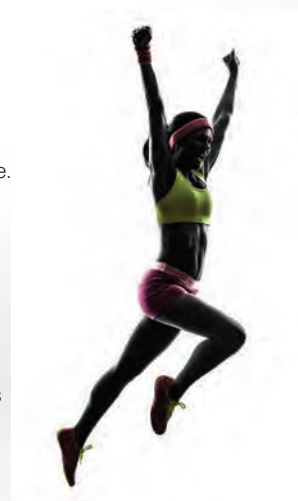
Held on Indonesia's Bintan Island, the challenging MetaMan Bintan 2014 triathlon incorporates swimming, cycling and running, complete with a pre-race carb-loading dinner and post-event awards brunch. Athletes can choose to participate in the MetaMan Full (3.8K swim, 180K bike ride and 42.2K run), MetaMan Half (1.9K swim, 90K bike ride and 21.1K run) or MetaMan Blitz (1.2K swim, 55K bike ride and 7K run), with first-place winners taking away US\$30,000 in prizes. Race day is 24 August, but pre- and post-events will take place from 23 to 25 August. Register by 5 August at [metamanbintan.com](http://metamanbintan.com).

### FEEL GOOD, DO GOOD

Getting fit feels good, but getting fit for a good cause feels even better. The sixth annual **Race Against Cancer** give you the chance to choose from a variety of distances and challenges – a 5K Fun Run, 10K and 15K Individual Competitive Runs and a 10K Team Challenge – all in the name of raising funds for the Singapore Cancer Society. 3 August at Angsana Green, East Coast Park. Register by 5 July at [raceagainstcancer.org.sg](http://raceagainstcancer.org.sg).

### GET CRAZY

If you're crazy enough to run 100 miles (160K), this one's for you. The Craze Ultra 100 Miles race is for those who have plenty of energy to spare. Flagging off at MacRitchie Reservoir at 7am, the route will take you through parts of Singapore you may not even have heard of – Woodlands Waterfront, Yishun Dam, Punggol Promenade and Lor Halus Wetland, among others – until you finish at 3pm the next day. Good luck with that! Don't worry, 43K and 78K options are available too. 20 to 21 September. Register by 31 July at [crazeultra.com](http://crazeultra.com).



# RUNNING COMMENTARY:

## Running Stronger

In this regular running column, we talk about training, shoes, gadgets, nutrition, racing, hashing and more. This month, VERNE MAREE heads for the hills.

**H**ills are many runners' least favourite terrain. That's mainly because they slow you down, says Dagny Scott in her *Runner's World Complete Book of Women's Running*, but also because they hurt.

On the other hand, if you've been doing all your running on fairly hilly terrain like the Botanic Gardens, the pancake-flat East Coast Park can cause discomfort. That's because you're having to use the same muscles in the same way continuously, without the relief and variety – both physical and mental – that come from running alternately uphill and downhill.

### Why bother with hills?

Long, slow runs may account for most of a distance runner's training, and that's how it should be. To improve as a runner and achieve your best running fitness, however, you need to be able to perform at different speeds and on varied terrain.

If you're planning on doing a hilly race, it's pretty obvious that you have to practise hill-running. To overcome a monster, you have to tackle it head-on. That hilly race is unlikely to be in Singapore, though, where most events are run over very flat, fast courses. (The hilliest race I've encountered here was

the Standard Chartered half-marathon, when they moved the course to Sentosa a couple of years ago.)

But even for flat races, hill-running is the fastest way to build real strength. Even a moderate amount of hill-training will make your quadriceps and glutes stronger and tougher, as *Running for Dummies* co-authors, Florence "Flo-Jo" Griffith Joyner and John Hanc, point out. Your heart has to work that much harder when you run uphill, which increases your cardiovascular endurance and stamina, too.

If you're strong on hills, you won't have to fear any course or terrain. Knowing that is a comfort itself, and will make your runs even more enjoyable.

So, there's plenty of reason to head for them thar hills, say once a week.

### The hard way – hill repeats

This is fairly straightforward.

1. Warm up with a run of two to five kilometres.
2. Find a hill, one you can climb in between 30 seconds and a minute.
3. Run hard up the hill.
4. Jog or walk down the hill.
5. Repeat.

Afterwards, you should feel tired but invigorated; if you're absolutely knackered, clearly you've done too much. As you get stronger, you can increase the number of repetitions, or challenge yourself on hills that are longer or steeper. The truly anal runner (and I've been one of those in the past) will keep a record of his or her times

over each series of repeats, and smugly watch them improve.

Feeling miserable just reading this? Happily, there is an easier way to achieve the same result.

