

SINGAPORE

January 2015

expat

LIVING

**ENRICHMENT
IDEAS FOR
EVERYONE**

**KEEP FIT
ALL YEAR**

**GET
Terrific
Teeth**

**JAPANESE
Sushi, Sake,
Restaurants
& Recipes**

Travel
**MYANMAR
PHUKET
NAMIBIA
SRI LANKA**



Fabulous
DINING ROOMS

REDSEA Gallery is proud to present
an exhibition by Korean artist

CHA JONG-RYE

22 January – 15 February 2015

Opening Reception

Thursday, 22 January 2015
6.30pm – 8.30pm

If you would like to attend, please RSVP to
events@redseagallery.com



REDSEA
GALLERY

Block 9 Dempsey Road, #01-10 Dempsey Hill, Singapore 247697

Tel 6732 6711 • info@redseagallery.com

Open Daily 9.30am - 9.00pm, Sun 10.30am - 9pm

www.redseagallery.com



Expose exposed (10526, Wood, 183 x 95 x 138cm







Discover...

THE MOST
DIVERSE
INVENTORY
IN ASIA!



Taylor B.

FINE DESIGN GROUP

WHOLESALE WAREHOUSE & DESIGN SOURCE

Designer Brands & Unique Finds
At Famous Low Warehouse Prices!
Containers Arrive Daily.



NO WAITING!
Everything,
Ready For Immediate
Pick Up or Delivery!

43 KEPPEL ROAD
1ST FLOOR SHOWROOM
2ND & 4TH FLOOR WAREHOUSES

27 WEST COAST HWY. 2ND FLOOR
(LIGHTING & RUG GALLERY)

*Maintaining One of Singapore's Largest
Inventories of Home Furnishings...*

9420-4000 • 9420 4040
MON-SAT 11AM TO 6PM • SUN 1PM TO 6PM
www.taylorbdesign.com

*We import directly by container from: Vietnam, China,
Thailand, India, Bali, Istanbul, France, U.K., U.S.A.*





Welcome
to our world...



an elite haven.

LUXURY VILLA RENTALS | WWW.ELITEHAVENS.COM

An aerial photograph of a tropical coastline. On the left, a narrow strip of white sand beach is visible, with a small wooden structure partially submerged in the water. A small boat with a blue and yellow canopy is anchored in the shallow, clear turquoise water. The water transitions into deeper shades of green and blue, revealing a complex coral reef system with various textures and colors. The overall scene is serene and idyllic.

a world where everything
is possible

THE ANANDITA, LOMBOK

WE'RE
25
NO WONDER IT'S OUR
BIGGEST
SALE
EVER

UP TO
70%

OFF ALL CARPETS
PLUS A **FREE** SHAGGY FLOKATI CARPET WORTH \$400

It really is a once-in-a-lifetime opportunity to own that hand-woven carpet of your dreams. Plus, you'll also receive a beautiful Shaggy Flokati carpet worth \$400 free, when you spend \$1,000 or more, while stocks last. Don't miss it! Visit Singapore's largest gallery of hand-knotted carpets and rugs today at TripleOne Somerset.

25th ANNIVERSARY
CELEBRATION
SALE


ORIENTALIST
WOVEN ART

www.orientalist.com


Handknotted
Carpet
Association
(Singapore)



Editor's Letter

This will be my last year as a school mum and it's a very odd feeling. Somehow I don't think I will miss the morning school run...

Not that I've been hugely involved with school in recent years; but when my children were younger, I would go in to take reading classes and help out. Recently, it's been more around sport rather than anything academic.

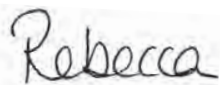
The different stages of being a parent are really interesting – just when you think you have the whole thing worked out, they change, or *you* change, and there's a whole different challenge.

For those of you who are just starting out on the "children journey" and haven't already got our 2015 *Kids' Guide*, it's a must-have. It includes feedback from a lovely panel of mums who share their thoughts on everything from breastfeeding to sleep deprivation! There are also recommendations on where to buy the best birthday cakes, school reviews, advice on various health issues, and tips on holidaying with children.

Singapore is another example of change; it's so easy to lose track and be out of date with things. For example, I drove to the airport the other day to find that the car park at Terminal 1 no longer exists; you now have to park at Terminal 2 and get the Sky Train. Lucky I was early!

Change is inevitable, so we mustn't fear it – but we can be prepared. We hope that through our mag, website, newsletter, guides and social media pages we continue to keep you in the loop to help you make the most of this great city. This is our 150th issue of *Expat Living* so it's an excellent place to start.

Happy New Year!



REBECCA BISSET
Editor-in-Chief



P.S. You can buy the *Kids' Guide* though our website or at bookstores and Cold Storage outlets. It's a bargain at \$6!

STAY UPDATED ONLINE @
www.expatliving.sg

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.

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).

WHERE TO BUY A COPY

Head to expatliving.sg/about_us for a list of retail outlets where you can buy the latest copy of *Expat Living*. Better still, subscribe at expatliving.sg/shop.

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).

EXPAT LIVING EVENTS

COFFEE MORNING:

Wednesday, 21 January

TIME: 9.30am – 11.30am

(Presentation starts at 10am)

THEME: Learn about "Flying Stars"

Feng Shui and get tips for a successful Year of the Wood Sheep from Lucy Richardson, owner of Feng Shui Focus.

VENUE: Ni-Night, 7 Joo Chiat Place, Singapore 427742

COST: \$10, includes refreshments and goodie bag. Online booking is essential at expatliving.sg/events



facebook.com/expatlivingSG



twitter.com/expatlivingSG



pinterest.com/expatlivingSG



instagram.com/expatlivingSG

NEXT MONTH'S MAGAZINE

Children's Furniture • Romantic Dining • Social Clubs



Comfort and elegance combined together in this modular style where colours, lines are enhanced by this unique and special stitching.

Castilla™

Castilla Flagship Store @ Park Mall

9 Penang Road, #03-08/09/10/11/12 Tel: 6337 6433
11am to 9pm Daily

A brand managed by Furniture & Furnishings Pte Ltd.
www.castilla.com.sg

Sole Distributor of European Prestigious Brands:



expatLIVING

Editor-in-Chief
REBECCA BISSET

Group Editor
SHAMUS SILLAR

Executive Editor
VERNE MAREE

Managing Editor
PAMELA TAN

Editors

HOME, PROPERTY: AMY BROOK-PARTRIDGE

LIFE & FAMILY: KATIE ROBERTS

HEALTH, LEISURE & DINING: AMY GREENBURG

HAIR & BEAUTY, FASHION (L/M): SUSANNAH JAFFER

Online Editor
RACHAEL WHEELER

Junior Online Editor
CHERYLENE CHEN

Web Developer
RENE YUTIAMPO

Client Services & Production

LEANDA RATHMELL | LIANA TALIB | NURULKHASANAH BINTI AGOST

Graphic Designers

MICHAEL BERNABE | BEATRICE NG | JEANNE WONG

Circulation
ANNA TSERLINGAS

Subscription & Administration
VALMAI DHIR | GRACE BANTARAN

Regional Business Development Manager
KATIE PEACE

Sponsorship Manager
NATALIE WHITTELL

Marketing Executive
LAURA PEREIRA

Advertising Sales, Singapore
KARIN GALLEY-DICK | DANIELLE ROSSETTI | LARA SAGE | JACQUI YOUNG

Finance & Administration
COLIN PURCHASE

HR
JULIET KEYS

Contributing Writers
BEATE BALDRY | CLARICE CHAN | FROG MICHAELS
AMY MOORE | SHELLEY VON STRUNKEL

Contributing Photographers
KEN TAN (WITHINIMAGES.COM)

Printed by
HO PRINTING SINGAPORE PTE LTD | HOPRINTING.COM



Front Cover: Courtesy of Originals

Rebecca's photograph by Littleones
Photography (littleonesphotography.com)

CONTACT US

General Enquiries

+65 6259 0058 | info@expatliving.sg

Advertising Sales

+65 6478 7151 | sales@expatliving.sg

Subscription

+65 6478 7153 | subscription@expatliving.sg

Production

+65 6478 7169 | production@expatliving.sg

Editorial & Media Releases

editorial@expatliving.sg

Calendar of Events

calendar@expatliving.sg

Events

events@expatliving.sg

Expat Living Hong Kong

info@expatliving.hk | sales@expatliving.hk
subscription@expatliving.hk

Websites

expatliving.sg | expatliving.hk | exmag.sg

Published by

Expat Living Publications Pte Ltd
40 Jalan Pemimpin, #02-07 Tat Ann
Building, Singapore 577185

Expat Living Publications Pte. Ltd. has taken every reasonable care to ensure the accuracy and objectivity of the information contained in this publication, but accepts no responsibility for the content of advertisements published, and no liability for mistake, misprint, omission, typographical error, loss or damage suffered as a result of relying wholly or in part on the content of advertising or editorial published herein. Expat Living Publications reserves the right to refuse any advertisement or advertorial for any reason. All artwork designed by Expat Living Publications or any part of this publication may not be reproduced in a retrieval system, transmitted in any form or by means - graphical, electronic or mechanical, photocopying, recording, taping, etc, without prior permission in writing from the Publishers.

Expat Living magazine has been certified by the Audit Bureau of Circulations for a total average net circulation of 18,455 per monthly issue. The audited circulation figures will be posted on <http://abcsingapore.org/reports.html>.

Furniture for the Individual

Teak Bed \$1880, Bedside Table \$395, Turkish Patchwork Rug \$1400



Contemporary Teak · Vincent Sheppard · The Originals · India Recycled · Java Recycled · Korla Home

Originals

896 Dunearn Road #02-03 Sime Darby Centre, Singapore 589472

Tel. +65 6471- 9918 | Every day 9am - 6pm | www.originals.com.sg | www.facebook.com/originalsfurniture

Singapore · Sri Lanka

49



NEWS

- 20 **What's New in Town**
- 24 **Dates for Your Diary**
- 32 **Social Pages:**
Photos from recent events
- 38 **Forum:**
Readers' letters
- 40 **Subscription**

85



HOME

- 44 **News**
- 48 **Showcase:**
Carolyn Strover's home is also her photography studio
- 59 **Bedrooms:**
Choosing natural fibres for a good night's sleep
- 62 **Colonial Antiques from India:**
Find something for any budget
- 66 **Showcase:**
Maureen Courcenet's Farrer Road condo
- 75 **Business Profile:**
Rob Pendergrast and Jo Harrison of Singapore Trading Post
- 78 **Business Profile:**
Lynda Talbot and Eleanor Craig of Verandah Living
- 81 **Reader Recommendations:**
Favourite dining furniture
- 85 **Buying Guide:**
Dining tables and accessories



PROPERTY

- 102 **Hot Property:**
What's on the market?
- 106 **Serviced Apartments:**
Village Residence in Robertson Quay
- 108 **Street Talk:**
A snapshot of life on Queen's Road



GET RID OF VARICOSE VEINS SPIDER VEINS HAND VEINS FACIAL VEINS

- Do you have big, bulgy and ugly veins on your legs?
- Are the spider veins on your face and legs causing you distress?
- Do you often experience aches, tiredness and cramps in your legs?

Endovenous Ablation Treatment

- ✓ NO INCISION
- ✓ NO HOSPITALISATION
- ✓ NO GENERAL ANAESTHESIA
- ✓ INSURANCE REIMBURSABLE (CONDITIONS APPLY)

We are now able to remove varicose veins without any open surgery through the use of Endovenous Ablation Treatment (using Laser, Radiofrequency or Clarivein).

This method involves inserting a fine wire into the varicose veins and sealing them without any cuts. The procedure can be done under local anesthesia without any need for hospitalization. The wounds will heal with no incisional scars.

If you have thread-like spider veins on your legs and face, they can be successfully eliminated using combination of micro-sclerotherapy and vein-wave laser.



Dr. John Tan
Vascular Surgeon

drjohntan@gmail.com

M.B.B.S. (Sing.), M.Med. (Surg.),
F.R.C.S. (Ed.),
F.A.M.S (General Surgery)
Member, American College of
Phlebology

*More than 15 years of experience in
Varicose Veins treatment*

For appointments, please call:

TEL (+65) 6245 6666
(+65) 6100 VEIN

SMS (+65) 9889 0288

www.theveinclinic.com.sg



290 Orchard Road, #11-08 Paragon, Singapore 238859
(Please take the lift at Tower Lift Lobby 2)

CONTENTS



LIFE & FAMILY

- 116 News**
- 124 Noticeboard:**
Births, classifieds and more
- 126 Buying Guide:**
Baby essentials
- 129 Network Like a Pro**
- 133 History:**
Inside Singapore's dragon kiln
- 137 Enrichment:**
New Year ideas for all the family
- 143 Expat Profile:**
Amélie Recroix, founder of French Studio
- 147 Eco Watch:**
New environmentally friendly tissue products

126



- 150 Education:**
Melbourne Specialist International School
- 152 Astrology:**
Predictions for the Year of the Goat

ARTS & LEISURE

- 162 Expat Living Photo Competition:**
Everything you need to know to enter now!
- 164 Festival Roundup:**
Singapore's eye-opening cultural events
- 166 Social Pages:**
Photos from recent parties and openings
- 170 On the Stage:**
Live music, dance and theatre
- 172 On the Screen:**
Big and small screen highlights for this month
- 174 On the Page:**
Recent book releases
- 176 On the Wall:**
What's on in the art scene this month



200

WINE & DINE

- 180 News**
- 186 Taste Test:**
New restaurants and bars reviewed
- 190 Great Recipe Swap**

JAPANESE SPECIAL

- 192 Restaurant Reviews**
- 196 New Openings**
- 198 Nine Dishes to Try**
- 199 Mastering Yakitori**
- 200 Sushi Dos and Don'ts**
- 202 Know Your Noodles**
- 203 Wagyu Recipes**
- 204 Sake and Shochu**

- 
- MADE TO MEASURE IN 8 HOURS
 - MAIL ORDERS WELCOME
 - ALTERATION SERVICE PROVIDED

A CUT above THE REST

Established in 1971, Mohan's is one of Singapore's oldest and most reputable tailors. Our made to measure suits and dresses can be ready for you in as few as 8 hours. Our clients include diplomats and CEOs, and our quality workmanship makes us popular with locals and expatriates alike. We also have offices in Britain, Germany, Scandinavia, and Florida, USA. We accept all major credit cards. Listed as one of the top 150 companies and awarded "The Best of Singapore in Service Excellence 2007" by Singapore Tourism Board.

PRICES FROM:

Shirts	\$30
Pants	\$45
Blouses	\$45
Skirts	\$55
Dresses	\$140
Suits	\$180

CONTENTS



TRAVEL

- 210 News
- 212 Five Hotspots for 2015

FAMILY-FRIENDLY TRAVEL

- 214 Eight Days in Myanmar
- 222 Sri Lanka's South Coast
- 230 Short Break in Phuket

256



HEALTH & FITNESS

- 238 News
- 241 **Competition:**
Win a new, sculpted you for 2015!
- 242 **Running Commentary:**
What should runners eat?
- 244 **Business Profile:**
Brit Sam Blakey on juggling fitness clients and kids
- 248 **Health Check:**
The what, where and when of medical screening
- 251 **Personal Training:**
A reader reflects on a year of workouts
- 254 **Viper Challenge:**
Asia's biggest (and happiest) obstacle course
- 256 **Terrific Teeth:**
How orthodontists can help at any age



REGULARS

- 267 Numbers & Websites
- 268 Horoscopes
- 270 Advertiser List
- 272 **Parting Shot:**
Hair today, gone tomorrow

SUBSCRIBE NOW!
expatliving.sg/subscribe

For the latest updates, find us on  Facebook
or Follow us on  Twitter @ExpatLivingSg

Future U.S. President Required

Ages 2-18

Stamford American is proud
to announce our
Global Mentor Program.

Our unique Global Mentor Program equips students to excel and become leaders in their chosen field. Exposure to global minds in the fields of business, science, social enterprise and the arts invigorate and develop Stamford students with the skills, mindset and ambition they require. Sir James Alexander Mirrlees – 1996 Nobel Memorial Prize in Economic Sciences – spoke with and inspired our students this past Fall.

We are ready and waiting to meet your future President.
Please introduce us.

Open House
Friday, January 16th 2015
Register at www.sais.edu.sg

STAMFORD AMERICAN
International School



Stamford offers an outstanding international education for students from 2 to 18 years. We offer the rigorous IB Program – enhanced by American standards and a focus on languages – to equip your child for global citizenship.



Stamford American International School CPE Registration Number: 200823594D Period of Registration: August 10, 2014 to August 9, 2018

Inquiry Hotline
+65 6653 7907

UPFRONT

New choices and things to do, buy and try



Incredibly, given that we are thousands of miles from Italy, there are currently two exhibitions in Singapore showing the work of **Leonardo da Vinci**. On show at **Marina Bay Sands** until May is a comprehensive display including three historic paintings and 13 pages of the Codex Atlanticus – and don't miss the family-friendly activity space. Over at **The Art House**, Leonardo's "Earlier Mona Lisa" is on display for the first time. Across nine galleries visitors can delve into the Italian Renaissance and explore the circumstances surrounding the famous painting. Children aged six to 12 will enjoy the special investigation-themed tour. marinabaysands.com | monalisaexhibition.com ▲

CRYSTALS FOR A CAUSE

A fishing net created with over 14,000 Swarovski crystals? That caught our attention too. The **Crystal Fishing Net** project was established in collaboration with the Island Foundation, a charity by the team behind the private island,



Nikoi, which supports the development of skills for coastal communities. See the net, and a photographic exhibition of the Orang Suku Laut community, natives of Indonesia's Riau Archipelago, until 17 January at the National Museum of Singapore; it's free. The net will be auctioned on 15 January to raise funds for clean water tanks for the 71 families in Panglong Village. theislandfoundation.com

OUT OF THIS WORLD

Dramatic Hindu festival **Thaipusam**

pulls thousands of onlookers to Little India every year. If it's atmosphere you seek, look no further:



this traditional Tamil celebration has chanting, clapping and the crush of a sweaty crowd that gathers to watch devotees ritually pierce their skin and carry elaborate kavadis (portable altars). It's a 5km walk for devotees and spectators from Sri Srinivasa Perumal Temple in Serangoon Road to Sri Thendayuthapani Temple at 15 Tank Road. 3 February.

sttemple.com



AUSTRALIA DAY

G'day mate! There will be snags (sausages) galore and Eskies filled to the brim at the **Great Australia Day BBQ** on Sunday 25 January. The traditional barbie will be firing in celebration of Australia Day (26 January), with over 2,500 adults and children expected to attend. Bring an Esky or purchase drinks on the day and enjoy the bouncy castles, slip 'n' slides and other activities for the kids, plus live music and more. Australian International School, 2pm to 6pm. anza.org.sg ▲



Your child's **Curiosity,** Engaged

**Launching our dedicated
Early Years Centre for 2, 3
and 4 year olds.**

**Nursery places
now available for
2 year olds.**

**Book your personal tour
online at**

**www.ais.com.sg/admissions
or call +65 6517 0247**

Your child has already started the foundations of learning at home. At the Australian International School's Early Years Centre, we would relish the opportunity to take them to the next stage.

Offering a daily introduction to Mandarin within an Emilia Reggio philosophy. Choose from 2, 3, 4 and 5 day schooling options to best meet your child's needs.



**Australian
International
School**

Globally focused, **distinctly Australian**

Contact: +65 6517 0247 | www.ais.com.sg



AIS is part of the Cognita Group of Schools
www.cognitaschools.com



Australian International School Pte Ltd is registered by the
Council for Private Education. CPE Registration Number
199204405H. Period of Registration 6 July 2011 to 5 July 2015

Shop for a Cause

The third edition of the **Glamorous Giving** fashion, accessories and homeware clearance sale is here, with over 30 independent local brands, designers and boutiques selling quality pieces at rock-bottom prices. End-of-the-line, end-of-season and sample stock is up to 70 percent off, with prices starting from \$5. Look out for Stones that Rock, White Ginger, Hola Linda, Shiva Designs Bespoke, Inverted Edge, The Society of Black Sheep, Bode, Verandah Living, Dragonfly resort wear and more. Glamorous Giving supports the Singapore Committee for UN Women and is organised by **Stones that Rock**, renowned for contemporary and classic jewellery handcrafted with pearls, crystals and semi-precious stones. Sponsors include the Hollandse Club and Travelshopa. 21 January, 6 to 9pm, and 22 January, 10am to 4pm. Hollandse Club, 22 Camden Park (off Adam Road). stonesthatrock.com



SOMETHING TO SQUAWK ABOUT

We love a good bargain at *Expat Living*, so we want to share an exceptional admission deal at **Jurong Bird Park**. Sign up for a membership before 31 January and receive unlimited one-year entry for the price of a one-day ticket (adults, \$28; children three to 12, \$18). Valid for Singaporeans and permanent residents, and anyone holding a Singapore FIN number. Sign up at Jurong Bird Park, or online at members.wrs.com.sg. ▼



NEVERLAND MAGIC

The classic tale of our favourite boy who never grew up gets an innovative twist in this European production of **Peter Pan, The Never Ending Story**. Well-known pop songs from the likes of Robbie Williams ("Angels") and Duran Duran ("Wild Boys") are cleverly woven into the story thanks to musical director Matt Dunkley, the man responsible for the soundtracks of numerous blockbuster movies. The highflying action, swordplay, soaring vocal duets and magical fairy dust, not to mention Captain Hook and Tinker Bell, will enchant everyone from age three to 100. Until 20 January at Resorts World Theatre. Tickets from Sistic. rwsentosa.com



HE Vicki Treadell, Tan Sri Dr Tony Fernandes, Chairman of the Board of Governors, Tunku Ali Redhaudin, Mayor Boris Johnson, Tunku Zain and P. Kamalanathan P. Panchanathan, Deputy Minister of Education II, being presented with personalised Epsom jerseys. ▲

EPSOM OPENS

Mayor of London, Boris Johnson, and Malaysia's Tunku Ali Redhaudin officially opened **Epsom College in Malaysia** last month. The multi-million dollar co-educational boarding school for students aged three to 18 is located just outside Kuala Lumpur and teaches the British curriculum.



Experience The Wildlife - Style Only at WTP

FURNITURE • FURNISHINGS • ACCESSORIES • SALE & LEASING • INTERIOR DESIGN
Window To The Past • 3 Kung Chong Road • Singapore 159141 • T: 6235 2760



www.wtpstyle.com

CALENDAR

JANUARY 2015

MUSICAL: PETER PAN, THE NEVER ENDING STORY

(UNTIL 20 JANUARY)

Relive the exciting adventures in J.M. Barrie's classic *Peter Pan*, as Wendy, John and Michael Darling take off to Neverland with the boy who never grows up. The magical realm of the Lost Boys, mermaids, Indians and swashbuckling pirates comes alive with soaring action, sensational swordplay and foot-tapping pop hits from the likes of Westlife and Robbie Williams. **Resorts World Theatre, Resorts World Sentosa. Tickets from Sistic.**

CONCERT: BASTILLE

(9 JANUARY)

British indie pop act Bastille make a pit-stop in Singapore to perform their catchy, anthemic tunes. Having claimed the title of "British Breakthrough Act" at last year's Brit Awards, the insanely popular four-piece is guaranteed to get fans onto their feet with hits like "Pompeii" and "Of The Night". **The Coliseum, Hard Rock Hotel, Resorts World Sentosa. Tickets from Sistic.**

MUSICAL: CATS

(9-25 JANUARY)

Following its much-applauded 2009 run in Singapore, Andrew Lloyd-Webber's record-smashing musical returns for three weeks. The whimsical tale of a tribe of cats, *The Jellicles*, gathering for their annual ball, is told through marvellous costumes, sets and choreography. **MasterCard Theatres, Marina Bay Sands. Tickets from Sistic.**

SINGAPORE INTERNATIONAL VIOLIN COMPETITION

(10-21 JANUARY)

The inaugural triennial Singapore International Violin Competition is the best place to catch the world's most nimble-fingered young violinists playing their hearts out. Over 30 finalists will be flown into Singapore for the live rounds, and the top three finalists will perform alongside the Singapore Symphony Orchestra under the baton of Vladimir Verbitsky. **Various locations, including Yong Siew Toh Conservatory of Music, National University of Singapore, 21 Lower Kent Ridge Road. Tickets from Sistic.**



Musical: *Peter Pan, The Never Ending Story*



Musical: *CATS*



Concert: *Bastille*



ARTfulTM
HOUSE

INSPIRED LIVING

Home to Beautiful Finds

Tan Boon Liat Building, 315 Outram Road, #08-04, Singapore 169074.

Telephone: +65 8112 6127, Email: info@artful-house.com

Tuesdays- Sundays 10.30 AM to 6.00 PM. Closed on Mondays & PHs

www.artful-house.com



M1 SINGAPORE FRINGE FESTIVAL (14-25 JANUARY)

The annual festival of exhibitions, plays, master-classes and talks returns for its 11th year, this time helmed by Singapore-based thespian and director Sean Tobin. This year's theme is "Art and Loss", exploring the inevitable grief and growth that comes from losing something dear, as well as the transience that we're used to in a materialistic society. Expect both local and international shows to take the spotlight.

Various locations, including Gallery Theatre, Basement 1, National Museum of Singapore. For more information, visit singaporefringe.com.

OPEN HOUSE: STAMFORD AMERICAN INTERNATIONAL SCHOOL (16 JANUARY)

Join Stamford American International School's open house tour to learn about their remarkable curriculum and their new, cutting-edge campus. Parents will get to meet the faculty, watch classroom activities in progress and get up close to campus facilities. **1 Woodleigh Lane. Register online at sais.edu.sg.**

CONCERT: LEO SAYER (17 JANUARY)

Beloved British singer Leo Sayer, whose smash hits dominated the radio airwaves in the 70s and 80s, will be in town for a concert that celebrates his influential 40-year career, belting out ballads like "When I Need You" and "More Than I Can Say". **Esplanade Concert Hall, 1 Esplanade Drive. Tickets from Sistic.**

RUN FOR LIGHT 2015 (17 JANUARY)

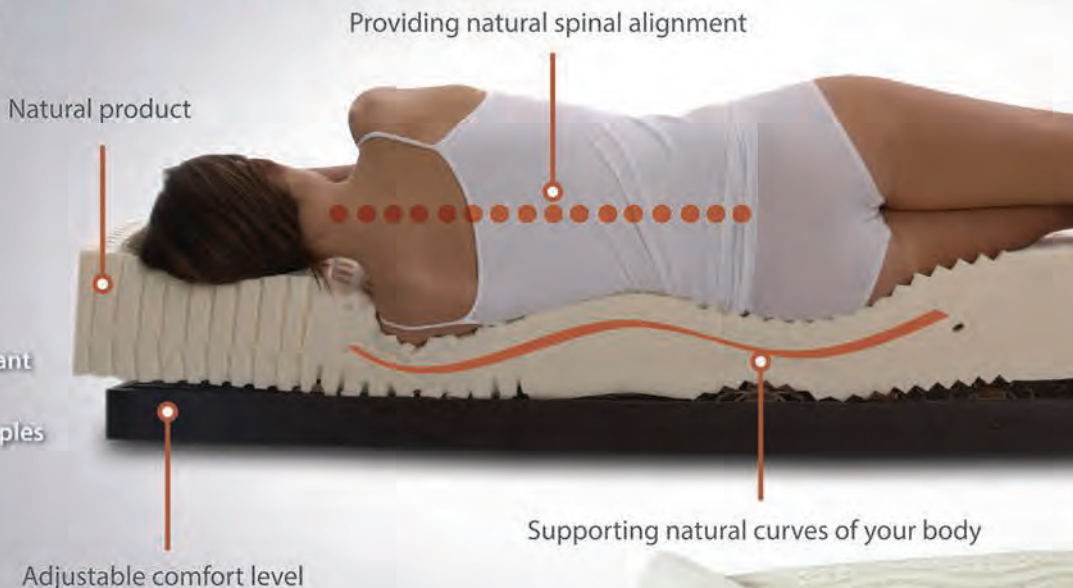
Held in support of the less fortunate, this 5K fun run is broken up into four segments, including a darkened zone, a selfie-friendly area and an illuminated path to the finish line. The after-party beyond the finish line will feature catchy local bands and refreshments served by vendors like Hard Rock Café. To aid the vision-impaired, 30 percent of your registration fee will be donated to Guide Dogs Association of the Blind. **Gardens by the Bay. To register and for more information, visit lightrunners.com.**



Looking for the perfect mattress?

*Consider these important features
when you are selecting a mattress:*

- Made of natural materials
- Excellent back support
- Conform to body shape
- Provide natural spinal alignment
- Good pressure distribution
- High durability
- Good breathability
- Naturally dust mite and mould resistant
- Removable and cleanable cover
- Reduced partner disturbance for couples



We provide a Complete Bedding System made with natural products.

* King, Queen, Single and custom sizes available



100%
Latex

7 Comfort
Zones

Removable
Cover

Washable
at 95°C



Anti
Mould

Anti
Dust Mite

Anti
Allergy

Adjustable
Slats

NO Metal Spring
Polyurethane (PU) Foam



International certification



You don't truly appreciate your latex mattress until you sleep on anything else. It's firm, yet yielding in just the right way, something only experienced first hand. It's helped with my chronic back pain and provides a good night's sleep. Anyone in the market for a new mattress should at least stop by European Bedding and give this premium product a try.

Check our website for more real customer testimonials.

Jason

Shop online at www.europeanbedding.sg

Call us to visit our showroom located at Grange Road (near somerset station)

EXHIBITION: CHA JONG-RYE (22 JANUARY-15 FEBRUARY)

REDSEA Gallery presents a solo exhibition by Korean artist Cha Jong-Rye, best known for her mesmerising woodwork. Although her sculptures look like solid carvings at first glance, they are actually made from fragile layers of wood, meticulously stacked and then sanded down into smooth, fluid shapes.

REDSEA Gallery, #01-10 Dempsey Hill, Block 9 Dempsey Road. For more information, visit redseagallery.com.

KIDSFEST! 2015 (22 JANUARY-1 MARCH)

This five-week festival of globally adored theatre productions will stoke children's imaginations and nurture a lasting love for literature and language. Adventure-filled shows slated for this year's edition include *Horrible Histories: Vile Victorians* and *Hugless Douglas*.

The Esplanade, 1 Esplanade Drive. Tickets from Sistic. For more information, visit kidsfest.com.sg.

MUSIC FESTIVAL: ST. JEROME'S LANEWAY FESTIVAL (24 JANUARY)

Originating in Australia, this influential indie and alternative festival first came to Singapore in 2011 and has since become one of the concert scene's crown jewels. It returns with a bumper crop of foreign and local acts for its fifth edition, including British 70s funk-revivalists Jungle, American synth-pop blokes Future Island and multi-talented baroque pop singer St. Vincent. **The Meadow, Gardens by the Bay. Tickets from Sistic and EventClique. For more information, visit singapore.lanewayfestival.com.**

COMEDY: HOSSAN-AH! SAFE AND SECURE IN HIS LEONG ARMS (28 JANUARY-1 FEBRUARY)

Proud to be Singaporean through and through, local funnyman Hossan Leong will be giving a special salute to the Lion City's 50th year with a thigh-slapping musical comedy. Filled with his trademark tongue-in-cheek jokes and over-the-top mannerisms, this piano-led affair will make clever nods to musical greats like Jamie Cullum and Elton John, as well as beloved TV themes from the 70s to the 90s. **Drama Centre Theatre, Level 3 National Library Building, 100 Victoria Street. Tickets from Sistic.**



KidsFest! 2015



Music Festival:
St. Jerome's Laneway
Festival



Complete Healthcare International

your family doctors



CHI

Medical clinic with an international team of general practitioners providing:
full range of family medical care • health screening • vaccinations & travel advice

DID YOU KNOW?

CHI has general practitioners that are trained and experienced in Nutritional Medicine.

Nutritional medicine is now available in our East Coast branch as well.

www.chi-health.com.sg



45 Rochester Park, Singapore 139249 t: 6776 2288 | f: 6776 1788 | e: enquiries@chi-health.com.sg
221 East Coast Road, Singapore 428918 t: 6447 4477 | f: 6447 1577 | e: eastcoast@chi-health.com.sg

 complete healthcare international (like us for updates)

CALENDAR

Plan Ahead

FEBRUARY 2015

CONCERT: LILY ALLEN (2 FEBRUARY)

Controversial British pop star Lily Allen will be making her debut in Singapore to plug her third album, *Sheezus*, which recently hit number one in the UK. Her comeback to showbiz (after taking time out to focus on motherhood) has been a raging success, and she hasn't lost any of her cheeky wit. Expect to hear hits from her eight-year career, including "Alfie" and "The Fear". **The Star Theatre, 1 Vista Exchange Green. Tickets from Sistic.**

CONCERT: RETROLICIOUS (7 FEBRUARY)

Who doesn't love a good blast from the past? Having previously brought over 80s pop icons like Rick Astley and Bananarama, nostalgic music festival Retrolicious ventures into the 90s for its fifth edition. This year's line-up includes Grammy-winning boy band All-4-One and American crooner Tommy Page. **Fort Canning Park. Tickets from Sistic.**



Concert: Lily Allen



Chingay Parade

TERRY FOX RUN (8 FEBRUARY)

Put on your jogging shoes for a good cause at this all-inclusive, non-competitive 5K or 10K run to raise funds for cancer research in Singapore. The annual event honours Terry Fox, a young Canadian amputee who became world famous for running across Canada in 1981 to raise money and awareness for cancer research. **Big Splash, 902 East Coast Parkway. To register and find out more, visit canadians.org.sg.**

CHINGAY PARADE (27-28 FEBRUARY)

Held in conjunction with the Chinese New Year festivities, the annual Chingay Parade celebrates Singapore's multicultural identity with a grand procession of creatively illuminated floats, colourfully costumed ethnic dancers, acrobatic acts and more. This year's aims to be the most awe-inspiring ever, with 11,000 performers and special features for Singapore's 50th birthday. **Promenade, 1 Republic Boulevard. Tickets from Sistic.**

COMMITTED TO THE HIGHEST STANDARD OF CARE



AESTHETICTM
PLASTIC SURGERY

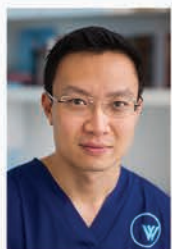
SKIN & LASER
CLINIC

#08-42 Mount Elizabeth Novena Specialist Center,
38 Irrawaddy road, Singapore 329563



Dr Wang Yi Shi
Dermatologist

MBBS(Melb), MRCP(U.K.)
FAMS(Dermatology)
drwang@wskinandlaser.com
www.wskinandlaser.com



Dr Wong Chin Ho
Plastic surgeon

MBBS, MRCS(Ed), MMed(Surg),
FAMS(Plast Surg)
President, Singapore Society for
Cosmetic (Aesthetic) Surgeons
drwong@waesthetics.com
www.waesthetics.com

Dermatology

Skin Problems (Children and Adults)
Eczema
Allergy testing
Acne and Acne Scars
Mole Check/ Removal
Skin Cancer Screening / Treatment
Hair and Scalp problems

Aesthetics

Rejuvenation of Ageing Skin
Lasers, Intense Pulsed Light
Fillers, Botox
Hydrafacial
Chemical Peels
Laser Hair removal
Ulthera

Aesthetic Plastic Surgery

Composite Facelift	Threadlift
Eyebag Surgery with Midcheek Lift	Rhinoplasty
Brow Lift	Fat Grafting of Face and Breast
Neck Lift	Breast Augmentation
Upper Eyelid Surgery	Tummy Tuck
Liposuction	

+65 6570 2528

SCENE AROUND TOWN

Recent events, openings & parties



All White on the Night

Guests of the White Christmas cocktail party, held at the Singapore Cricket Club, enjoyed free-flow drinks, a banquet buffet, and a charity auction with art, holidays and sporting experiences up for grabs. The event was organised by First Hand, a group of Singapore-based volunteers helping children in Cambodia, with all profits from the night being donated to aid the prevention of child trafficking in that country.



EXPAT INSURANCE

Insurance for
Expats by Expats



At Expat Insurance, our international team of advisors provide professional insurance advice on a complete portfolio of products including:



MEDICAL INSURANCE



LIFE INSURANCE



HOME INSURANCE



TRAVEL INSURANCE



BUSINESS INSURANCE



MOTOR INSURANCE

Contact us today for your free review.

6401 9201 | www.expatriateinsurance.com.sg



Coffee Morning

Arthur Zaaro's stunning showroom hosted the final *Expat Living* coffee morning of 2014, with fabulous pre-loved designer fashion website, StyleTribute. Readers were treated to coffee and cake while hearing advice from StyleTribute founder, Stephanie Crespin, about starting up a successful business in Singapore. Arthur Zaaro owner, Aaron, then gave a fascinating insight into Peranakan influences on today's furniture styling. A fantastic finish to a year of great events!