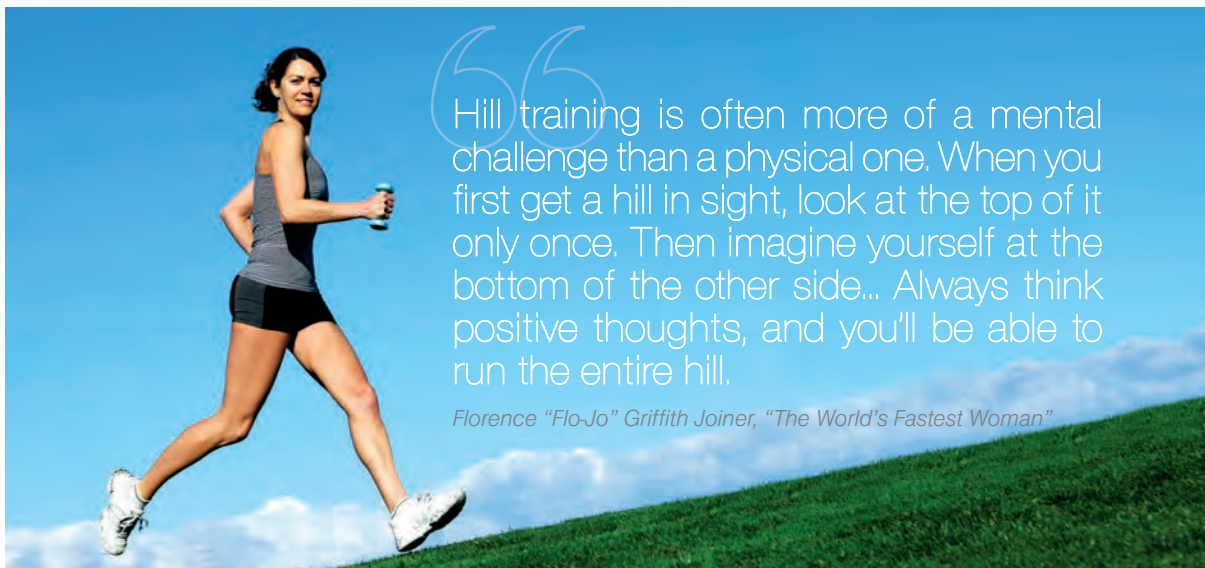
### The easier way

Find a hilly area or course, and then, after running a few kilometres to warm up, start to pick up the pace on the inclines, recovering on the declines. Though Singapore is short on suitably hilly courses\*, the MacRitchie trail is perfect for this exercise. On short hills, push yourself a bit harder; on longer hills, don't go quite so fast: the idea is to make it to the top without bursting a valve.

This way is far less draconian than regimented hill repeats, and you might even have some fun along the way.

### \* Why is it so hard to find hills in Singapore?

Blame Sir Stamford Raffles and his ilk, who summarily flattened the erstwhile hills of Singapore so as to reclaim marshy swampland. Try the parks: Botanic Gardens, Fort Canning, MacRitchie and Bukit Timah (which is closing for restoration in September). Even the reclaimed East Coast, mostly flat, harbours some useful inclines: in Siglap and Opera Estate, for example.



Hill training is often more of a mental challenge than a physical one. When you first get a hill in sight, look at the top of it only once. Then imagine yourself at the bottom of the other side... Always think positive thoughts, and you'll be able to run the entire hill.

*Florence "Flo-Jo" Griffith Joiner, "The World's Fastest Woman"*

**Hill-running form:**

"Shorten the stride and increase the cadence," advises Singaporean running guru Dr Ben Tan in his book, *Run for Your Life!* "Lift the knees higher while driving the elbows further back. Lean further forward."

Try to keep your shoulders, chest and hips in a straight line. Keep neck and shoulder muscles relaxed, and don't clench your hands.

Keep your gaze slightly in front of you all the way to the top... and over. Aim for a smooth and steady pace up the hill, trying to spread your effort evenly across the entire length of the ascent.

**Beginners, take care!**

"Hills are like pancakes," says John Hanc: "don't stack too many on your plate until you have a feel for how many you can digest."

So, build your strength up gradually by slowly adding hill running to your exercise regimen. If you're a new runner who can jog 30 minutes or longer on a flat course, look for a course of similar length that includes three or four gradual inclines. Out of breath at the top? It's fine to walk for a bit; but the eventual goal is to carry on with running.

**RACING CALENDAR**

**JULY**

- 5 **Run & Raisin'**, 7am, 10/5/2.4K Family Run, Gardens by the Bay
- 6 **Reebok ONE Challenge**, 9am, 5K, Gardens by the Bay
- 19 **Run for Life**, 7.30am, 10/2.4K, Family, Kids' Dash, East Coast Park
- 19 **Garfield Run**, 4pm, 5/3/1.5K, Marina Bay
- 20 **GK Run to Build**, 6.30am, 8.6/4.3K, Bedok Reservoir
- 20 **Mizuno Passion Wave Run**, 7.30am, 16K, Bukit Merah View
- 26 **Energizer Singapore Night Trail**, 3pm, 18/12/6/3/1.5K, Mandai

**AUGUST**

- 3 **TRI-Factor Run**, 31.5/21/10.5/5/1.5KM, Punggol Waterways
- 3 **SingTel Race Against Cancer**, 7am, 15/10/5K, East Coast Park
- 16 **Bedok Reservoir Ultramarathon**, 7am, most laps in 12 hrs, minimum 51.6K
- 17 **Shape Run**, 10/5K
- 23 **Frost & Sullivan Corporate Challenge**, 7.15am, 10/5K, MacRitchie Reservoir
- 23 **RunNUS**, 10/5K Family Challenge
- 31 **SAFRA Singapore Bay Run**, 5.15am, 21.1/10/5K, Esplanade Bridge

**SEPTEMBER**

- 7 **Tampines Run**, 7.30am, 4.4/10K, Bedok Reservoir Park
- 14 **POSB Passion Run for Kids**, 7.30am, 800m/1.2/3.5/10K, Marina Promontory
- 14 **Yellow Ribbon Prison Run**, 7.45am
- 20 **Craze Ultra 100 miles**, 7am, 43/78/101K & 100M, MacRitchie Reservoir
- 21 **SMU Mile Run**, 8am, Fort Canning Park
- 27 **Wet n Wild Run**, 7am
- 28 **Straits Times Run**, 5am, 5/10/21K, Sports Hub

To make a point, ask a question or contribute to this page, email [verne.maree@expatliving.sg](mailto:verne.maree@expatliving.sg).



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# Pregnancy

## MYTH-BUSTERS

From old wives' tales to flat-out fallacies, there are many misconceptions about what can and can't be consumed during pregnancy. We asked DR JASMINE MOHD, gynaecologist and obstetrician, to set the record straight.

**MYTH: PREGNANT WOMEN SHOULD AVOID SPICY FOODS.**

**TRUTH:** Eating spicy foods like chilli or curry isn't unsafe; it just means a higher chance of bad heartburn. Susceptible women should avoid spicy foods because pregnancy is known to make one more prone to gastric reflux or heartburn. However, if you're not predisposed to heartburn, there's no reason to stay away from hot foods. In fact, researchers have found that babies born to mothers who eat a diverse and varied diet during pregnancy and breast-feeding prove later to be more open to a wide range of flavours.

**MYTH: EATING SEAFOOD IS A NO-NO DURING PREGNANCY.**

**TRUTH:** The key here is that everything should be eaten in moderation. Fish is high in protein and other nutrients, and an important part of a healthy diet. However, avoid eating great amounts of "large fish" during pregnancy, as they accumulate mercury throughout their long lifespan. Also, avoid eating shark, swordfish and marlin, and don't eat more than 150 grams (four medium cans) of tuna per week. There's no limit on white fish or cooked shellfish, but it's crucial to ensure that all shellfish is fully cooked. Smoked fish is fine to eat as well.