Sips & Tips

Festive décor and holiday mixology were on the agenda during a fun Sips & Tips morning at Arete Culture. After Christina shared invaluable advice on creating amazing centrepieces to suit every home, style and personality, Shawn from My Private Cellar showed off a range of delicious bubbly cocktails perfect for Christmas entertaining.



Singapore Marathon 2014

As the official lifestyle magazine for the Standard Chartered Singapore Marathon on 7 December, we at *Expat Living* took our role seriously. Rachael (in the orange T-shirt) achieved her first full marathon, Amy BP ran her first half-marathon, while Katie P, Jess and Verne joined in the 10K. Congratulations to us all, and to everyone from the 53,000 men, women and children who ran their hearts out in the baking Singapore sun!



Go Commando

The 2014 Commando Challenge held on Sentosa saw over 2,500 participants navigate their way in teams across a 5K obstacle course. Challenges included an ice bath, wall climbs and an electric shock run at the end; there was also an "extreme challenge" for those looking to push themselves even further.

We Run the Night

Runners gathered for the second Run in the Dark Singapore pop-up event, in an effort to raise awareness and funds to fast-track a cure for paralysis; meanwhile, over 15,000 runners gathered in 40 cities around the world with the same aim. Over 60 runners participated in the 5K and 10K routes around Marina Bay Sands, bringing their energy and enthusiasm to the worthy cause. The next Run in the Dark Singapore will take place on 11 November.





A Splendid Evening

Street Child Project, in association with the Tippling Club, held an evening of Indian Splendour at the Museum of Contemporary Arts that was attended by more than 200 people. Funds raised will go towards i-India's Annapura Kitchen project, which provides food for children living in the streets and slums of Jaipur.



**Why buy a car when you can
lease with ease?**

**Car leasing is not the same as renting.
When you lease, you get the car for an
extended period of time with a fixed
monthly payment.**

Use the car as it's your own..



AVIS®

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 supporting local produce wherever possible, **Phyllis Singh** wins a bottle of champagne.

Food for Thought

Thank you to Katie Roberts for her very timely article in the December issue titled "Buy Local". It always makes me uncomfortable to think of the distances travelled by most of the food we eat, and also how much time has passed before it lands in our supermarkets, not to mention on our dinner plates.

It's amazing to think that tiny, land-scarce Singapore has over 240 farms! Sky gardens, hydroponics, aeroponics and aquaponics are clearly the sustainable way to go. Let's support these food entrepreneurs whenever possible – and also, choose Malaysian produce such as Zenxin Organics, grown just over the border in Johor, rather than the tired, wilted, often nutrient-depleted stuff that has journeyed across the globe.

Phyllis Singh



Black-and-White Memories

Referring to Verne Maree's article on the tour of black-and-white houses, led by tour guide Geraldene Lowe, I believe this picture is of a house in

Swiss Cottage Estate that we lived in for a short while during the 80s. The description of them as having only two large bedrooms upstairs is correct. Also, that there was a verandah surrounding the rooms upstairs.

At that time I was a teenager, and did not appreciate either the history or the heritage of these colonial homes. What I do remember was how huge they were – and how tiring it was to maintain them and keep them clean. The surrounding area had a lot of dense jungle in those days. I remember one time when my mother and my sister were walking home in the dark, when my sister suddenly screamed – lying in front of them was a huge snake!

Though you could hear cicadas and other forest creatures, especially at night, the sound I remember most distinctly is the daytime call of Singapore's "national bird", the crane. Wonderful memories!

Ruth Margaret G. Tiangco



Ed: Most of us who have been lucky enough to live in one of these historic properties would agree with you that it's an unforgettable experience – despite snakes, pests and maintenance issues!

Cover Credit

Well done for featuring Design Intervention designer Andrea Savage on the December 2014 cover of your *LIV* fashion and beauty supplementary magazine; it certainly added a dash of sophistication and class to the publication.

Andrea epitomises the highly educated, well-travelled, successful woman with impeccable taste.



Maida de Vega

Email us at info@expatliving.sg

DR VALENTIN LOW

AESTHETIC & LASER CLINIC



Medical Aesthetic Clinic

LOOK AND FEEL BETTER ABOUT YOURSELF

- Laser Skin Treatment
(Pigmentation/Pimples/Pores)
- Vaser® Liposuction
- Ulthera™/Thermage® - Non Surgical Facelift
- Thread Lift- Non Surgical Facelift
(Cheek, Lower Jaw, Double Chin, Brow)
- Laser Cooltouch (Acne-Scars)
- Thermage® Body
(Loose, Sagging Skin On Abdomen,
Arms, Thigh, Knees And Buttocks)
- IPL Photo-rejuvenation
(Pigmented Skin, Fine Wrinkles)
- Face Slimming
- Smartlipo™ (Clinical Slimming)
- Laser Hair Removal (Body & Face)
- Leg Veins/Broken Capillaries Laser
Removal
- Microdermabrasion
(Diamond Peel Skin Resurfacing)
- Liposonix Fat Melting
- Freeze Fat Cold Sculpting
- Fillers
(Cheek/Chin/Nose/Lip Enhancement)
- Botox® (Wrinkle Treatment)/Microbotox
(Fine Lines)
- Laser Skin Resurfacing/Microlaser Peel/
Clearlight
- Neck Lift/Firming (Smoothen And
Tighten Loose Skin Around Neck)
- Hand Smoothen & Firming
- Radio Frequency/Cellulite Treatment
- Excessive Sweating & Body Odour
- Clinical Hair Regrowth
(Male And Female Balding)
- Chemical Peeling (Skin)
- Laser Tattoo Removal
(Eyebrow/Body)
- Stretch Marks Removal
- Medical Grade Skin Care Products

Tel: **6720 3323**

290 Orchard Road **#08-03**

Paragon Medical Suites
Singapore 238859

www.drvalentin.com.sg

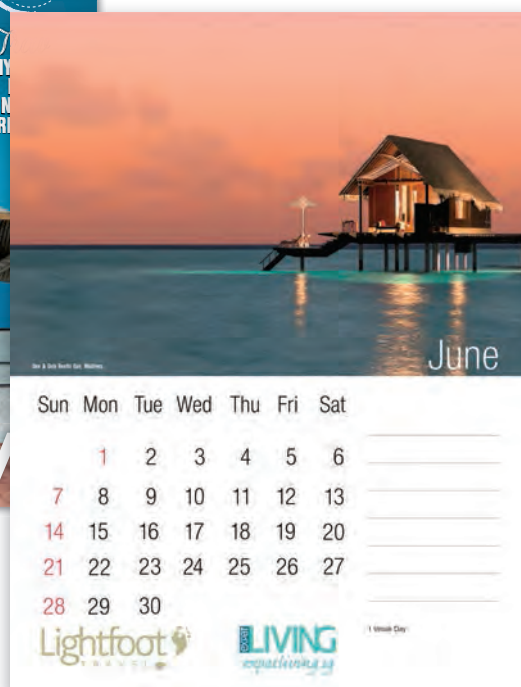
New Year Subscription Offer

ONLY
\$50
U.P. \$78

Gift-giving doesn't stop at Christmas; this New Year we're offering you 35 percent off your favourite magazine subscription



Plus our
fabulous
2015
CALENDAR!



Your print subscription includes 12 monthly issues of *Expat Living* and *LIV*, delivered straight to your postbox.



Scan the QR code or visit

expatliving.sg/shop

Terms & Conditions: Offer ends 31 January 2015. Please allow 3 to 5 weeks for delivery of your first issue. Subscription is non-refundable but transferable. For overseas subscription rate, please email subscription@expatliving.sg.



New York . Seoul . Singapore . Tokyo

White Woods

Parkmall 9 Penang Road
#02-22/23

T/F: +65 6336 9003

Singapore 238459

Open daily :
1130am - 830pm

shop@whitewoodsliving.com

www.whitewoodsliving.com

PRIME HABITAT

Life should be immersed in the simple pleasure at all time..

- New Collection By **LORENZO**



As it gracefully and warmly reflect the purity and simplicity of nature...

Made from imported North America solid oakwood as the main materials, Prime Habitat is designed and handcrafted professionally with eco-friendly materials.

We look forward to a home that provides you with a warm and comfortable environment which naturally lulls you into a relaxing meditative state.

One KM Designer Furniture Store **New!**

11 Tanjong Katong Road #03-36/37 One KM, S437157
• T. 6229 5648 • 10am to 10pm

HQS Display Gallery

27 Kaki Bukit Place #01-00 Eunos Techpark, S416205
• T. 6229 5649 • 11am to 8pm

25,000 sqft Flagship Mega Store

601 Sims Drive #01-13/ 18 Pan-I Complex, S387382
• T. 6746 1180 • 11am to 8pm

The Furniture Mall

10 Toh Guan Road #01-01 The Furniture Mall, S608838
• T. 6861 1949 • 11am to 9pm

LORENZO

WWW.LORENZO-INTERNATIONAL.COM

Home



WHAT'S NEW

Hot shops and what to buy right now



The recently renovated **Meridiani** showroom is now showcasing some sleek and stylish pieces from its latest Milan collections, including a Gong dining table, by creative director Andrea Parisio. Visit the showroom at **16 Tai Seng Street, #01**.

HOME SCENTS

If you want to get away from it all in the comfort of your own home, you could try **Jo Malone's** new **Limited Edition Home Collection, Wanderlust**. The company's style editor Charlotte Stockdale has drawn on her own travel inspiration to come up with a range of home accessories, including this night jasmine and oregano linen spray, using scents reminiscent of the Mediterranean. Go to jomalone.com.sg for more details.



TABLEWARE TRENDS

Home-grown tableware brand **Luzerne** has just opened the doors to its new retail space on the fourth floor of **Metro, The Centrepoint**, displaying 11 different design collections, including **Tate** (pictured). Find out more at luzerne.com. ▼



SKATER SHELVES

Check out this cool shelving idea from **Leçons de Choses**, stocked at **Cuckoo**. The skateboards are made from Canadian maple wood, hand-painted in France and come in a variety of colours, costing \$240 per shelf. See them in store at **Block 6B Dempsey Road**, or online at cuckoo.com.sg.



Mr. Marius

The Origami Series

is inspired by the times where furniture was made to last and passed on to future generations. Add a little poetry and humour to your space with this collection, which showcases a combination of solid European Oak with retro design and colours.



NOW
AVAILABLE
AT



W www.mountainteak.com **T** +65 6224 7176 **E** sales@mountainteak.com

A 315 Outram Road, Tan Boon Liat Building, #07-02, Singapore 169074

PROPERTY PARTNERSHIP

A new partnership between **Property Guru** and Australian-based **Domain Group** will give property investors in Australia and Southeast Asia better access to overseas investment opportunities, and aims to give more value to home buyers and sellers. To find out more, go to propertyguru.com.sg or domain.com.au. ▼



HOME-BUYING HELP

Expats yearning to own secondary market real estate in Australia are to be given a boost with the Singapore office opening of **Global Property Education** by Australian barrister Dominique Grubisa. The company can now



assist non-Australians to buy property other than approved new-build residential sites, as well as assist with many other aspects of property purchasing. For more information, go to

globalpropertyeducation.com or call 6422 7951.

HOME HINTS

from Andrew Esmonde-White, chief operating officer at Klujje

GETTING THE RIGHT AIR-CON CONTRACT

FINDING A GOOD, RELIABLE AIR-CONDITIONING SERVICE CONTRACTOR CAN BE A MINEFIELD. HERE ARE SOME TIPS ON WHAT TO LOOK OUT FOR IN A CONTRACT.

"Yes, Singapore is hot, and other than nice breezes and open windows, the only way to get respite is to have properly working air-conditioners. It's much cheaper to have them maintained than to get them fixed, so entering into a service contract for quarterly visits is highly recommended.

Before looking for a service provider, make note of the type of air-conditioners you have, including brands and model numbers. Read the manual (if available) for specs on maintenance. Ensure that the contractor gives a free inspection with no obligation afterwards. Most will, but do confirm on the phone in case there is a call-out fee.

Read through the contract carefully, and make sure that parts and labour are covered in the warranty. There may be exclusions like gas topping-up or chemical washing; get these included if possible. If not, ask for pricing on these services. Lastly, ensure that priority is given for all breakdown inspections at no additional charges.

A contract should include:

- Checking of all settings
- Cleaning, checking and deodorising air filter, front panel and cover
- Applying antibacterial spray
- Cleaning and checking indoor evaporator coil and drainage tray
- Vacuuming of drainage system
- Checking and cleaning condenser, fan bearings and lubrication
- Checking compressor suction and discharge pressure
- Gas top-up (chargeable)
- Tightening electrical contacts



Andrew is a ten-year veteran of the home renovation market in the UK. He is now the chief operating officer of Klujje.com, an online marketplace connecting Singapore homeowners with "better quality contractors".



E&A Interiors
Design Studio

Opening Hours: 10am - 5.30pm
46 Kim Yam Road - off River Valley Road



Full Renovation | Customised Furniture | Space Planning | Re-Upholstery | Curtains | Soft Furnishings

E&A Interiors have an exclusive range of over thirty boutique fabric and wallpaper collections from LA, New York, Paris and London.
Beautiful Lighting by Vaughan Designs, London

The Herencia, 46 Kim Yam Road - off River Valley Road, #04-24, Singapore 239351 info@eandainteriors.com Tel: (65) 6702 4850



FORM FOLLOWS FUNCTION

CAROLYN STROVER is an interesting mix – third culture kid (TKC), professional photographer and single mother of three swaveboarding teens. **Verne Maree** met up with her at the Botanic Gardens apartment that is also her studio.

Photography by Carolyn Strover





Where are you from?

I was born in Japan of a German mother and a British father, and raised there, so I'm a native Japanese speaker. When my parents split up, my mother took me to Germany, where I learnt German, finished school and did a bank trainee programme that I hated. Germany is very German, you know. It's lovely, but a little humourless; you almost know at 28 what you'll be doing when you're 65.

After moving back to Tokyo, I got married and had Max (now 17). Then we moved to New York, where Isabella (15) and William (13) were born. Incidentally,

at the time of the 9/11 attacks, we lived in an apartment right next to the World Trade Center. Through our window, we saw it all: the planes going in, and the subsequent collapse of the twin towers. We ran outside and up the Westside Highway, and then weren't able to go back to our apartment for three weeks.

What brought you to Singapore?

My ex-husband's job. After we separated ten years ago, I decided to stay on – partly because he was the father of my children and was still living here at that time, but mostly because I loved the place.

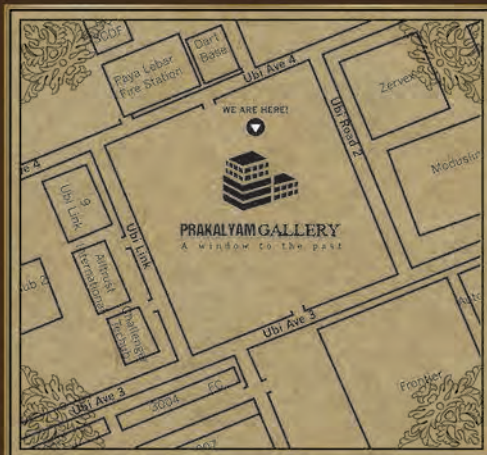
Raising my children single-handedly has given me real purpose in life; in fact, I relish having the freedom to bring them up my way. They're wonderful. Even when they were quite young, I'd take them travelling; and at home we'd have lots of fun with messy stuff like finger-painting. I've always loved to play with them.

Bringing up children can be hard work, whether you're single or one half of a couple, and I know how lucky I am to have the support of my unbelievably good helper, Erlinda. I travel a lot for work, and to expand my photo-journalistic portfolio, but that's never a problem for her.



PRAKALYAM GALLERY

Your doorway to the past



Our collection represents a cultural epic,
A traditional rarity,
A piece of history and above all,
A love for the generation gone by.

Visit Prakalyam Gallery

The Vertex #01-09 33 Ubi Avenue 3, Singapore 408868
T 6635 4741 M 9008 3979
veshali@prakalyamgallery.com www.prakalyamgallery.com
Find us on Facebook/PrakalyamGallery





Where is home now for you and your children?

Max was four years old, Isabella was two and William was just four months old when we came to Singapore, so this is really the only home my kids know. As for me, I'm a true TCK. It doesn't matter to me where I live. I have family in Germany, and I have a British passport. Two of my children have US passports, while the third – who, like me, has never lived in England – has a British passport. To confuse things further, they attend the Canadian International School and are studying Mandarin!

How did you become a photographer?

It was a hobby for some time, but in a sort of epiphany 10 years ago, I felt strongly inspired to photograph my mixed martial arts trainer. He looked like a Buddhist monk to me, and I wanted to shoot him in a Zen position. So I bought a Hasselblad from a friend, took the shot, and that's where it all began; the commissions started coming in.

Before long, I felt I needed a studio. With a tiny inheritance, I rented, gutted and painted a 2,000-square-foot loft in Tan Boon Liat Building. Then I bought

lighting and other equipment and started renting it out for photo shoots – mainly for magazines like *Elle* and *Harper's Bazaar*. I called my business Havoc, and enjoyed running it for eight years. When the rent became too much, I closed that business down three years ago and decided to work from home.

What does it take to succeed in your profession?

To become a photographer, the most important thing is to ask questions and to practise, practise, practise. Also, it's 24/7. I work over the weekends and I

work in the evenings. Recently, I shot Maria Sharapova for Porsche from 6pm to 9pm, followed by a backstage shoot at the F1 Amber Lounge fashion show from 10pm to 2am, and then stayed up all night photoshopping 20 images to have them ready by morning.

I like doing simple stuff, too: black-and-white, using just one light. Much of my work is pregnancy shots and families – I love working with children! – and also product and corporate shots.

I'm in Singapore by virtue of my own Personalised Employment Pass, and that's what my children are registered on. That drives me as much as I'm driven by my love for the kind of work I do. What started off as a hobby became a business, and now it's a necessity.

How do you convert your living room into a studio?

All the seating and the coffee table can be easily moved out to clear the space, and I have a backdrop that comes down from the ceiling to separate the main room from what was previously an open balcony.

Tell us about your furniture.

It reflects my personal style: I don't like fuss or frills – everything must be functional, but also sexy.

That's why I've been interested in Mid-century Modern designers since I was a teenager: they strove for clean lines and functional forms, using new materials such as stainless steel and plastics.

For example, these two Le Corbusier loungers have an adjustable metal





Inspired by nature..
Designed for life..

FURNITURE | LEASING | HOMESTYLING | ART | CUSTOM DESIGNS



GALLERY 278
by ESCO LEASING

A 278 River Valley Road S238319 T +65 6737 2322 F +65 6737 0322
W gallery278.com H Mon - Sat [10 AM - 7 PM] Sun + PH [CLOSED]





platform that's separate from the top (which was originally covered in pony-skin); and the industrial design of the two Marcel Breuer black leather and chrome chairs is stripped to the minimum. My coffee table is by Japanese-American designer Noguchi; its glass top is easily lifted off the hinged and foldable base.

I can't have anything in here that's too big or sofa-like, as it has to be moveable. And that's not only for my work: Isabella and William like to clear the space to play swave-board hockey in here!

What are you looking forward to?

A few years ago, I promised myself that I'd travel to one completely new country every year, and that promise has taken me to Australia, to the Czech Republic and to Cuba. This January, I'm going to Lhasa, Tibet, to photograph a couple of festivals. I can honestly say, though, that despite having so much on my shoulders, despite being so busy with my work and my children, there's a small part of me that feels I'm on holiday every day. 

RECOMMENDATIONS

Cathay Photo
cathayphoto.com.sg

Carolyn Strover Photography
carolynstrover.com



MELBOURNE

Specialist International School

Melbourne Specialist International School (MSIS) offers a unique and innovative model for teaching students with intellectual and multiple disabilities. The school uses the arts as a vehicle for highly meaningful engagement in curriculum delivery. MSIS combines education, therapy and wellbeing to plan and deliver learning on an individual student basis.

MSIS partners with a truly unique school in Melbourne, Australia called Port Phillip Specialist School to collaboratively meet the needs of our students with special needs.

**contact us
for more
information**



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

CPE Registration No.: 201421721H
Registration Period: 24 October 2014 to 23 October 2015



15 Dempsey Rd #01-09

Singapore 249675

Email: hedgerscarpets@singnet.com.sg

Tel: 6462 0028

Open Everyday 10.30am – 7pm

New Year Carpet Sale

- **All carpets reduced by
up to 70% off.**
- **All carpets fully Certified
& Guaranteed.**



Services:-

- * **Professional Carpet Cleaning**
- * **Carpet Repair & Restoration**
- * **Valuation**



WHAT'S IN YOUR BED?

Ploh's bedscape

By Amy Brook-Partridge

We take a look at what should be in your bed to change that tossing and turning into a restful night's sleep.

A good night's sleep is not just a nice-to-have: it should be regarded as a necessity. The health benefits are numerous; sleeping well can improve memory, boost the immune system, lengthen attention span and strengthen the ability to be physically active – not to mention put you in a better mood. Of all the furnishings in your home, your bed is where you spend the most amount of continuous time, and the bedroom

environment, bed and bedding can have a huge impact on your health.

Mattresses and pillows made from materials such as foam have to be treated with flame retardants, which, as the foam breaks down, give off chemicals that can be absorbed through the skin. So it's good to know that all the products at **European Bedding**, a company that supplies mattresses, pillows and bed bases, are made from natural materials.

Natural nights

"We sell only 100 percent latex mattresses," says the company's general manager Sylvestian Yap. "We don't use PU foam, which can be full of chemicals." He also explains the importance of not using metal parts in the company's products. "An early 1990s Swedish study into electromagnetic radiation reported a potential link between sleeping on a spring coil mattress and a rise in cancers."

European Bedding's mattresses and pillows come in both natural and organic latex. Not only is natural latex anti-mould, anti-dust mite, and anti-allergenic, but it's also eco-friendly.

"Natural latex comes from the rubber tree, which has to grow for six years before the sap is ready for tapping, and the trees can then live for around 100 years," explains Sylvestian. "In order to make a queen-size mattress, you need 12 acres of rubber plantation and eight rubber tappers employed to tap the trees for one whole day. There's no need to cut the trees down, and 12 acres of plantation can absorb up to 140 tonnes of carbon dioxide."

European Bedding's mattresses come with one or two cores, the first of which is 18cm of pure latex (or



The all-natural Heveya organic latex mattress by European Bedding

up to 22cm with its cover), and the other is 20cm of organic latex (up to 24cm). "There's often a perception that a mattress has to be thick to be comfortable, but thickness in many mattresses can just mean layers and layers of PU foam, chemicals, metal spring coils, and lots of gaps and space, so the chances of sagging are higher." With his mattresses, Sylvestian promises a comfortable, cool sleep on a mattress that naturally conforms to your body shape.

The latex pillows are crafted in different sizes and densities for men and women, taking into account that women tend to be narrower than men.

Under the covers

When it comes to bedding there's a wide range of natural materials to choose from; think silks, pure cottons, down and feathers. **Ploh's** products are all made from natural resources, as its client servicing representative Chrystal Ou explains. "We use natural fills and 100 percent cotton fabrics to make our pillows, duvets and featherbeds.

Bedding items are filled with white goose down and feathers, and encased in 100 percent cotton ticking."

But with all this choice, how can shoppers decide on the option that's best for them? Here, Chrystal breaks down how some of the materials they use differ, and the benefits of each.

- **Down:** "This is the light, fluffy coating found beneath the feathers of waterfowl, which protect them from the elements. As nature's most efficient insulator, down is warm yet light, allowing unrestricted movement. Unlike synthetics, natural fillers absorb moisture while you sleep, and the layers of air pockets help air circulate, lifting away perspiration for all-night comfort. Also, a down duvet provides warmth and comfort over a wider range of temperatures than a synthetic one does."

- **Feathers:** "The rigid exterior plumage of waterfowl is used to provide support in our bedding items. We use whole, small feathers, thereby helping to avoid dust build-up from broken feathers, which you'll often find in low-quality bedding. We use a special construction and combination of down and feathers in our Classic pillows."
- **Ticking:** "This is the fabric covering for bedding items. Ploh bedding uses soft, absorbent, breathable, 100 percent cotton down-proof ticking, which has an inherently tighter weave to prevent clusters and to stop feathers from leaking out. Cotton is also a breathable material, which helps to keep bedding in good condition."

Ploh's Limited Edition pillows and duvets are filled with rare eiderdown and encased in fine German silk. Choosing 100 percent natural material products for your bedding may not be the cheapest option, but, as with most things in life, you get what you pay for. "Ploh has always offered just a limited selection of items because we want to focus on doing only a few things very, very well," says Chrystal. "What we offer won't suit everyone, but our objective is always to deliver quality and an inviting experience. Ploh is essentially about understated luxury." 

European Bedding:
6735 6658 | europeanbedding.sg

Ploh:
6832 5602 | ploh.com

Your bedroom environment should be:

- Non-toxic
- Able to withstand moisture and to dry out without attracting dust or mould
- Electrically non-conductive
- Ergonomic



The customer can adjust the hardness and softness of European Bedding's bed bases



OHMM[®]

inspirational outdoor living

FESTIVE CELEBRATION
CNY PROMOTION UP TO 40% OFF



Affordable luxury from Singapore's favourite outdoor furniture store
Customisation at no extra cost | Free design service | Free delivery & installation
Intelligent balcony solutions | Extensive choice



Tel 6836 2747 www.ohmm.sg Showroom #03-09 Riverside Point, 30 Merchant road, Singapore 058282

singapore philippines thailand

Beautiful Things from India

Colonial antiques from India, products of skilled craftsmanship and steeped in history, are more than likely to leave your wallet fairly empty, right? Not necessarily. Prakalyam Gallery owner VESHALI VISVANAATH tells us why she set up her colonial furniture business, and how it caters for a wide range of budgets.

By Amy Brook-Partridge;
photography by Michael Bernabe

You could call Prakalyam Gallery an extension of her home. After all, the business grew from her love of colonial antiques and her many buying trips to India, hunting for furniture for herself. With her collection of antiques accumulating and not enough space to store it, she and husband Kasi opened Prakalyam Gallery to sell some of the pieces on.

Prakalyam is a combination of two Sanskrit words meaning "beautiful things". The gallery is located in a large showroom in Ubi, covering 280 square metres across two floors. In it, you can find pieces ranging in age from 100 to 300 years old, including large items such as four-poster beds and coffee tables, along with smaller ones such as lamps and curios.

It's no secret that antiques can be costly, with their value weighted on their rarity, quality and provenance. Here, Veshali chooses three bookshelves and three boxes to suit three different budgets, demonstrating how antiques can not only come in all shapes and sizes, but at significantly different prices, too.



"This British colonial bookshelf from the second quarter of the 20th century is made in rosewood and is a beautiful piece that has maintained its original charm."



"This French study table in rosewood is an excellent example of French workmanship. Standing 2.5m tall, it dates to the late 1800s and is a rare find; a beautiful antique."



\$4,760

"The cart shelf is from an old bullock cart, which I felt would work well as a bookshelf. It's a rustic Indian ethnic piece, estimated to be around 80 years old."



\$2,100

"This rosewood box with brass ornamentation isn't an antique but is a replica of the old boxes. Its size and form are very beautiful."

"A very basic cash box made from jackwood and used in households from the early 1900s, this simple item captures the essence of how cash was stored in those days."



\$570

"This lovely British colonial box, with its original ivory work, stained glass painting and secret compartments was made during the British Raj (1858-1947)."



\$3,100

What is Indian colonial furniture?

Indo-European colonial furniture dates back to the 15th century, when the Portuguese first landed in India. Discovering that Indians preferred to sit on carpets, the Portuguese called on local craftsmen to custom-build chairs and other furniture for seating that reflected their own style. Later, the Dutch followed suit, and this continued through to the British era.

The colonial period in India, from the 16th to the 20th century, saw various colonial rulers exercising their taste and culture on the Indian subcontinent. During this era, different styles of furniture were designed by local craftsman under the influence of ruling powers; these styles are referred to as Indo-Portuguese, Indo-Dutch and Anglo-Indian.

The furniture made during this time was from high quality teak, sandalwood and rosewood, on the basis of European designs replicated and sometimes reinterpreted by talented local artisans.

Prakalyam Gallery
The Vertex, 33 Ubi Avenue 3, #01-09
6635 4741 | prakalyamgallery.com

OVER 50 YEARS OF HANDCRAFTING SOFA EXPERIENCE

Danovel Sofas meet British Standards for Durability, BS EN 15373-2 & BS EN1022

ROMO



www.danovel.com
www.facebook.com/danovelssofa

CUSTOMISED SOFAS . BEDS . WALLCOVERINGS . FABRIC . ACCESSORIES
 INTERIOR STYLING . UPHOLSTERY . SOFT FURNISHINGS FOR HOME/OFFICE/MARINE

Main Showroom

19 Tanglin Road #02-54/55
Tanglin Shopping Centre

Tel: +65 6235 5020
sales@danovel.com

Kids Furniture

19 Tanglin Road #02-54/5
Tanglin Shopping Centre

Tel: +65 6235 5020

*Danovel @ Pasir Panjang ^{*New}

100 Pasir Panjang road
#01-02 Singapore 118518

Tel: +65 6338 2488

Danovel @ Metro ^{*New}

176 Orchard road, #05-06
The Centerpoint
Singapore 238843
Tel: +65 6589 8584

Opening Hours:

Mon-Sat
10am-7pm

*Mon-Sat
9:30am/11:30am(Sun)-6pm



Signature Style

By Katie Roberts; photography by Michael Bernabe

Parisian-born MAUREEN COURCENET radiates French poise and grace. In the Farrer Road home of four-and-a-half years that she shares with her husband and four pets, her love of antiques, art and interior design has had free rein. While showing us around, she talked about living in Singapore and setting up her own business.

What else but macarons should accompany afternoon tea with a Parisian? While they're classically French, the setting in the living room of the Farrer Road condo apartment is anything but. For one thing, the sheer scale and diversity of the eclectic range of art and antiques is overwhelming. Luckily, the knowledgeable Maureen is able to explain the provenance of each and every piece, whether it's from Asia, Europe or Africa.

Maureen's education and career have provided opportunities for her to live in cities across the globe; she says, "We've felt at home everywhere we've lived, so long as discovery is on the cards." Five years ago, spurred on by a one-year stint in blue-skied Sydney, the couple made a decision to trade London's dreary

weather for good and set themselves up in Asia.

"After Australia, we kept travelling back to holiday in Asia, because we enjoy it so much. Our decision to move was also helped by the fact that at the time, both our companies were operating out of Singapore. Here was an opportunity for another adventure," she says.

"Our estate agent found us this 'old' low-rise condo; it was built almost 30 years ago, and has plenty of outdoor space for our golden retriever. The green views and arched windows with full privacy made the decision very easy, not to mention the proximity to the Botanic Gardens."

The move to Singapore encouraged Maureen to branch out on her own, after a decade working in brand marketing. With her background in project

management and her love for arts and antiques, interior design seemed a natural progression.

"I wanted to focus on my two passions: art history and interior decorating. The two go together – you can't style a place without both," she says. Her business, Signé Design, translates to "signed by" in French; "The idea being that a design project is not about putting my own stamp on things; it's a co-creation between my client and me," she says.

Early on, Maureen joined and found kindred spirits at the Friends of the Museum, where she reveals she is "really invested". She works as a volunteer docent, mostly at the Asian Civilisation Museum where she covers antique artefacts and art; she's also training to be a guide at the Singapore Art Museum where the focus is contemporary Asian art. Maureen's passion for study and training is no surprise in view of how clearly she revels in the provenance of the collection she has personally amassed.

At home, Maureen's apartment is an experimental lab where she tests and stretches different design styles while

"Above the television is a contemporary artwork by French artist Pierre Chazelat. It's about the outdoors trespassing on the indoors, with animals from hot and cold climates and street art mixed with classical Renaissance art. I love the colours; the blues and pinks, as well as the beautiful light effect."





Above: "I adore this whimsical piece from contemporary Chinese artist Song Wei. He portrays his upbringing at a time when China was opening up and torn between three key influences: a communist childhood symbolised by the red scarf; the arrival of capitalism and US culture portrayed by the teddy; and magnollas symbolising the rediscovery of the imperial past. Below it, I've positioned a replica of a bronze Chinese drum."

retaining a strong focus on Asia. "Every space is a play in vignettes that tell a story," she says. "The theme throughout is mostly about a mix of old and new, antique and contemporary, artisanal and industrial."

"I'm a great believer in serendipity. I don't necessarily go on a mission to find a specific new piece. But every time my husband Guillaume and I do stumble across something special, I have fun trying to make these vignettes come to life together."

Interior design is partly about being fearless. Maureen says it's about buying what you like, not what will fit best. "If you love something but have no clue where it will go in your home, just get it. It's a part of your interests and passions and will therefore fit in – you just don't know it yet. That's how you create an individual 'layered' look that doesn't feel forced or look as though it's come straight out of a showroom."

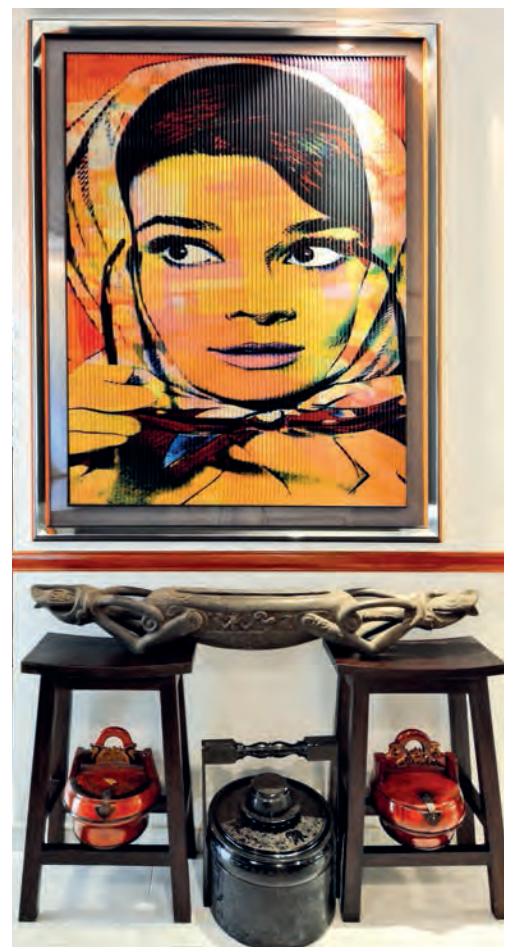


Clockwise from left: "The dining room is based on the well-known design art of combining tribal pieces with contemporary furniture – mixing the rough with the sleek."

"This beautiful chest was handmade by an artisan in Bhutan. The design on the front incorporates the imagery of the Buddhist dharma wheel, framed by two deer. Hung above, in the same colour tones but in a very different style, is the Surrealist work, *Bucéphale*, by Salvador Dali."

"French artist Patrick Rubinstein is known for his kinetic art; this Audrey Hepburn piece cleverly reveals two pictures at once."

"I call this my 'pop-art literati' study. The idea was to continue the theme of mixing genres and art styles, but going to two extremes. The literati were the official scholars and mandarins during China's imperial period. This is represented in the typical Chinese furniture: horseshoe-shaped chairs, the Chinese desk and the chicken coop. The prints in bright blues and reds are by Singapore-based artist Diana Francis."





BORNHOLM Collection

The Bornholm collection is a unique combination of recycled boat wood coupled together with a high distress paint finish. Its charm is in its old cracks, holes & chipped paint in either vintage sky blue or white wash. Available in Cream White & Vintage Sky Blue.



Bornholm Dining Set 90 x 180cm or 220cm



Bornholm Stool
60 x 40cm



Bornholm Bar Stool
35 x 39 x 78cm



Bornholm Dining Stool
35 x 39 x 40cm

HOMEWARE & ACCESSORIES



Bornholm Bar Set

**TEAK
& MAHOGANY**
EXCLUSIVE OUTDOOR FURNITURE & ACCESSORIES

AVAILABLE
ONLINE & IN STORE
www.teakandmahogany.com

**SINGAPORE FURNITURE
INDUSTRY AWARDS '13**
THE FURNITURE
RETAILER AWARD **GOLD**

Teak and Mahogany Pte Ltd • 100E Pasir Panjang Road Century Warehouse, #07-02/03/04, Singapore 118521
Tel: 6273 8116 • Open daily from 10am to 6pm





Clockwise from opposite, top:

"Peaceful and restful, the guestroom was designed for family and friends to rest and recharge in after long-haul flights. It's very shabby chic, a style I love playing with.

"I really do treasure my pieces from Artful House. Owner Padmaja's style mirrors mine; she uses old pieces and recycles them for contemporary living. Two old windows from havelis (mansions) were repurposed into mirrors, and a beautiful door decoration was turned into a console."

"This fashion photograph of Lily Cole posing on a spiral staircase in a dreamy, flowing Stella McCartney gown was taken by Tim Walker in Gujarat, India, for the British edition of Vogue.