**MYTH: DRINKING WINE IS OKAY, NOW AND THEN.**

**TRUTH:** Pregnant women should avoid alcohol altogether. Though consuming a small amount is unlikely to have any adverse effect on the baby, there's still uncertainty regarding how much alcohol is actually safe to drink during pregnancy. The safest bet is to stay away from it completely.

**MYTH: EATING FOR TWO MEANS EATING TWICE AS MUCH FOOD.**

**TRUTH:** In general, women should continue to eat the same amount as they ate before they became pregnant – approximately 1,800 to 2,000 calories a day. During the second half of the pregnancy, only an extra 300 calories or so are required. Eating healthily prevents excessive weight gain for mums and reduces the chance of gestational diabetes. *(Flip the page to learn about gestational diabetes.)*

**MYTH: VITAMIN SUPPLEMENTS AREN'T NECESSARY UNTIL YOU'RE ACTUALLY PREGNANT.**

**TRUTH:** Folic acid supplementation of at least 400mcg per day prior to conception, and during the first trimester, has been proven to reduce the rate of neural tube defects, such as brain and spine malformations, in foetuses. At least 10mcg of vitamin D per day should also be consumed, both before pregnancy and while breast-feeding. Of course, it's also important to obtain vitamins and minerals through a healthy and varied diet.

**MYTH: EATING PAPAYA CAN CAUSE A MISCARRIAGE.**

**TRUTH:** Papaya consumption is safe and does not cause miscarriage. Papayas are rich in vitamin C, which is important, as well as vitamin A. Excessive amounts of vitamin A are teratogenic – capable of causing developmental malformations – but eating a normal amount of papaya is safe. Having said that, pregnant women should avoid taking supplements with large amounts of vitamin A or consuming large quantities of liver.



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# Sugar Mama

By Amy Greenburg

You may be familiar with diabetes, a condition in which there's too much glucose (sugar) in the blood, but did you know there's a form of diabetes that occurs only during pregnancy? While only five percent of pregnant women develop gestational diabetes mellitus (GDM), it's important to be conscious of the condition, as you and your baby could be at risk without your even knowing it. Gynaecologist and obstetrician DR KELLY LOI fills us in on the facts.



## What causes GDM?

The hormonal changes that occur during pregnancy can make one's body less responsive to insulin – a hormone produced by the pancreas to help the body utilise glucose for energy. For most women, this isn't a problem. However, if there's an inability to meet the increased insulin demand during pregnancy, glucose then remains in the blood and causes levels to rise very high, resulting in GDM.

## Does diet play a role?

To a certain extent, yes. Eating an excessive amount of sugary foods will apply further stress on the insulin requirements.

### You're most at risk if...

- you're obese, with a BMI over 30
- you test positive for sugar in your urine
- you have a strong family history of diabetes
- you've had gestational diabetes in a previous pregnancy
- you've previously delivered a baby over 4kg
- you've had an unexplained stillbirth
- you've had a baby with a birth defect
- you have high blood pressure
- you're over 35 years old

## What are the symptoms, and how is GDM detected?

Occasionally, high blood sugar levels can lead to symptoms of thirst and frequent urination, and recurrent infections such as thrush. However, GDM doesn't generally cause symptoms; it is detected through an oral glucose tolerance test (OGTT), usually performed at around 28 weeks, or earlier if there are high risk factors. During an OGTT, one's fasting blood sugar level is checked before a glucose drink is administered. Blood sugar levels are then checked two hours later to assess the body's reaction to the sugar intake.

## How are babies affected by GDM?

Most women with GDM will go on to have healthy babies. However, poorly controlled diabetes can have serious short- and long-term consequences. If blood sugar levels are too high, for example, excess glucose will end up in the baby's blood, which can lead to macrosomia (an overweight baby, over 4kg). A macrosomic baby may be too large to enter the birth canal, or its shoulders may get stuck – a dangerous situation called shoulder dystocia – which can result in birth trauma.

Other complications can include sudden perinatal death, or neonatal hypoglycaemia, where the baby has low blood sugar due to excess insulin. In the long run, there's a higher risk of the baby developing diabetes and obesity in later life.

## How is GDM treated?

The first line of treatment involves dietary control through well-planned, healthy meals. I'd recommend a balanced diet with sufficient amounts of protein, fats and carbohydrates. To keep glucose levels stable, it's particularly important that meals are eaten at regular times, and that sugary snacks are avoided.

You'll also need to learn how to monitor your blood sugar levels using a home blood glucose meter. If the blood glucose levels remain in the unhealthy range despite good dietary control, then medication or insulin injections may be necessary.

Although most women with GDM don't remain diabetic after delivery, they have a higher risk of getting it again during a future pregnancy, and of developing diabetes later in life. Preventive measures include staying at a healthy weight, making healthy food choices and exercising regularly. However, screening is still recommended for those with risk factors. <sup>21</sup>

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# 8 Ways to Say Cheese!

Luckily for us, says VERNE MAREE, 21st-century technology allows us to maintain a full set of beautiful gnashers right through into old age. And Singapore offers the whole gamut of dental professionals, from dental hygienists to periodontists and oral maxillo-facial surgeons.

**Y**our smile says a lot about you. Until not so many years ago, it was easy to pick out British actors in a movie: so many of them had dull and crooked teeth. At the other end of the scale, the brilliance of a Hollywood smile – so bright, so white, so even that it hardly looks real – marked you out as unmistakably North American.

Some are simply born with good teeth, courtesy of good genes. I've met people in their 40s who barely floss, yet don't have a filling in their head – and neither do their children. Others, like me, have a mouth full of horrible amalgam by the age of 10, and are due for a total dental overhaul before their 30th birthday.

You're fortunate if your medical insurance covers dental work: ours won't pay a cent. Be that as it may – a strong set of teeth that functions properly is a vital part of good health, and if you neglect them you will end up paying one way or another. For one thing, poor digestion, compromised nutrition and gum disease pave the way for just about every life-threatening condition you can think of.

Aesthetics count, too. Having an attractive smile – whether God-given or courtesy of a highly skilled dental professional – is important for self-confidence. On the other hand, the fear of revealing crooked, discoloured or even missing teeth can be enough to make one too embarrassed to smile... and what a pity that would be.