"I stopped dead in my tracks when I saw the blue wooden processional horse from South India. The colours and the shabby look were perfectly matched to the photo – I just had to get it.

"For the master bedroom, I tried to imagine how Leonardo da Vinci's world would have looked had he been born in Asia.

"These artworks use painting techniques from the Old Masters and imagery reminiscent of Medieval and Renaissance times; the unicorns are especially notable.

"I've been collecting the dolls since my childhood."

"Mixed with some very European items is an Indonesian bed, a three-headed statue of the Hindu god Shiva, and a panel of the Eight Taoist Immortals, revered for their magical powers as they travel between heaven and earth to help mankind.

"On the far wall, the painting by Czech artist Victoria Francisco is very close to my heart. This is the very first piece of art Guillaume and I bought together, when we were students in Prague about 13 years ago, although we only purchased a postcard reproduction! It faded in the heat and humidity, but we managed to track down the artist, who still had the original. We bought it as a wink to our ten years together."





Maureen's tips for living with antiques

An antique chooses you, not the other way around. If a good piece calls to me, especially after a few months of resisting, I consider it's meant to be, and give in!

An antique has to be earned. I'm not talking dollars. Know your antique; dig out information about its provenance, history and materials – this adds layers of interest to the purchase and to the story of your piece.

Don't be an antique snob. Replicas can look great and are kinder on the budget; just make sure the patina and craft have been well done.

An antique gives soul to a room and home. I always ferret out one piece that brings gravitas to a whole design scheme.

Meld old with new. Your antique will shine all the more when presented with a contemporary artwork or piece of modern furniture, and the effect will give your home its inimitable "so very you" look.

Make it a love that lasts. Stop to enjoy your collection – look at the pieces with a new eye, move them around to create different moods, have fun with mixing them.



Maureen's Recommendations

Art Commune (for Singaporean art)
231 Bain Street, #02-43
Bras Basah Complex
9747 9046
artcommune.com.sg

Artful House (for Indian furniture with soul)
315 Outram Road, #08-04
Tan Boon Liat Building
8112 6127
artful-house.com

Benaka Art Conservation (for artwork restoration and specialist framing)
64 Taman Wana
6100 2707
benakaartconservation.com

Galerie Bartoux (for international pop and contemporary art)
2 Orchard Turn, #01-12A/13
ION Orchard
6634 8806
galeries-bartoux.com

Li Bai Art (for one of a kind and well-crafted Chinese furniture)
20 Bukit Batok Crescent,
#07-08 Enterprise Centre
6316 1181 | libaiarts.com

Maywell Lifestyles (for Burmese furniture with a modern edge)
13 Dempsey Road
6472 0208 | maywell.com.sg

Signé Design (for interior design services)
8427 5745 | signe-design.net

Straits Antiques (for tribal art)
19 Tanglin Road
6732 0977
facebook.com/straitstantiques.singapore



16,000 sq ft
One-Stop
Provider
for your
outdoor needs

*Visit Singapore's Largest
Outdoor Furniture
Concept Store Chain*

*Be inspired by our mega concept stores with
the widest range of outdoor wicker, teak and
aluminium furniture!*

www.BoulevardOutdoorFurniture.com



Adrian Pang
Adrian Pang
FLY Entertainment Artists



*Bask in the sun, enjoy deep conversations or unwind with a bottle of wine on
our exquisitely snug, water-resistant Zak Collection of sofas, lounge chairs, bar and dining sets.*



Zak Bar Set



Zak 3-Seater Sofa



Zak Square Dining Set



Zak Sunlounger with Side Table

Ubi Concept Store:

Block 10, Ubi Techpark, Ubi Crescent, Lobby B, #01-21 & #01-22, Singapore 408564
Open daily from 11am - 6pm (including Sundays and public holidays)
Hotline: 6742 0102

Bukit Timah Concept Store:

200 Turf Club Road, Grandstand (Former Turf City), #01-18, Singapore 287994
Open daily from 11am - 8pm (including Sundays and public holidays)
Hotline: 6763 1886

MARBLE
GRANITE
ONYX
TRAVERTINE
SANDSTONE

Artisans of the trade. A heritage set in stone.

As a leading supplier of exceptional stone products, we have spent years perfecting our craft. Using the latest in stone processing technology, we have the ability to customise and transform your preferred marble selection into top-notch floorings and walls. From large commercial projects to intimate residential settings, we constantly challenge ourselves to find the best solutions for the most arduous jobs while priding ourselves for paying attention to the smallest details.



Hot Spring Stone Pte Ltd

www.hotspringstone.com

Showroom & Factory: No. 34 Sungei Kadut Street 1 Singapore 729339
Tel: +65 6362 0085 Fax: +65 6362 0013 Email: info@hotspringstone.com

Fantastic Finds

By Amy Brook-Partridge

Since its launch in September 2013, the Singapore Trading Post (STP) has gone from strength to strength with its East Indian trading routes-inspired homeware range. We talk to owners ROB PENDERGRAST and JO HARRISON about recent developments, and the background to some of their most popular finds.



The last time *Expat Living* sat down with Rob and Jo, the owners of STP, they had just launched their first showroom in Pasir Panjang. Since then, the store has moved from its original site to a recently opened retail outlet in the Tan Boon Liat Building near Tiong Bahru. A concession store in PasarBella at The Grandstand has also just opened, and a selected STP range is now available in the Emporium at Millenia Walk. Add to that the online store, and now there are even more ways to shop at STP.

"We've really been propelled into this growing business and it's amazing," says Jo. Rob continues, "When we sat down and wrote up our business plan, we said let's first see if we can break even in 12 months and then we can move to bigger premises; but by about ten months we were already good to go."

What can they put this fast-paced success down to? "Our pieces are so eclectic; we have the whole of the world here in our stores, but our customers come from so many different places, so something always works for someone," says Jo. "People love the classic colonial pieces – they are the essence of Singapore, and that's what we really want to build on."

The buying game

Rob and Jo had agreed from the start that they would hand-pick everything for the shop themselves rather than rely on wholesalers. They continue to go on buying trips, albeit separately, to locations such as Northern and Southern India, Java, Vietnam and Myanmar, with Rob buying the furniture, and Jo the accessories. "It's been a big learning curve, but personally choosing our stock is important; we can talk about its background, and that's what customers appreciate," says Jo.

Having done so much, so soon, one would think it might be time to sit back and enjoy the spoils, just for a while, but Rob and Jo have bigger plans. "Yes, we've achieved a lot already, but we are very ambitious and still want to do more. We want to create our own brand across some of our products, and we'd love to see a Melbourne Trading Post or a Brighton Trading Post in the future," says Jo.



Rob's four furniture picks

Clockwise from top left:

"This is a pressed-steel ceiling panel from Gujarat in Western India, and is probably about 140 to 150 years old. I found a number of them lying on the ground, so I asked for some aged teak to be used to build a frame and panels around it. It was also waxed, which means that it doesn't shine and is rust-proof." - \$850

"These champagne buckets are among our most popular items right now. When Jo and I looked at creating our own range we decided that the products needed to be both branded and, just as importantly, practical. We started with tea towels, then Singapore cards, and now champagne buckets. We selected one of our existing suppliers in Moradabad, Uttar Pradesh, because of their willingness to work with us and their existing range of designs." - Large in gold, \$385; small in silver, \$265

"What is more Singaporean colonial than black-and-white houses, palm trees and cane furniture? So these were a 'must-have' addition to the collection. We sourced them from a Dutch-Indonesian manufacturer in Java. The finish is meticulous, and their historical background fitted so well into our desire to source from the routes of the East Indian trading company." - Colonial-style "Stamford" chair with footstool (left), \$495; "Tanglin" chair (right), \$425

"I was always amazed by how many doors I would see in Rajasthan, and their diversity, but I wondered what to do with them other than use them for decoration. I now get them made into bookcases or display cases. The door becomes the back of the cabinet, aged teak creates the cabinet, and the original door surround becomes the front. Add glass shelves and you now have a unique, re-purposed piece of antique furniture." - \$2,200



Singapore Trading Post
#07-01 Tan Boon Liat Building
315 Outram Road
6221 4619
singaporetradingpost.com

DISCOVER YOUR *island* ADVENTURE

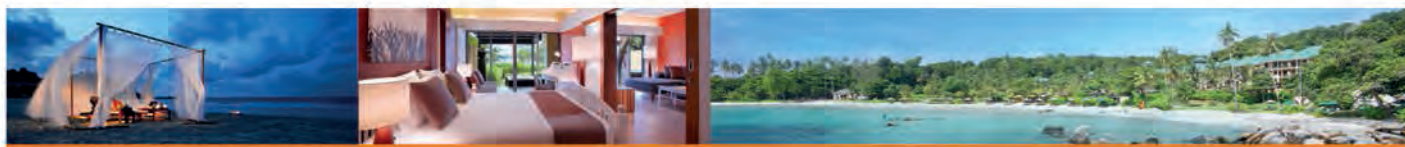


ENJOY REFRESHING MESSAGES

DELIGHT IN SUMPTUOUS SPECIALTIES

PLAY UNDER THE BLUE SKY

SURPRISE YOURSELF



MAURITIUS • MOROCCO • MALDIVES • THAILAND • LAOS • VIETNAM • INDIA • INDONESIA • CHINA

RESERVATIONS: 1800-849-5788

ANGSANA.COM    



Fond Farewell

By Amy Brook-Partridge;
photography by Michael Bernabe



Four years ago, ELEANOR CRAIG and LYNDAL TALBOT set up their now hugely popular furniture and homeware store, **Verandah Living**. With Lynda set to leave Singapore for Australia in February, a discount sale for all stock is planned from 6 January. *Expat Living* visited the outlet to ask the partners about their expat experiences, and to check out what's in store for the sale.

Lynda, with such a successful business still in operation, why are you leaving?

We've lived here for seven years and we just felt that it was time to go. Our son Rafferty is 11, so he's coming up to high-school age, and we always had it in our minds that he would be high-schooled in Australia. There were changes with my husband Mathew's work, and luckily it's been well timed for us to be able to really plan our exit.

So what are the plans for Verandah Living?

Lynda: We had looked at selling, and had also considered continuing to run the shop from Australia. There remains a lot of interest in the Verandah Living brand, and we will continue to manufacture some of our favourite items to supply to other stores in Australia and Singapore, so look for us later in the year.

For now, though, it makes sense to trade out of our Bukit Timah retail store with a grand finale sale. This starts from 6 January and will run until the end of the month, stock permitting. The plan is to close for Christmas, and then reopen, with the store looking completely different with all the sale items. The place will be absolutely stacked with products.

Eleanor: Verandah Living has gained a great following in the past four years, and it's always a bit sad to see a change – though, as Lynda says, we're not disappearing altogether. Shoppers will get some great deals in January, with discounts of between 30 and 60 percent. It will be nice to leave the Sime Darby Centre on a high.

With Lynda gone, what will you be doing, Eleanor?

I'll miss talking to Lynda several times a day, but I'm aiming to spend more time working on my own consultancy business. I'll also be focusing on the charity I'm involved in, the Tabitha Foundation, and its sister charity Nokor Tep Foundation. It's a great cause, and they have such a nice group of volunteers, so I won't be lonely!

You met through the Tabitha Foundation, right?

Lynda: Yes, and my husband also worked for Eleanor in her former corporate life, so I knew her in both capacities. We knew that we were both hard workers! It was still a bit of a leap of faith to go into partnership together. However, with my background and years of experience in homeware buying, and Eleanor's in business and finance, we recognised that we had great strengths in different areas.

What was it like setting the business up four years ago?

Lynda: Eleanor is a permanent resident, which made setting up business a lot easier. We did face some challenges, including finding the right shipping agent, managing the stock, getting the supply chain right – none of that was easy. It's been a steep learning curve, but as time went on, we found the right people to help.

Our spot here in Bukit Timah is great: it's affordable, it has good access for containers, and we have good neighbours; all this has helped define us as a homeware destination.

Eleanor: Having always been in the corporate world, it was a bit of a shock to the system initially, but at the same time it was good fun. Singapore has a very friendly business start-up environment, and they really try to help you.

What can people expect from Verandah Living now?

Lynda: "Tropical chic" and "grand hotel" is how we describe our style; it's not a place to buy anything really contemporary. Our stock isn't "samey samey", but the materials our products are made of mix well together, be they rattan, nickel, brass, glass or shell. The shop looks like an emporium, as we import goods from all over the world to create our singular style.

Finally, what will you miss about Singapore, Lynda?

Our wonderful helper, Auntie Viv, whom my son adores and who has made it so much easier for me as a working mum in this country. I am thrilled to have found a great new place for her to work.

The proximity to the rest of Asia, and being able to take those cheeky little holidays once in a while, is great. I'll also miss having a glass of wine on the verandah watching the sun go down on a balmy evening.

It goes without saying that I will miss Eleanor and my wonderful friends very much. I wouldn't have missed this experience for the world.



Lynda and Eleanor with their first shipment

Lynda's top style tips

Number one is textiles. Whether your furniture is rented or whether you've bought cheap furniture to take you through your stay, textiles make a place yours; so get some cushions, get some curtains on those windows. This will help soften and individualise a home.

Have plenty of mirrors in the house. Sometimes people try so hard to make everything match that it gets a bit flat and boring; you need the little bit of sparkle that a mirror provides. Mirrors are your best friends – you can have one in every room.

Mix your textures. Don't buy sets, buy different chairs and mix it up. Sure, have an IKEA sofa in your living room, but add in a couple of rattan or planter chairs, something different. Fill up with cushions and hang some mirrors on the walls.

Turn off those spotlights and get some beautiful lamps! Overhead spotlights make you look ten years older, so use standing and side lamps instead.



To take advantage of the massive clearance sale at Verandah Living starting 6 January, head to the Sime Darby Centre, 896 Dunearn Road #02-02C | 6466 0425 | verandah-living.com



Chinese New Year
Special Offers
Jan 02 - Feb 22

Sika·Design®

Komfort, Kvalitet & Bæredygtighed. | Comfort, Quality & Sustainability.



#02-24/25 Shaw Centre
1 Scotts Road
T: +65 6836 9495
10.00am - 9.30pm daily

#01-34 Millenia Walk
9 Raffles Boulevard
T: +65 6333 1669
10.30am - 9.30pm daily

Show Home
22 Lorong Sesuai
Singapore 596170
*By appointment only

dreamweave®
dreamweaveandotherstories.com



Table Tastes

Whether it's used for eating at, working on that last-minute presentation, crafting with the kids, or homework, dining furniture is like a magnet in a house or apartment, drawing people in. Read on to find out why our *Expat Living* readers chose their particular pieces.



Jessica and Euan Kenworthy,
British

“We were relocating back to Singapore again from Zurich, but this time without any furniture, and so we were looking for an outdoor table that seats at least eight people. My husband noticed Dreamweave while wandering around the mall. It has a very good display outside the shop, and he thought the furniture was eye-catching. He took photos there and then suggested I join him at the shop!

Rekha helped us choose the right set, talking us through the types of wood used, and the different styles and sizes. A full set of chairs in the colour we wanted was not available immediately; however, Dreamweave let us use some of their almost identical chairs pending the arrival of our full set.

We bought the George dining table and a set of Rossini chairs in an antique colour. The table is 100cm by 240cm, and therefore suits our seating requirements. We live in a black-and-white house, so we liked the colonial style of the rattan

chairs and the old feel of the reclaimed wood used for the table. We also liked the fact that the teak used for the table was reclaimed and not new.

We are very happy with the furniture we bought, and are considering more furniture for our terrace. We think that the Donatello two-seater and chair set is absolutely lovely.”

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

John Myung, American

“I’d recently moved into a new apartment in Orchard with a combined living and dining room, so I was looking for a dining room table that could seat six and not take up too much space. I was searching for a rectangular, modern and unique table and set of chairs.

My real estate agent referred me to Gallery 278, and I found the service there to be excellent – it definitely met my expectations.

I purchased a bleached teak wood table and six matching chairs, custom-made in Indonesia, and with geometric-designed backs. They complete the modern look in the living and dining room.

I like seeing the wood grain and imperfections on the surface of the table. The fabric I selected for the chairs is off-white, and I wanted very firm cushions that would grab you in all of the right places.



We are happy with this purchase, and I have also purchased several other teak wood furnishings from Gallery 278.

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

Alissa, Leo and Zephyr Fasman, American

“We were staying in a serviced accommodation at Great World City, so it was an easy stroll across the street to

Origin Asia. Rebecca and her colleagues were very kind and patient with us.

We bought an extendable table that rests at 180cm, but extends to 250cm. My husband likes to cook and we enjoy having people over, so we wanted

something big enough for that, but we also needed it to fit comfortably in our apartment day to day. We also bought a bench and six chairs.

We chose to leave the wood unfinished because we like the natural look, and having two young boys and busy lives we did not want to worry too much about stains and spills. When it becomes too embarrassing, we can give the table a light sanding and it should be like new; we haven’t had to do that yet.

We are thrilled with everything. There are about ten other beautiful pieces I would love to buy from the store, including two beautiful cane armchairs and a daybed, but I have had to restrain myself for now. I usually buy quality used products because it’s easier on the environment and the pocketbook; but the dining room is the centre of our family life, so we wanted the right piece. We expect to have this table for a long, long time.

Origin Asia
372 River Valley Road
6733 7384 | originasia.com



Marie Lloyd, British

“When we first moved here we had taken on a part-furnished property, so we didn’t have a dining table. Now we were looking for an extendable

wooden table. Initially, we drove past Taylor B’s smaller store and decided to stop in. We were assisted by Anthony, who was very friendly and helpful, even providing water while we were shopping. He measured everything for us, writing

down all the necessary details so we could check the size at home first.

We bought an extendable wooden table and the fabric-covered chairs displayed with it. However, they didn’t have enough in stock so we needed to order extra; in the interim, to ensure we had the eight we required, Taylor B provided an alternative chair in leather for us to try out. We actually ended up changing our minds and getting the leather ones as they looked better in our home, so they arranged to swap them over in the delivery.

We are very happy with our purchases, and we have already returned to both Taylor B stores to buy more furniture. We like that they have different, one-off pieces and we have ended up furnishing a lot of our home with their furniture!”



Taylor B Fine Design Group
43 Keppel Road
9420 4040 | taylorbdesign.com

Dani Van de Velde, Australian

“Having moved to Singapore recently, we have a large space with covered balconies. We were after a table in simple, rustic, reclaimed wood that could seat eight to ten people. Initially we were looking at outdoor furniture, but when we saw the beautiful reclaimed wooden tables at Woody Antique House, we decided to get one for the balcony.

After reading an article on the Expat Living website, one weekend we popped in to take a look at Woody’s and left having chosen not only the dining table but also three other pieces. The store is packed with beautiful products, and the people who served us love what they do. They took enormous care delivering the furniture too.

We bought a large sideboard, a television unit, a dining table and eight dining chairs. They’re made from reclaimed Chinese elm in large solid beams, pieced together in simple, bold forms. The grain and markings of the wood, along with the gunmetal

grey fittings, add to the solidity and earthiness of each piece. The wood has been given a new lease of life in these simple designs and it fits well with our other furniture.

We love our new furniture, and we eat every meal outside at our balcony table. It also makes for a great writing

space during the day. Now I have my eye on two bedside tables and an old, magical-looking wooden chest. Woody, we’ll be back!”

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





Welcome 2015 **GET \$500**

It's the perfect time to bring home a new Carpet. Trade In any of your old carpet for a new one.



Gallery

Available at :

LOTTO CARPETS GALLERY
Block 26 Dempsey Road, #01-04 Singapore 249686

www.lottocarpets.com

Since 1860's



Happy Dining

The days of families gathering for a group meal around a dining table seem to be disappearing. More commonly, individual family members eat at different times, or in front of the television – even in the office or bedroom. It's a shift that will have an increasing impact on society, according to a BBC report.

We don't want this, do we? So let's make our dining areas as cool, appealing and comfortable as possible.

When it comes to choosing a table, make sure that it's the perfect height for the chairs – even in matching sets this is something that's often not quite right. Buying ad hoc pieces from different outlets can make it even more difficult to achieve this balance.

Many new homes and apartments have smaller dining rooms; if that's the case, be sure to choose something that's not too "heavy". Anything that can have multiple uses or can be shifted easily is good too.

Here are just a few ideas for dining in style.



Roops



1 Pettersson dining table, **Ethnicraft Online**, showroom in Eunos by appointment only, 9272 1545, ethnicraft-online.com.sg **2** Chole dining table, metal rod base with solid oak top, **Window to the Past**, 3 Kung Chong Road, 6235 2760, wtpstyle.com **3** Plank table in walnut, Naver Collection, **Danish Design**, 100E Pasir Panjang Road, #08-01 Century Warehouse, 6270 8483, danishdesignco.com **4** Carpenter table and bench in solid reclaimed teak, **Mountain Teak Furniture Gallery**, 315 Outram Road, #07-02 Tan Boon Liat Building, 6224 7176, mountainteak.com **5** Sideboard in oak and acacia with retro legs, different sizes and options with drawers available, **Artful House**, 315 Outram Road, #08-04 Tan Boon Liat Building, 8112 6127, artful-house.com **6** Philos retro collection dining table in solid walnut, **Danovel**, 19 Tanglin Road, #02-54 Tanglin Shopping Centre, 6235 5509, danovel.com





7



8



9

7 Saturn chair, **Dreamweave Concepts**, 9 Raffles Boulevard, #01-34, 6333 1669, dreamweaveconcepts.com **8** Café Table, **Dreamweave Concepts** **9** Caracole Center of Attention dining table, taupe silver-leaf table-top with legs finished in Satin Ebony, **Taylor B. Fine Design**, 43 Keppel Road, 9420 4000 or 9420 4040 **10** Originals table in rattan of various colours with glass top, **Dreamweave Concepts** **11** Floyd dining table with walnut wood base and clear glass top; Thomas chair with walnut legs and fabric upholstery; **Finezza**, 9 Penang Road, #02-27/28 Park Mall, 6334 9972, finezza.com.sg **12** Vega dining set in solid oak with cast-iron legs, **Window to the Past**, 3 Kung Chong Road, 6235 2760, wtpstyle.com



10



11



12



13



14



15



16



17

13 Contemporary teak stretch dining table and JIM dining chairs by Vincent Sheppard, with Indian recycled sideboard, **Originals**, 896 Dunearn Road, #02-03 Sime Darby Centre, 6471 9918, originals.com.sg **14** Conacaste dining table by Eric Ledoigt, **In Situ**, 238 River Valley Road, 6733 7307, facebook.com/insitusg **15** Designer's Collection in Myanmar teakwood, **Teak Avenue**, 9 Tagore Lane, #02-05 9@Tagore, 6457 2267, teakavenue.com **16** Suar wood dining table, made from one piece of wood, **Woody Antique House**, #01-05 Block 13 Dempsey Road, 6471 1770, woodyantique.com **17** ECO solid teak dining table with benches, **Centrepiece**, 7030 Ang Mo Kio Avenue 5, #06-62 Northstar@AMK, 9030 5057, centrepiece.com.sg



18



19



20



21

18 Dining set, **OriginAsia**, 372/ 372A River Valley Road, 6733 7384, originasia.com **19** Zen Corian table and arm chairs, in four colours, **OHMM**, #03-09 Riverside Point, 30 Merchant Road, 6836 2747, ohmm.sg **20** Hand-crafted Moroccan ceramic ware, **Dreamweave Concepts**, 9 Raffles Boulevard, #01-34, 6333 1669, dreamweaveconcepts.com **21** Ceramic mug, **Stylodeco**, 6699 5532, stylodeco.com **22** "D" dining table in solid teak, **Gallery 278**, 278 River Valley Road, 6737 2322, gallery278.com **23** Art Nouveau English breakfast table in teakwood with original marble top, c. first quarter 20th century, **Prakalyam Gallery**, #01-09 The Vertex, 33 Ubi Avenue 3, 6635 4741, prakalyamgallery.com



22



23



24

24 Chester dining set, hand-woven European synthetic wicker with Sunbrella fabric, **Roops**, 6281 1377, 85 Defu Lane 10, #06-00 Ever Expand Building, skylinedesign.com.sg **25** Candelabra in stainless steel, **Singapore Trading Post**, 102F Pasir Panjang Road, #02-04 Citilink Warehouse, 6274 0511, singaporetradingpost.com **26** Rustic dining table in reclaimed elm wood from old houses and railway tracks, **Woody Antique House**, #01-05 Block 13 Dempsey Road, 6471 1770, woodyantique.com **27** Reborn teak dining table, 100 percent recycled wood from Indonesia, **Woody Antique House**



25



26

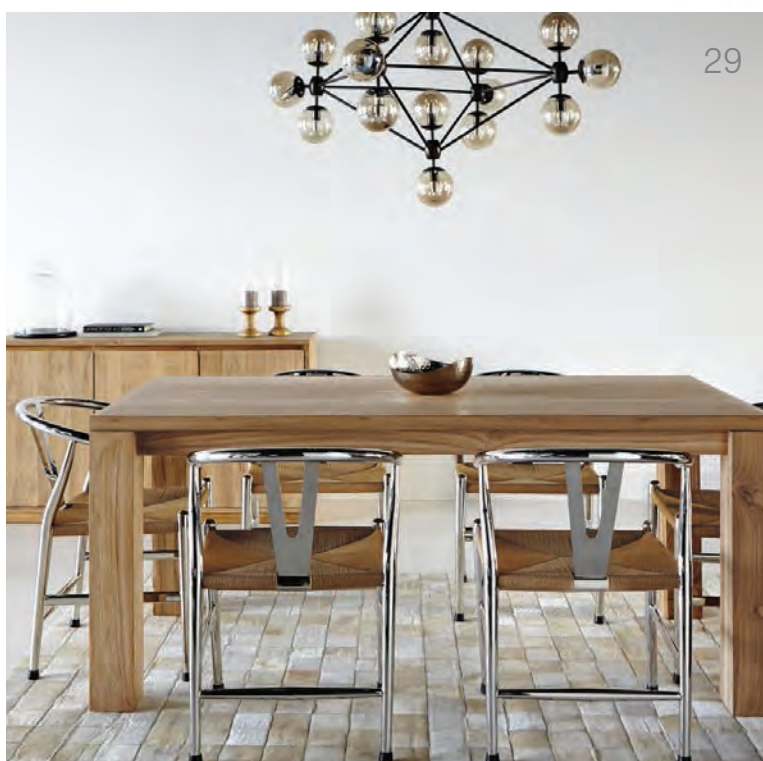


27

28 Nicole table and Isabell side chairs, **Dreamweave Concepts**, 9 Raffles Boulevard, #01-34, 6333 1669, dreamweaveconcepts.com **29** Dining room set, **Centrepiece**, 7030 Ang Mo Kio Avenue 5 Northstar@AMK #06-62, 9030 5057, centrepiece.com.sg **30** "Bamboo" dining table, "The Palm" winged dining bench, and ottomans, **E & A Interiors**, 46 Kim Yam Road, #04-24, 6702 4850, eandainteriors.com **31** Venus chairs in galvanised steel frame wrapped in polystrand, various colours, **Dreamweave Concepts** **32** Hardwood dining table with upholstered chairs, **Expat Auctions**, 102F Pasir Panjang Road, #02-04 Citilink Warehouse Complex, 6278 0511, expatauctions.com.sg



28



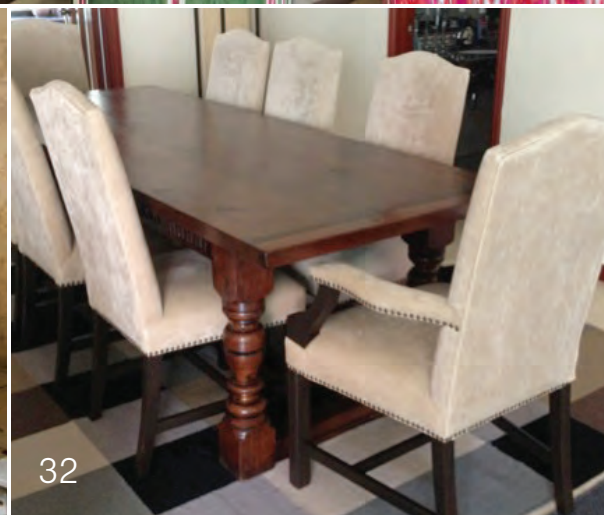
29



30



31



32



33



34



35

36

33 Elm wood Art Deco square games table used as a small dining table, matched with porcelain drum stools (various colours), **Just Anthony**, 379 Upper Paya Lebar Road, 6283 4782, justanthony.com **34** HK Living breadboard in mint, yellow, black, orange and white (available from February), **Make Room**, 315 Outram Road, #10-01 Tan Boon Liat Building, 9113 1274, make-room.net **35** Pair of horn salad servers, **Singapore Trading Post**, 102F Pasir Panjang Road, #02-04 Citilink Warehouse, 6274 0511, singaporetradingpost.com **36** Smak and sisal-weave hotplate placemats, **Dreamweave Concepts**, 9 Raffles Boulevard, #01-34, 6333 1669, dreamweaveconcepts.com **37** Oil and vinegar cruets, **Lemon Zest**, 43 Jalan Merah Saga, #01-80 Chip Bee Gardens, 6471 0566, lemonzestlife.com **38** Mr Marius Origami Oak Bench with removable 100 percent wool padded cushion in either light grey or green, **Mountain Teak Furniture Gallery**, 315 Outram Road, #07-02 Tan Boon Liat Building, 6224 7176, mountainteak.com **39** Versatile bowl, **Stylodeco**, 6699 5532, styledeco.com **40** Salad servers, **Stylodeco**



38

40

39



37

*Looking for Particular Style,
Size or Color to Match Your
Home Ambience...*



GABBEH CARPET
Luxury you can feel at your feet

Molazadeh Bro's Trading Pte Ltd



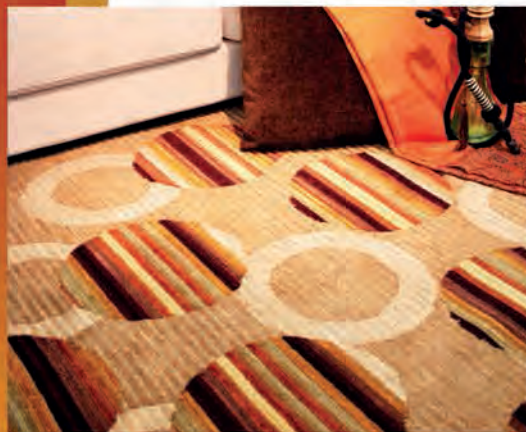
We are offering a wide range of high quality Classic, Antique, Flat Weaves and Contemporary Handknotted as well as Modern Machine-made Carpets made-in Europe, at very competitive price.



The Furniture Mall Showroom:
10 Toh Guan Road
#01-19 Singapore 608838
Tel: (65) 6861 1892
Website: www.gabbehcarpet.com
sales@gabbehcarpet.com



Orchard Showroom:
100 Orchard Road #02-11/12
Concorde Hotel & Shopping Mall
(Le Meridien) Singapore 238840
Tel: (65) 6836 2880
Fax: (65) 6836 0982
gabbah@singnet.com.sg



You Can Get Them All At



GABBEH CARPET
Luxury you can feel at your feet

member of



PRE-LOVED, ANTIQUE, VINTAGE, RECLAIMED WOOD PIECES,
BRANDED AND...SOMETIMES NEW FURNITURE.



UPCOMING AUCTIONS: January 17th, 24th and 31st



Buyers and sellers please go to the website for more information.

www.expatauctions.com.sg

t 6278 0511 e admin@expatauctions.com.sg

102F Pasir Panjang Road, #01-01 Citilink Warehouse
Singapore 118530



To view pictures & prices : www.fairpriceantique.com

Visit
Fair Price
Antique Pte Ltd
Before
You
Look
Anywhere
Else!



OPEN DAILY 12-5PM

FairPrice Antique Pte Ltd

315 Outram Road

#01-10 Tan Boon Liat Building

Singapore 169074

T: 6270 2544

E: shop@fairpriceantique.com



Furniture and home accessories
indoor & outdoor

Natural living



Central: 211 Henderson Road #01-02 SG 159552 Tel: 6475 2633 Opening hours: Mon - Sun: 10:00 - 19:00

www.galangaliving.com



Ethnicraft[®]
emotional[®] wooden furniture

Introducing Universo Positivo

Universo Positivo navigates through collaborations with notable international designers to launch a **fresh**, **playful** and **DYNAMIC** collection.

Make an appointment to visit our showroom at Eunos.

🌐 : www.ethnicraft-online.com.sg

✉ : info@ethnicraft-online.com.sg

☎ : +65 9272 1545



CELEBRATE TRADITION AND HERITAGE WITH

fabindia in Singapore
CELEBRATE INDIA

Now at

VivoCity #01-141 (Flagship Store)

1 Harbourfront Walk, Singapore 098585 | Ph: +65 63769355

Paragon #04-04/05, 290 Orchard Road, Singapore 238859 | Ph: +65 67334741

Garments, jewellery, giftware and home linen.
Crafted with traditional techniques and hand based processes. Natural fabrics.

www.facebook.com/fabindiasingapore/www.fabindia.com

Supporting Indian Artisans Since 1960



We offer flexible car rental plans
to suit all your needs.

With over 25 years of experience in the car industry,
Evergreen Rent A Car is your ideal 1-stop destination
that will serve all your lifestyle requirements.

Call us today for a chat. Or visit our website for more information.

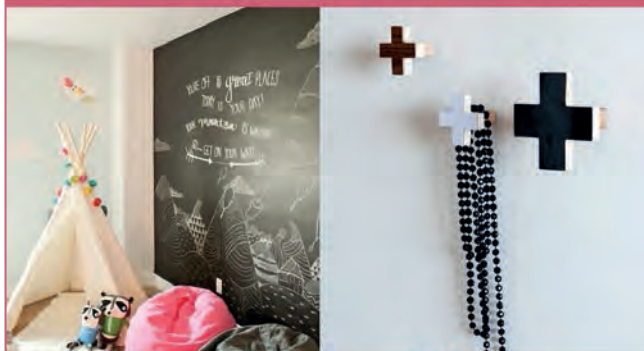
Tel: 6459 0990
www.evergreenrentacar.com

Our Corporate Class services include:

- Wide range of models, both new and used
- No large capital outlay on top of our already low monthly rates
- 24-hour Emergency Hotline and an immediate replacement car when there is a breakdown of your rented vehicle
- Unlimited mileage rental
- Regular maintenance and grooming services with courtesy cars provided for your use during this period
- Comprehensive insurance coverage

Maissonne

Contemporary Homeware



*New Products Available Now
At Our Online Store*



www.maissonne.com mobile: 8292 5600



OUR CHILDREN INTERIOR BOUTIQUE

www.piccolo-house.com

www.facebook.com/piccolohousesg

Piccolo House • Treehouse Australia • Patersonrose • Freckles
Sofzsleep • Ielbys • Forwalls • Roomates • Snurks



Piccolo House (East) 10 Ubi Crescent #01-63 (Lobby D)
Ubi Techpark Singapore 408564
T: (65) 6743 8884 E: Contact@piccolohouse.com.sg
Tue To Sun 11-7pm (Closed On Monday)

Piccolo House (West) The Grandstand 200 Turf Club Road
#04-13 Singapore 267994
T: (65) 6763 3612
Tue To Sun 11-7pm (Closed On Monday)



VERANDAH LIVING

... where tropical chic meets
grand hotel style.



Singapore's favourite shop is
CLOSING DOWN

**MASSIVE SALE FROM
6th JANUARY**

**ALL STOCK MUST GO
30-70% OFF EVERYTHING!!**

www.verandah-living.com

Level 2, Shop 2C SIME DARBY CENTRE
896 Dunearn Road
Phone: 6466-0425

Open Tuesday - Saturday 10.30am - 6pm
Sunday and most P.H: 12pm - 6pm
Check out what we are up to on Facebook!

**Special
Offers
for StarHub
Customers!**

Geek Team

Remote Support

IT Support 24/7, 365 days a year
Unlimited devices

StarHub customers only

\$68 One-off up to 1 hour
of service (UP \$78)

Onsite Support

A Geek in your home to help
you in-person for 2 hours

StarHub customers only

\$188 including
travel (UP \$230)

1 hour at \$118

Prices valid until January 31, 2015

Use this service to set up your computer, tablet/phone, or a new printer. Tune up your computer, get all your devices to sync, remove a virus, install software updates, fix your network, troubleshoot any IT problems or just ask an IT related question.

www.geekteam.asia

support@geekteam.asia

CALL 6631 8447

OPEN 24/7, 365 DAYS A YEAR



www.mrs-sparkles.com.sg

SERVICES AND RATES HOUSEKEEPING / CLEANING

Free and Easy

Once in 2 weeks or once a month (4 hours per session)
Rate per session: S\$130 (1 cleaner), S\$250 (2 cleaners)
20% surcharge in lieu of taxi charges shall be reimbursed directly to the cleaner during Sundays/Public Holidays and after 5pm during weekdays.