## #1 Get off to a Good Start

Caring for your baby's teeth is essential, says DR ONG YEAN SZE, and establishing correct dental habits in young children will stand them in good stead for the rest of their life. "Most of your child's dental care can simply be carried out at home," she adds, "along with regular six-monthly checkups by your dentist."

While it's true that some are more susceptible than others to dental decay, there's a lot you can do to prevent it. A combination of several factors is required for dental decay to begin, such as:

- bacteria that are conducive to decay, and a diet that encourages the growth of such bacteria;
- susceptible tooth structure and surfaces;
- availability of fluoride, and so on.

### Sugar and acid

Dr Ong's key advice is to strictly limit not only the amount of sugary and acidic foods your child eat and drink, but the frequency with which he or she consumes them. Fruit juice and soft drinks need not be completely avoided, but should be consumed during mealtimes to reduce the exposure time between acid and sugar and teeth. Sweets and ice cream should be considered party treats.

Snacks between meals should be savoury or sugar-free. Remember that even sparkling water and fizzy diet drinks that don't contain sugar have an acidic reaction: the carbonation that makes the drink bubbly will erode tooth enamel.

### Brushing and flossing

Thorough pre-bedtime tooth-brushing is essential, so parents need to help with this until children have developed the necessary dexterity; Dr Ong suggests that supervision should continue until the age of seven or eight. Plaque-disclosing dyes are a fun way to show up areas that have been missed.

Most young children are not good at flossing, so you'll need to do this between all the baby teeth that make contact with one another: between the baby molars is a primary site for decay. But if your child has natural spacing, simple brushing is enough.

### Fissure sealant

Tooth fissures – the deep pits and grooves on the chewing surfaces of the back teeth – are so narrow that even toothbrush bristles cannot clean them, so they tend to attract bacteria. To prevent the onset of decay, your dentist can apply a fissure sealant: a special material, white in colour, that bonds directly to the tooth enamel and forms a protective coating over the tooth. This is most effective when it's done as soon as practicable after the eruption of the tooth.



### How does fluoride work?

- First, it works on the yet-to-erupt adult teeth that start to form at birth, helping them to grow strong and healthy. Second, it works on the exposed teeth that have already erupted.
- Singapore tap water is fluoridated, and toothpastes are another good source of fluoride for children.
- For those who are too young to expectorate, but who already show signs of early tooth decay, a small amount of fluoridated toothpaste (the size of a rice grain) smeared over affected surfaces can prevent the decay from going further.
- Children who are very susceptible to decay may benefit from additional applications of topical fluoride by the dentist.

Dr Ong Yeann Sze, Specialist in Paediatric Dentistry  
Kids Dental World  
6684 3113 or 9769 6522 | smile@kidsdentalworld.com.sg

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## #2 Get Over It!

Dental anxiety is a common problem that can plague even the most rational and intelligent person, says DR BRENDAN GIN. Often, it is caused by a childhood experience.

There are varying degrees of dental anxiety, but even a low level of anxiety can cause one to indefinitely put off visiting the dentist for preventive care. Some may force themselves to visit the dentist – crying, sweating and trembling all the while.

Others may completely refuse to go, opting to live with gum infections, pain or even broken and unsightly teeth until the pain is more unbearable than the fear and the patient is forced to visit the dentist. Often, says Brendan, this means that a problem which could have been diagnosed and treated easily, requires much more complex treatment.

### Beating Anxiety

- Find a dentist who communicates well, is patient, genuinely caring and makes you feel comfortable.
- When scheduling your appointment,

let the clinic know you are nervous and they will allow a longer time for your appointment. Choose a time when you'll be relaxed; not before an important meeting.

- Arrive early so you're not in a rush, and bring along a friend for moral support.
- Your dentist can discuss with you a number of relaxation techniques such as administering nitrous oxide (laughing gas) or playing relaxing music through headphones.

You'll discover that modern techniques and technology are less intimidating than in the past, and that most treatments – including injections – are virtually pain-free.

### “A Very Nervous Lady”

“A very nervous lady attended our practice with a severe toothache,” recalls Brendan. “She had walked past our front door over 20 times before having the courage to enter, whereupon she broke down in tears.”

Having had a very bad childhood experience, she had stopped going

to the dentist and even neglected dental homecare. “As a result, her teeth had suffered both aesthetically and functionally. Although a well-groomed and successful businesswoman, she avoided smiling, laughing and close conversation.”

After many visits to acclimatise her to the dental environment and build her trust and confidence, Dr Gin was able to resolve her immediate toothache problems, restore good function and organise a good preventative home programme.

“The change in her attitude to dentistry was astounding,” he recalls. “In time, she decided that she needed ‘a new smile to suit her new attitude and regained confidence’, in her own words; so we used the latest porcelain materials to rebuild and restore her smile. Today, this formerly very nervous patient comes for a check-up every six months.”

Smilefocus  
Camden Medical Centre,  
1 Orchard Boulevard  
6733 9882 or 6112 3151 |  
smilefocus.com.sg





### #3 Wisen Up!

Wisdom teeth removal doesn't have to be a painful and unpleasant experience, says DR HO KOK SEN, dental specialist in oral and maxillofacial surgery. "Most patients are able to resume their normal activities soon after they have done the procedure. In fact, some patients attend business dinners that same night!"

#### What are wisdom teeth?

Also known as third molars, wisdom teeth emerge during early adulthood. A panoramic dental radiograph (x-ray) will confirm the number of wisdom teeth in a person's mouth and indicate whether there are any buried teeth. In certain cases, detailed 3D scans (known as cone beam computed tomography) may be done to pinpoint their exact position in relation to important structures like the dental nerve and maxillary sinus.

#### When are they a problem?

Wisdom teeth often do not properly erupt and can grow sideways, emerge partway out of the gum, or remain trapped beneath the gum and bone, causing chronic pain, migraines, headaches and facial pain. When wisdom teeth do not grow properly, the adjacent teeth are more likely to decay; a tooth can become so badly decayed that root canal therapy may be the only way to salvage it, or

it may even have to be replaced by a dental implant.

Even when the wisdom teeth erupt properly, there is a chance that there will be a tight fit at the back of the mouth, making it a challenge to clean the teeth properly, which may lead to tooth decay.

#### When should they be removed?

Generally, it is recommended that wisdom teeth be removed in one's teens or young adulthood, when recovery is faster because the bone is more elastic and the roots shorter. After the age of 30, you may be at greater risk for gum disease in the surrounding tissues.

#### How is it done?

Surgical options include:

- **Local anaesthesia**, which is how most minor oral surgery is performed.
- **Sedation**, where the oral surgery is performed while the patient is in a light sleep. This can be done in the clinic with the assistance of an anaesthetist.
- **General anaesthesia**, usually administered in a hospital or day surgery centre, which increase the cost of treatment. Recovery from anaesthesia is a little slower than with sedation.

"Whichever you select," says Dr Ho, "rest assured that you will receive the

utmost care and attention to ensure your safety and comfort both during and after the procedure."

Dr Ho Kok Sen  
Specialist Dental Group  
6733 7883 | specialistdentalgroup.com

### #4 Lighten Up!

**Tooth whitening** is a popular dental technique to rejuvenate the colour of teeth that have become dull and yellow after years of accumulating internal stains, says DR THEAN TSIN PIAO.

#### Did you know?

Unlike simple **scaling and polishing**, which is a purely **mechanical process** that removes surface stains caused by substances such as coffee, tea and red wine, **tooth whitening** removes internal stains through an **oxidation process**. The most common ingredient used for whitening teeth is **peroxide gel**.

#### Home or away?

- The **take-home** whitening system usually involves a customised tray filled with peroxide gel in a 10- to 20-percent concentration. You wear this tray for 30 minutes every day, for 14 days.
- The **in-office** system is a one-off treatment that uses a much higher concentration of peroxide gel – 30 to 40 percent – and takes from 30 to 60 minutes. The higher the concentration of gel, the faster the whitening process.

#### What can you expect?

You can look forward to teeth that are six to eight shades whiter – usually to the colour of your teenage teeth. Teeth may be sensitive during the whitening procedure, but the effect is transient. When using the take-home system, take great care to ensure that the gel does not come into contact with the gums, says Dr Thean, or it will burn them.

Aesthete Smilestudio  
6438 3811 | aesthetesmilestudio.com

## #5 Early Does It!

DR CATHERINE LEE believes that major orthodontic work can be avoided, or at least minimised, by treatment at an early age, before the facial bones and jaws have fully developed. What's more, problems often run in families, so if you needed orthodontic work, it's more likely that your children will, too. In line with the American Association of Orthodontists, she recommends an initial assessment between the ages of five and seven.

Dr Lee identifies two phases of orthodontic care for children:

### Phase I – 5 to 10 years old

By monitoring and modifying jaw growth with early interceptive care, when their first permanent teeth start to appear, you're taking advantage of a child's natural development in order to improve his or her smile, facial shape and even profile. Early intervention reduces the need to remove good, permanent teeth during Phase Two, the teenage years, and brings down the overall cost, especially in complicated or difficult cases.

### Phase II – the teenage years

The purpose of orthodontic treatment is not merely to straighten the teeth – which may be relatively easy to do – but also to achieve a good, functional occlusion,

or “bite”. Repositioning bones, jaw and teeth will improve facial balance and help ensure that teeth last a lifetime.

Smile! Wearing braces should be a happy experience, Dr Lee believes. They don't need to hurt in order to work properly. You can choose between silver, tooth-coloured, or “invisible” braces (like Invisalign Teen), and even add vibrant colours if you like.

For adults, says Dr Lee, the phrase “healthy mouth, healthy you” really is true, and it's backed by growing scientific evidence. If you've had orthodontic treatment in the past, but have found that your teeth have drifted over the years, you can have some refinement done to perfect your teeth again. Invisible braces like Invisalign easily fit into a busy lifestyle.

Many adults choose to have their teeth corrected, not because their teeth aren't straight, but also to correct a “bad bite” that is causing early wear and decay. It's never too late for orthodontic braces – one of Dr Lee's patients was 71 years old at the time of treatment.

Dr Catherine Lee Orthodontics  
#06-05 Camden Medical Centre  
1 Orchard Boulevard  
6835 9571 |  
[drcatherineleeorthodontics.com](http://drcatherineleeorthodontics.com)



## #6 Which Braces?

Traditional metallic, self-ligating, ceramic or even invisible – the type of brace you choose should suit your needs and lifestyle, believes orthodontist DR VICPEARLY WONG. In the end, they all work to move teeth into their ideal positions by applying steady pressure over time.

**Traditional braces** comprise three main components: the bracket (placed on the tooth), the archwire that runs through the brackets and applies the required pressure, and elastic or metal ties (ligatures) that connect the brackets to the archwire.

**Self-ligating braces** don't have ties; they use a permanently installed, moveable component to trap the archwire. Not only are they smaller and more aesthetic, but they're more comfortable than traditional metal braces. Food is far less likely to be trapped in them, so patients find it easier to maintain good oral hygiene during treatment.

**Ceramic braces** have an obvious aesthetic appeal, as they match the colour of your own teeth. This is orthodontic treatment “minus the metal look”, as Dr Wong puts it. They're both made from aluminium oxide, and you can choose between polycrystalline and monocrystalline; the latter are noticeably clearer. Within these options, you can choose between two systems: modular ligation (Radiance Plus), or self-ligation (Empower Clear).

**Invisalign**, or invisible braces, is a modern approach to straightening teeth, says VicPearly – and it really is almost invisible.

- A computer software program projects the required movement of the teeth to achieve the desired results, after which a custom-made series of aligner trays is created especially for each patient.
- Wearing the aligners gradually and gently shifts your teeth into





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place, based on the exact movements your dentist or orthodontist has planned out for you.

- About every two weeks, you simply switch to the next set of aligner trays in the series.

This isn't just for adults who don't want their braces to be visible; in fact, the 14-year-old daughter of one of my colleagues recently underwent Invisalign treatment, with a very good result.

Orange Orthodontics and Dentofacial Orthopaedics  
6737 0544 | orangeorthodontics.com



## #7 Healthy Gums, Healthy Teeth

According to the people at PHSC Dental, our teeth should last us our lifetime – and maintaining healthy gums is all-important. That's because gum disease is one of the major causes of tooth loss. But, if periodontal disease is largely preventable, why is it so common?