Standard

Once a week or 4 times a month (4 hours per session)
Rate per package: S\$400

Deluxe

Twice a week or 8 times a month (4 hours per session)
Rate per package: S\$800

Spring Cleaning

From S\$400 onwards
Annual Spring-Cleaning
Move in, Move out or Handover Cleaning
After Renovation Cleaning

Pet Minding

Feed pets, change pets' drinking water
Rate: S\$30* per trip

Housesitting Services:

Water indoor/outdoor plants and collect mails
Rate: S\$30* per trip

Laundry and Dry-cleaning Services



Hotline: 6298 2923

Email: sparkles@mrs-sparkles.com.sg



Come & Explore!

The widest range of bicycles for the whole family!



TREKNOLOGY 3

Road Bikes, Mountain Bikes, Triathlon Bikes, Lifestyle Bikes, Cruisers, Kids Bikes

Mega Showroom

14 Jalan Kilang Barat
Singapore 159356
Tel: 6273 8616

City Showroom

91 Tanglin Road,
Tanglin Place #01-01
Singapore 247918
Tel: 6732 7119

Sembawang Showroom

1026 Sembawang Road
Singapore 758500
Tel: 6852 0989

East Coast Showroom

907 East Coast Road
#01-04 Springvale
Singapore 459107
Tel: 6448 8321



TREK

OVER 400 BIKES ON DISPLAY IN OUR MEGA SHOWROOM

More info at www.treknology3.com | www.facebook.com/treknology.singapore

Imagine It. Find It. Love it.



www.centrepiece.com.sg

custom made sofa . dining chair . ottoman

headboard . cushion cover . upholstery . teakwood sofa & chair



7030 Ang Mo Kio Avenue 5 Northstar@AMK #06-62 S569880

T:9030 5057 F:6570 0102 E:sales@centrepiece.com.sg

GST registration: 53073136C



A BEAUTIFULLY DESIGNED RANGE
OF FURNITURE, LINEN & ACCESSORIES

Showroom: 7 Joo Chiat Place, Singapore 427742
Mon-Fri 9am-5pm, Sat-Sun 11am-6pm

www.ni-night.com | 6440 7567 |   



Showroom:
315 Outram Road #10-01
Tan Boon Liat Building
Singapore 169074
T +65 9113 1274
E hello@make-room.net
www.make-room.net

**MAKE
ROOM**
INTERIOR STYLING

LEMONZEST PASARARBELLA
LIQUIDATION
SALE
NOW THROUGH FEBRUARY



www.lemonzestlife.com

Lemon Zest @ PasarBella Stall #02-K72 to K76
200 Turf Club Road Singapore 287994

A-Team Amahs & Cleaners
(Established in 2003)

Rated **BEST VALUE** By SimplyHer Magazine



Local Part-Time Maid

Babysitter / Nanny

Local Domestic Helper

Weekly Home Cleaning
from \$16/hr

Tel: 6100 6131 / 6100 6132
www.a-team.com.sg





Private Estate



Bayou Creek Bungalow



Bayou Creek Semi-D

ECOLUXE for RENT

Resort Living in The Heart of Iskandar Malaysia, Johor

Come home to Leisure Farm, a premier international community in Iskandar Malaysia featuring private estates, luxury villas, bungalows and semi-detached homes. Surrounded by natural landscape, an equestrian club and a golf course, Leisure Farm gives you the lifestyle you deserve with state-of-the art amenities and modern facilities amidst lush rolling greens.

PRIVATE ESTATE

Expansive 4+1 Bedroom villas fully furnished with imported kitchen cabinets & branded appliances. Land area 36,567sq.ft. Built-up area 11,611 sq.ft. SGD 12,000 onwards.

BAYOU CREEK BUNGALOW

Exclusive partly furnished residences with spacious 5+1 bedrooms. Land area from 5,300 sq.ft. Built-up area 4,404 sq.ft. SGD 4,700 onwards.

BAYOU CREEK SEMI-D

4+1 bedroom contemporary family homes with partial furnishing. Land area from 4,500 sq.ft. Built-up area 4,462 sq.ft. SGD 3,100 onwards.

www.leisurefarm.com.my

Exclusive Agent :

JResi
L3008709F

Jerry Tan
+65 9631 6467

Property



MARKET Update



DEBORAH LAW

Executive Director,
Expat Realtor

What does 2015 hold for the Singapore real estate market? While property prices have generally held firm, the numbers of transactions for both residential and commercial properties have fallen significantly, and government cooling measures will continue to dampen property prices in the residential markets in 2015. The curbs will continue to turn investors away for a while longer as Singapore drops from fifth to ninth place in their global rankings.

Will 2015 see changes in how we approach en-bloc purchases? In the past couple of decades, easy fortunes have been made with developers snapping up en-bloc properties at much higher prices than individual sellers could have achieved. Government cooling measures and restrictive lending policies, together with little change in plot ratios from one master plan to another, have made them an unattractive option for developers in 2014.

The commercial sector will offer more appeal for deals than will the residential sector in 2015, with

more office supply coming onto the market and an expected increase in rentals.

For residential sales, unless there is some tweaking of the cooling measures or sellers lower their expectations, the market will continue sluggish in 2015; some analysts predict a price drop of up to 20 percent. The sentiment is that the government is not in a rush to start any tweaking yet.

Singapore ranks high as a place to live, work and play, conducive for businesses and other opportunities, thus keeping the fundamentals for investing in property strong. Interest rates remain low, so now is the time to land a bargain deal and hold onto it through the current property cycle to ensure a good buy.

Rentals will continue to be depressed for 2015 as supply beats demand, with lower numbers of foreigners coming into Singapore, lower rental budgets and a mass of new-builds coming on to the market. Landlords would be wise to renegotiate on renewal and hold on to their tenants.

Hot Properties



Dreamy Detached

\$6.2K RENT

Size: 4,000 sq. ft built; 4,750 sq. ft land

Bedrooms: 4

Type: Semi-detached

District: 20



Situated in the Begonia Road district of Yio Chu Kang, this well-presented house provides plenty of space and a good-sized garden with room for a pool. The open-plan kitchen and dining area leads out to a back garden with a large patio. There is one bedroom (with bathroom) on the ground level; upstairs are two enormous bedrooms, and the third level is a huge attic room. The master bedroom boasts a large study or office area, a walk-in wardrobe and an attached bathroom.

The house is centrally located with easy access to the PIE and CTE expressways. French, Australian and American international schools are nearby, Changi Airport is 15 minutes away, and it's 20 minutes to the CBD. Nearby Greenwich Village shopping centre offers a Cold Storage supermarket, shops and restaurants.



Ideal for expats looking for an older unit with masses of space, this huge, well-located condo in upmarket Meyer Road is spread over one level and has an open-plan kitchen and dining room. It's perfect for a family.

East Coast Equatorial

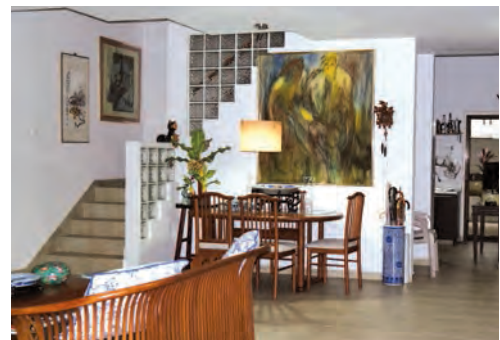
\$5.5K RENT
Size: 2,400 sq. ft
Bedrooms: 4
Type: Condo
District: 15

It's located opposite Katong Park playgrounds and a dog run area, and is a ten-minute walk from the jogging paths, cycling tracks, restaurants and beaches of East Coast Park. It's also within an easy 15-minute commute to Suntec, and has many great schools nearby. The four large bedrooms, three bathrooms, helper's room, plenty of storage and full condo facilities add to its appeal.

Charming Ming Teck

\$6.3K RENT
Size: 3,000 sq. ft
Bedrooms: 3
Type: Terrace
District: 10

This is a renovated three-bedroom terraced property, with a pleasant, fully covered outdoor patio and large back yard. It offers a spacious living and dining area, an office, a storeroom and a kitchen on the first level. The second level has three bedrooms, two bathrooms, a family area and a helper's room.



If you see a property that interests you, whether it's in these pages or somewhere online or even in the newspaper, call us **FIRST!** We can connect you with the agent and guide you through the process, right up to the end of the contract, and at **NO COST**.

Email us at **property@expatrealtor.net** or call **6255 1027** for more information.

PRESTIGE IN THE PHILIPPINES

Located in the heart of the Makati CBD, this elegant 52-level building is not only in a fantastic location but also boasts enviable design standards. The spacious residences offer spectacular views and uncompromising standards: each floor has only four units, each unit has a private lift lobby, and unit sizes start from approximately 300 square metres. Walk-in closets, gourmet kitchen systems, separate domestic workers' entrances and large balconies all complete the prestigious feel of this high-quality development.



If you see a property that interests you, whether it's in these pages or somewhere online or even in the newspaper, call us **FIRST!** We can connect you with the agent and guide you through the process, right up to the end of the contract, and at **NO COST**.

Email us at **property@expatrealtor.net** or call **6255 1027** for more information.

Your Choice Residence with services in Singapore



Orchard Scotts Residences (Winner of 2009 FIABCI Prix d'Excellence Awards)



Orchard Parksuites



Regency House



Far East Plaza
Residences



Sri Tiara Residences
(Kuala Lumpur, Malaysia)



Village Residence
Clarke Quay



Village Residence
Robertson Quay



Village Residence
Hougang



Village Residence
West Coast

Call **+65 6428 8600** or email **reservations@fareast.com.sg**

www.stayfareast.com

 **FAR EAST**
HOSPITALITY

FACT FILE: SERVICED APARTMENTS

The second in our two-part fact file on finding the right serviced accommodation focuses on **Village Residence** in Robertson Quay, which is ideally located close to the many dining and entertainment options along the river, and only a short taxi-ride away from the CBD.

1. FACILITIES: Village Residence has recently introduced a small petting zoo, where guests can engage with pets such as rabbits during their stay, a great addition for families with young children. The property also has a swimming and wading pool, a barbecue pit, an outdoor Jacuzzi and an indoor gym.

2. SERVICES: Continental breakfast is available Monday to Friday, and housekeeping comes three times a week (except public holidays).

3. ROOMS: There are a total of 71 rooms, including 12 studios, 43 two-bedroom suites and 16 three-bedroom suites. The studios are approximately 870 square feet in size, and each one comes with a fully equipped kitchen, 42-inch television, wireless broadband internet access, and a washing machine and dryer. The three-bedroom suites are approximately 1,000 square feet in size and have a second LCD television measuring 32 inches, as well as all the other standard amenities.

4. LOCATION: The property is a stone's throw from the large variety of restaurants located along Robertson Walk, Robertson Quay, Rodyk Road, Unity Street and Mohammed Sultan Road. For hawker-food lovers, Zion Riverside Food Centre, People's Park Complex Food Centre and Maxwell Road Hawker Centre are a short walk away. Night owls can head to Boat Quay and Clarke Quay for the many pubs and clubs, while art enthusiasts are within easy reach of galleries and museums including the Asian Civilisations Museum and the Victoria Theatre and Concert Hall.

5. COST: The monthly rent for a two-bedroom unit is around \$9,700. The minimum stay is seven nights.



ABOUT THE AREA

Robertson Quay is the largest and most upstream of the three wharfs along the Singapore River, the other two being Boat Quay and Clarke Quay. In the 1990s the URA (Urban Redevelopment Authority) earmarked the area as a site for hotel, commercial and residential use. Its current popularity as a residential area continues to grow, with a mix of international restaurants offering alfresco dining, wine bars, cafés and nightclubs. River cruises and river walks make this a hotspot for tourists too, with one popular route passing from Robertson Quay to the Merlion, Marina Barrage and Gardens by the Bay.

Village Residence Robertson Quay
30 Robertson Quay
6738 3007 | stayfareast.com



Woody Antique House

Blk 13 Dempsey Road #01-05
Singapore 249674

Tel: 6471 1770 / 6475 7036

Fax: 6471 0790

Email: woody_antique_house@yahoo.com

Open: Mon-Fri 10am-6pm

Sat, Sun & P.H. 10am-7pm

Visit our showroom today!

- Chinese Antiques & Reproductions
- Custom-made Available



Woody Teak Collection

Specialise in Quality Outdoor Living

Transform your backyard into a place where you can relax and soak in the atmosphere of the beautiful outdoors.

Woody Teak Collection specialises in Quality Resin Wicker Outdoor Furniture & Burmese Teakwood Outdoor Furniture.



New collection of Suar wood tables and stools have arrived. Check them out today!



Blk 15 Dempsey Road #01-12 (S) 249675 • Open Mon-Fri: 10am-6pm • Sat, Sun, PH: 10am-7pm

Tel: 6474 4998 • Email: woody_teak_collection@yahoo.com

STREET TALK

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

THE SPECIFICS



NAME: MICHELLE JOHNSON
FROM: Oklahoma, US
OCCUPATION: Home-schooling mother of seven kids (ages 2 to 17, plus a 23-year-old in the US)

What street do you live on?
 Queen's Road.

Exact words you tell a taxi driver to get home?

The conversation goes like this: "Queen's Road. You know?" And the Uncle inevitably asks, "Queen's, King's, Farrer?" – to which I reply, "Yes". Taxi Uncle then says: "Bukit Timah, Coronation Plaza?" And I reply, "Yes".

What's the name of your neighbourhood?

Bukit Timah.

Closest MRT station?

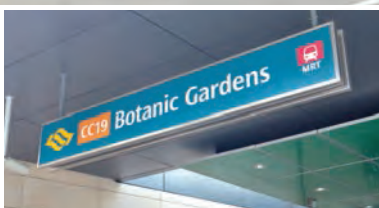
Botanic Gardens.

How long have you lived here?

Four years.

Why here?

We liked the neighbourhood and having a grocery store, a McDonald's and a Starbucks nearby. But the real reason we picked this house was because it came furnished.



THE SCENE



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

Crown Centre.

The closest store to your front door is:

Pizza Hut.

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

Ha! I love this question but don't have an answer.

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

Absolutely nothing. I would like *more* interaction with my neighbours. But maybe I'm too shy to make friends with them.

The unofficial uniform of your street is:

Flip-flops.

If a celebrity moved in next door, it would most likely be:

Ellen DeGeneres. I just think it would be fun to have her as a neighbour!

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

Get in a cab and go anywhere.

If you're missing home, you:

I don't really miss home. I love living in Singapore. But I do miss Sonic (for drive-in fast food) and Taco Bell (for Tex-Mex food). And nothing can be done about not having Tater Tots (deep-fried grated potato).

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

First, we take our guests to eat at Suan Thai, our favourite restaurant. Then we drive around Orchard, and beyond, to see the beautiful city skyline past

Gardens by the Bay, Marina Bay Sands and the Singapore Flyer.

You'd swap houses in a second with:

The Prince of Brunei's on Nassim Road. We almost have enough kids to fill it.

A common myth about your neighbourhood is:

That it's only for expats. It's not!

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

The revving engines of Lamborghinis, Porsches or Maseratis; or the pub across the street during World Cup football.

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

The kids in the house behind us screaming and crying as loudly as possible.

THE SUPERLATIVES

Your hands-down favourite neighbourhood joints are:

Burger Shack for the best shakes in Singapore (the burgers aren't bad either); **Gastronomia** for great pastries; and the Thai restaurant in front of our house on Bukit Timah Road. Beyond that, I'm embarrassed to say, we haven't tried many of the restaurants. How could I have lived here so long and not tried more of them? Probably because there are just too *many* places we want to try.

You won't find better local food than at:

The hawker centre on the corner of Dunearn and Adam Roads.

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

The man who rides up on a moped and parks in our driveway every afternoon. He gets out and gets into a cab. Comes back about five-ish minutes later, gets back on his moped and leaves.

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

In all the little shops above FairPrice in Coronation Shopping Plaza. You'll find cheap ink for printers, cloth and other material for sewing, discounted toys – you can even pick up stamps and parking vouchers. There's also a little grocery store right in front of our house that sells everything.

The guiltiest pleasure in your area is:

Starbucks.

One thing you'd never change is:

The amazing houses.

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

The noise from the street.

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

Build a nicer playground and a pool (private, just for our family, of course!).

Why should your neighbourhood be featured in a guidebook?

Because it's a friendly place to live. I do love walking up the hill and being able to stop and pat the dogs and say hello to everyone who walks past. It has a nice feeling of community. 



We want to know about where you live. Don't be shy! Send an email to contribute@expatliving.sg with "Street Talk" in the subject line. Include your name and street, and we'll be in touch.



With Us, You're on Easy Street

Buying, leasing or renting a car has never been simpler

Republic Auto is the home of certified pre-owned Mercedes Benz luxury and sports cars along with other affordable pre-owned vehicles to buy, lease or rent: all Mercedes Benz purchases are backed by extended warranties, rigorous inspections, certified service and history records.

Beyond that, Republic Auto's finance and insurance consultants make it all affordable and our maintenance and repair experts keep your car purring.

What's more, foreigners living in Singapore (non-Singaporeans and non-Singapore Permanent Residents) get a discount of \$3,000 when you purchase a car at Republic Auto*.

**Terms and conditions apply.*

Pandan Gardens Showroom

Cycle & Carriage Auto Hub, Level 3, 209 Pandan Gardens Singapore 609339

☎ +65 6567 2000 ✉ sales@republicauto.com.sg 🌐 www.republicauto.com.sg

A SUBSIDIARY OF



CYCLE & CARRIAGE

INTERSWIFT

MOVING & STORAGE



DOMESTIC | INTERNATIONAL | COMMERCIAL

T: +65 6265 7664

E: sales@interswift.com.sg

W: www.interswift.com.sg



BARRINGTON-HILL
ASSOCIATES



HAVE YOU THOUGHT ABOUT INVESTING IN THE LONDON PROPERTY MARKET?

Search • Find • Advise • Acquire



- Barrington-Hill Associates is an independent property acquisition company offering a discreet and individual service, with over 15 years experience
- Our market knowledge and in-depth analysis of an area enables clients to purchase with confidence
- Barrington-Hill Associates will advise of the best options to meet an individual's requirements and budget
- Once a property has been viewed on a client's behalf, a report will be sent with analysis, current value and rental income
- Barrington-Hill Associates will negotiate the best price and then liaise with lawyers/surveyors etc to exchange and completion

A discreet and above all independent buying service acting exclusively for clients in the search for property

Please contact Penny Saxby on 07850 878609 for further information

+44 (0)1285 643344

barringtonhill.co.uk

Australasian Taxation Services,
the leading Australian
property tax experts

Why pay tax on
your Australian
Property investment
when with legal tax
planning it can
be eliminated.

If you own an Australian Property, you
must lodge annual Australian income
tax returns.

ATS can ensure you remain fully compliant
with Australian taxation requirements and
can help you to a tax free investment and
tax holiday through proper tax planning.

Don't risk high penalties and tax bills.

We can:

- Prepare your Australian Tax Return
- Ensure tax free Australian
property investment
- Ensure you pay no tax for a period
on your return to Australia
- Provide full Migration and Expat tax
planning service

For a free, no obligation
discussion, contact:
Ravin Chatiani
+65 6293 3858
ravin@smats.net

Visit our website, full of useful information and our customized FREE Property Tax Estimator.
SMATS Services Pte Ltd, #17-01 Sim Lim Tower, 10 Jalan Besar, Singapore 208787
Web: <http://www.smats.net> | Tel: +65 6293 4148 | Facsimile: +65 6293 4332
Singapore | Malaysia | Indonesia | Hong Kong | China | Dubai | UK | USA | Perth | Sydney
Australian Credit License Number: 385201

**Specialist Mortgage, the No.1
provider of Australian property
finance to international investors**

Making the right decisions
on your Australian
property finance
can save you money
and give you peace
of mind for the future.

We are fully independent of all
lenders and therefore can professionally
guide you to the best loan for your
individual circumstances

Whether you need to arrange a new loan
for a recent purchase or refinance your
existing loans to a better interest rate,
Specialist Mortgage is here to assist you
from our Hong Kong office making the
experience stress free and convenient.

- Choose from a range of interest rates
in AUD, SGD, USD, HKD & GBP
- Access to over 30 banks and
financial institutions ensuring the
best range of loan products for your
Australian property
- The most flexible lending criteria
and repayment options
- Our service is FREE of charge

For a free, no obligation
discussion, contact:
Helen Avis
+65 6293 4148
helen@smats.net

SIR
SIR Move Services
WORLDWIDE MOVING

**Complete
Move
Solutions**

"It's ALL about ME"

**SANTA FE
RELOCATION SERVICES**

**THINKING RELOCATION?
THINK SANTA FE.**

Relocation | Visa & Immigration | Moving

Contact Santa Fe:

T: 6398 8588
E: sg.sales@santaferelo.com
www.santaferelo.com

Proudly
part of:

**OUR NEW
HOME**

Ring 65 6534 7345
Email talk2us@sirmove.com
Visit www.sirmove.com

Faim **PROMISING
SME500
2012** **FIDI**

DISCOVER

... the Next Big Thing!



OPEN HOUSE

24 February 2015

Register at

www.cis.edu.sg/openhouse

Building structures. Designing robots. Developing apps.
Discovering innovation.

Our STEAM programme and makerspaces provide project based learning experiences that challenge inquisitive minds, fuel innovative thinking, and create a culture of teamwork and collaboration. Develop your entrepreneurial spirit at CIS and get ready for the real world.

Visit www.cis.edu.sg/STEAM today.





Life & Family

WHAT'S NEW

Latest updates for parents & children

'APPY PLANTS

Gardens can have apps too! The new **Gardens by the Bay** app helps guests get more out of their visits with an introduction to the plant collection, explanations of diverse habitats, an interactive map and trails, games, and hints for finding hidden locations in the gardens. Supported by Bloomberg Philanthropies, the app is available in five languages. gardensbythebay.com.sg/mobileapp ▼



BUY AND SELL

Looking for a new way to sell your children's outgrown items and buy age-appropriate ones? **Expat Resale** (expatresale.com) is a website that provides an alternative to time-consuming Facebook posts and forums, by facilitating the buying and selling of gently used items for newborns to four-year-olds. Another option is **Bakipa**, an app designed for buying and selling pre-loved items for babies, kids and parents. No posting, no dealing with potential buyers, and no trawling websites for bargains. Free from iTunes and Google Play. ▲



NEW YEAR, NEW CAR

Evergreen Rent-A-Car specialises in new cars for rent or lease. Evergreen will purchase and deliver brand new and used cars for rental periods of at least two years to suit the budget and taste of individuals. In Evergreen's view, buying a new car is restricted by the requirement for a 50 percent deposit, and used cars come with the risk of repairs, so they suggest that new expats avoid any hassles by considering leasing. The Hyundai Santa Fe 2.4A is a popular and recommended model. Services include a 24 hour emergency hotline, regular maintenance, replacement of your car during servicing or in the case of breakdown, unlimited distance and comprehensive insurance coverage. Call to ask about special promotion rates. **6459 0990 | evergreenrentacar.com** ▲

GET YOUR TECH IN ORDER

We all depend on technology, but let's be honest: some of us are more tech-savvy than others. Enter **Geek Team Asia**, an IT service and support company, which helps people better utilise technology in their homes. Services range from in-person and remote IT support services to device setup, troubleshooting, data backup and retrieval, email setup, software upgrades and network configuration. In further good news, Geek Team Asia has teamed with StarHub to offer customers discounts of up to 20 percent, valid until 31 January. Call **6631 8447 (24 hours)**. geekteam.asia



**With the first permanent tooth
appearing at age 6, it takes 6 years for
the baby teeth to shed completely.**

**Orthodontic treatment can be
simplified through early screening
during this time.**

Have you had your child screened yet?



Dr. Catherine Lee
ORTHODONTICS

Children & Adults (Braces & Invisalign)



NEW YORK UNIVERSITY

(Class of 1998)

Member of



**American
Association of
Orthodontists**

Provider of



Camden Medical Centre #06-05
One Orchard Boulevard

Tel 6835 9571

www.DrCatherineLeeOrthodontics.com

New learning opportunities for kids



NEW SCIENCE EXHIBITIONS

Great for a rainy January day are the new exhibitions opened recently, including **Transformers**. Celebrate 30 years of the sci-fi action figures with life-like depictions of robots from the movies, a seven metre Optimus Prime, a laser maze and movie screenings. Meanwhile, the new \$3 million **Climate Change** exhibition offers learning through fun and interactive exhibits. Understand the causes of climate change, its impact and how everyone can play a part in reducing Singapore's carbon footprint. science.edu.sg

GO-GO CLASSES

Well-known four-storey indoor playground **Go-Go Bambini** is now collaborating with Pink Tower Montessori to offer playgroup classes (for children 18 months to two-and-a-half years old) and parent-child classes, based on an innovative curriculum. Classes from Monday to Friday with special rates for Go-Go Bambini members. Call 6444 2482 or email enquiries@pinktower.edu.sg. sg. Block 8 Dempsey Road, #01-15. gogobambini.com ▼



NEW PRINCIPAL AND NURSERY



The **Australian International School** has confirmed Andre Casson as its new Principal. Having served at the school since 2012, Andre has more than

20 years of experience at schools across Australia, China and Singapore. And a new nursery opens this month for two-year-old children; limited to 15 students, the class includes daily Mandarin lessons and purposeful play opportunities within an inquiry-based programme. 1 Lorong Chuan.

6883 5155 | ais.com.sg

LIMITLESS LEARNING

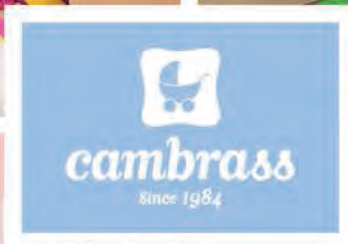
Designed to help parents, teachers and specialists in Singapore who work with children who have learning difficulties, the **Rediscovering Learning Conference** will teach new methods of understanding information and solving problems, and challenge the concept of "learning potential". 19 and 20 January. See the conference agenda and lineup of speakers at alphatoomega.org.



PICK-A-BRICK

Love Lego? The first Lego Certified Store in Singapore has opened with a feature that fans have been wishing for: the **Pick-a-Brick wall**. Fill a small cup (\$19.90) or a big cup (\$34.90) with bricks of the specific size and colour you need for your own creations. There's also an interactive play area and a display of fantastically assembled Lego models. #03-364/365 Tower 3, Suntec City Mall.

bricksworld.com ◀



www.motherswork.com.sg

[facebook.com/MWBabyAnd kids](https://www.facebook.com/MWBabyAndkids)

Exclusively at
motherswork[®]
 mother • baby • kids

SINGAPORE . BEIJING . SHANGHAI . CHENGDU

Great World City #02-16 • Katong 112 #03-33 • Marina Bay Sands #B1-58 • Tanglin Mall #02-33/#03-11C

CANINE NEWS



WOOF, WOOF

Wagging Rights on the East Coast is a one-stop shop for pets, with doggy day-care and pet concierge services, pet products, puppy training and homemade gourmet food. The pampered pooches of *Expat Living*'s own staff recently wagged their tails appreciatively after a bath with Shine pet shampoo, and had fun with toys including the KONG Air-Q-Tease – great for tugging and tossing. Woof! 337 Joo Chiat Road. **6447 0335** facebook.com/waggingrightssg ◀

FIDO NEED A WASH?

K9000 Dog Wash is a do-it-yourself pet wash that shampoos and conditions, treats for fleas and ticks, and blow-dries a medium-sized dog in just 10 minutes. Recently launched in Singapore, the service has a global profile, carrying out over one million washes each year. Dog Wash uses Australian brand Fido Pet Care Products, which are soap-free and hypoallergenic. Dog Wash is located at Animal World at Turf City and West Coast Park. 10 percent of all revenue goes to two Singapore charities: Voices For Animals and Action for Singapore. facebook.com/K9000dogwash ▼



A FRIEND IN NEED

Dr William Choi at **The Academy of Chiropractic Clinic (ACC)** is well known for treating people, but was recently called on to help Scooby, a dog found motionless and unable to move. See how Dr Choi successfully treated Scooby for spinal nerve compression using the Gonstead Method on YouTube (search for Scooby and Gonstead Chiropractic), and marvel at the animal's subsequent recovery – it's well worth watching. **6438 5051** | accsing.com

POOCH HEAVEN

For a wealth of canine information, check out *Expat Living* online. From vets to pet hotels, dog parks, pet-friendly restaurants and pet insurance, it's your comprehensive guide to pampering a pooch in Singapore. expatliving.sg/dogs



DISCOVER THE *Avondale* SPIRIT



Avondale
GRAMMAR SCHOOL

We are a co-educational, international school for expatriate children from 3 - 14 years of age, and welcome families from over twenty countries. Through our Personal Achievement Targets, students are encouraged to strive for academic excellence within a nurturing environment.

Please contact us to find out more

Avondale Grammar School, Phoenix Park, 304 Tanglin Road, Singapore 247972

T: +65 6258 8544

www.avondale.edu.sg

Avondale Grammar School is registered by the Council of Private Education Registration Number: 200514242C. Registration valid: 14 March 2011 - 13 March 2015

CARRY IN STYLE

Korean baby product brand **Todbi** is known for its award-winning hip-seat carriers. The safe and stylish product is now available in Singapore. todbi.com ▼



HYGIENIC HOME

Home-grown Singapore brand **Tollyjoy** has launched a non-toxic Antibacterial Baby Accessories and Vegetable Liquid Cleanser, which helps to remove household germs, milk fat and deposits from baby bottles, baby-feeding teats, toys and other baby accessories. tollyjoy.com.sg

STICKER SAFETY

Specially designed to improve the road visibility of pedestrians and cyclists, **3M Safety Reflective Stickers** are a simple way to keep children safer when they are out and about. The self-adhesive stickers are sold in packs of eight, in four different die-cut shapes and three colours. \$5.90 from Self-Fix DIY and Popular. solutions.3m.com.sg



Oh, Behave!



Minding your Ps and Qs, even when others don't. Kristen Graff, founder of **Manners in Mind**, answers your sticky social questions.

In social situations, I've routinely been asked by other women, "Do you work?" While this may be small talk, I also find it hugely irritating (I'm 26 and I work) and am unsure how to answer politely. The question is often laced with innuendo and assumption, and some people make judgements based on your answer. It seems to require a fuller answer than just yes or no; how can I respond?

In Singapore's diverse expat population, there is a great mix of those working, volunteering, parenting, and/or supporting their spouse's career. If you work, then confidently answer, "Yes, I really enjoy my job at XYZ Company. I'm getting great experience in this region." Note that some spouses have left behind careers to support their family in a new country. While you may interpret their question about working as judgemental, it may be that they are envious of those who work and want to hear more about the work-life experience of expats in Singapore.

Is there anything that can be reasonably said to a parent whose children scream for hours and hours on a long-haul flight? Or should this be left for the staff to delicately handle somehow? Many of us have been in this situation ourselves before.

A screaming child poses the greatest challenge to the parent who realises that everyone in their section of the plane is likely to be annoyed. Typically, they are embarrassed and trying (desperately) to soothe and comfort their child to get the crying to stop. If you think you can offer a helpful solution or suggestion, then in a kind way offer your advice. Criticism, however, won't accomplish much. The easiest way to solve this problem in the future is to pack a set of earplugs or noise-cancelling headphones.

Manners in Mind provides modern-day advice and classes for children and adults on cultural, social and corporate etiquette. 8157 3365 | mannersinmind.com

JSSL
SINGAPORE

WWW.PLAYTHEARSENALWAY.COM



SOCCER
SCHOOLS
PLAY THE ARSENAL WAY™



SINGAPORE'S PREMIER YOUTH SOCCER SCHOOL & LEAGUE

JSSL & PAUL PARKER
SINGAPORE ENGLAND INTERNATIONAL



JOIN US FOR A FREE TRAINING SESSION



Girls 12's Gothia Cup Finalists 2014 & Boys 12's and 13's Cup Quarter Finalists

5 Centres Island Wide – Chose Your Location



MARLBOROUGH COLLEGE
Johor Malaysia

NEW



DULWICH COLLEGE SINGAPORE
West Coast Bukit Batok

NEW



UNITED WORLD COLLEGE EAST
Tampines



VICTORIA JUNIOR COLLEGE
East Coast



TANGLIN TRUST SCHOOL
Portstown Road

BOYS&GIRLS ALL AGE GROUPS

4's, 6's, 8's, 10's, 12's, 14's, 16's COME ON DOWN ANY WEEKEND FOR A FREE TRYOUT

ALL CHILDREN AND SUPPORTERS OF ALL FOOTBALL TEAMS WELCOME

JSSL ELITE
ACADEMY

JSSL LAUNCHING
IT'S ELITE ACADEMY

For more information, visit us at www.jssl-singapore.com or JSSL Arsenal Facebook
Call **+65 6348 5780** or Email to jssl-arsenal@hotmail.com

NOTICEBOARD

Births, engagements and weddings, plus items for sale

FAMILY NEWS



Layla Loring Pitrelli was born on 21 September to happy parents Monica and Tim, joining big sister Noelle.



Eloise Sophia Leda Meredith was born on 12 August, Caroline and Paul's treasured daughter and Charlie's baby sister.



Maximo Aaron was born on 8 November, to the delight of parents Mark and Ondina Montgomery.



Priyanka and Sumantra Dasgupta and big brother Ahan welcomed the birth of Vihaan, who arrived on 4 October.



JUST HAD A BABY? NEWLY MARRIED? RECENTLY ENGAGED?



Moved back to Singapore and want to let people know you're back in town? Whatever your announcement, we will get the message out. Email us at editorial@expatliving.sg.

CONGRATULATIONS

All readers whose babies are featured on this page will receive a photography session with award-winning Littleones Photography, Kate & Emily, plus a complimentary framed image worth \$52 (littleonesphotography.com). Winners will also receive a hamper from Laboratoire Dermatologique Bidoderma ABC, worth \$85.

BIODERMA
LABORATOIRE DERMATOLOGIQUE

littleones
Photography

CLASSIFIEDS



Pre-loved rare piano

This antique Kreutzer piano was purchased a few years ago in Sydney, and the owners are letting it go because they're moving overseas. The piano is still in good condition, with all the keys working, and features a walnut cabinet and vintage carvings on the front panels. Available for collection immediately. Seller happy to negotiate with genuine buyers; price on enquiry.

Interested?

Call Jasmine on 9152 9011



Snow boots

Waterproof snow boots, size 40 (for 22cm feet), only used for a few days. Asking \$50.

Interested?

Email elsiegaretto@yahoo.com

Scooter for sale

Kymco Downtown 300i 300cc scooter for sale, one and a half years old, excellent condition, no scratches, 14,500km on the clock. Selling as owner is moving abroad. Asking \$9,000 (negotiable).

Interested?

Email juan@sg.ibm.com



Vintage *Jaws* jigsaw puzzle

Rare, pre-loved jigsaw puzzle of the iconic 1975 blockbuster movie, *Jaws*, by Steven Spielberg, a great find for vintage puzzle collectors. Asking \$20.

Interested? SMS 9830 5049

Outdoor dining table

This OHMM Zen dining table with glass top comes with six Zen armchairs, all in white weave with royal blue cushions. Approximately six months old. Asking \$2,000, or best offer.

Interested?

Email runasaeki@gmail.com



Antique-style wardrobe

Four-door solid wood antique-style wardrobe for sale. More than 20 years old but in good condition. Price on enquiry.

Interested?

Email susanluah@hotmail.com

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

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

Looking for a job? Check our new online listings, www.expatliving.sg/all_joblistings

BABY Essentials

Once all the words of congratulations have rolled in, it's time for soon-to-be parents to turn to the task of kitting out their home for the new arrival. Here are some suggestions to get you started.



▲ Aden + Anais three-pack bamboo swaddle, \$79

Lamb & Ivy YooHoo musical mobile, \$99

Motherswork | motherswork.com.sg

▶ Dohar traditional Indian cotton summer blanket, \$95

Feroza | ferozadesigns.com

▼ Framed hand and foot cast, \$188

Little Impressions | little-impressions.com.sg



Kili baby and junior bed, \$1,495

Cuckoo
6B Dempsey Road
cuckoo.com.sg



▼ Grovia All-in-Two Diaper Shell, \$27.90

Baby Slings & Carriers



▶ MacLaren Quest stroller, \$429

First Few Years

290 Orchard Road, #05-40
Paragon
firstfewyears.com.sg



♥ Painter stripe onesie

Mothers en Vogue
The Centrepoint, 176
Orchard Road, #01-32
mothersenvogue.com



▲ ♥ Lara bodysuit, \$34; valise, \$20;
storage bag, elephant and bunting, all \$18

Tilly Stone | tillystoneboutique.sg



► Skip Hop Chelsea
diaper-bag satchel, \$149

Motherswork |
motherswork.com.sg



♥ African circus wall decal, \$310

Itsy Bitsy Me | itsybitsyme.com



♥ Boba Wrap, from \$69.90

Baby Slings & Carriers
39 Jalan Pemimpin, #06-01 Tai Lee Building
babyslingsandcarriers.com



♥ Newborn costumes to buy (from \$30)
and rent (from \$10 for three days)

My Mini-Me | mymini-me.com



Stokke Tripp Trapp chair, \$399



You wouldn't buy a fake handbag
so why consider a bilingual education
that is not completely authentic?