Signs of gum disease

- Red, swollen or tender gums
- Bleeding while brushing, flossing or eating hard food
- Receding gums, where the teeth appear longer than they used to
- Loose or separating teeth
- Pus between the gums and teeth
- Mouth sores
- Persistent bad breath
- A change in the way your teeth fit together when you bite
- A change in the fit of partial dentures

### Risk factors

Some people have a higher risk of developing periodontal disease. Smoking is a major risk factor. You're also more at risk if you're stressed, pregnant or diabetic, or taking on various medications.



### The link between gum inflammation and heart health

A number of studies show that oral health can have a significant impact on cardiovascular health, according to [www.mercola.com](http://www.mercola.com):

- Researchers at Columbia University in New York found that improving dental care slows down the build-up of plaque in the arteries, reducing your risk of heart disease.
- Another 2010 study found that those with the worst oral hygiene had a whopping 70 percent higher risk of developing heart disease than twice-a-day brushers.

What's more, it is also well documented that periodontal infections may have an impact on systemic diseases or conditions such as diabetes, pregnancy, and infective endocarditis. There is even preliminary evidence associating periodontal infections with lung disease and other remote site afflictions such as colorectal cancer.

### 4-Step Prevention

- Visit your dentist at least every six months.
- He or she should check the condition of your gums, take x-rays to help diagnose periodontal health issues, and give your teeth and gums a professional clean.
- You should tell your dentist about any predisposing conditions or diseases you may have, and any medications you are currently taking.
- Remember! The onus still falls on you to properly brush your teeth at least twice a day and to floss every day.

PHSC Dental  
#19-01 Paragon Medical, 290 Orchard Road  
6883 6977 | phscdental.com



## #8 Straight White Teeth!

Everyone wants straight white teeth, says DR ERNEST REX TAN, but not everyone is prepared to undergo the long and relatively arduous process of orthodontic correction. The good news is that it's possible to achieve straight, white teeth in a visit or two.

"We don't need to shift your teeth to give you a beautiful Hollywood smile," he explains. "But we can resolve a wide range of issues – missing teeth, discolouration, gaps, disproportionately shaped teeth, crookedness and much more – all in a single procedure over two visits. Even protruded, retruded or collapsed front teeth can be restored to perfection. In fact, full mouth reconstruction is a regular part of what we do."

Straight White Teeth is an integral part of the Smile Inc. makeover, he says, "It is the advanced application of dental techniques to align and beautify the

teeth, including the selective contouring of the teeth by means of applying materials such as porcelain and resin to them. Because no two mouths are the same, the treatment is highly individualised."

"Best of all," he adds, "excellent results can be achieved in as few as one or two visits, as opposed to a number of years."

Many adults cannot contemplate spending years with braces in their mouths (plus the long-term wearing retainers after that), either because of the perceived pain and discomfort, or because they feel that it would be awkward or inappropriate in their professional lives – or perhaps just because it takes too long. If you want to look your best for your upcoming wedding, or for a career-making presentation, you may not be able to afford that kind of time.

What's more, as Straight Teeth allows your mouth to retain its original shape, there's no need for the kind of retainers that orthodontics patients have to wear for years to stop their teeth drifting out of alignment.

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Photographs by Michael Bernabe

# At Home *with* James Walton

At the Upper Thomson home that JAMES WALTON shares with numerous birds and a couple of dogs and cats, he talked to Verne Maree about running, soccer and the annual Deloitte soccer tournament in Prague.

## **That young African Grey has a surprisingly menacing squawk. Have you always loved birds?**

He's a bit wary of strangers. And yes, I've always loved birds, but I haven't always had the space to keep and breed them. There are three generations of love-birds in these cages, and I'm rearing several fourth-generation baby love-birds in the house at the moment.

## **How do you keep your cats away from the cages?**

Easy - Ally and Tigger aren't allowed outside!

## **Why this house?**

It was a lucky mistake, to be honest. When the agent brought me here in my first week I had no concept of the geography of the island; I didn't realise quite how long it would take on public transport to get to my office in Tanjong Pagar.

But I like the area now, and everything is relatively close and interconnected,

as I found out best when I started to run home from work in the evenings occasionally – it's about a 20km run.

Bishan Park is five minutes away, and I'm close to Peirce and MacRitchie reservoirs and the rainforest: fresh air, open spaces and no traffic. My MacRitchie run on a Saturday morning is a beautiful way to get back to nature.

Also, you get better value for money with the housing out here. I'm a bit of a hoarder, so I enjoy having plenty of space to myself. The space allows me to have a guest bedroom, a study, a home cinema and a gym.

### Where do you and your passion for soccer come from?

I was born in Kent, England, but when I was 11 my family migrated to Florida. After three years they decided to move back to the UK and settle in Devon. I failed to make the grade professionally at the age of 17, mainly due to injuries, but then played semi-pro in the local Southwest England development leagues throughout university. A diagnosis of juvenile osteoarthritis when I was 16 effectively put an end to my professional ambitions.

### When did you join Deloitte?

Straight after graduating from Exeter University, I spent three years with Deloitte in London, then moved with them to Prague for nearly six years. After that came a three-year contract in Africa: based partly in Lagos, Nigeria and partly in Nairobi, Kenya, but covering a huge area from The Gambia down to Mauritius. After Africa, Deloitte gave me a choice of location and I chose Singapore.

### Do you run to stay fit for soccer?

No, running is a separate and long-standing passion. I play soccer twice a week, but I run from four to six times a week. I do the London Marathon every year; this year's was my 18th, in a time of

around 3:40 – not my best performance but another medal earned and a lot of money raised for charity. I am running my first New York Marathon later this year.

### Do you race much here?

Singapore's heat and humidity have a frustrating effect on my times, especially over longer distances, so I've decided to restrict myself to the 10K events here. I go elsewhere for half-marathons, marathons and ultra-marathons.

I love the Angkor Wat half-marathon and 10K in early December: low humidity, shade almost all the way, and 5 to 6 degrees cooler than Singapore. The crowd is wonderfully friendly, too, and you actually run through the temples.

In February 2013, I ran in the Thailand North Face 100 Ultramarathon, in and around Khao Yai National Park, where a colleague and I comfortably won the 100K Duo category.

### How are your knees doing?

They're shot, to be frank. If I do too much, the joints become so badly swollen with fluid that I can hardly bend them; the left knee is worse than the right.

Recently, however, I found a new trainer and a new way forward: the key is to give my body a break and to listen to it. When I go out for a run I take my bus card with me, so if the twinges start when I'm 10km from home, I can just stop. Mind you, sometimes my pride won't let me stop!

Soccer is more problematic for the knees, because of the twists and turns you have to make and the impact from kicking the ball. I've been taking glucosamine and omega-3 oils for three or four years, and I've found an effective, ibuprofen-based anti-inflammatory cream called Radian B that I get from the UK.



The men's team from Deloitte Singapore



Coach James Walton giving out some final instructions to Deloitte's women's team

I'll be 37 in July, and I'm generally competing against much younger guys. Part of me says I should slow down, but another part says: Carry on while you can!

### Are you careful with your diet?

No, I'm useless; I eat any junk that comes along. Running an average of 10km a day makes it easier to get away with it, I guess. Two or three months before a big race, though, I'll watch my diet and make an effort to get down to my optimal race-weight.

### What was your involvement in the founding of the Deloitte Prague soccer tournament in 2004?

While I was stationed at the Czech head office, four of us used to watch the football in the sports bar downstairs on weeknights and Saturdays. One of the group was Andy Newman; the tournament was his passion and he still runs it. Andy is a mad Gillingham fan who flies to Kent to watch his team play!

That first tournament in 2004 fielded about 30 teams. Within a few years, we had so many interested teams it was becoming difficult to run as a one-day tournament, so we had to introduce

a knockout round for the huge UK contingent. This past May, we had over 60 men's and women's teams.

### Apart from being captain of the Deloitte men's team, you also coach the women. Any challenges there?

Our Prague tournament is six-a-side, and my pool of 25 or 26 female players here is great for choosing a team of 12. But some of the other women's teams have only eight or nine players, so if anyone falls out – unexpected pregnancies affected a number of the other teams this year! – it can be a problem.

Second, finding suitable pitches is difficult. It's easy to get futsal pitches for five-a-side, but six-a-side is played across the width of a standard football pitch. Between the various Singapore leagues and football academies such as the new AC Milan Academy, many of the pitches are booked up way in advance.


Third, the period from January to May, when we need to be training for Prague, is also the busiest time for our auditors and tax guys. Practices had to take place on Saturday mornings when our players can make it, and on Monday nights from 8pm to 11pm, when the leagues don't

play and the pitches are more available.

Luckily, we're allowed alumni in this tournament. Our usual goalkeeper, Josephine Yeo, also plays S-League netball and was unable to get away, so one of our old players, Dani Sequeira, flew all the way from Melbourne to replace her in Prague.

### And so, how did you do in Prague?

The men's team lost to Amsterdam, won against Zurich with a goal from me, and then dropped into the Consolation Cup where we beat Adriatics 2-0 (another goal from me) before being knocked out by Stuttgart in the next round. Overall it was disappointing, as we did not play up to our potential and we struggled with the freezing temperatures and chilling rain. Also, our players were physically much smaller than the Europeans – sometimes it was like boys against men.

The ladies' team did much better though, playing four matches and scoring 10 goals while conceding just one. They ended up with the Consolation Trophy, and many neutrals said we were one of the best teams there. Both teams are already talking about going back next year! 



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MBBS (Imperial College, UK), FRANZCOG (Aust-NZ)  
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- Trained at the Royal National Throat Nose and Ear Hospital, London
- Children's ENT training at Great Ormond Street Hospital and St Mary's Hospital, London
- Cancer surgery training at Royal Marsden Hospital, London and Princess Alexandra Hospital, Brisbane, Australia
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• St George's (Anglican)	6473 2877
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• Italian Chamber of Commerce	6223 0356
• Japanese Chamber of Commerce	6221 0541
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• Nature Society	6741 2036
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• SPCA Hotline	6287 5355
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• AWARE Helpline	1800 774 5935
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• Samaritans of Singapore	6220 7758
• SOS Hotline	1 800 221 4444

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# WEBSITES

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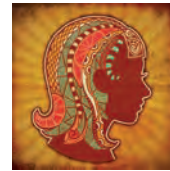
After several dynamic, if often confusing, months, the Cancer New Moon, on 27 June, shifts your focus. While in some situations clarity comes swiftly, others will take time. Once you understand July is about this process of questioning and exploration, you'll stop worrying and be more relaxed. By midmonth, between encounters and ideas, offers or discoveries, you begin reshaping your life, in wonderful, if often unexpected, ways. Give serious thought even to that which seems unrealistic, but sidestep commitments until you've weighed up all your options.



**LEO**

July 22 – August 22

During July's first half, life's about decision-making. Some will be easy but others will be complex, perhaps the result of lengthy debate. Move swiftly, even if you must compromise. This clears the way for the cycle of growth, development and opportunity that begins on the 16th, when Jupiter moves into Leo for a year's stay. Within weeks, unexpected and perhaps disruptive offers appear. Since this is about broadening your horizons, explore absolutely everything and if you say yes, ensure arrangements are flexible.



**VIRGO**

August 23 – September 22

Review the year's first half and you'll realise how much you've learned and accomplished. But now you want a break, and time to impose order on your life and restore your energy. This is possible, but it means making even pivotal decisions swiftly, without the facts you'd usually require. Actually, that's best, because with frequent changes in circumstance, you'd need to rethink things anyway. So do what you must, then take that break. It will be all the more pleasurable because it's been well-earned.

Do you want to know more about who you are and what you're meant to be doing? The answer is to have your personal year and chart done. Visit [www.shelleyvonstrunckel.com](http://www.shelleyvonstrunckel.com) for more information.

# STARS



**LIBRA**

September 23 – October 22

Ordinarily, you'd never make pivotal decisions without weighing things up and discussing your options with those closest. During July you must think and move swiftly, sometimes within hours. Initially, it's challenging, but you soon get used to this pace and, by mid-July, are achieving wonders. This is timely, because the planetary emphasis then shifts to life's joys. Here, too, it's about abandoning debate and plunging into potentially life-changing developments. Do explore; by getting sufficiently involved you can assess what's next. Final decisions come later.