Designed by



CNIS

Chinese
International School



Taught by teachers from Northern China where
Mandarin was born. They are the real thing

CNIS is truly bilingual. All classes for the IB-PYP
are completely English-Chinese bilingual (50-50)

**Open for
Registration Now!**



62540200



www.cnis.edu.sg

CPE Registration No: 200607850N Validity Date: 26 Apr 2011 - 25 Apr 2015



Networking Know-how

Keen to find a job, explore a new business idea or ignite your entrepreneurial spirit? Any of these can be made a whole lot easier with relationships, contacts and networks. While the idea of making such connections in a new city can be overwhelming and somewhat daunting, Singapore is a fabulous place for networking. There are many established organisations geared up for networking, plus enthusiastic and engaging people to meet. But how do we actually go about networking? Australian SHIKHA GAUR, who has lived, worked (she's currently with Aon Hewitt Wealth Management) and networked here for ten years, offers her advice.

Why network?

Networking can be a great source of ideas, information and feedback, and a way to build not just your own personal brand but also goodwill. Use networking to build and develop relationships – both personal and career-related – and as a way to build influence and develop a support structure. It may also open doors to cooperation and collaboration with people you may have never thought to connect with.

You've said Singapore is one of the best places in the world to network. Why?

Singapore has an environment that's conducive to doing business, and this goes hand in hand with networking. It's also a relatively small place. Often, you will meet someone who knows a friend or colleague of yours. This "two degrees of separation" is useful in creating an immediate shared connection and common ground. Many associations and other social and professional groups use networking activity to help them grow and be relevant. And the Asian approach to business is to network.

What are some of the ways that people use networking to their advantage?

- Finding a first job, establishing or developing a career, or testing a career change.
- Promoting and expanding a business.
- Increasing knowledge and awareness to ensure skills are relevant.
- Testing out concepts – for example, when starting up a new business.
- Creating a support group, finding a mentor or being a mentor.
- Meeting people to build connections with and developing stronger relationships.

What are some strategies for good networking?

- Identify opportunities, events and moments to network either formally or informally.
- Set goals. That does not mean "collect 100 business cards this evening"; rather, it means "meet three new people this evening" or "have a couple of meaningful conversations".
- Know how to start conversations, facilitate them and build on them. Ask questions, listen and discover. Focus on areas of common ground.
- Connect and introduce others. Networking is not just self-serving.
- Demonstrate etiquette, both when promoting your own services and when you're being pitched to.
- Be approachable – and smile.
- Don't be afraid to show your personality.
- Speak to anyone and everyone – you just never know who you will meet.
- Understand the value of patience, longevity and persistence.
- It's generally agreed that networking success is more likely if your attitude is, "What can I offer this person?" rather than "What I can gain?"



How do I find the right people to connect with in a room full of people?

Do your homework ahead of the event to find out “who is who in the zoo”. Use the trial and error method by speaking to a few people. Ask questions and ask for assistance, because more often than not the person you are speaking to will know of someone you hope to connect with.

Any tips for overcoming nervous jitters?

We all get nervous when walking into a room of people we don't know. Try to go with someone who also has the intention of networking. Alternatively, attend a social event where you may feel more comfortable. If you're alone, count to 10 to steady yourself, and find someone who looks friendly. And remember: everyone in the room is in the same boat as you.

What's the best way to start or end a conversation?

Simply introduce yourself, “Hi, my name is Shikha. Are you enjoying the evening?” If you have attended a session where there is a speaker, make a comment about the session. If you're attending a session involving a particular group or industry, be abreast of the hot topics and challenges that the community may be facing, so you can ask relevant questions and make appropriate comments.

To remove yourself, simply excuse yourself politely. For example, mention that you need to get back to the people you came with, or that you need to find someone in particular – even that you're here to network so you will continue to keep moving. Another suggestion is to connect the person or people you are having a conversation with to someone else.

Where to network

For women:

Singapore Business and Professional Women Association
| sbpwa.org.sg
Athena Network | theathenetwork.com.sg
PrimeTime | primetime.org.sg

What are your tips for networking via online sites such as LinkedIn (without appearing like a stalker!)?

1. Always be courteous. For example, when connecting with people, ask for permission and have a valid reason – for example, “We met at the networking event last week and learnt that we attended the same university.”
2. Maintain a presence, be active and log on regularly. Remember to continue to connect with people after the initial interaction.
3. Post meaningful information and comments that demonstrate your knowledge and area of expertise. This is particularly important in a forum like LinkedIn. Be mindful, too, of what you post on social forums – use them to work towards building your credibility and professionalism.

Any do's and don'ts in a group mingling situation?

- Make sure you facilitate the introductions for the group, so everyone knows each other. This also helps people to remember names.
- Be inclusive. Don't obviously leave people out.
- Give others the opportunity to speak. Be respectful.
- Don't only talk about yourself. Ask questions.
- Don't drink too much.

Business chambers, for example:

American Chamber of Commerce | amcham.org.sg

British Chamber of Commerce | britcham.org.sg

Australian Chamber of Commerce | austcham.org.sg

European Chamber of Commerce | eurocham.org.sg

Social, sporting and country associations, for example:

Australian & New Zealand Association | anza.org.sg

American Association of Singapore | aasingapore.com 

"What I love about White Lodge is singing the froggy song!"

Riley Wells, Pre-Nursery 2, East Coast



It's the simple things in life that count.

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

Bukit Timah 39 Linden Drive, Tel: 6468 8846
 Central North 45 Burghley Drive, Tel: 6280 7388
 East Coast 102 Guillemard Road, Tel: 6440 6690
 Loewen Gardens 75E Loewen Road, Tel: 6475 7262
 Phoenix Park 310 Tanglin Road, Tel: 6235 5310
 Upper Bukit Timah 1 Jalan Siap, Tel: 6314 5481
 Upper East Coast 36 Toh Drive, Tel: 6543 1802
 West Coast 9 South Buona Vista Road, Tel: 6779 8465



www.whitelodge.com.sg

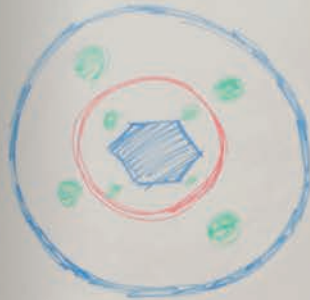


Members of



WHAT IF...

THEORY OF
KNOWLEDGE

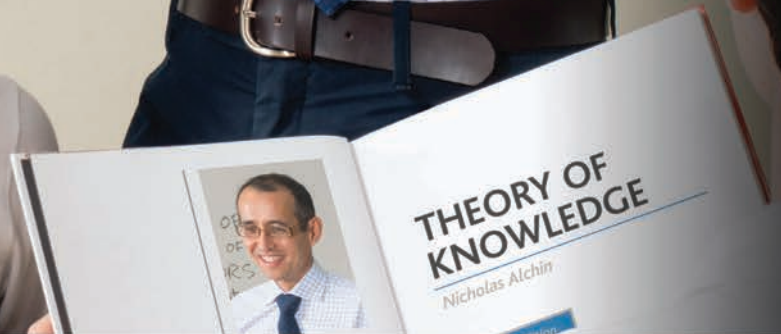


-WAYS OF
-AREAS OF
-FACTORS

• Nat



AUGUST
2015
APPLICATIONS
OPEN



UWCSEA High School Principal Nick Alchin teaching a Theory of Knowledge class

...YOUR TEACHER WROTE THE BOOK ON KNOWLEDGE?

At UWCSEA, we believe that the single biggest influence on student learning and achievement is teachers. Nick Alchin, High School Principal on East Campus and author of *Theory of Knowledge*, is just one of 11 UWCSEA teachers who have written leading textbooks in their subject. Many more are recognised among their peers as leaders in their field. With nearly 2,900 applications for 62 teaching jobs in 2013/2014, we are lucky to be able to recruit the best

But we don't just choose our teachers for their qualifications (50% with Masters or PhD) and experience (average 16 years). We choose them because we know that, like Nick, they will inspire their own passion for intellectual pursuit in our students.

What if your child joins UWCSEA?

Visit www.uwcsea.edu.sg to find out more.





FIRE IN THE BELLY

You'd be forgiven for thinking Singapore's history is fast disappearing under an avalanche of seemingly endless construction. However, there are hidden treasures to be discovered in out-of-the-way pockets of the island which have escaped the bulldozers. An irreplaceable gem is the 70-year-old "dragon kiln" at Thow Kwang Pottery Jungle near Jurong. KATIE ROBERTS spoke to two ceramic artists about the kiln's unique charm and its power to bring people together.

Thow Kwang is one of two surviving dragons kilns in Singapore; both are in the same street, owing to their proximity to the white clay that was once used on site. Known colloquially as Jungle Pottery, Thow Kwang's lush and spacious grounds have for many years been home to a one-stop shop for ceramic pots, lamps, tableware and more. What's not so well known is the significance and provenance of the historic dragon kiln that was once part of a flourishing ceramics industry. It's now at the centre of a revival in ceramic art on the island.

Last year, the leases of both Thow Kwang and neighbouring Guan Huat kiln were renewed for nine years after an active campaign to protect their heritage value from urban encroachment. The local and international artistic communities are now drawn to Thow



Top: Gently loading wood into stoke holes
Above: The kiln open and photographed before unpacking

History of the kiln

Built in 1940, Thow Kwang was based on a traditional Chinese design that dates back thousands of years. It was one of up to 20 kilns that produced the clay latex cups used in the rubber plantations that were dotted around the island. Local white clay was freely available in the area. As the plantations closed, demand for the cups waned, so the kilns turned to making ceramic pots. When demand for pots dropped, many of the kilns closed. But a revival in the community's interest in potting in the early 2000s saw two kilns gasp back to life.

Yulianti Tan's father-in-law bought the kiln in 1965, and she now operates it with her husband. She has been educating people about the kiln for 16 years and raising awareness, particularly among young people, about pottery-making, the kiln's heritage and culture, and the unique effects that come from firing in the dragon kiln.

Kwang's curiously shaped wood-fired kiln, which takes a week to cool down after reaching a searing 1,300 degrees, and taking full advantage of the unique results obtained from firing ceramics in it.

Australian Merrie Tomkins was one of 141 ceramic artists from across the globe, including 37 from Singapore, who attended the international *chawan* ("tea bowl") exposition held here last year. "Everyone at home is envious because I'm getting to do the firing of the kiln. It's so much more than having my work in it; it's about being part of the whole process. I feel really privileged to be able to have this experience," she says.

"Firing a dragon kiln is totally different from firing the Japanese *anagama* kilns, or the kilns we've got at home. There's just something about it – it's part of history and, I find, it gets you in the heart." This is her second visit to the island, having learnt about the kiln from Singaporean Steven Low, artist-in-residence at Thow Kwang.

They met years ago at a conference in Gulgong, a sleepy country town in New South Wales, and have since become friends – a bond no doubt sealed by round-the-clock stints stoking the kiln to keep the fire burning, an essential



Clockwise from top: Artists at work; items ready to be loaded into the kiln; Steven Low

part of the experience. Merrie explains that teams work in three-hour shifts: "Because it's so hot, especially along the top near the stoke holes, you can easily get dehydrated. It's hard work, using a careful and deliberate method to add the wood, watch the smoke, let the kiln draw and then add more wood."

Steven Low is one of only a few people who can "read" the kiln. He doesn't need a pyrometer to assess the temperature accurately; instead, he watches the smoke rising from the chimney and listens to the roar of the dragon.

An established artist, Steven admits

that following his passion to become a full-time potter was a hard road. "I pursued art at 24, first at Nanyang Academy of Fine Arts (NAFA), then at Curtin University of Technology in Australia. I started out by teaching at NAFA, but after nine years decided to become a full-time ceramic artist."

"Finding a suitable venue to set up a studio was challenging," he continues. "Initially, I was based at Seletar Camp, but I moved on in 2008 because of the airbase development. I found Thow Kwang Pottery Jungle, and its very accommodating owners allowed me

How it works

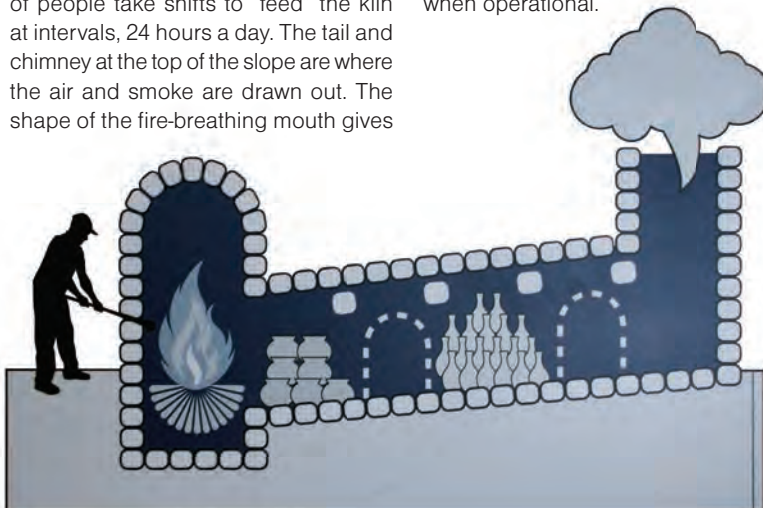
Inside, the Thow Kwang kiln reaches almost 2m in height and can hold thousands of pieces, packed on shelves in sections called chambers. It is built on a gentle slope with a gradient between 15 and 22 degrees. The mouth at the bottom is 2.5m wide and the structure is 27m long. The kiln at Guan Huat is 43m long.

Traditionally, a ceremony takes place before the kiln is lit, with music and food offerings of meat, plus wine or Chinese tea. Gold paper is burnt.

It takes 24 hours to pre-heat the fire box, or mouth. Slowly, the subsequent chambers are lit, with updrafts pulling the air and fire through. Wooden planks, salvaged

from pallets, are poked through stoke holes along the spine, or body. Teams of people take shifts to "feed" the kiln at intervals, 24 hours a day. The tail and chimney at the top of the slope are where the air and smoke are drawn out. The shape of the fire-breathing mouth gives

the kiln its evocative name, along with the roaring sound it makes when operational.



to build a wooden house there. But in 2011, after devoting two years of effort to building, I had to give it up because of the development nearby. It was devastating, but it didn't get me down for long." I started travelling and visiting artists in other parts of the world, and I realised how similar we were. Challenges are part and parcel of the industry, and determination and perseverance are keys to success.

"Aside from commercial projects and my solo exhibition and shows, it's

important for me to organise international ceramic events to encourage culture exchange and sharing. Hopefully, if Singapore has an established ceramic community, the local potters will feel more grounded too," he says.

But why go to all the trouble of using a wood-fired and seemingly antiquated firing method when there are other clean and simple options available now, such as gas and electric?

Steven explains: "As the ash accumulates and melts on the clay

body, it gives a varying ash-glaze effect. It depends how long you fire it for and what glaze you use."

"It's time-consuming," he adds, "but you don't know how the piece is going to turn out; that is the magic. It is much more challenging to fire with wood, yet it is the only firing method that brings us closer to nature, gives more depth and is much more meaningful." 

Left:
Attending to
the stoking
holes
Right:
Artists
check their
work after
the kiln
has been
unpacked



Find more information about workshops for adults and children and kiln-firing dates at the websites below.

Thow Kwang Jungle Pottery
85 Lorong Tawas
6265 5808 | potteryjungle.wordpress.com

Jalan Bahar Clay Studios
97 Lorong Tawas
6777 1812 | jbcssg.com

EST 2009



white room studio



PHOTOGRAPHY

A Black & White Peranakan Shophouse Natural Light Studio
 TOP 10 Singapore Photographer for Family, Maternity & Kids
 Family Photographer 2013 . Singapore Entrepreneurs' Award 2014

WHITEROOMSTUDIO.COM.SG
62357037

INFO@WHITEROOMSTUDIO.COM.SG
219 RIVER VALLEY ROAD, LEVEL 2, 238277



"We love our students, and they love us..."

Among the many big, international schools in Singapore, there exists a boutique school with no less an impact on Singapore's educational scene.

The Integrated International School (IIS) provides exemplary personalised attention and support. IIS offers:

1. Inclusive, intimate and warm classrooms
2. Envious student-teacher ratios (approximately 4:1)

3. The rigorous yet flexible New South Wales curriculum
4. Customised classes to foster individual and collective strengths
5. Two educational approaches - mainstream and support
6. A core socio-emotional curriculum to supplement academics
7. Learning/behavioural support to enhance students' life skills

Call us for a school visit at 6466-4475 or contact us at admissions@iis.com.sg today!

Let's Get Physical

Despite the occasional downpour, Singapore's consistently warm weather means there's no excuse to put off exercise or enrichment activities – and a new year is sometimes just the boost we need to turn over the proverbial new leaf. Here, representatives from some of the island's dance and sport centres respond to our *Expat Living* reader questions.

Just Dance

Tanglin Arts Studio is an Australian Teachers of Dancing studio that offers classes for adults and kids aged from two-and-a half years. KATJA PAUS answered our questions.

When is a good time to start my child in a dance programme?

We believe students should learn dance while also developing their other learning capabilities. This month we start our new Australian Teachers of Dancing Imagine programme, which combines early childhood learning with elements of dance. Benefits include improving listening skills, co-ordination, fine motor skills and musicality, and learning to work both independently and as part of a group.

Every child is different, so they respond differently to different learning techniques and environments. It's a good idea for them to try a lesson first to see if it suits them.

Is there a particular class you can recommend for my son?

Hip-hop classes for boys only are very popular. It's still difficult to get the boys and girls dancing together, so we find that a class suited to what they most enjoy works best.

Are some classes better for fitness than others?

Dance can improve fitness and strength, especially in more aerobic workouts such as Zumba or fitness dance classes. For strength and body conditioning, ballet can enhance muscle strength and control. For musicality and rhythm, tap dance offers a fun way for adults to learn new skills.



What's the background of your dance teachers?

Our teachers are all from overseas and are aware of the unique situation in our studio. Ninety-five percent of our students are expat kids who stay with us an average of two years, so we try to provide an environment where they can continue doing what they love. What's more, the teachers are experienced in working well with children from varied dancing backgrounds, and with beginners, too.

100 Turf Club Road #01-02, Horsecity Block K
6479 0304 | tanglinartsdancestudio.com



Swim Stars

Marsden Swim School and Squad is a one-stop aquatic education centre offering learn-to-swim classes for all ages, from infant to adult; swim squads for older children and adults; and stroke development. JANE MARSDEN answered our questions.

What is a good method for introducing my baby to water?

Babies can be introduced to water from their first bath. As long as they are healthy and happy, supporting them while lying in a nice warm bath on their back and letting the water trickle over their arms, legs and back of their head while talking and singing to them is an ideal way of familiarising them. When they are a few months old, a cup of water (or your hand) can be used along with preconditioning words to help them start anticipating getting water on their face. Sitting them upright in the bath (with support), say your baby's name then the cue words "Ready: one, two, three", and then gently pour a little water over their face. When this is done a couple of times during every bath, babies soon start closing their eyes and holding their breath when they hear the cue words. This is great preparation for starting swimming classes at six months.

Can my child join a swimming squad?

Squads are based on ability. For kids who can swim competently at least 50m of all four strokes and know about competitive starts, turns and finishes, our senior squad coach will assess them and recommend a suitable squad level. Otherwise, they are welcome to join stroke development classes to improve their technique.

Can an adult take swimming lessons?

You're never too old to learn how to swim. Adults start by learning the basics of water familiarisation, buoyancy and propulsion, followed by stroke timing, starts, turns and finishes. When an adult can swim competently at least 50m of freestyle and one other stroke, he or she can join the adult squad that trains up to five times a week. Squad members join for fitness, weight loss, relaxation, or to train for a triathlon or other sports event.

Marsden operates at five locations: Queenstown Swimming Complex, Ang Mo Kio Swimming Complex, Australian International School, Canadian International School and Turf City. 6473 8353 | marsdenswimschool.com



OUR CHILDREN ARE ALWAYS READY FOR THEIR WORLD

Confident. Creative. Curious. Capable. Caring.

The Kinderland Curriculum nurtures these key attributes that your children need, to take on the endless challenges ahead, and to develop their potential fully and freely.

Children Music Programme

Taught by professional music teachers, this core programme accelerates early childhood literacy as well as develop visual-spatial and numeracy skills.

Writing -To- Read Programme

Developed by IBM USA, this programme promotes language composition as well as free, confident expressions.

KinderFit

This one-of-a-kind physical education programme nurtures healthy habits and lifestyle through cardio-wellness education.

 enquiry@kinderland.com.sg  6881 8818

Terrific Tennis

Singapore is the host city of the Women's Tennis Association Championships for the next four years. Just watching the world's best female players (look out for the event again in November 2015) is inspiration enough to get you dusting off your racquet and playing. MARY NGIAM at **The Tennis Club** answered our reader questions.

When do you recommend children start tennis?

The wonderful thing about tennis is that you can start at any age and enjoy it as if you'd been playing forever. The Tennis Club has classes for kids as young as 18 months. If a child wants to play, or if you would like your kid to learn, encourage them to get on the court, because it's how much you like something that generally determines your success in it.

What type of class should I enrol my child in?

The Tots Tennis Programme is outstanding. Children from 18 months to 10 years can enjoy tennis all year round on a fun, real indoor mini-tennis court, with lessons conducted by lively, qualified and experienced tennis coaches. Tennis is a great way to develop a child's hand-eye coordination, and his or her listening, social and team skills. Lessons follow a fun and structured format involving everything from balloons and beanbags to parachutes!

Do you have classes during school holidays?

Yes, we do. Our school holiday tennis camps offer five days of tennis fun for children aged four and older. It's the best way for kids to learn the basics of tennis and improve their game in a short period of time.

Do you offer tennis leagues for adults?

Yes, The Tennis Club hosts the Generali Singles League every season. Players arrange their matches independently, whenever and wherever it suits them to play.



What is the background of your coaches?

Our coaches are professional, enthusiastic and experienced, and they have international qualifications such as LTA British Tennis, Professional Tennis Registry, Tennis Australia and others.

Is at-home coaching available?

Tennis lessons are brought to your doorstep through the Tennis @ Home programme, which involves certified tennis professionals giving adult and junior lessons at a private house or condominium.

What's new for 2015?

Cardio tennis lessons are 60-minute circuit-training sessions that aim to improve speed, footwork and endurance. Classes are conducted by a qualified fitness trainer.

200 Turf City, #01-63
6466 2643 | thetennisclub.com.sg

More fun activities to get you fit

- **Stand-up paddling** is great for body-toning and improving balance, plus it's an easy way to get a tan.
Try it at: Mana Mana Beach Club at East Coast Park, or SUP School at Tanjong Beach, Sentosa; they both offer trial sessions.
- **Pole dancing**, a combination of dance and acrobatics, has gained popularity in recent years thanks to its core-strengthening benefits and the fact that it's a lot of fun.
Try it at: Bobbi's Pole Studio: 6333 4308
bobbispolestudio.com.sg
- **Taekwondo** isn't just useful for self-defence, it's also great for building confidence, strength, coordination and discipline.
Try it at: JH Kim Taekwondo Singapore: 6299 0495
jhkim-singapore.com



- **Dragon boating** is open to everyone regardless of ability and age, and is a popular sport among expats.
Try it at: The British Dragon Boat Team (britishdragonboat.com) or the Gaelic Dragons (gaelicdragons.org), both of which are open to all nationalities. **SI**

EtonHouse®

Pre-School



Visit the new EtonHouse Pre-School
at Upper Bukit Timah

**OPEN
HOUSE**

30th and 31st January
9am – 3pm

Housed in a dedicated five-storey building, the campus offers an inquiry-based curriculum and strong second language programme delivered in an engaging and meaningful learning environment purposefully designed by early childhood specialists.

- Innovative learning centre with an exquisite rooftop garden, creative recycling centre and dedicated studios for performing arts, visual arts, light, cooking and construction
- Integrated bilingual programme in English and Mandarin
- Highly qualified and passionate team of educators

Limited Vacancies from Pre-Nursery to Kindergarten 2

☎ 6746 3333

✉ 215BT@etonhouse.edu.sg

🌐 www.etonhouse.com.sg/215bt

215 Upper Bukit Timah Road, Singapore 588184

Shaping the future through education

Singapore • China • Hong Kong SAR • Indonesia • Malaysia • Vietnam • Cambodia • Myanmar • India • Japan • South Korea • Middle East



PLAY, LEARN, AND SOAR

Car, bus, bike, or chariot. Once children roll up to Singapore American School's Early Childhood Center, they will feel known and loved. Teachers who are experts at guiding three to four year olds welcome each child into the SAS family. With years of experience, they not only know students, they take time to understand each child. Teachers encourage children to investigate, ask questions, make mistakes, and try again. The research is clear. When students experience extraordinary care, they become socially intelligent and academically prepared – all the building blocks needed to play, learn, and soar.



Magical Learning Spaces

ECC has many magical spaces for kids to play and learn: a garden, library, playground, sand pit, great hall of activities, and bicycle track. Teachers also utilize the 36-acre campus, taking kids to explore classes, the rain forest, track, and beyond.



Mandarin and Perceptual Motor Classes

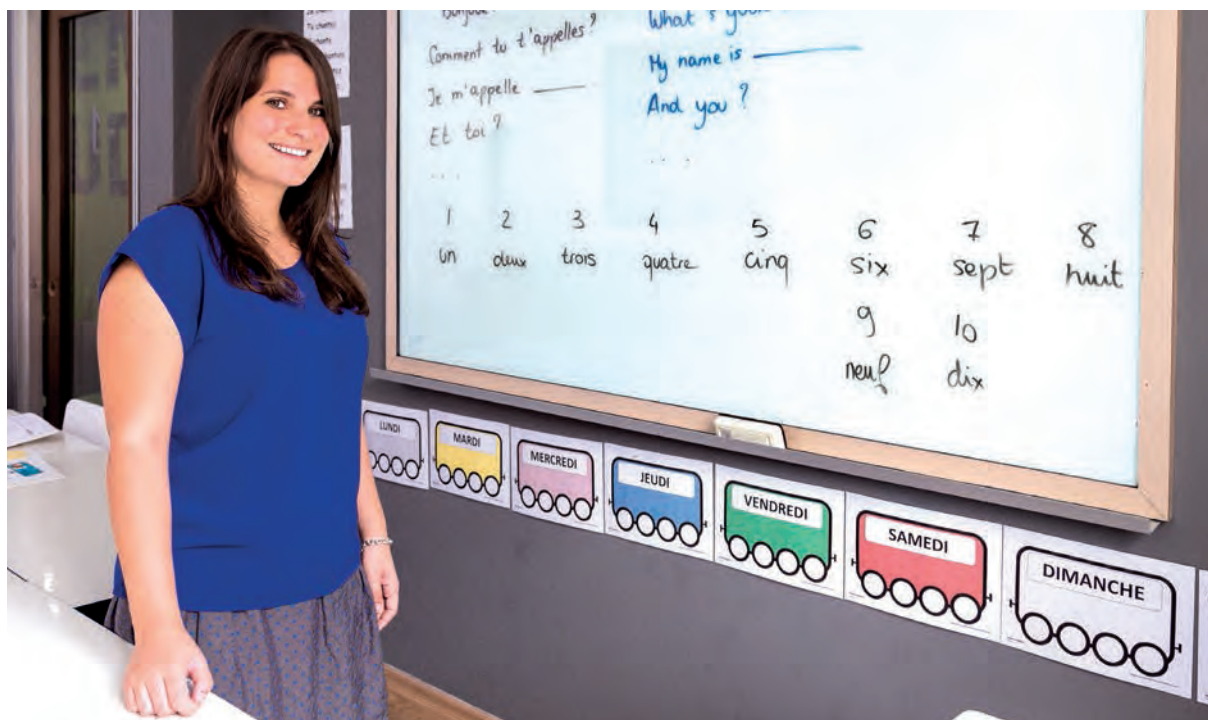
Dive into a ball pit. Blaze through an obstacle course. Sing and dance in Mandarin. At ECC, students gain language and gross motor skills through daily, interactive, and fun Mandarin and perceptual motor classes.

JOIN THE SAS FAMILY AT [SAS.EDU.SG/ADMISSIONS](https://sas.edu.sg/admissions)

Singapore American School CPE Registration Number: 196400340R Registration Period: 22 June 2011 to 21 June 2017
Accredited by the Western Association of Schools and Colleges



SINGAPORE AMERICAN SCHOOL



In the Classroom

with Amélie Recroix

By Verne Maree;
photographs by Ken Tan

Just in time for the new year, here's the inspirational story of 20-something Frenchwoman AMÉLIE RECROIX. Disallowed from pursuing in Singapore the profession that she'd trained for, she courageously embarked on a completely different career. Now she's the founder-owner of French Studio in Katong.

Where are you from, and what brought you to Singapore?

I'm from Metz, in the east of France. After high school, I studied in Paris and Marseille to become an optometrist. I'd just qualified as a specialist when my then-boyfriend Kevin (now my husband) was offered a six-month work stint in Singapore. As the idea of travelling appealed, we took up the offer. That was five years ago; we never left!

How did you find Singapore?

It was beautiful, but it's hard to arrive in a place where you don't know anyone. Kevin worked all day, and I found myself waiting for him to come home. I was only 22, too young to be just a housewife; and once we knew we'd be here for longer than six months, I had to find something to do.

Unfortunately, my degree was not recognised here.

Another big problem was that I spoke no English at all. So I took classes at the British Council for two months; after that, I continued to learn on my own, talking to friends and others every day. My English is still not perfect, but I get by, and – most importantly – I can work.

Parlez-vous?

"I first came across French Studio about five months ago, while looking for lessons to improve my conversational French before a trip to France. A web search quickly brought up frenchstudio.sg, so I did the online test to identify my proficiency level, admitted in an email my crippling self-consciousness when it came to actually speaking French, and soon embarked on a series of ten 90-minute private lessons with the brilliant Sara Hdiguellou.



Sara Hdiguellou

"I'm not the easiest of students. But Sara proved to be an outstanding teacher – keeping me in line, recognising my strengths, identifying my weaknesses and, best of all, revealing how French people *actually* converse with each other, rather than how grammar books say they do."

– Verne Maree

Were you not able to work as an optometrist here at all?

No, they said I'd have to start my degree again from the beginning. Honestly, I thought, if I were to do that, I might as well study something else!

After six months here, I went back to France on holiday and spent time with my younger cousins. Seeing me helping them with their schoolwork, it was my mother who suggested that I teach French in Singapore. That was a kind of revelation!

66 For me, work doesn't feel like work; it's just my life, and I'm living it.

How did you go about becoming a teacher of French?

After finding out what qualifications I would need to teach French in Singapore, I did the CNED distance-learning course. They send you the books and you work on your own. You can choose to do it in one, two, three or four years; I chose the one-year option, wrote the exam here in Singapore and passed with honours, to my great happiness. My new life in Singapore had finally started.

For practice, I gave free lessons to people in my condo for a while. Then, three years ago (December 2011), with my husband's encouragement, I decided to create my own company. I should say at this point that French Studio would not exist without his amazing support and daily help – with the website, with business advice and more.

How did you grow the business?

More and more requests from students came in, so I hired a second teacher, and then a third – we now have a total of 14 teachers! At first, we operated from a place on the East Coast with just two rooms; the next one had three classrooms; and now we've grown into this two-level premises with six classrooms.

Why did you not simply teach at Alliance Française?

I never thought of doing that, because I wanted the liberty to teach in my own way and be able to offer a personalised and flexible programme. That might include taking my students to the cinema, for example, or supermarket shopping. Also, I saw the potential for a French school in the East – the area has developed enormously in the past five years.

Having recently learnt to speak a foreign language, English, are you in a better position to understand what your students are experiencing?

Yes, I really am. When my students don't want to speak because they're afraid that their grammar isn't good enough, or they don't have all the vocabulary, I tell them that's not important... the important thing is to speak, and to make yourself understood.

The way I learnt to speak English has also influenced our teaching approach at French Studio. What you learn from a book is different from how you speak in daily life; that's why our



classes include a lot of real-life role-play, so that our students are always practising something useful.

I strongly believe that there isn't just one way to teach French. That's why all our teachers are different, with individual styles of teaching and relating to their students.

What do you look for in a teacher?

It's important for them to be native speakers, though they may come from different countries such as France, Belgium, Switzerland, Canada and Morocco. They need to be creative and to really enjoy sharing their knowledge of French and French culture – to be able to bring the language to life. I want French Studio to be a happy place, a fun environment for both our teachers and our students.

What are you looking forward to in 2015?

Organising more events, like the language exchange we recently held for 30 of our adult students at Le Petit Paradis in Katong; next up is a wine-tasting at a restaurant.

French Studio has come a long way in only three years, further than I'd ever expected it to. Though I haven't had a holiday in three years, that doesn't seem important right now. For me, my work doesn't feel like work; it's just my life, and I'm living it.

French Studio is located at 362 Joo Chiat Road #02-01 in Katong, with public parking right over the road.
8361 5622 | frenchstudio.sg

RESPECTING INDIVIDUALITY

Registration for 2015 Now Open

We believe the early foundation years are the most important.

At Odyssey The Global Preschool, we select only the best teachers and degree-trained Curriculum Specialists to guide each class, a collaborative team of experts who tailors individualised lesson plans and learning experiences for each child.

Because your child deserves only the best.

Registration for 2015 is now open for ages 18 months to 6 years old. Spaces are limited, so speak with us today.

+65 6781 8800
www.theodyssey.sg
contact@theodyssey.sg

Overseas Family School



We are a private foreign system school ("FSS") in Singapore offering the K-12 International Baccalaureate ("IB") curriculum within a globalised multi-cultural environment to children aged between 3 and 18 years of expatriate parents who are senior executives and professionals working and living in Singapore. We believe we are an inextricable part of the social and economic infrastructure supporting foreign direct investments into Singapore.

We believe we were the first and currently one of five such FSSs in Singapore offering a straight through IB curriculum in a single location. In addition, we believe that we are a pioneer in integrating Model United Nations into our core curriculum and are the first and only FSS in Singapore to do so.

Our curriculum is based on both the IB and the International General Certificate of Secondary Education ("IGCSE") programmes. We also offer other programmes to supplement the curriculum and have strong infrastructure and adequate facilities to support the activities of the students and our School.

Master Policy:
To maintain a happy,
safe and effective
school for overseas
families living in
Singapore

We strive to achieve our master policy "To maintain a happy, safe and effective school for overseas families living in Singapore" through our curriculum, student code of conduct and security measures.

Our School is supported by a staff strength of about 500 of over 20 nationalities and has over 3000 students from around 70 nationalities.



**OFS will be moving
to a brand new
facility in Pasir Ris
by August 2015**



Cert no: EDU-3-3106
Validity: 23/12/2013 - 22/12/2014

Accredited K-12 by WASC, Western
Association of Schools & Colleges

For more information, contact:

Ms Joyce Chee, Student Recruitment

Mrs Soma Mathews, Registrar

Overseas Family School

25F Paterson Road Singapore 238515

Tel: +(65) 6738 0211 Fax: +(65) 6733 8825

Email: admissions@ofs.edu.sg

You may also visit us at

<http://www.ofs.edu.sg>



GREEN TEAM

After years of searching for the right product, ANGELA S. and LYNN Y. finally found a green business venture that appealed to their shared passion for ecological conservation.

How did the two of you meet?

We worked together for about ten years at the same bank, so we already knew each other very well by the time we decided to set up a business together as the Alps Group.

Why this particular product?

We'd been looking for ages for the right business venture to commit to. When we saw the opportunity to be the distributors of CloverSoft toilet and tissue papers, we knew we'd found our first product. It's made from 100 percent sustainable, organic bamboo pulp, so it's kind to the environment as well as to the skin.

What's wrong with the bog-standard option?

Until relatively recently, not even scientists realised quite how permeable our skin is and how readily it absorbs all sorts of substances, including chemicals, synthetic fragrances and other toxins.



Lynn herself has suffered from a sinus problem and a runny nose since she was young, so she has always used a lot of tissues. As a result, her sensitive skin reacted by becoming painfully dry and also breaking out in acne on and around her nose.

While searching together for something gentler to use on Lynn's skin, we did find a US brand that was better; but it was too expensive. Then, through a friend, Angela met the producer of a newly patented, unbleached bamboo tissue paper, who gave her some of the finished product to give to Lynn to try. Lynn was over the moon with how quickly her skin problems cleared up – and that's why we decided to launch this joint venture.