**SCORPIO**

October 23 – November 21

Although you hate being cornered into making decisions you're unsure about, your instincts correctly say that, in several situations, it's now or never. If you must gather yet more facts or debate your options, do so swiftly. Then commit, even if you're anxious. These feelings will pass swiftly and, better yet, ensure you're free to respond to amazing and probably entirely unexpected developments, from midmonth onward, that are reshaping your way of living or working. Disruptive as these seem, they'll prove miraculous.



**SAGITTARIUS**

November 22 – December 20

Since mid-2013, you've been in a cycle of powerful focus on practical, financial or business matters, some challenging. Now these are not only resolved, but also sudden events compensate you for your efforts. Respond swiftly, even if this means making compromises. Actually, they'll work out in the long run. As important, you'll be free for the amazing cycle that begins on 16 July, when your ruler Jupiter moves to accent broadening your horizons. After that, you begin a cycle of transformative encounters.



**CAPRICORN**

December 21 – January 19

Ordinarily you'd respond to the pivotal events of July's first ten days swiftly and decisively, your objective being to get things dealt with and move on to whatever is next. Take that approach and you'll regret it. Between the heightened feelings and insights triggered by the Capricorn Full Moon on the 12th, your perspective will shift – in some situations, radically. And with the circumstances of others in transition during the month's second half, you'll be rethinking elements of your life you've regarded as unchanging.



**AQUARIUS**

January 20 – February 17

For months, you've been dealing with upheaval in several areas of your life. While some has been a nuisance, looking back, you now recognise even very disruptive developments as breakthroughs, personally, in close relationships and activities out in the world. So when similar events arise in early July, you'll realise these, too, could be profitable. True, much of what's happening isn't your choice and, so, is worrying. Yet it's soon clear even unsettling changes are taking you into new, and intriguing, territory.



**PISCES**

February 18 – March 19

After the chaos of June, you're hoping for calm. It will come. But you've lots of decisions to make about past arrangements, changes, what you want to continue with and, more important, who and what to say farewell to. The last-mentioned isn't easy, because in some cases you fear you'll be abandoning the individual or situation in question. You won't be, as you'll soon discover. What's more, life's offering you exciting new passions and you'll want to be free to pursue them.

# FOR JULY

*By Shelley Von Strucknël*



**ARIES**

March 20 – April 19

The year's first half has been about relationships in all forms, with family, friends and loved ones, and those who're a regular part of your life. This began in late 2013, when your ruler Mars moved to accent all such links. It departs on 26 July; before then, focus on anything that's undone or unspoken – issues, but also wonderful thoughts and feelings you want to share with others but never have time for. Do it now. The results will be spectacular.



**TAURUS**

April 20 – May 20

Quality, in the little things as much as in finances or possessions, is crucial to your happiness and wellbeing. And with your ruler Venus accenting such matters from late June until mid-July, you've been reviewing what, and who, is worthwhile and what needs improvement or, perhaps, should go. This is good timing, because soon you'll be juggling offers that would alter your lifestyle or activities out in the world. Unsettling as these might be, you'll recognise the promise they hold.



**GEMINI**

May 21 – June 20

July's big question is what, and who, is worth your time? As a Gemini, you're always up to date on the latest and are a magnet for those who're intriguing. Yet these interests can mean you sometimes ignore pivotal but dull practicalities. Now they're not just important; unexpected developments could mean they're also unexpectedly rewarding. Explore every idea or offer that comes your way, ask tough questions, then be prepared to make swift decisions. Within weeks, you'll be benefitting from what you do.

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# Paws for Thought

By Rebecca Byrne

I am watching a dog do a handstand on a stool, the diameter of which is so small I doubt that I could sit on it comfortably. But this is not the circus, or *Singapore's Got Talent*. This is Lee, the collie, doing a demonstration for us during our weekly dog training class.

Surrounding me is a group of owners, leashed dogs at their sides, all of them thinking the same thing: "I will never get my dog to do that." The trainer knows it too, as he instructs us to get back to our more mundane exercise: teaching our dogs to circle right. With slumped shoulders, we begin.

Our lesson takes place in a room littered with more trophies and medals than I can count on our collective hands and paws. They have been won by handstanding Lee who, throughout each lesson, sits on a chair fixing us with

a steely gaze. If he could talk, you know he'd be muttering, "idiots, idiots, idiots".

Today there are old friends and newcomers in the class. Most of the dogs are small toy breeds that have been carried into the room in their owners' arms, the outside world too dirty for their delicate paws.

As it is impossible for me to carry my large, multi-breed dog into class without putting my back out, Conker has to rough it on the pavements. We make up for our scruffiness by positioning ourselves where we can shine. I grab a stool between the out-of-control trio of miniature poodles and the yellow-eyed dachshund, Mimi, who has an abject hatred for everything human or dog.

Mimi also has an abject hatred for training. Her owner tells me she has been coming to the class for two years, yet she still refuses to do anything apart

from bite passing ankles. Ten minutes into training, she is lying on her back on her owner's lap having a stomach rub. He is most apologetic, but, "She had a tiring day yesterday," or "She's just had her breakfast," or "She's not feeling well today." Mimi is never going to graduate.

The oodles of poodles are banished to the corner to do basics. I see one of them squatting down to expel a poo, which the owner tries to surreptitiously sweep up. Nearby are two beefy bulldogs who are so ponderous that by the time they have done one circle we have all moved on to the next task. I keep my distance from the world's largest Alsatian, who is attached to the world's smallest owner. Last week, this same dog decided to take a short cut through my legs only to stop, snarling, with me perched on top of him. My desperate scream caught the trainer's attention just before Conker decided to defend my honour. It's not an exaggeration to say that my life had started to flash before my eyes.

One hour later, the lesson is over. No one has mastered the handstand. However, as we are leaving, the trainer tells me that Conker is "very bright". I feel absurdly proud until I catch the collie's eye. He fixes me with his stare, shakes his head and starts to raise his back leg. **1**

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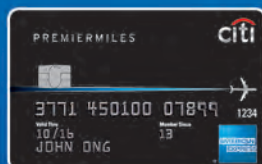
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