Unlike mainstream hygiene papers on the market, CloverSoft products are unbleached and free of inks, chemicals and artificial fragrances. Their only fragrance is a subtle, natural scent of bamboo.

Why do you feature polar bears on the packaging?

We wanted our business to make a meaningful contribution to the environment by donating a portion of the profits to a worthwhile cause. This comes from the heart, because both of us are passionate animal lovers. We saw a TV documentary on the sad way in which global warming is affecting the habitat of polar bears, and decided that they would be our first beneficiaries. It's also good to know that the bamboo used for making CloverSoft paper is not of the kind that pandas eat.

Do you separate your household garbage?

Yes, each of us has been doing that for years. We've both studied and lived abroad at different times, and we've been impressed by what has been achieved in Australia, the UK and the US. We hope that Singapore will follow suit and we like to see ourselves as contributing to making that happen. In the longer term, we would like to feel



that our product is benefiting not only humans, but also animals and eventually the total environment.

What did it take to launch this joint venture?

It took us a full year's work to figure out key areas such as funding, warehousing and logistics. At this stage, we're using our own capital, and we're each invested 50 percent. Working together is working out very well for us, because we have the same goals and we're both equally committed – financially and on a personal level.

Where are your tissue papers sold, and how much do they cost?

They became available in Cold Storage in November, they can be ordered at Redmart.com, and we're also looking at FairPrice Finest. As for the pricing, it's similar to that of mainstream brands such as Kleenex, but the quality and environmental ethos are more similar to 7th Generation, which is double the price.

Did you know?

- Standard toilet paper is made from the wood of trees – from wood pulp, or from recycled paper – in a process that relies on the use of harsh chemicals.
- Bamboo is a sustainable material, partly because it grows to maturity in just five years, compared with the 50 to 60 years that a tree takes.
- Growing bamboo does not require the use of pesticides, as the species tends not to attract insects.
- Tissue paper made from bamboo can be safely used to clean a baby's skin, and a woman with sensitive facial skin will find it ideal – yet it is tougher and more durable than its wood-based equivalents. 



Caring for the world starts with me.

At One World International School (OWIS), educational excellence goes beyond academic achievement. We emphasize lifelong learning to develop compassionate, inquiring individuals who have a positive impact on their world. With a warm community atmosphere, OWIS offers holistic, high quality education in a nurturing, multi-cultural environment.

Experience our world of difference with a tour. Please call
+65 6542 2285.



One World International School is authorized by the International Baccalaureate (IB) to offer the Primary Years Programme (PYP). It is also an approved CIE School with approval to offer Cambridge Education programmes and International General Certificate of Secondary Education (IGCSE) qualifications at the Secondary School level.



ONE WORLD INTERNATIONAL SCHOOL

696 Upper Changi Road East, Singapore 486826
T. **+65 6542 2285** | E. myfuture@owis.org
www.owis.org

Registered with Council for Private Education | 200800495N | 24 February 2011 - 23 February 2015



LEARNING OUTSIDE THE SQUARE

Parents of children with special needs that don't fit inside the mainstream schooling models can have a difficult time finding appropriate education for their son or daughter in Singapore. **Melbourne Specialist International School (MSIS)** has opened in response to that demand. JAYNE NADARAJOO, founder of eight White Lodge preschools and kindergartens, and JULIET COOPER, who moved from Australia in September to become principal of MSIS, explain what the new school is all about.

Why did you start MSIS?

Jayne: During 15 years at White Lodge I've seen that not every child is suited to move on to a mainstream school, or the resources are just not able to accommodate them, and they have nowhere to go. We've seen a trend of families relocating to other countries to find a suitable school. In a country like Singapore, that's not good enough; these children, both local and expatriate, deserve better.

What learning programmes do you offer?

Jayne: I visited many schools offering different programmes, but it was the Port Phillip Specialist School (PPSS) in Melbourne that was most impressive, and seemed the most suitable for what I hope to achieve. Offering a watered-down mainstream curriculum, as some schools do, was not an option.

PPSS offers an original, accredited and purpose-designed programme with a focus on learning through the visual and performing arts. We also have plans for The Pantry to become a vocational hub that provides learning and opportunities for young people with special needs, including work-related skills, occupational health and safety, industry specific skills and travel training.

Juliet: As deputy principal at PPSS, every day I saw the practical results of having dance, music, art, drama and physical therapy as the basis for learning. It's a unique and fun way both to teach and to learn functional English, Mathematics and independent living skills. For example, we teach the words and adding skills that students need to know to function in the community, so they can go to the shop independently and buy their lunch safely, without being taken advantage of.

We teach this in numerous ways, while the children are actively engaged with learning. For example, through counting steps in dance and through sport, students can learn about space, shapes and counting.

Who is suited to MSIS?

Jayne: Children with special needs who do not fit into any of the current school models. It doesn't mean they are not good enough, rather that their strengths lie elsewhere.

Juliet: Every child has an assessment, and then an individual learning plan is devised in conjunction with therapists and parents, based on the student's personal goals. My 14-year-old son Monty, who has an intellectual disability, is also attending MSIS.

Describe a typical school day for a student at MSIS.

Juliet: Depending on their individual learning plan, a student's day might include a session at Sky Gym, English lessons, dance, art, outdoor play, maths, ball sports and bike-riding. We take into account a child's individual learning needs; they may do traditional academics for 10 minutes, and then take a break for 10 minutes, for example. Students with autism or other special needs often need

more sensory stimulation and regular movement, so we have resources such as trampolines in the classroom. Others like the tents and Kloudsack, which provide a sense of enclosure and wellbeing. Once that need is satisfied, the students are able to focus on the classroom activity.

Tell us about your cool stuff.

Juliet: I'm a bit of a tech geek and did my second master's degree in Information Communication Technology. So I love to integrate technology and its numerous benefits into all my classrooms. We have

touch tables, interactive whiteboards, iPads and video facilities to help us observe students and follow their progress. For partially verbal and non-verbal students, there are apps to help them communicate; these are introduced in consultation with speech therapists.

Jayne: Other resources include a dance and music studio, a life skills classroom, a Sky Gym (importantly accessible by kids in wheelchairs) and indoor and outdoor trampolines, plus numerous specialist teachers, including teachers of dance and music.

Why this location in Loewen Gardens?

Juliet: I was thrilled when I saw the site: it's lush and green and has so much outdoor space. Movement is very important for these children, so as well as using the Sky Gym daily, we will introduce a cycling and aquatic programme. I plan to put in a kitchen garden where students can plant seeds, watch them grow, cultivate them, harvest the produce and bring it into the life skills classroom to use in cooking.

“We've seen a trend of families relocating from Singapore to find a suitable school

Need to know

- Places for 65 to 90 students
- 45-week school year
- Full-day school, 8.30am to 3pm
- Current site caters for ages four to 16

75C Loewen Road, Dempsey Hill
6634 8891 | msis.edu.sg

Sam's Custom Tailors Made to Measure in 8 hours

Modern & Contemporary Clothes
for both Men & Women

- Best range of exclusive fabrics
- Very affordable prices
- Satisfaction Guaranteed
- Free Transportation
- Mail Orders Welcome
- Alteration service provided

Please call +65 6333 8936 for
FREE Transportation

#02-55 Far East Plaza
14 Scotts Road, Singapore 228213

Tel • +65 6333 8936 Fax • +65 6333 8939
Email • samstailors@pacific.net.sg
www.samscustomtailors.com.sg



Predictions for the year of The Goat

What's in store for 2015, the Year of the Goat?
Feng shui master and Chinese astrologer
CLARICE CHAN gives some practical advice.



The year 2015 is defined by the Yin Wood element and the Goat zodiac sign. Yin Wood is best compared to grass, vines, weeds, ferns and plants in general. It is resilient; stubborn, even. Like plants, you can trim it but it will keep growing back. The special quality of the Yin Wood element is that, despite being fragile, it can survive a harsh environment.

Sitting at the base of the Yin Wood is the Goat. It's the 8th zodiac sign in the Chinese astrology system, and a combination of Fire and Earth elements. Under the law of Chinese metaphysics, the relationship between Yin Wood and the Goat is of a destructive nature. Thankfully, the hidden Wood, Fire and Earth elements within the Goat sign help to mediate and bring about harmony.

Globally, there will be a focus on preserving the earth's natural environment and resources in 2015. More people will be aware of the need to stay healthy through a cleaner environment and better nutrition. The Yin Wood element refers to the energy of plants, so there may be an increased demand for herbal and organic food, benefiting the agriculture industry.

Because of global conflicts in recent years, people's emotions may be more fragile and volatile in 2015, so it's likely to be a sensitive year. However, the Goat has a calm and gentle nature, preferring the quieter side of life; this Earth energy within the Goat is likely to help the world reach a peaceful resolution to current conflicts.

It's also important for decision-makers to negotiate more calmly and to look for long-term solutions when resolving problems. Quick fixes will cause more problems in the long run.

Overall, the Yin Wood Goat year will be a time for hope, with the potential to create peace, opportunities and material abundance for everyone.

Wishing everyone a healthy, blessed and prosperous year ahead!

ABOUT THE GOAT SIGN

Born: 1919, 1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015

Characteristics

Occupying the 8th position in the Chinese Zodiac system is the gentle, creative, intelligent Goat. People born under this sign are easy-going, persuasive and sociable, with refined tastes. While they appear to enjoy group activities, they do prefer privacy and solitary moments. With a gentle and nurturing personality, people with the Goat sign can often be found in the hospitality, teaching and care-giving professions.

Love and romance (men)

Romance for male Goats can be a difficult issue. They're sensitive and prone to pessimism, so if you're in love with a male Goat, understand that his moods can change drastically. He's also sentimental and will prefer quiet dinners and deep conversation rather than parties or group gatherings.

Love and romance (women)

The female Goat is known to be sentimental and loving. She's often referred to as Mother Nature because of her compassion and willingness to give love. Love to this woman is sacred and vital. Therefore, having a lasting relationship is her greatest desire. She's sensual and romantic, and seeks the same qualities in her mate.

Other features

Life group: East Life

Kua number: 3 (Both male and female)

Lucky directions: South, Southeast, East, North

Most compatible signs: Pig, Rabbit, Horse

Clashing signs: Ox, Dragon, Dog

Children: Children born under the Goat sign* are affectionate and caring, but can be sensitive. Generally, they are well-behaved, preferring not to engage in conflict.

** Note: In 2015, only babies born on or after 12 noon on 4 February belong to the Yin Wood Goat sign. Babies born before then belong to the Yang Wood Horse sign.*

For more tips and predictions, get a copy of Clarice's new book, *Your Fortune in 2015*, available from newsstands and major bookstores.

claricegvchan.com 





Research Based Education

Imagine your child in a school where every class is guided by the latest educational research.

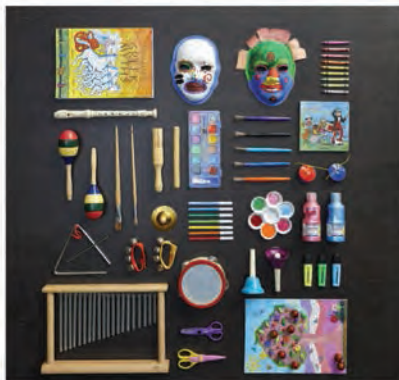
Imagine a school where every program is driven by cutting edge scientific research on how children learn best at each grade level.

Imagine Sir Manasseh Meyer International School.

For more information, please contact:
admissions@smm.edu.sg
+65 6737 9746
www.smm.edu.sg



**Sir Manasseh Meyer
International School**
A VISION FOR EXCELLENCE



Sir Manasseh Meyer International School Pte Ltd

38c Belvedere Close, Singapore 159883

CPE Registration Number: 2008R757D

Period of Registration 05 July 2011 to 05 July 2015

Cost Effective Solutions for the Expat Community

*Representation in a full range of legal matters including **family law, criminal law, civil & corporate matters, commercial and accident/insurance law***

Collaborative Family Law Practice Mediation Services & Conflict Resolution

(The low cost alternative to lengthy court proceedings)

- Harvard trained Mediator
- Associate Mediator of the PDRC, State Courts of Singapore & SMC
- Vice-Chairman of the Criminal Law Practice Committee of the Law Society of Singapore
- Member of the Family Law Practice Committee of the Law Society of Singapore
- Primary Justice Lawyer

Tel: 6337 0469
www.gjclaw.com.sg

www.singaporedivorcelawyer.com.sg
www.singaporecriminallawyer.com

**GLORIA
JAMES-CIVETTA & CO**
ADVOCATES & SOLICITORS

The IB World School in Singapore!

Specializing ONLY in the IB curriculum



**Focusing on Personal & Social Development,
Maximizing Academic Excellence**

ISS is registered by the CPE • Registration no: 201316975E • Registration period: 16 June 2011 to 15 June 2015

An authorized IB World School specializing only in the IB Primary Years, Middle Years and Diploma programs. Extensive range of IB Diploma subject options.



ISS INTERNATIONAL SCHOOL

Established in 1981

Elementary & Middle School Campus

25 Paterson Road, Singapore 238510
Tel: (65) 6235 5844 Fax: (65) 6732 5701

High School Campus

21 Preston Road, Singapore 109355
Tel: (65) 6475 4188 Fax: (65) 6273 7065

Website: www.iss.edu.sg

Email: admissions@iss.edu.sg



All players, old and new, are very welcome to come and enjoy our extensive facilities, within a very friendly atmosphere.

The refurbished club has an all inclusive concept whereby it has 'something for everyone' for all ages and levels.

We would like to offer you a
FREE TRIAL GROUP LESSON
throughout the month of January for kids 10 years
and below and also for all ladies and gentlemen.
Let's GET FIT, HAVE FUN & PLAY TENNIS!

The Tennis Club

200 Turf City #01-63 Singapore 287994

Tel: 6466 2643 e-mail: admin@thetennisclub.com.sg
www.thetennisclub.com.sg and Facebook: [thetennisclub](https://www.facebook.com/thetennisclub)

VOUCHER

Please call **6-466-2643** to book your
FREE TRIAL GROUP LESSON!

Name: _____

Age: _____

Parent/Guardian: _____

Email: _____

Contact: _____

Please present this voucher upon registration.



The Top 10 Reasons to choose Rain Trees

- 1 Easy Transition:** Home from home approach to make an easy transition to first school for children
- 2 Small School:** A small school environment that is family friendly
- 3 Caring, Exploring & Fun:** Focus on learning through play and creating a "caring, exploring and fun" environment
- 4 Great Teachers:** Highly qualified and experienced lead teachers all with international training and experience
- 5 Long History:** Rain Trees was setup in Singapore in 1999 to meet the preschool needs of the international community
- 6 Flexible:** Programmes allow for half or full days from 2-5 days per week that is carefully designed to allow a phased transition to a full time international primary school
- 7 Indoors-to-Outdoors:** Integrated environment and curriculum making full use of both outdoor and indoor
- 8 Transparent and Regular Communication:** Including popular daily class and weekly all school email updates to parents supported by an effective and friendly school administration team
- 9 Highly Recommended:** Very high levels of parent satisfaction measured via our regular annual and alumni surveys
- 10 Reasonable fees:** Fee levels stand up competitively in comparison to the larger international preschools

Kheam Hock Road Bukit Timah Fire Station www.raintreeskindergarten.com

Michael Gronow

PHOTOGRAPHY

www.gronowphotography.com
Studio Tel: 6297 0478

CONSILIUM

Law Corporation

We offer solutions for your legal needs

Practice Areas:

Corporate & Commercial Law • Joint Ventures • Mergers & Acquisitions • Foreign Investment Law • Employment Law • Contracts • Shareholders Agreement	Family Law and Litigation • Civil & Commercial Litigation • Medical Negligence • Accident Claims • Personal Injury • Divorces, Adoptions & Wills • Mediation
---	--

Lawyers:

- Experienced and Qualified in Canada, New York, Singapore and UK.
- Member of Law Society Family Law and Corporate Committees

Languages Spoken:

- Fluent in English, French, German, Italian, Mandarin and Bahasa Malaysia

BUDGET CONSCIOUS

Contact Us:
Web: www.consiliumlaw.com.sg
Tel: +65 6235 2700
Email: fciambella@consiliumlaw.com.sg

We are ICS

We are dynamic learners



With a **low student-teacher ratio** and students from over 26 nations, ICS is a fully accredited K-12 international school teaching an **American curriculum** with a Biblical worldview. Founded in 1993, ICS fosters a caring community committed to provide each student with a quality, holistic education **within and beyond the classroom**. Alongside academics, ICS instills in each student a love and respect for people of all cultures, a **zeal for lifelong learning**, and a passion for personal excellence. Who are we? **We are ICS.**

Visit **ICS.EDU.SG** to schedule a tour and apply.



27A Jubilee Road, Singapore 128575 | +65 6776 7435



CPE Reg No: 199303918N
Reg Period: 06/07/11 to 05/07/15

ICS is fully accredited by the Association of Christian Schools International (ACSI) and the Western Association of Schools and Colleges (WASC) and is a member of the Network of International Christian Schools (NICS).

CARING • COMMITTED • QUALIFIED

Doesn't your child deserve the
BEST SWIM SCHOOL in Singapore?



9665 0328 (The Grandstand)
or 6473 8353 (other venues)
swim@marsdenswimschool.com
www.marsdenswimschool.com



MARSDEN
SWIM SCHOOL

EXPATRIATE MORTGAGES AS LOW AS 2.5% pa

**SLASH YOUR MORTGAGE COSTS BY AS MUCH AS 40%
INCREASE YOUR SAVINGS
PAY OFF YOUR MORTGAGE YEARS EARLY**

- Available to most expat nationalities
- For properties in UK, Australia, New Zealand, Singapore, Europe, USA and many other countries
- Interest Only or Repayment
- No extra charge for letting
- No penalty for early repayment
- Funding your deposit
- Property tax
- Quick & free approval in principal

**Access to over 50 Financial Institutions
Available for refinancing, purchase, equity release.**

For more information on finance, your chosen country and to find out how much you can borrow, please contact us:



Chartwell
ASSOCIATES
Pte. Ltd.

48A Circular Road, Singapore 049403
Tel: 6225 5707 • Fax: 6225 5706
email: expat@chartwell-associates.com
www.chartwell-associates.com

CLOVERSOFT



SO CLEAN YOU CAN PUT
ANYTHING ON IT.

CloverSoft's unbleached hygiene brown papers is a newly patented technology. This technology meets the gap for the demand in tree-free, pesticide-free hygiene papers.



- ✓ CloverSoft hygiene papers are made from 100% sustainable Bamboo virgin pulp.
- ✓ CloverSoft hygiene papers are unbleached, it is chemical-free and has up to 90% natural anti-bacteria function ensuring a higher level of good hygiene health to you and your family
- ✓ Higher absorbency and paper strength.
- ✓ Biodegradable
- ✓ CloverSoft toxin-free facial tissue does not clog pores and it's gentle on women's skin for all uses.
- ✓ CloverSoft chemical-free bathroom papers can be used with filtered water to clean babies
- ✓ CloverSoft hygiene paper has higher absorbency capacity and it can result in less usage

CONTACT US customer@cloversoft.us | www.cloversoft.us • www.cloversoft.sg

FIRST IN THE WORLD Lab tested, meeting European commission (EC)'s foodstuff contamination standards.

AVAILABLE AT Redmart, Selected Cold Storage and Jasons.

first few years
<http://www.firstfewyears.com.sg>

babybay[®]
from Germany

Ingeniously convertible,
simple to use and durable
Made of solid beech
Anti-static and anti-bacterial



Co-Sleeper



High Chair or Table



Cot or Play Pen



Cot Bed

290 Orchard Road Paragon #05-40 Tel: 68363693



The Perfect Place for All your Baby Carrier Needs

Baby Slings & Carriers
Your Partner in Ergonomic Babywearing

Showroom Location
39 Jalan Pemimpin #06-01
Tai Lee Building Singapore 577182
Tel: 6397 6691
Open: 10am to 6pm (Mon, Tue, Thu to Sat)
Website: www.BabySlingsAndCarriers.com



We are a team of Speech Language Pathologists, Occupational Therapists and Educational Therapists who are dedicated in helping young children and adolescents with speech and language, sensory-related or cognitive difficulties.




Total Communication
Changing Lives. Touching Futures.

TOTAL COMMUNICATION THERAPY PTE LTD
 896 Dunearn Road #03-03A Sime Darby Centre Singapore 589472
Tel: 6467 2995
 E-mail: enquiries@totalcommunication.com.sg
WWW.TOTALCOMMUNICATION.COM.SG



**Enquire
Play
Discover**

**Putting
the EQ
into IQ**

**Need a GREAT
VENUE for your Party?**
 Put the 'Bounce' in your Art Jamming Party
 12,000 ft² of outdoor or 3,000 ft² of indoor space available.
 Free Parking

Swallows and Amazons™
KINDERGARTEN AND ENRICHMENT CENTRE

200 Turf Club Road Singapore 287994
Phone : 6762 8158
 Email: lessons@swallowsandamazons.com.sg
www.swallowsandamazons.com.sg

Preschool and Kindergarten
 set in 16,000 sq ft of free covered grounds.
 Open almost year round, for 18 months to 5½ years old.
 With a minimum staff:child ratio of 1:5
 Offering flexibility of 2 to 10 sessions per week.
 Open from 8am to 4pm, Monday to Friday.

2013
 EXCELLENCE AWARD

SPARK



All about dancing!

Get ready for our new term!
 Start date: 12th January 2015
 Call or e-mail us to book a free trial!

- Ballet, Jazz, Tap, Hip Hop, Acrobatics, You & Me, Glee Club, Competition Team
- All Boys Classes
- Adults: Ballet, Tap, Zumba®, Cardio Dance



Tanglin Arts Studio

100 Turf Club Road, Horsecity
 phone: 6479 0304, mobile: 8123 6770
www.tanglinartsdancestudio.com

BE MY VALENTINE....

BY BRILLIANT PRINTS




**PHOTOS
ON
ACRYLIC**



 **BRILLIANT PRINTS**
www.brilliantprints.com.sg

The vPost Alternative

PACME.COM

SHOP CONSOLIDATE SHIP



Enter promo code **Expat** at pacme.com
"First year free" membership (worth \$100)

- Get your US mailing address at pacme.com
- Shop online in the US sales-tax free
- Ship everything to your PacMe address
- We will re-PAC it all up & ship to you!

Your new way to shop in 2015!

Owned and operated by Americans living in Singapore and the US



Highly-Experienced Results-Oriented

ENGELIN TEH PRACTICE LLC

DIVORCE

- Local & Expat Divorces
- Cross-border Child Custody & Access
- Division of Matrimonial Assets
- Maintenance
- Deed of Separation
- Personal Protection Orders
- Post-Nuptial Agreement
- Mediation

CONVEYANCING/ REAL ESTATE

- Sale & Purchase
- Lease/Tenancy



COMMERCIAL & CIVIL LITIGATION

- Intellectual Property
- Employment
- Shareholders' & Partnership Disputes
- Defamation
- Trusts/Probate

ADVOCATES & SOLICITORS

+65 6224 9933
✉ legal@etplaw.com

www.ETPLAW.com



littleones
Photography

tel: 6440 7568
info@littleonesphotography.com www.littleonesphotography.com

2013, 2013, 2014



ORGANIC BABY GIFTS
Organic Cot Bedding




www.organicbabygifts.com.sg



helping your children
grow step by step



minorsteps



PIMPOLHO
Tenderness with every step

Distributed in Asia by
www.minorsteps.com

Leading Professional Pet Sitting Service in Singapore



- Professional Pet Sitting & Dog Walking Services
- Pet Food with free delivery
- Pet Transportation
- Pet Cremation
- Pet Grooming
- All others Pet Related Services

For more information, please visit us at
www.petmobile.com.sg
or drop us an email: sales@petmobile.com.sg
or contact us at: **9099 8511**



Dulwich College (Singapore) Pte. Ltd. CPE Registration Number: 201027137D. Valid 09 Jan 2012 to 08 Jan 2016

From those who teach to those who inspire.

With the opening of our new campus in Bukit Batok comes a new way of thinking in education built on nearly 400 years of innovation. We look to ignite a passion for learning and inspire our students to seize the possibilities of tomorrow.

We are academically selective and offer an accelerated curriculum that is diverse and intellectually rigorous. From the age of 10 our students follow the English National Curriculum enhanced with elements of the Common Entrance syllabus which is taught entirely by specialist teachers. We offer an enriched three year IGCSE syllabus which will best prepare our students for the challenges of the IB Diploma Programme.

To find out more or to attend one of our open days, please call our Head of Admissions, Victoria Hope, on (65) 6890 1000, email admissions@dulwich-singapore.edu.sg or visit www.dulwich-singapore.edu.sg
Inspiration starts here.

DULWICH COLLEGE | SINGAPORE |



LONDON • SHANGHAI • BEIJING • SUZHOU • SEOUL • ZHUHAI • SINGAPORE



Arts & Leisure

Ruben Pang's "Holding It Together"

expat **LIVING**
Photo
COMPETITION 2015



Calling all shutterbugs! The annual *Expat Living* Photo Competition has returned for the sixth instalment and, once again, we have great prizes on offer for the best snapshots



WIN!

If we choose your photo as the best of the bunch, you'll enjoy a

**THREE-NIGHT
FIVE-BEDROOM STAY AT
SEMARA
LUXURY VILLA RESORT**

in Bali (worth over \$14,000), plus two round-trip KLM flights.



Grand prize:
Semara Luxury Villa Resort



Located on the cliffs of Uluwatu, Semara Luxury Villa Resort is a blissful sanctuary offering magnificent panoramic ocean views. The lucky grand-prize winner will enjoy a three-night stay in one of the resort's five-bedroom villas (each accommodates up to 10 guests), a daily car and driver, private chef and butler service, plus access to the exclusive Finn's Beach Club on Semara's private beach and complimentary use of the resort's tennis courts, putting green and other facilities. semarauluwatu.com



Littleones
Photography



**MORE
PRIZES**



Barbecue dinner at Oasis,
Grand Hyatt Singapore



Sunday brunch at
mezza9, Grand
Hyatt Singapore



Sunday
champagne
brunch at Edge
at Pan Pacific
Singapore

**This year, we are
looking for photos
in five categories:**

THE GREAT OUTDOORS

This category's all about capturing great shots of natural surroundings and maybe some animal action, too.

CITYSCAPES

Think architectural masterpieces, structures, landscapes and urban atmospheres.

EPICUREAN ADVENTURES

Take us on a journey to all those crazy food discoveries and delightful delicacies.

CULTURE AND HERITAGE

Here, we want to see people in their element, and places saturated in tradition – from monks in ancient wats to the village women in the remote hills of far-off lands.

FAMILY MOMENTS

This category covers those special shared moments, and loved ones captured on film in Singapore and beyond.

ASIDE FROM OUR MAIN WINNER, WE HAVE ONE RUNNER-UP PRIZE AND FIVE CATEGORY WINNER PRIZES UP FOR GRABS.

Runner-up Prize

The runner-up winner will receive a complimentary creative photography session with Littleones Photography and a free desktop photograph from the acrylic range. littleonesphotography.com

Category Winner Prizes

If you're one of the lucky category winners, you'll win one of the following fabulous prizes:

- Barbecue buffet dinner for two at Grand Hyatt Singapore's Oasis Restaurant, including free-flow wine, beer, margaritas and soft drinks. singapore.grand.hyattrestaurants.com/oasis
- Sunday brunch for two at mezza9 at Grand Hyatt Singapore, including free-flow champagne, wine, beer, bloody marys, mojitos and soft drinks. singapore.grand.hyattrestaurants.com/mezza9
- Sunday champagne brunch for two at Pan Pacific Singapore's Edge restaurant, including unlimited Veuve Clicquot Yellow Label Brut, wine, beer and classic cocktails. edgefoodtheatre.com

Visit expatliving.sg for details.

Deadline: 23 January

How to Enter: Entry is via email. Full entry details can be found at expatliving.sg/photo

Announcement of Winners: Results will be announced in the March 2015 issue of Expat Living

Be sure to check expatliving.sg for further details on the competition and confirmation of our panel of judges.

Cultural Festivals in Singapore

By Gabriela Yasmeen Kelly



Yearning for a deeper look into Singapore's vibrant ethnic cultures and traditions? Here's a guide to the biggest cultural festivals in the first quarter of 2015.

Pongal

When: 15 January

This traditional Tamil harvest festival honours the Sun God Surya. Over four days, Little India comes alive with ethnic dances and performances, a street-side mini-village with cultural souvenirs, a mass-cooking competition and a mesmerising festive light-up.



Thaipusam

When: 3 February

Squeamish folks might shy away from this Hindu festival. In Little India, along Serangoon Road and Tank Road, the large procession sees brave devotees carrying highly embellished *kavadis* (portable altars) attached to hooks pierced through their torsos as a tribute to Lord Subramaniam, the protector. To prepare for such a gruelling feat, they pray and fast for up to 48 days beforehand. On the less extreme end, devotees can also be seen carrying simple wooden *kavadis* or pots of milk.



Chinese New Year

When: 19 February to 5 March

The Lunar New Year is the most important period on the Chinese calendar. To welcome the New Year, Chinese families banish bad luck by spring-cleaning, and welcome good fortune with red and gold decorations and brand new clothes. Throughout the 14 days of festivities, families visit friends and relatives, exchange oranges for prosperity and give kids red packets (*hong bao*). On Chinese New Year's Eve, they get together for reunion dinners: Chinese seafood and steamboat restaurants are popular choices.

From 30 January to 19 March, Chinatown will be bustling with folks buying traditional snacks, decorations and more. Celebrations not to be missed included the **Chingay Parade** and the **8th International Lion Dance Competition**.

Featuring over 11,000 performers, this year's **Chingay Parade** is set to be the grandest parade yet, celebrating Singapore's 50th birthday with the themes, "We Love Singapore" and "Dreams and Hope Singapore". The parade will also feature thousands of flowers made from recycled plastic bags, as part of the "We Love SG Flowers" community initiative; this gigantic flowerbed will also be on display at the **Chingay 2015 Night Fiesta** on 1 March, and at the **PAssionArts Festival 2015** in April. See the Chingay Parade on 27 and 28 February at F1 Pit Building, 1 Republic Boulevard. Tickets from Sistic. chingay.org.sg

For a complete list of 2015's cultural festivals, visit expatliving.sg/living_in_sg. 

Our people make the difference



Family, Paediatric & Travel Medicine

- Caring for the expatriate community since 1999
- A diverse international team of medical professionals
- A caring, friendly and familiar environment

Camden Clinic | 1 Orchard Boulevard, Camden Medical Centre #14-06 | 6733 4440

Jelita Clinic | 293 Holland Road, Jelita Cold Storage #02-04 | 6465 4440

Paediatric Clinic | 1 Orchard Boulevard, Camden Medical Centre #11-06 | 6887 4440

www.imc-healthcare.com



INTERNATIONAL
MEDICAL
CLINIC

SCENE AROUND TOWN

Recent events, openings & parties



Art for All

Guests feted the fifth edition of the Affordable Art Fair with an opening night celebration. Held at the F1 Pit Building, the fair featured 108 local and international participating galleries, giving visitors on the lookout for great artwork an amazing selection to choose from.





Exploring Nature Through Art

Collectors Contemporary welcomed guests to the opening of a multimedia solo exhibition, *The Botanist*, by New York and Tahiti-based artist Alexander Lee, who has exhibited to critical acclaim throughout Europe and the United States.



Happy Travels, Happy 20th Anniversary!

Bespoke travel agency Country Holidays held a celebratory lunch at Flutes Restaurant to celebrate its 20th year in the business. Managing director and founder Theng Hwee looked back on two decades of fantastic growth and new frontiers blazed – from Africa to Latin America, polar voyages and Himalayan hiking – alongside well-trodden European and Asian paths with an experiential twist, and looked forward to a slew of exciting new packages for 2015. countryholidays.com.sg

From left: Poppy Mason-Watts, Eunice Cai, Chang Theng Hwee, Jess Yap and Verne Maree



Your Fortune 2015

Well-known feng shui consultant Clarice Chan celebrated the launch of her ninth *Your Fortune* book recently at The Reiki Centre in Joo Chiat. Wonder what the Year of the Goat will bring?





Photo credit: Infinitus Productions

Everything is Illuminated

Arriving for a night of neon-paint splashing, participants at Illumi Run 2014 frolicked their way through 5km of musically themed zones with turntables helmed by Massive Collective DJs such as Rave Republic, DJ Sabrina, DJ Stanley, DJ Gemstarr and DJ Valerie. The evening culminated in a sheer spectacle of neon water, pyrotechnic displays and Rave Republic injecting an endless supply of music to ramp up participants' adrenaline rush.



Picture This

For the first time in Singapore, Hong Kong-based vintage poster dealer Picture This Gallery presented The Art of the Poster, a selling exhibition that showcased an amazing collection of rare original vintage posters at Ion Art Gallery.





Star-studded Celebration of Cinema

The Singapore International Film Festival (SGIFF) opened with stars including world-renowned auteur John Woo, actresses Zhang Ziyi and Juliette Binoche, and actor Tong Dawei walking the red carpet. The 10-day festival, which celebrates groundbreaking Asian cinema by both emerging and established talents, featured 150 screenings of films from 50 countries across 11 regions.



Monkey Madness

Wild Rice's production of *Monkey Goes West* opened on 22 November to rave reviews at the Victoria Theatre, where guests enjoyed an amazing night at the theatre followed by a scrumptious reception catered by Lavish Dine. Attended by esteemed guests, it was a great start to the festive season.



ON THE STAGE

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

LIVE PREVIEW



INDIE-POP PRIDE

British band **Bastille** hits our shores this month for the first time, bringing its unique brand of indie-pop to the Singapore stage. Fans can expect to hear the group's chart-topping anthem "Pompeii", and



singles like "Flaws" and "Things We Lost in the Fire" among other tunes from the Brit Award-winners' debut number-one album, *Bad Blood*. Catch them on 9 January at The Coliseum at Hard Rock Hotel Singapore, Resorts World Sentosa. Tickets from Sistic.

ART WITHOUT BORDERS

Returning for its 11th year, the **M1 Singapore Fringe Festival** will feature a total of 18 arts events from eight countries, all centred on the theme of Art and Loss. Highlights include *The Duchamp Syndrome* by Por Piedad Teatra (Mexico/USA), which uses stand-up routines, marionettes and an iRobot Roomba vacuum cleaner to explore an immigrant's version of the American Dream and our innate desire to make our



mothers proud, as well as performances *With/Out* by Loo Zihan (Singapore) and *How Loneliness Goes* by Nguan (Singapore). Look out for a master-class and talks with members of The Necessary Stage's creative team, plus a selection of exhibitions and durational performance pieces. See it from 14 to 25 January at multiple venues including Esplanade Theatres on the Bay, National Museum of Singapore and ION Art, among others. Tickets from Sistic. singaporefringe.com

INTERNATIONAL INVASION

St. Jerome's Laneway Festival Singapore returns to The Meadow at Gardens By The Bay for the fifth year running, featuring a mix of Singaporean and international acts from Australia, Malaysia, the UK, Sweden, the US and Canada. The 2015 line-up includes artists such as Angus and Julia Stone, Banks, Chet Faker, Courtney Barnett, Eagulls, Enterprise, FKA Twigs, Future Islands, .Gif, Hanging Up the Moon, Jungle, Little Dragon, Lykke Li, Mac Demarco, Royal Blood, Rustie and St. Vincent. 24 January. Tickets from Sistic and eventclique.com. singapore.lanewayfestival.com



JOYOUS TUNES

The Braddell Heights Symphony Orchestra (BHSO), Singapore's oldest community orchestra, will perform Beethoven's Symphony No. 9 in D minor – best known for the theme "Ode to Joy" – in celebration of the New Year and Singapore's 50th year of independence. Aptly named "**Joy!**" – **Beethoven's 9th Symphony**, the concert will feature over 200 participants including an 80-piece orchestra comprised primarily of amateur musicians, plus soloists and members of The Joy Chorus, formed by the Singapore community and led by Chorus Mistress, Khor Ai Ming. 25 January, 5pm, Esplanade Concert Hall. Tickets from Sistic. bhso.org

NIGHT OF NOSTALGIA

Fans of 70s and 80s classic soft rock, get ready – British singer, songwriter and Grammy Award-winner **Leo Sayer** is set to hit Singapore for a one-night-only show in which he'll croon familiar hits like "More Than I Can Say", "You Make Me Feel Like Dancing", "One Man Band", "The Show Must Go On" and "Thunder in My Heart", among many others from his thriving 40-year career. 17 January, 7.30pm, Esplanade Concert Hall, 1 Esplanade Drive. Tickets from Sistic. britishtheatreplayhouse.com



GUITAR HEROES

Guitar legends **Larry Carlton** and **Steve Lukather** will reunite this month in the Lion City for an exclusive, one-night performance – their first together in 15 years. Larry is a four-time Grammy winner and one of the most acclaimed instrumentalists of all time, having worked with Joni Mitchell, Steely Dan and Billy Joel, while Steve – a Musicians Hall of Fame member – has earned five Grammy Awards and worked with venerated artists like Paul McCartney and Michael Jackson, among many others. See it 21 January at the University Cultural Centre (UCC) Hall, National University of Singapore. Tickets from Sistic. lamcproductions.com



DRAMARAMA

Written by Pulitzer Prize-winner Annie Baker and voted as one of the top ten plays of 2009 by *The New Yorker*, **Circle Mirror Transformation** is a funny, heart-warming look at four lost souls in search of themselves and new beginnings. When these imperfect strangers – beautiful, disillusioned actress Theresa, shy divorcée Shultz, moody teenager Lauren and the gregarious James (played by award-winning actor Daniel Jenkins) – join an acting class led by "earth mother" Marty, there's no telling what kind of drama will ensue. As the fun and games blur into their private lives, this acting class transforms into so much more, as role-playing gets awkwardly personal, jaw-dropping secrets are revealed, hearts are broken and wars are waged, won and lost. See it from 29 January to 15 February at DBS Arts Centre, 20 Merbau Road. Tickets from Sistic. pangdemonium.com



FAMILY FUN

CULTURE KIDS

Starting this month, look forward to some family-friendly entertainment when KidsFest 2015 takes the SOTA Drama Theatre stage. This year's five-week theatrical extravaganza includes eight world-class theatre productions from Australia and London's West End, including *The Gruffalo*, *Erth's Dinosaur Zoo*, *The Tiger Who Came to Tea*, *The Snail and the Whale*, *Hugless Douglas*, *The Princess and the Pea*, *Horrible Histories: Vile Victorians* and *Horrible Histories: Barmy Britain Part Two!* Plus, on selected show dates, kids have the chance to meet and greet the actors behind the scenes, and enjoy other interactive festival activities like face-painting. 21 January to 1 March at SOTA Drama Theatre. Tickets from Sistic. kidsfest.com.sg



ON THE SCREEN

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



BIG SCREEN NEWS



The Theory of Everything

This film tells the true story of one of the world's greatest minds, astrophysicist Stephen Hawking, played by Eddie Redmayne (*Les Misérables*), and his wife Jane (Felicity Jones of *The Amazing Spider-Man 2*). Once a healthy, active young man, Stephen receives an earth-shattering diagnosis at the age of 21, but with Jane by his side, he embarks on his most ambitious scientific work, studying the very thing he has very little of – time. Together, they defy impossible odds, breaking new ground in medicine and science. **Opens 8 January.**

Into the Woods

Based on the Tony Award-winning Broadway musical, *Into the Woods* is a fantasy film that puts a modern spin on the beloved Brothers Grimm fairytales. Intertwining the plots of famous fables, the musical follows Cinderella (Anna Kendrick), Little Red Riding Hood, Jack (from Jack and the Beanstalk), and Rapunzel – all tied together by the wish of a baker and his wife (Emily Blunt) to have a child, and the vengeful witch (Meryl Streep) who has put a curse on them. As Disney's first theatrical adaptation of a Broadway musical, this one's sure to be an exciting treat. **Opens 15 January.**



Taken 3

Liam Neeson returns as ex-covert operative Bryan Mills, whose reconciliation with his ex-wife is tragically cut short when she is brutally murdered. Consumed with rage, and framed for the crime, he goes on the run to evade the relentless pursuit of the CIA, FBI and police. For one last time, Mills must use his "particular set of skills" to track down the real killers, enact his unique brand of justice and protect the only thing that matters to him now – his daughter, Kim (Maggie Grace). **Opens 8 January.**



American Sniper

Inspired by the autobiography of US Navy SEAL sniper Chris Kyle – the most lethal shooter in American military history, with more than 150 officially confirmed kills in his career – this action biopic follows the exploits of Chris, whose unerring accuracy saves countless lives on the battlefield over four tours of duty in Iraq. In addition to being a prime target of insurgents, Chris faces a different battle on the home front, as he strives to be a good husband and father from halfway around the world. This Clint Eastwood-directed film stars Bradley Cooper as Chris alongside Sienna Miller as his wife. **Opens 22 January at Golden Village cinemas.**



SMALL SCREEN

The Hairy Bikers' Asian Adventure

This travelogue series sees bikers Si and Dave take to the road for their most adventurous – and spiciest – road trip yet. This time, they're off to Asia in search of the authentic roots of some of our most popular dishes. In their trademark spontaneous style, the Hairy Bikers cook and eat with local food heroes in countries like South Korea, Thailand and Japan, and explore the cultures from which these cuisines have evolved. Viewers can expect incredible food, larger-than-life characters, Hairy Biker banter and a rip-roaring ride through the Asian countryside. **Premieres 8 January at 8.25pm on BBC Lifestyle (StarHub Channel 432).**

**Girls, Season Four**

The beloved Emmy Award-winning hit show returns for a new ten-episode season, giving fans their much-awaited fix of Hannah (Lena Dunham), Marnie (Allison Williams), Shoshanna (Zosia Mamet) and Jessa (Jemima Kirke). The popular series offers a comic look at the assorted situations, humiliations and rare triumphs of a group of girlfriends in their twenties. **Premieres 12 January at 10pm on HBO/HBO HD (StarHub Channel 601).**

**Togetherness**

As Brett (Mark Duplass) and Michelle (Melanie Lynskey) struggle to reignite the spark in their relationship, Brett's friend (Steve Zissis) and Michelle's sister (Amanda Peet) move in with them, and the foursome engages in a tragically comedic struggle to follow their personal dreams while still remaining good friends, siblings and spouses to one another. **This brand new series premieres on 12 January at 10.30pm on HBO/HBO HD (StarHub Channel 601).**

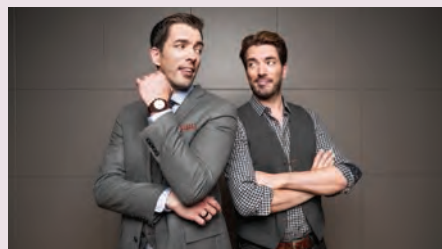
The 72nd Golden Globe Awards

One of the most exciting award shows of the year, the Golden Globe Awards recognises excellence in film and television, both domestic and foreign. This year's ceremony will be hosted by funny ladies and Golden Globe Award-winners, Tina Fey and Amy Poehler, for the third year in a row, which means there are plenty of laughs in store – not to mention a slew of red-carpet dresses to ogle. **The live telecast airs on 12 January at 9am, with an encore telecast at 9pm, both on RTL CBS Entertainment HD (StarHub Channel 509 and SingTel mio Channel 318).**



THIS JUST IN...

HGTV, the beloved American lifestyle channel dedicated to all things home, has launched in Singapore in high definition on StarHub Channel 437 – which means StarHub TV customers can catch US programmes like *Property Brothers*, *Cousins on Call* and *The High-Low Project*, as well as original local productions based on the popular series *Extreme Homes*, which features some of the most extraordinary homes in Asia. **For more information, visit hgtv.asia.**



ON THE PAGE



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

The Silkworm

Robert Galbraith

Little, Brown | 455 pages

She's done it again! – she being Harry Potter author, J K Rowling, writing as Robert Galbraith, whose first novel *The Cuckoo's Calling* was our introduction to the oddly attractive detective Cormoran Strike and his plucky sidekick Robin Ellacott. (Interesting to discover in the author's acknowledgements that the Cuckoo made it to number one as an audio-book even before its mega-famous author was unmasked.)

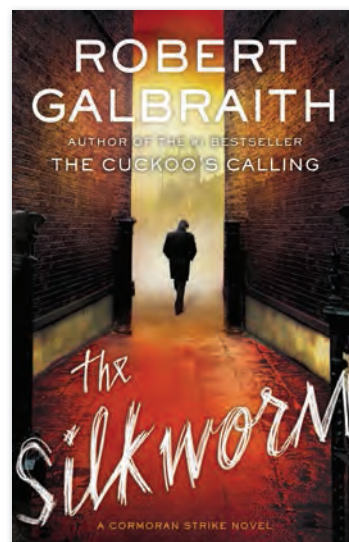
As it's set in the world of literary publishing, one might think that *The Silkworm* was an easy gig. But it can't have been. The plot centres around the libellous contents of an unpublished manuscript, so the author had to first devise the (wildly violent and bizarre) plot for this manuscript before working

it into her own complex and well-devised plot.

The result is a fascinating, warts-and-all glimpse into the environment of contemporary publishing, a field peopled with egotistical, fear-driven authors, drunken editors and greedy agents, not to mention their put-upon spouses and partners. Direct parallels with Jacobean revenge tragedy remind us that extreme violence in literature, far from being a modern invention, goes back a long way.

It's "a damn good read", says *The Guardian*, and I agree; I couldn't put the book down. Excellent news, then, that as a series of seven is contemplated, there are five more to go.

Verne Maree



Real Estate Realities

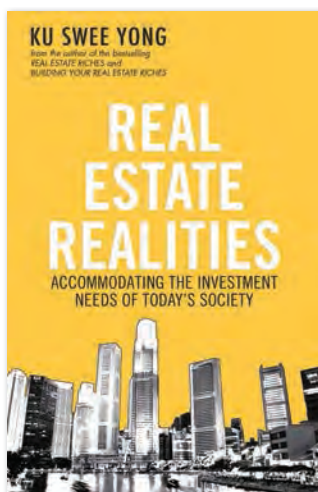
Ku Swee Swong

Subtitled "Accommodating the Investment Needs of Today's Society"

Don't think you're living in a true luxury apartment unless it's in District 9, 10 or certain parts of 11 such as Goldhill, Chancery and Bukit Timah (up to the Farrer Road junction), says Mr Ku. As he rather crushingly points out, "full marble flooring in ... Sengkang does not a luxury apartment make". Something else I learnt in the first chapter of *Real Estate Realities* is that the top three luxury residential addresses are Nassim Road, Bishopsgate and Chatsworth Road, and that "[these] locations trumps [sic] the rest of sardine-packed Singapore".

If you're at all interested in the Singapore real estate market (and can get over the at times woeful grammar), this collection of articles previously published in *TODAY* and *The Business Times* is well worth a read. They touch on both public housing and private properties, real estate investment both here and overseas, and ponder the implications of Singapore's Master Plan 2014.

Vanessa Harvey



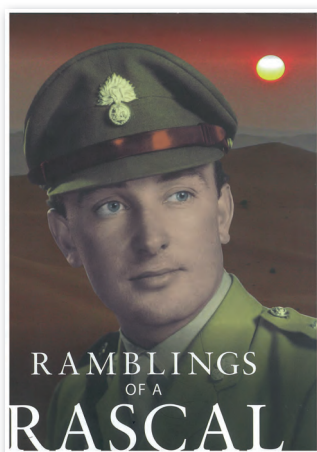
The Global Expatriate's Guide to Investing

Andrew Hallam

Wiley

Are you worried – like so many of us who live in a country other than our own – that you don't or won't have an adequate pension or other reliable safety net? From the bestselling author of the bestselling *Millionaire Teacher*, this book promises to show expats how much they should be saving; how much they need for retirement; and how to find a reputable financial advisor, or how to invest their money on their own. Don't be fooled by the breezy, humorous style – this clear, readable and practical guide is full of impressive research and real-life examples designed to empower you to achieve the kind of financial freedom we all aspire to.

Vanessa Harvey



Ramblings of a Rascal

Lawrence Stacey

LS Publishing | 281 pages

Am I getting older, or are the writers of military memoirs getting younger? Instead of the gung-ho World War II reminiscences I was expecting, I found a collection of 40 autobiographical stories about events – mainly from the early 1960s onwards – over the course of Lawrence Stacey's colourful life, many of them from time served with the First Battalion XX The Lancashire Fusiliers of the British Army.

Admittedly niche, this is probably not everyone's cup of tea. Why it even came across my desk was that the author's son, Hugh, lives in Singapore, and this month sees the official launch of the book's hardcover version here.

However, having a family member who completed his officer training at RMA Sandhurst, I was fascinated by the author's account of doing the same 40 years earlier. And not only that: in breezy and irreverent style, he takes the reader with equal sangfroid through the jungles and brothels of Borneo to the deserts of the Empty Quarter, and from tea at the Dorchester to Amsterdam's red-light district.

A dandy and a womaniser, Lawrence Stacey nevertheless comes across as a likeable guy in this "blissfully politically incorrect romp through life and history, a rattle bag of anecdote, humour and tall tales".

Verne Maree

365 Days of Fun, Recipes for any Occasion

ToTT Store

Magazines Integrated | 82 pages

If you're a keen cook and you've been to Tools of the Trade, otherwise known as the ToTT Store on Dunearn Road, you'll know it's a great place to have a mooch around for fun and funky kitchen and tableware. The store's *365 Days of Fun* booklet, celebrating its four years in operation, is like the paper-based version of this pleasant mooch.

Recipes range from party food such as lotus chips with avocado dip and scallop ceviche, to its fun take on local recipes like kaya sticky buns. Of course, if there's a handy product to help with the recipe, the book lists it, because ToTT sells it. It's an easy flick through, creatively laid out with good images, and for someone who thinks a wander through the kitchenware department of a store is the best thing since sliced bread, this book is for you. Buy it at the store for \$12.90.

Amy Brook-Partridge



JUST FOR KIDS

Find and Seek Singapore

Sally Roydhouse

Goff Books | 32 pages

This picture book for youngsters is the work of an Australian freelance graphic designer and mother of two boys, who has been living in Singapore for the past eight years. Taking the young reader through the rich variety of Singapore experiences, from discovering the Botanical Gardens, the Zoo and East Coast Park to hawker centres, temples, Chinese New Year festivities and kite-flying at Marina Barrage, it would make a vivid memento for a child whose time in Singapore is coming to an end.



Workshop: Writing and Illustrating Picture Books

Author and illustrator Lee Kow Fong (*Feifei*, *Starry Night* and the *Bubu* series) leads a full-day workshop on the process of creating picture books for children up to the age of six. Organised by the National Book Development Council.

Date: Saturday, 28 March 2015

Time: 9.30am to 5.30pm

Venue: Level 5, National Library

Price: \$150 (plus a \$5 event fee)

Contact: To book, call 6848 8297 or email alap@bookcouncil.sg

ON THE WALL



This month, our local art scene takes centre stage with **Singapore Art Week 2015**, a nine-day celebration of contemporary and traditional visual arts. Events include art fairs, gallery openings, exhibitions, installations, art walks and discussions. Here's a roundup of the festival's key highlights

ART STAGE SINGAPORE

Back for its fifth edition, Art Stage Singapore is a leading international art fair that celebrates the best of Asian and international contemporary art. This year's fair presents a varied selection of works by both established and emerging artists representing over 130 galleries from across the globe – including Singapore, Australia, China, Germany, India, Israel, Japan, Myanmar, Spain and Uruguay, among many others – with over 70 percent of the exhibitors coming from Asia. Unique to the event is its curated Platform projects, or sales exhibitions presented in museum-like layouts; this year sees the addition of the Russia Platform, the Video Platform and the Modern Platform. The fair will also feature a variety of public programmes including talks and panel discussions with industry professionals, Platform tours and other activities. See it from 22 to 25 January at Marina Bay Sands Expo and Convention Centre, 10 Bayfront Avenue. artstagesingapore.com



PRUDENTIAL SINGAPORE EYE EXHIBITION

Celebrating the 50th anniversary of Singapore's independence, the Prudential Eye Programme presents the Prudential Singapore Eye exhibition, for which an international curatorial panel selected around 25 artists. In addition, a comprehensive book published by the Eye Programme, which features 75 contemporary artists from Singapore, accompanies the exhibit. See it from 17 January to 28 June at ArtScience Museum at Marina Bay Sands, 10 Bayfront Avenue. prudentialeyeawards.com



DRIVE

At Gillman Barracks' first-ever festival of curated public artworks, visitors have the chance to view a variety of artworks and outdoor installations for free. Expect live painting by Indonesian artist Maryanto, prints by Singaporean photographer Dawn Ng, historic black-and-white images by Centre for Contemporary Art archivist Koh Nguang How, and a reworked classic bus-stop sculpture by Wong Lip Chin, plus an exhibition by international artists and galleries. See it until 25 January, 9 Lock Road. Visit artdrive.com.sg for more information. Also, don't miss Art After Dark at Gillman Barracks, an outdoor party on 23 January, from 6pm until late.



ASIA PACIFIC BREWERIES FOUNDATION SIGNATURE ART PRIZE EXHIBITION

Established in 2008 by the Asia Pacific Breweries (APB) Foundation and the Singapore Art Museum (SAM), this triennial event turns the spotlight on the most outstanding contemporary artworks over the past three years from emerging and seasoned artists across the region. From a total of 105 nominated artworks – from 24 countries including Australia, Bangladesh, China, India, Indonesia, Japan, New Zealand, Pakistan, Singapore, Thailand and Vietnam – 15 finalists were chosen by an independent judging panel to have their works exhibited at SAM (71 Bras Basah Road). See it until 15 March. singaporeartmuseum.sg

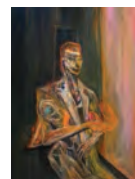


ALI WAL URBAN ARTS FESTIVAL

Some of Singapore's most exciting street artists, dancers, bands and DJs will come together for the second edition of the festival on 17 January, from 5pm until late, presenting a free evening of performances, showcases, street art jams and stunts. **For details, visit aliwalartscentre.sg.**

ART IN MOTION

Presented by the Art Galleries Association Singapore, the inaugural Art in Motion exhibition invites art lovers to experience the depth and diversity of Singapore's visual arts scene through 17 galleries, in addition to exhibitions and panel discussions. The best part? You can gallery-hop with Art in Motion courtesy buses that will travel between various art clusters including Raffles Hotel Arcade, Tanjong Pagar Distripark, Old Hill Street Police Station and Gillman Barracks. **For more information, visit agas.org.sg.**



For updates and a full line-up, visit nac.gov.sg.

PANGDEMONIUM!

presents

Five wannabe actors. Endless drama. Even more comedy.

CIRCLE MIRROR TRANSFORMATION

BY ANNIE BAKER • DIRECTED BY TRACIE PANG

29 JANUARY - 15 FEBRUARY 2015
DBS ARTS CENTRE

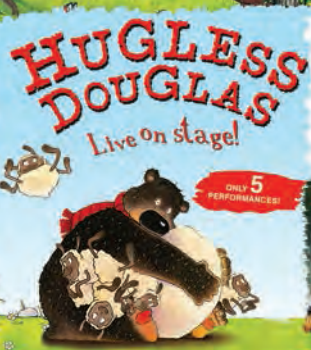
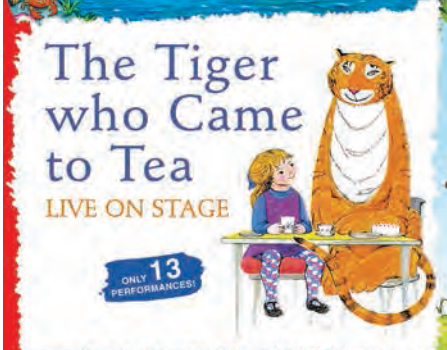
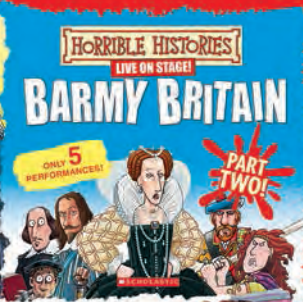
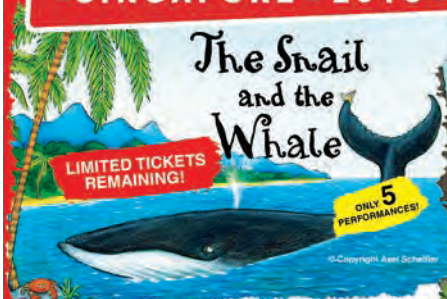
starring

NEO SWEE LIN ADRIAN PANG NIKKI MULLER DANIEL JENKINS and introducing SELMA ALKAFF

TICKETS ON SALE NOW AT SISTIC

kids fest!

SINGAPORE 2015

OPENING SOON! **LIMITED TICKETS AVAILABLE!**
WORLD-CLASS THEATRE FOR YOUNG PEOPLE

From January 21st **BOOK NOW!** 6348 5555

SOTA – Drama Theatre **sistic** www.sistic.com

Presented by: **FRASERS** **GEMS World Academy** **Paust**

Official Sponsor: **LIVE** **i12** **discovery kids**

Sinfully good, wholesome food



This well-loved restaurant has been playing host to a loyal following since 1997. Its innovative mediterranean cuisine, award-winning wine list and friendly service set the stage for a truly unique and enjoyable dining experience. Discover for yourself what tempts our diners back for more...

Blk 43 #01-62 Jalan Merah Saga Holland Village, Chip Bee Gardens
Singapore 278115 • Tel : +65.6475 5605 • Email : info@originalsin.com.sg

ORIGINAL SIN
mediterranean cuisine

Wine & Dine



Winter kaiseki dishes at Keyaki

WHAT'S NEW

The latest trends in food and wine

Give Me Some Sugar

Get your sweet tooth ready – renowned pastry chef Janice Wong (of 2am:dessertbar fame) has opened her eponymous sweets boutique, **Janice Wong**, a whimsical wonderland that inspires nostalgia and imagination. Creative confections are displayed through edible installations that resemble both an art gallery and a fashion boutique; customers can appreciate marshmallow paintings (\$18) as if they're browsing in a gallery, and flip through racks of candy similar to clothing displays in a fashion boutique. Goodies include multicoloured lollipops, chocolate bonbons, colourful éclairs, fruit rolls, and chocolate balloons and kites; and for those looking to create their own choc-art, the boutique sells chocolate paint (\$15) in 38 hues and flavours, including green mango, smoked chocolate and passion fruit. 2 Orchard Turn, ION Orchard, Level 1 Atrium. facebook.com/chefjanicewong



MAD ABOUT MEATBALLS

The folks behind Sarnies sandwich joint and Aussie-style café The Lokal have moved on to meatballs with their new kid on the China Square block. Its breezy interior inspired by Mediterranean beach clubs, **Club Meatballs** is poised to become the next hotspot for after-work gatherings. Giving patrons a bit of pick-your-own-adventure fun, mains are ordered by choosing from five different meatballs (including chickpea balls for vegetarians), three bases and five sauces (\$19.50 per serving). While all the combinations are fail-safe, the Ibérico pork-and-fennel meatballs with white bean cassoulet and salsa verde are an especially delish marriage of Italian and Spanish flavours. Also on the menu are moreish snacks like small yet sinful pulled-pork sliders (\$10) and veggie-only plates like the refreshing and crunchy beetroot, apple, radicchio, feta and walnut salad (\$10). They've also rolled out a meatball sub and mix 'n' match salad menu just for the lunch-hour scramble. To complement the modern Italian-influenced fare, the bar serves classic cocktails laced with house-made liquor, plus wines and craft beers. #01-35 China Square Central, 20 Cross Street. Call 6222 8660. ►



REFRESHING ALL-DAY POOLSIDE DINING

Situated alongside lush greenery and open-air, tranquil surroundings, enjoy a meal with a view at Oasis.



Looking for fast, yet tasty options? Choose from salads including Poached Chicken Salad with Almonds and Avocados, to mains such as Falafel Wrap with Hummus, and Chicken Quesadilla. Eating well never tasted so good.



On a strict diet that calls for no carbohydrates, added sugar and oil? The Portobello Mushroom Chicken Burger with Vegetable Crudites and Asian-Style Barbecue Chicken are perfect options.



Craving for authentic Asian cuisine? Try our homemade Singapore Laksa with Sustainable Prawns among other favourites including Pad Krapow Gai (Stir-Fried Minced Chicken with Basil, Fried Egg) served with Steamed Jasmine Rice.

GRAND HYATT SINGAPORE
10 Scotts Road
Singapore 228211



HYATT name, design and related marks are trademarks of Hyatt Corporation. ©2014 Hyatt Corporation. All rights reserved.



ALL-YOU-CAN-EAT BBQ DINNER

What better way to round up your evenings than with our daily barbecue dinner inclusive of free-flowing beers, wines, margaritas and soft drinks? Enjoy grilled meats including Slow-Roasted Beef Short Ribs with our Signature Barbecue Sauce, with sustainable seafood all prepared a la minute over an open charcoal-fired grill.

On Friday and Saturday, savour from our extended buffet spread including Oysters on Ice and tasty vegetable dishes flamed on the sizzling flat grill.

Priced at SGD 98.00++ (per adult) and SGD 58.00++ (per child), available from 6:30 pm to 9:30 pm.

For enquiries, please call +65 6732 1234 or visit singapore.grand.hyattrestaurants.com.

Oasis



Must-visit Marketplace

Here at *EL*, we're loving **Batch**, a newly launched "digital farmers' market" that sells a handpicked collection of artisanal products from independent and small-batch food producers. Founded by food writer Debbie Yong, the site was designed to connect food lovers with food makers, offering recipes and household tips along with products meant for stocking your pantry, kitchen, bar, library and garden. Find everything from cookbooks, craft spirits, spices and healthy snacks (sweet cacao nibs, anyone?) to kitchen tools, home décor items, seeds and "urban farming" starter kits. Bonus points for the site's range of clever, locally inspired products like Singapore Sling-flavoured granola from Batch X Eastern Granola, a special selection of sambal sauces and a knife series from Singapore's Tippling Club, to name a few. **batch.sg** ▲

NEW TABLE-GRABBING TECH

Move over, Chope, there's a new table-manager in town.

Quandoo, the reservation platform from Europe, has hit Singapore, offering yet another online and mobile reservation system for diners looking to snag seats at their favourite eateries. The best part? Quandoo offers loyalty points and rewards in the form of vouchers; diners can earn 100 points for each reservation, and receive \$15 vouchers for every 1,000 loyalty points earned – you'll automatically receive 400 points just by creating an account. Visit **quandoo.sg** or download the free app on iTunes.

Buffet This Month:



ONE-NINETY AT FOUR SEASONS HOTEL SINGAPORE

Executive Chef Giovanni Speciale's commitment to fresh ingredients is such that one could dine every day at One-Ninety's new **mezze dinner buffet** and be treated to a different feast each time. Juicy Mediterranean olives, enormous grilled prawns, traditional hummus and baba ganoush, salami and unique salad combinations are just some of the many appetisers to get you started.

Before piling up the plate though, start out at the bar with a creation by Spanish bartender Sebastien Vazquez, who makes a mean martini (\$23) any way you fancy it. The list of freshly cooked main courses includes Australian beef sirloin, US beef tenderloin, New Zealand lamb and Scottish salmon, all cooked over a wood-fired grill with aromatic apple wood. Also, don't miss the addictive black truffle focaccia, oozing mascarpone cheese. Items in the classy dessert spread include chocolate yuzu tart and crème brûlée with a surprising mango centre; both are standouts.

Pair all of this food with wine from the selection of 100 labels below \$100, or share a pitcher of Singapore Sangria (\$69). The atmosphere is intimate and relaxed; this is a great place to unwind.

Four Seasons' mezze dinner buffet is offered Monday to Sunday for \$58. Also, check out the lunch buffet (\$49) from Monday to Saturday, which includes an appetiser and dessert buffet, plus one main course; or try the One-Ninety Sunday champagne brunch from 11.30am to 3pm (children \$36; adults \$128 with Prosecco and sangria). 190 Orchard Boulevard.

6831 7130 | fourseasons.com/Singapore



CHOC-FULL OF DELICIOUSNESS

Sure, you're off to a healthy start this year, but that doesn't mean chocolate's out of the question; in fact, dark chocolate is a great source of energy and antioxidants, and Rocq Star's new range of Choc-Pops offers the perfect pick-me-up crunch. Choose from dark chocolate-coated coffee beans, dried cranberries, almonds, hazelnuts and raisins – all free of preservatives, artificial additives and sweeteners. From \$3.90 to \$6.90 per pack at Cold Storage and Giant supermarkets and Cheers convenience stores, among other outlets. rocqstar.com ▼



SNACK ATTACK SOS

Sure, we all want to adopt healthier habits in the New Year. Swapping those sugary sweets and greasy crisps for wholesome in-office snacks is a great place to start – and that's where **BoxGreen** comes in. Founded by two finance professionals tired of having unhealthy crisps and chocolates at their desks, BoxGreen sources and delivers natural nibbles straight to subscribers' desks on a regular basis – weekly, biweekly, monthly, you name it. The company's careful assortment includes freshly baked nuts, dried fruit and granola, among other healthful bites; customer favourites include Almond Longan Jelly (baked almonds and dried longans) and Chng Tng (wolfberries with crispy lotus seeds). Whether you're refuelling a team of six, your entire office or just yourself, you'll receive different snacks every time for the ultimate snack-sampling experience. You can also buy individual snack packs before committing to a subscription.

And, for every box sold, BoxGreen donates a meal through Willing Hearts, a local soup kitchen that provides daily meals and other support services to those in need. Can we say snack-time superhero? boxgreenteambox.com ▲

NEW BITES

- Beloved South Korean soft-serve brand **Honey Creme** – also popular in Taiwan – has opened its first outlet in Southeast Asia, serving up its signature organic “Comb Honey Soft Serve Ice Cream” famously garnished with an entire honeycomb. 313 Orchard Road, #01-37, 313 @ Somerset. honeycreme-icecream.com/sg
- **Don Antonio Pizza Bar** has opened in the Kampong Glam neighbourhood, offering hearty Italian cuisine and 13-inch, hand-tossed pizzas like the “Bianca” (black truffle cream, mozzarella, smoked bacon and basil) in a casual setting. 2 Jalan Klapa. donantonio.sg
- This just in: Jamie Oliver is bringing his popular Italian eatery, **Jamie's Italian**, to Bali – which means you'll be able to get your fresh pasta fix while vacationing in Kuta Beach. Slated to open in 2015, the restaurant will feature an antipasti station, an open kitchen and a large alfresco dining area. jamiesitalian.co.id
- Attention doughnut lovers: **Krispy Kreme Great World City** is now open, and to celebrate, the American doughnut brand has created a special commemorative flavour, Hazelnut Kreme Brulee (\$2.95), which is available through February, along with the limited-edition Kool Kreme (\$6.90) ice-cream treat. For more details, visit krispykreme.sg.





FOOD FIT FOR HEROES

If you're looking to dine among greatness, head over to **Superhero Concept Café**, a new themed space serving health-conscious meals alongside collectible merchandise (Batman bobblehead, anyone?), rare memorabilia and, of course, caped crusaders in the flesh. Patrons can play superhero with Thor's hammer and Captain America's shield as they enjoy wallet-friendly food, cooked with olive oil and purified water and without any MSG, pork or lard. The popular Battle Hunger bento (\$10) is a hit with workforce warriors, as is the Pow Wow bento (\$6). You can also take on fun challenges to reap rewards – an arm-wrestling challenge with the resident superhero, for instance, and win a free drink; or share on social media how you plan to save the world, and get 20 percent off. The eatery is open for dining in from 11.30am to 4pm on weekdays, with takeaway and delivery options available; evenings and weekends are reserved for birthday parties and other private events. 37A Boat Quay. **8228 4334 | superheroconcept.com ▲**



NO MORE BEGGIN' FOR BAGELS

Bagels have finally come to town, and we couldn't be happier. Tucked away in the Tanjong Pagar neighbourhood, **Two Men Bagel House** is a super-casual joint serving up hand-rolled, freshly baked bagels – sesame, rye, onion, plain, and cinnamon and raisin – with loads of "shmears" and toppings like salmon dill cream cheese, Nutella spread with pecan crumbles and various sliced meats. Popular bagel sandwiches include the "Bird" – sliced turkey, avocado, sweet pepper relish, veggies and aioli – and the "Babe" – scrambled eggs, tomatoes, melted cheese, bacon and parsley. 16 Enggor Street, #01-12 Icon Village. **6509 4125 | twomenbagels.com ▲**

REVOLVING DOORS

- Formerly known (for a brief second) as **Terry's Singapore**, Shaw Centre's Spanish restaurant has re-opened as **La Tapería**, serving up tapas, paella and other Spanish specialties that can be enjoyed alfresco on the terrace. 1 Scotts Road, #02-10-11.
- Local food favourite, **Loo's Hainanese Curry Rice** (the place across from Tiong Bahru Hawker Centre with a perpetual queue), has moved to 71 Seng Poh Road #01-49, and **The Tiong Bahru Singapura** has taken over Loo's original 57 Eng Hoon Street space.
- **Satsuma Shochu Dining Bar** has closed its doors due to Gallery Hotel's renovations, but plans to reopen sometime soon in the Mohammed Sultan area. In the meantime, patrons can visit sister restaurant Shunjuu Izakaya at 30 Robertson Quay.
- Japanese restaurant **Dashi Master Marusaya** has taken over the space previously occupied by Anthesis coffee shop at 86 Robertson Quay, #01-01.

From Japan to Singapore

EXPERIENCE FLAMES OF DELIGHT



HENRI CHARPENTIER

ASHIYA 1969

French-inspired Japanese Patisserie

OPEN DAILY
from 11am to 10pm

9A Dempsey Road, Singapore 247698

TEL: 6479-5518

www.henri-charpentier.com/shop/sin
www.facebook.com/henri.charpentiersg





the TASTE TEST

This month:
SEAR
BEER BRISKET
WINGS
THE TIONG BAHRU
CLUB SINGAPURA

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

Sear

50 Raffles Place, #45-01
6221 9555 | fiftyrafflesplace.com

With some of the tallest standards in Asia, it has become evident that this city will quite literally go to great heights to bring us the crème de la crème of dining experiences. Perched on the 45th floor, Sear is Singapore's new carnivorous hot spot. With 5,000 square feet decked in leather and dark wood, this penthouse exudes a luxurious Manhattan-chic vibe with floor-to-ceiling windows that amplify the cityscape views of Marina Bay and Fort Canning Park.

The menu is created by Executive Chef Claudio Sandri and boasts both prime cuts for meat-lovers as well as a notable selection of seafood. Avoid the dilemma of choice, and start with **Angie's Ocean Platter** (\$68 for 2), a selection of Maine Boston lobster, jumbo shrimp cocktail, scallop ceviche, oysters and Alaskan king crab.

The steaks, meanwhile, are cooked in two Pira charcoal ovens brought over from Barcelona, achieving the perfect "sear" on the outside while



preserving the rosy hue and flavour on the inside. I tucked into the **Australian Jack's Creek wagyu, 450-days grain-fed** (\$70, 250g), while my lean-loving companions enjoyed the **Canadian Western Countries Cross Angus tenderloin** (\$66, 180g; \$78, 250g); I'd highly recommend accompanying your meat with moreish **homemade lemon rosti** (\$15) and **maple Brussels sprouts, pig and nuts** (\$16). Steak orders include a complimentary sauce from a choice of nine, but I'd strongly urge you to try a few more (\$4 each), particularly the **bordelaise with soft bone marrow and**

sriracha and tomato salsa.

If there are a few of you, dessert is a no-brainer; the **tasting dessert plate, Chef's Selection** (\$48 for 4 persons) is filled with delectable treats from chocolate mud cake to tangy Pira-grilled pineapple and coconut sorbet, perfect for a sweet finish.

Leanda Rathmell

MUST-TRY DISH:

Australian Jack's Creek wagyu bone-in ribeye



Angie's Ocean Platter
(serves 3 to 4)



Australian Angus Jack's Creek
wagyu bone-in ribeye



Tasting dessert plate,
Chef's Selection

BAR TAB



Beer Brisket Wings

31 Upper Circular Road
8233 9810 | beerbrisketwings.com

First impressions: Relaxed, American speakeasy-style – wooden tables and chairs, rawhide seat coverings and whiskey barrels lend authentic charm.

The Chosen One: With one of the largest ranges of American whiskeys in Singapore, it's a perfect place to sample rye, malt and bourbon whiskeys (priced from \$15). If you prefer cocktails, the Whisky Ginger Sour (\$25) – house-made ginger beer reduction, bourbon whiskey and grapefruit juice – is far too tasty to sip slowly. There's also an astonishing range of craft beers – try a bottle of the Stateside Saison Stillwater American Ale (\$16) for a light, smooth taste of America.

The Cheapskate: Happy Hour stretches from 5.30pm to 9.30pm, during which you'll get cocktails, beers and whiskeys for \$10 each.

Bite on this: The Brisket (\$18), offered with a Texas-style dry rub or BBQ Special Chilli, is slow-cooked for 24 hours so that it melts in your mouth; it's served with crispy sweet potato fries. The Bloody Good Wings (\$14 for 6, \$22 for 12) come in three flavours, but the standout is the Gorgonzola Dulce and Celery Hot Wings – sweet, sour and spicy, but offset with creamy gorgonzola cheese. The Bastard Collard Greens – a combination of spinach, *kai lan* and bacon – is also worth a mention.

Last but not least: A new collaboration from the owners of Circular Road speakeasy-style hangout The Spiffy Dapper and gourmet street-food restaurant Meat and Green, Beer Brisket Wings further contributes to the rising popularity of Circular Road as the place to get after-work drinks.

Katie Peace

The Tiong Bahru Club Singapore

57 Eng Hoon Street, #01-88

6438 0168 | facebook.com/thesingapuraclub

If you're in the mood for some straight-up, no-frills Singaporean grub, then The Tiong Bahru Club Singapore is your place – it's an all-day leisure-dining concept in the heart of, you guessed it, Tiong Bahru (directly across from the hawker centre). Designed like an old-school kopitiam with vintage tiled floors and traditional knick-knacks, the heritage-style bistro and taproom pays tribute to the cuisines of the many cultures that make up the melting pot that is our little red dot – Indian, Chinese, Malay, Eurasian and Western dishes can be found on the reasonably priced menu.

Must-try "Asian tapas" include **Truck Stop Fried Chicken** (\$13.80), **Okra Fries** (\$9.80) and **Bazaar Grilled Squid** stuffed with spicy pork and beef (\$16.80) – all generous portions – while signature entrées include **Club 88 Devil's Chicken Curry** (\$16.80), a fiery bowl of bacon bones, sausage and chicken, and **Lamb in a Bun** (\$20.80), a lamb patty topped with Greek yoghurt on a toasted bun. Try a strawberry or mango *lassi* (\$7.20) – a local milkshake-style favourite adopted from Bangladesh, India and Pakistan – or a tea latte (\$6.50, hot or cold) in one of seven flavours; owner Jerry Singh also owns Chaiholics, a speciality chai tea shop located at Chevron House and Marina Bay Financial Tower 3.

And the "club" membership? Spend a minimum of \$100 to receive a membership card, which entitles you to special privileges, discounts and promotions that vary monthly. Sounds like our kind of club.

Amy Greenburg

Also, check out The Tiong Bahru Club's larger sister restaurant, The Namly Club Singapore, now open at 64 Namly Avenue in Bukit Timah.

MUST-TRY DISH:

Truck Stop Fried Chicken with *sambal*, or fresh chilli pepper sauce, for dipping 🍴



Club 88 satay: choose from beef, mutton and chicken

The warm glow of
candlelight. The
alluring fragrance
of exotic spices.
The delectable flavour
of Jujeh spring chicken.
The painful smack
of your wife's elbow
for spilling Se Mast
Persian dip all over
your new shirt.



Lose yourself in the ultimate Persian moment.

SHIRAZ RESTAURANT: #01-06 CLARKE QUAY

FOR RESERVATIONS, CATERING OR TO ARRANGE AN EVENT PLEASE CALL 6334 2282 OR VISIT SHIRAZFNB.COM



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!

Two healthy breakfasts to kick-start your January!

BERRY BANANA SMOOTHIE

Amy Donohue, Australian

"As a holistic health coach (calmawellness.com), my goal is to help people improve their diet and eating habits. This smoothie is packed with antioxidants, potassium and fibre and is a great way to start your morning. By blending the fruits you are kick-starting the digestive process so your body doesn't need to use up as much energy to break down the fibre – it's great for people who feel a bit queasy first thing in the morning."



Serves two (generously)

Ingredients:

- 2 cups soy or almond milk
- ½ cup frozen blueberries
- ½ cup fresh raspberries
- 2 pitted Medjool dates
- 1 ripe banana

Directions:

1. Put the banana and the soy or almond milk into the blender and blend.
2. Add blueberries, raspberries and dates.
3. Continue to blend on high speed for a minute.
4. Pour into a mason jar or a glass and enjoy!



PASSIONFRUIT AND BANANA PANCAKES

Donna O'Shea, British

Makes 10 to 12 mini-pancakes

"I'm a personal trainer and Pilates instructor (donnaosheafitness.com), and I recommend this recipe to my clients to help them vary their breakfasts, or as a pre-workout meal. Bananas



provide energy for workouts and will replenish potassium lost through sweating. Chia seeds are packed with protein."

Ingredients:

- 3 large ripe bananas
- 6 eggs
- 3 teaspoons chia seeds
- 6 passionfruit, juice and seeds
- Juice of two lemons
- 3 to 4 tablespoons cooking oil (coconut oil provides added flavour).
- Blueberries or raspberries can also be added to the mixture for variation and added antioxidants

Directions:

1. Mash the bananas in a bowl and add the chia seeds.
2. Whisk the eggs and add to the bananas.
3. Heat the oil in a flat pan and place a spoonful of the mixture into the centre.
4. Cook until set and then flip the pancake (60 to 90 seconds on each side).
5. Repeat with the rest of the mixture.
6. Drizzle with the passionfruit and lemon juice.



If we publish your recipe in our magazine, you'll be adding a great cookbook to your bookshelf. This month it's *Easy Cake Decorating* – whether it's for your child's birthday or a friend's wedding, learn how to craft beautifully decorated creations that will wow friends and family. This book takes you through all the decorating stages, using clear and simple instructions accompanied by step-by-step photographs. 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, please send an email titled Great Recipe Swap to Beate at contribute@expatliving.sg with your recipe, a photo of yourself, and a few words about your dish. Thanks, Chef!



The sashimi selection, including melt-in-your-mouth tuna belly

Japanese, Please!

From traditional-style to fusion fare, sushi to ramen, there's a seemingly endless array of Japanese joints to try and dishes to discover – something for everyone, no matter the occasion. Here are our top three picks for Japanese dining destinations to try now, from casual lunches to date-night dinners.

Keyaki

Pan Pacific Singapore
7 Raffles Boulevard, Level 4
6336 8111 | panpacific.com

Japanese food, sushi in particular, is my top “go-to” cuisine. It's great both for a quick lunch-stop or a leisurely dinner, and it offers relatively healthy eating. But it can be easy to get stuck in a rut, so opting for a *kaiseki*, a traditional multi-course Japanese dinner, can be a good way of sampling dishes you probably wouldn't think to order yourself.

Keyaki's nine-course winter *kaiseki*, available until 28 February, is a seasonal selection of freshly imported Japanese ingredients, with chef Ishii aiming to “explore the traditional winter textures and aromas and unite them in a blend of rich complementary flavours”.

We started with a selection of hors d'oeuvres, including **grilled salmon with cheese**, and **prawn with egg yolk and mirin**. The **sashimi** selection would not have been complete without melt-in-the-mouth tuna belly, which was

followed by a generous portion of **snow crab tempura dusted with matcha**.

I polished off my portion of the **grilled wagyu beef coated with cod roe**, whereas my dining companion was not so keen on the texture. Cold **himi udon** was served to cleanse the palate, and **Japanese musk melon** rounded off the meal.

Produce is seasonal, and so during our early tasting some dishes for the winter menu were not quite ready. One in particular, the **grilled wagyu beef with foie gras, radish and broccoli**, sounds like a delicious reason to go back.

Priced at \$170 per person, the *kaiseki* is, admittedly, probably not a quick lunch stop, but it's definitely an impressive selection of food for a more leisurely meal.



Amy Brook-Partridge

Ramen Isshi

1 Raffles Place, #04-29
6438 1350 | issi.sg



A new, healthy ramen concept from the team behind Orgo, Ramen Isshi is a relaxed and reasonably priced eatery in the CBD. Decked out in dark wood with a colourful motif of electric blue, orange, purple, red and green that carries through to the menu, the whole effect speaks of modern Japanese style.

Along with ramen, the menu offers Chinese and Japanese small plates like **carrot cake with saffron** (\$8) – a surprising twist on traditional carrot cake – delectable **tuna sashimi and avocado salad** (\$12) and crispy **gyoza pork dumplings** (\$5 for four). The main

event though, is the homemade ramen noodles. We tried the meaty and moreish **“Black” Tonkotsu Kuro Ramen** with sliced cha-shu pork (\$13) and the **“Red” Tonkotsu Aka Ramen** with spicy Szechuan pepper and scallops – a little spicy for my British palate! If you have room for pudding, the almond jelly (\$5) with framboise is a great way to finish.

The surprise of the meal, however, was the drinks. On offer is a range of fresh fruit and soy juices, and smoothies to rival most smoothie bars. We tried the **“Yellow” Pure Juice** (passionfruit and mango, \$4.50) and the pineapple

Total Soy (\$3.50), both of them made in-house and delicious. The fresh fruit beer was also a hit – the **passionfruit beer** (\$9) was like a summery fruit shandy. For something stronger, try the Korean rice wine, *makgeolli*, or Japanese whisky-style *shochu* (both \$9) available in fruity flavours.

The verdict? Ramen Isshi is a great lunch spot. From 11.30am to 2.30pm, a bowl of ramen, complete with salad bar, is just \$12. And if you get really hooked, you can even buy one of their snazzy-coloured thermos lunch boxes to take away and have hot ramen at your desk.

Katie Peace



Tonkotsu Kuro Ramen

Lewin Terrace

21 Lewin Terrace
6333 9905 | lewinterrace.com.sg



Tucked away in the lush greenery of Fort Canning and set in a beautiful colonial black-and-white house, Lewin Terrace is a welcome retreat from the hustle and bustle of the city. Whether you sit inside or on the alfresco patio, the airy, tranquil atmosphere provides the perfect place to linger over a long, romantic meal.

The menu is Japanese-French fusion, though it seems more on the Japanese spectrum with some hints of French flair, and lots of imagination. Chef Ryoichi Kano gets creative with super-fresh, seasonal ingredients, presenting exquisitely plated dishes for seafood and meat lovers alike – there are vegetarian options on offer as well. The signature **dragonfruit carpaccio** (\$28) – thinly sliced fruit atop crab meat and vinegar jelly – and the rich and creamy **foie gras terrine** (\$28) are unique palate-pleasing appetisers, as is the **maguro avocado salad** (\$28) with tuna sashimi, garnished with pomegranate seeds for a sweet crunch.

For mains, it's hard to go past the **cod saikyo-yaki** (\$32), soaked in delicious miso and clam jus broth; but if you're looking for something different, order the **amadai ochazuke** (\$54) – panfried tilefish and risotto with *dashi* (Japanese fish soup stock) poured on top to create a stew-like effect. Also popular is the **joshugyu toubanyaki** (\$62), Japanese joshu wagyu beef served rare so you can cook it to your own perfection on a portable table-grill. While the prices are a bit steep for the portion sizes, the setting's so secluded and lovely that you won't really care.

Satisfy your sweet tooth with the **chocolate and pistachio mousse** (\$18) – complete with raspberries and warm chocolate syrup – or the **matcha brûlée** (\$18), a creamy concoction of green-tea ice cream, raspberry sorbet and condensed milk.

During the month of January, a special five-course set dinner (\$148) inspired by Hokkaido's fresh seasonal ingredients is available, featuring *hassun* (an appetiser



Amadai ochazuke

plate of squid, caviar, sushi, snow crab and other small items) and a Japanese joshu wagyu steak.

Amy Greenburg

Ethan's

GOURMET

**Newly
Opened!**

10% off
Till end Jan 2015

Your personal shopper for
premium food, come into our
boutique retail shop and
experience the world of
gourmet foods.

Japan Tajima Wagyu – One and Only in Singapore
(Same calf as Kobe beef)

Fine Cuisine
Premium Authentic
Products

Astonishing Value
Top quality and
affordable price

Sensational Experience
Personalised service and
a trusted partner

Ethan's Gourmet @ 50 Tagore Lane #B1-01.

Entrepreneur Centre, Singapore 787494

Opening Hours: Tuesday to Sunday: 11am – 7pm (Closed on Monday)

 facebook.com/ethangourmet ethangourmet.com DID: 6372 8809

Images are for illustration purposes only.

What's New



It's no secret that Japanese food has stood the test of time – and it certainly remains extremely popular here in Singapore. Here are some of the latest Japanese cuisine concepts to pop up on our shores.



The unique sights, sounds and flavours of downtown Toyko and Osaka are captured at **Shokutsu Ten** food street at Jurong Point Shopping Centre, from the Kabuki-inspired façade and large neon signboards to colourful Japanese kites, lanterns and a ceiling that transitions from day to night. Nine restaurants and 10 cultural kiosks cover a broad cross-section of Japanese foods and specialties, plus a retail pop-up space, WAttention Plaza, which carries traditional handicrafts and snacks. **1 Jurong West Central 2.**

New Japanese joint **Takumi Kacyo** offers sushi, *robatayaki* and *teppanyaki* – not to mention beautiful views of the marina –



using ingredients imported from Japan, including fresh seafood straight from Tokyo's famed Tsukiji Fish Market. **2 Keppel Bay Vista, #02-01 Marina at Keppel Bay. 6271 7414 takumirestaurants.com**

The only thing better than delicious food is delicious food that gives back – and the new **Happy Pancakes** café does just that. In addition to serving up fluffy pancakes made from an original Japanese recipe – popular in Harajuku, Tokyo – the eatery helps support socially and financially disadvantaged youths in both Singapore and Japan. A collaboration between arts and cultural organisation The RICE Company Limited and its Japanese counterpart Little Creators, the café is both a service training facility where young people can acquire hospitality and culinary skills, and a fundraising initiative for them to pursue arts training programmes. **181 Orchard Road, #10-01 10 Square at Orchard Central. 6835 8173**



Takumen, the online ramen delivery store in Japan famous for offering over 100 varieties, has opened its first-ever outlet in Singapore's Boat Quay, bringing the authentic taste and heritage of Japanese ramen to Southeast Asia. The



30-seater restaurant features the best tasting ramen from six popular shops in Japan, including award-winning Ramen Hajime in Tokyo. **66 Circular Road, #01-01. 6536 4875 | sg.takumen.com/sp/**

Asanoya, one of Japan's oldest bakery brands, has opened an outlet in Singapore – its first outside Japan – serving up its signature rustic, European-style bread with a Japanese twist.



Specialties include Fruits Rye (fragrant orange peel, rum-infused raisins, crushed walnuts and almonds and rye), Tea Bread (Earl Grey leaves and sweetened milk) and the heart-shaped Maple Walnuts made with maple cream. **15 Queen Street, #01-03. 6703 8703 | asanoya.asia**

Orchard newbie **Ishinomaki Grill and Sake** pairs *robatayaki* and *izakaya* dishes with premium sakes, shochus and beers. Sea-



foodies will love the "Black Box" option, which leaves the choice of its seafood ingredients in the hands of the experts at Japanese fishing ports – allowing for the freshest and best offerings of the season; in fact, the Box's contents are only made known to Ishinomaki's chefs on arrival, which ensures no two visits are the same. **390 Orchard Road, #B1-02/02A/03 Palais Renaissance. 6737 1065**

New from the Les Amis Group, **Sushi Jin** offers favourites like sashimi, sushi, *maki*, noodles, *agemono*, soups and various grilled items, with signatures including a wagyu beef asparagus roll (\$38) and truffle seafood *chawanmushi* (\$15) – steamed egg with prawn, crab, scallop and truffle. Set lunches start at \$22 for a bowl of spicy salmon don to \$32 or \$45 for five to seven kinds of sushi and three types of *maki*. **1 Farrer Park Station Road, #01-11/12 Owen Link. 6443 3378 | sushijin.com.sg**



HAPPINESS IS HOMEMADE

p
GASTRONOMIA
da paolo

EVERYDAY
ITALIAN

AUTHENTIC ITALIAN HOMEMADE MEALS

Freshly made with quality ingredients and no
preservatives for the whole family to enjoy.



Visit us at
dapaolo.com.sg

Find us on
Facebook & Instagram



reddot award 2014
winner



BUKIT TIMAH | EAST COAST | HOLLAND VILLAGE | MARINA BAY | ORCHARD | RAFFLES PLACE | RIVER VALLEY

1 IZAKAYA *Izakaya* is akin to tapas: casual food eaten with an alcoholic beverage or three. This similarity to tapas doesn't extend any further, though; the Japanese version includes raw fish to go with your beer or sake.



Ishinomaki Grill and Sake



2 SASHIMI Sashimi is thinly sliced raw seafood – including anything from salmon (*sake*), tuna (*maguro*), yellowtail (*hamachi*) and mackerel (*saba*) to octopus (*tako*), scallop (*hotate-gai*) and sea urchin (*uni*) – and is normally served with a dipping sauce (soy sauce with wasabi, or ponzu) and grated fresh ginger, and often garnished with shredded daikon radish. Many places pre-freeze sashimi for food safety.

3 SHABU SHABU Also referred to as steamboat in Southeast Asia, *shabu shabu* is a dish of thinly sliced meat boiled in water. Beef



Shabu Tontei

is traditional, but many restaurants now also offer a selection of pork and chicken slices. Interestingly, the name is derived from the sound the meat makes when stirred in the cooking pot.

4 YAKITORI Although originally used to describe Japanese skewered chicken, the word *yakitori* can also refer to skewered food in general. *Kushiyaki* means the same thing, and the terms are interchangeable, so whichever is used, skewers will be on the menu.



5 TEMPURA Lightly battered and deep-fried strips of vegetables and seafood, usually dipped in a light soy sauce. The batter is kept cold prior to frying and does not include breadcrumbs. Tempura can be eaten alone



or served over noodles or rice. It's thought that Portuguese Jesuit missionaries introduced tempura to Japan in the late 1500s.

9 JAPANESE DISHES TO KNOW

There's much more to Japanese cuisine than the ever-popular California roll and spicy tuna sushi. Here are nine top dishes to try now.

6 KUSHIKATSU (or *kushilage*) Skewered seafood, seasonal vegetables and meat: lightly breaded, deep-fried and served piping hot. In Japanese, *kushi* refers to the skewers and *katsu* to the pieces of meat. First served, they say, in the city of Osaka.



7 SUSHI Fish on rice, right? Kind of. Although fish is the star of the show, the term *sushi* actually refers to the vinegar rice. With so much importance placed on the grain (a sushi chef spends at least two years learning how to prepare and season rice), a sushi restaurant can rise or fall on its rice alone.



8 OKONOMIYAKI Although often called "Japanese pizza", *okonomiyaki* involves neither bread nor tomato sauce (and rarely cheese), nor is it baked in an oven. This pancake-omelette contains a mix of seafood, meat or vegetables held together by a cabbage and green onion batter and topped with special *otafuku* sauce, Japanese mayo, and seaweed and *bonito* flakes.



9 TONKATSU Thought to date back to 19th-century Japan, *tonkatsu* is a crumbed, deep-fried pork fillet or loin, but the pork can be substituted with prawn or fish. Normally ordered as a single dish, it can also be eaten in a sandwich or with curry sauce. It always comes with shredded cabbage, and is typically dipped in a thick Worcestershire-style sauce called *tonkatsu* sauce, served with rice and eaten with chopsticks.



TEPPANYAKI AND ROBATAKYAKI: WHAT'S THE DIFFERENCE?

Often shortened to just "*robata*", *robatayaki* literally means "fireside cooking"; it's a method of cooking, similar to barbecuing, in which skewered meat, seafood and vegetables are slow-grilled over hot charcoal. *Teppanyaki*, on the other hand, is a style of Japanese cooking that uses a flat iron griddle to cook foods like steak and *okonomiyaki*. The word is derived from *teppan*, meaning "iron plate", and *yaki*, which means "grilled", "broiled" or "pan-fried". Modern *teppanyaki* grills are mostly propane-heated and often used to cook food in front of guests at restaurants. *Teppanyaki* grills are often confused with *hibachi* barbecue grills, which have charcoal or gas flames with an open-grate design. [A](#)

Do-it-yourself Yakitori

You don't necessarily have to go out to experience Japanese-style specialties. **Expat Kitchen** cooking school shares a step-by-step guide to making one of the tastiest Japanese chicken dishes around – and it just so happens to be a perfect party dish for your next barbecue.

Japanese Chicken Yakitori Serves 6 to 8

INGREDIENTS

- 1kg chicken thigh fillets, cut into bite-size pieces
- 8 green onions, trimmed and cut into 4cm lengths
- Thumb-size piece of ginger, grated
- 2 cloves garlic, crushed
- ½ cup reduced-salt soy sauce
- 2 tablespoons *sake* (optional)
- ¼ cup *mirin* (sweet Japanese rice wine)
- 2 teaspoons sesame oil
- 3 tablespoons brown sugar
- Japanese *shichimi* chilli powder, for garnish
- Bamboo skewers
- Steamed medium-grain rice, for serving

METHOD

1. Soak skewers in cold water for 15 minutes then drain.
2. Combine *mirin*, soy sauce, *sake*, sesame oil, ginger, garlic and sugar in a small pot and bring to a boil over medium-high heat.
3. Reduce heat to medium and simmer for five minutes, or until sauce has been reduced to a thick, dark syrup.
4. Allow to cool completely.
5. Add prepared chicken pieces to the marinade and stir well until completely coated in the thick sauce; set aside for 15 minutes to marinate.
6. Using a slotted spoon, remove chicken pieces from marinade.
7. Thread chicken and onions onto skewers and brush with sauce.
8. Preheat grill on medium-high heat. Grill skewers, while basting with sauce, for 6 to 8 minutes, or until cooked through.
9. Garnish with chilli powder.
10. Serve with steamed medium-grain rice.

For a schedule of upcoming Expat Kitchen cookery classes, visit expat-kitchen.com.



HOW TO EAT SUSHI LIKE A PRO

There's a whole lot of etiquette involved when it comes to eating sushi. FROG MICHAELS of Changmoh.com shares the top rules for sushi-scoffing.

Japan, as far as I can make out, is one of those places that people go to and get hooked on. I have Singaporean friends who go (not for business – we are talking strictly holiday) two or three times a year. And it *is* addictive; I certainly found “Japan bug” to be as real as typhoid, figuratively speaking. I’m already longing to go back. During my last trip there, one of the things on the culinary hit list was sushi at a proper sushi restaurant. A lovely Japanese friend booked us in to Tokyo’s Sushi Mizutani, mentioning after he had done so that reservations here were hard to come by and newbies only ever introduced if they came recommended by a regular.

“You do know how to behave, don’t you?” he asked questioningly. I was flooded with panic. I’m a well bought up girl, natch, but can I behave Japanese-style? What does that even mean?

One of the blogs I follow here in Sing is Aun Koh’s Chubby Hubby and I remembered reading a list he posted a while back on what not to do when eating sushi.

DON'TS

- Never rub your chopsticks together after snapping them apart (I do this all the time – someone English once asked me if I was trying to start a fire, caveman style). This is the height of rudeness.
- Never mix wasabi with soy sauce. Sushi should be prepared with the proper amount of wasabi on the fish. If you would like more, simply apply it directly to the fish. This is key. At Mizutani it went one step further: despite being offered an empty bowl for soy sauce, I learnt that you don’t eat sushi with added soy; instead, Mizutani’s creations are brushed with his own version of soy sauce. (You *can* have soy and wasabi with sashimi – but as above, don’t mix them together like a loser.)
- Never rest just the tips of your chopsticks on your plate. And never leave your chopsticks sitting in a bowl with the ends jutting out.
- Do not put the ginger on your sushi and eat it together. Ginger is meant to be consumed between bites to cleanse the palate. (I’m not Japanese but I hate it when people do this. It offends even me!)
- If you’re eating in a sushi bar, it’s considered rude to hand money to the chef. (This is quite obvious as his hands are usually occupied and wet with fish.)
- My other addition would be: don’t take any pictures of your food.

Aun also wrote a bunch of “To Do’s” which I forgot to read – so entranced was I about what *not* to get wrong. But here’s what I learnt from Mizutani about positive sushi etiquette.



DO'S

- Every other diner at Mizutani (there were nine of us in total, so it was very intimate) used their hands when eating sushi. No chopsticks at all. Ginger was even eaten with fingers between courses. One chap didn't even take his chopsticks out of their packet. I was thrilled by this, as I always find eating a whole piece of sushi hard to do in one bite; eating it with your hands means that you can bite it in half quite neatly. (Aun comments with reference to sushi-scoffing that hands or chopsticks are equally fine). Sashimi, on the other hand, is eaten with chopsticks.
- If you're in the sort of establishment that allows soy-sushi dipping (Mizutani did not), turn the sushi roll over and dip the fish (not the rice) into the soy sauce.
- Put the whole sushi portion into your mouth, fish side down toward the tongue.
- Use the fatter back end of the chopsticks when taking food from a shared plate (same rule as you'd employ with Chinese banquet food).
- When your chopsticks are not being used, they should be rested across your plate or on the chopstick rest, parallel to the sushi bar; signal that you are finished by resting your chopsticks across your sushi saucer.

Do all this and you're officially a Sushi Sensai. Good luck!



Changmoh.com is a Singapore lifestyle blog written by Frog Michaels, who has tapped into the local scene so much that stall-holders at her local wet market once referred to her as the (notionally) Chinese *angmoh* – or “Changmoh” for short. She has lived in Singapore for six years with her husband and two children.

EDITOR'S
PICK

SUSHI

Everyone's got their favourite sushi spot. Here are some of our favourite go-to's.

"I love **Standing Sushi Bar** – fresh and flavourful sushi at affordable prices. I like the Puff The Magic Dragon roll for its crisp tempura prawn centre. Monday to Thursday nights are the best times to go – that's when they have \$5 beers and \$2 sake shots. (Sake bombs, anyone?)"

– Cherylene Chan,
Junior Online Editor

"I love **Izakaya Enmaru** at Laguna National Golf and Country Club. Go for the signature Enmaru sushi, an assortment of fresh seafood draped over a long maki roll. The green outlook over the golf course makes this restaurant a more relaxing option than one in a shopping centre!"

– Katie Roberts,
Life and Family Editor



"I like Sushi Tei at Serangoon Gardens. Their Dragon Roll is the best!"

– Rebecca Bisset,
Editor-in-Chief

"There's a really authentic little Japanese restaurant on Beach Road that I love called **Yamagawa**. The inside-outside rolls are my favourites because you can soak up so much more soy sauce and wasabi with the rice on the outside. I love the Boston Roll because it has the roe on the outside, and it makes such a great popping feeling in your mouth!"

– Katie Peace, Regional Business
Development Manager

"For a really quick sushi fix at lunch, I always opt for **Sushi Tei**, usually in Holland Village. I know, it's a chain, but there's one dish, the Negitoro Don, that I choose every time. It's minced tuna and spring onions on a bed of rice, and I love it. That, a miso soup and edamame get me every time.

For a local sushi fix, we go to **Shin Yuu** on Greenwood Avenue. Our favourite roll is the spicy tuna maki, which is exactly as it says. Then there's the wagyu beef plate, and the broccoli with sesame dressing, both of which are also part of our staple order. We are creatures of habit."

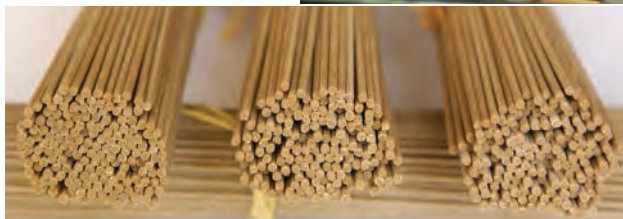
– Amy Brook-Partridge,
Home and Property Editor



Know Your Noodles

A crash course on Japan's big four.

Soba Translating as “buckwheat” in English, soba noodles are usually made from a mix of buckwheat and wheat flour, though gluten-free, 100 percent buckwheat versions do exist. These light brown, spaghetti-like noodles have a distinctive, nutty taste.



Sōmen Especially popular in the summer, sōmen are thin, white wheat noodles, similar to vermicelli, that are often served cold (and sometimes on ice). This noodle has its own ritual: *nagashi somen*, or “flowing sōmen”, is a summer specialty where diners use chopsticks to pluck fresh noodles from ice-cold water flowing through a bamboo flume.



Udon The thickness of these soft, white noodles makes both the round and flat varieties easily recognisable. Made of wheat, udon are best when made fresh (rather than dried and reconstituted later). In eastern Japan, they are commonly served hot in a dark soy sauce broth, while the west is partial to a lighter soy broth.



Ramen Perhaps the most popular of all, ramen noodles can be thick or thin, straight or curly. Not to be confused with instant noodles or Chinese noodles (though ramen are thought to have originated in China), ramen noodles owe their yellowish colour and firm texture to *kansui*, an alkaline mineral water ingredient.

Wagyu. TWO WAYS

If you're looking to create your own Japanese feast at home, **Ethan's Gourmet** is your go-to destination. A one-stop epicurean shop for specialty Japanese items, the new gourmet grocer carries fresh, quality meat and seafood, fruit and vegetables, and dry products imported straight from Japan – and at affordable prices. We especially love the boutique market's premium Tajima wagyu, cut to perfection by the in-house butcher. Here are two simple recipes using this premium Japanese beef.



Tenderloin Steak

Serves two

Ingredients

- Two 150g pieces of room-temperature Tajima tenderloin (300g in total)
- Rock salt
- Black pepper
- Vegetable oil

Instructions

1. Apply rock salt and black pepper to both sides of the meat.
2. Heat a pan at medium-high and add oil.
3. Place the meat on the pan and cook for 40 seconds.
4. Flip the meat and turn the heat down to medium
5. Continue to cook for one to two minutes if you like your meat rare, two to three minutes if you like it medium and three to four minutes if you like it well-done.

Did you know?

Although the Japanese word wagyu refers to all pure-blood Japanese cattle (it literally means “Japanese cow”, as wa translates to “Japanese” and gyu to “cattle”), it has become synonymous with Japan’s famed Tajima (Kobe) beef. The Tajima cows’ outstanding genetics, combined with the selective breeding, handling and feeding process involved, has resulted in arguably the finest beef in the world. So, in other words, Tajima beef isn’t just a type of wagyu, it’s one the very best kinds of wagyu available.

Sukiyaki

Serves three

Ingredients

- Tajima beef striploin (400g)
- Imahan Premium Sukiyaki Seasoning
- Vegetable oil
- ¼ Chinese cabbage
- 1 leek
- 1 pack *enokitake* mushrooms
- 6 fresh *shiitake* mushrooms
- 1 pack of tofu
- 6 eggs
- Udon or soba noodles, boiled (optional)

Preparation

1. Cut the leek into 1-centimetre diagonal slices.
2. Cut the base of the roots from the mushrooms.
3. Cut the Chinese cabbage into 4-centimetre pieces.
4. Cut the tofu into 6 cubes.



Instructions

1. Heat a pan at medium-high and add oil.
2. Sear beef slices in the pan, and add Imahan Premium Sukiyaki Seasoning once the colour of the meat starts changing.
3. Add the remaining ingredients and cook for approximately 10 minutes.
4. Serve in small bowls.

What is sukiyaki?

Similar to *shabu-shabu*, *sukiyaki* is a stew-like dish prepared and served in a hot-pot style. There are various ways to prepare the dish, and cooking methods usually differ depending on the region. While raw eggs are commonly used as a dipping sauce, other recipes call for the eggs to be thrown in with the rest of the soup mix during the cooking process.

Ethan's Gourmet
50 Tagore Lane, #B1-01 Entrepreneur Centre
6372 8809 | ethansgourmet.com

Sake

for Beginners

Sake sommelier MARIA SATOH of **Orihara Shoten** liquor shop and bar gives us a quick crash-course on the drink the Japanese call *nihonshu* – that clear brewed rice wine that many of us love, but don't actually know *that* much about.

How is sake best served – hot or cold?

A long time ago, sake was quite heavy in taste and less refined than the sake we know today – which was why people often warmed it up to enhance the flavour. Modern sake is made from polished rice to eliminate the unwanted flavours that come from the outer layer of the grain; the smaller the rice is polished, the finer the sake will be.

There are now many different categories of sake (classified depending on the degree of rice polishing, combined with other raw ingredients used) and most of them are suitable to drink chilled. However, there are sakes that are best enjoyed when

warm, like Yamahai, Junmai, Kimoto and sometimes Junmai Daiginjou. I'd suggest trying the sake a bit cooler than room temperature first – to find out the bare character; from there, you can decide whether you want it warmer or cooler. Usually, higher categories of sake like Junmai Daiginjou, Daiginjou, Junmai Ginjou or Ginjou are best drunk colder – but it really depends on the drinker's preference.

What are the rules for mixing sake?

As a general rule, sake should not be mixed with any other drinks because, like beer or wine, it's best drunk as is. However, there are sakes that are good to drink with one ice cube – aged sake, for example.

What types of sake are most popular?

There are a lot of varieties, and their popularity is influenced by the climate and the season. In Japan, seasonal foods are paired with seasonal sake. In tropical Singapore, crisp and dry sakes are popular since the weather is always warm. Ginjou sake has also become popular recently because of its pleasant fragrance.

Which kind of sake should a newbie try?

I'd recommend sake that's refreshing and crisp, like Bijofu Junmai Ginjo, Seikyo Cho Karakuchi or Sakunohana Junmai Ginjo. Try it cold first, in a small cup or *ochoko* (small cylindrical cup); it's best enjoyed with some light snacks.

Orihara Shoten
11 Unity Street, #01-04 Robertson Walk
6836 5710 | sg.oriharashoten.jp



What's the difference between sake and shochu?

Sake (*nihonshu*) is a brewed alcoholic beverage, whereas *shochu* is a clear, distilled spirit similar to vodka, and typically made from barley, sweet potatoes, buckwheat and rice, or other raw materials like sugar cane, chestnuts and brown sugar; in fact, according to the experts over at Japanese restaurant, **Shunjuu Izakaya**, *shochu* can be made from anything that has carbohydrates and can be infused with flavours like milk, sesame, ginger and *shiso* leaves. *Shochu* (similar to, but not to be confused with, the Korean distilled beverage, *soju*) usually contains around 25 percent alcohol but can reach up to 42 percent or more, and usually has a stronger flavour and aroma than sake, which typically contains 18 to 20 percent alcohol.

Shochu can be served with hot water, on the rocks, or mixed with fruit juices, teas and liqueurs. While *imo* (sweet potato) *shochu* is usually preferred with hot water to bring out the flavour, the lighter-tasting rice *shochu* is often served on the rocks. 🍶

Shunjuu Izakaya
30 Robertson Quay, #01-15
Riverside View
6887 3577 | shunjuu.com



Ladies who lunch...



...love Original Sin

This award winning restaurant is a well-loved Singapore landmark having played host to a loyal following for the past 14 years. Its unique Mediterranean cuisine, impressive wine list and friendly service set the stage for an intimate and memorable dining experience. Discover for yourself what tempts our diners back for more...

ORIGINAL SIN

Blk 43, Jalan Merah Saga #01-62 Chip Bee Gardens Holland Village, Singapore 278115
Tel: 6475 5605 • www.originalsin.com.sg



The Pantry
canteen | cookery school

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

www.thepantry.com.sg
75E Loewen Road, S248844
Tel: 6474 0441

FARMER'S MARKET

Loewen Gardens

SATURDAY
17TH & 31ST JANUARY
9AM TO 2PM

Directions to Loewen Gardens:

- Via Dempsey, follow signs to Loewen Cluster. OR
- From Tanglin Road, turn onto Ridley Park. Continue past the black-and-white homes on your left. Enter Tanglin Village and Loewen Road. The first building on your right is Loewen Gardens, Block 75-81 Loewen Road. Just beyond the building is a carpark with a sign for White Lodge.



A Taste of Regal Splendour

When you dine at Shahi Maharani North Indian Restaurant, you get the royal treatment.

Our plushly furnished interiors are reminiscent of Indian royal palaces. Amid live Indian classical music, enjoy only the finest North Indian culinary traditions.

All these and more at Shahi Maharani, fit for kings and queens.

WEEKDAYS

One for One Lunch Buffet at \$50⁺⁺ per head

SUNDAY

Chaat & Tandoori Semi-Buffet at \$36⁺⁺ per head

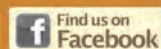
For enquiries & reservations, please call us at **62358840**



North Indian Restaurant

252 North Bridge Road, #03-21B, Raffles City Shopping Centre
(Level 3 Fairmont Singapore) Singapore 179103
www.shahimaharani.com

*Conditions Apply.



Natural Springs AUSTRALIA

Only the best for your Family!

Natural Springs Australia delivers the finest quality spring water purified by nature, deep from the heart of Victoria's Black Hill Mountains. We bring the best of Mother Nature to your family.

Call us at 6872 3468. naturalsprings.com.sg

ALL ABOUT PHOP. PANCAKES!

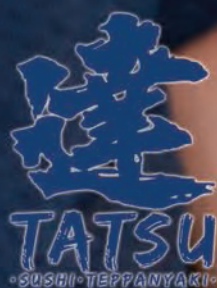
100 PANCAKES FROM AROUND THE GLOBE

PHOP.

Paddington
home of pancakes

we flip it right.

02-35/36 CITY SQUARE MALL,
180 KITCHENER ROAD, SINGAPORE 208539



Since 1996



Asia Square Tower 2, 12 Marina View #02-16 (S) 018961 | 6844 9855
 Chijmes, 30 Victoria Street #01-08 (S) 187996 | 6332 5868
www.Tatsu.com.sg



Segovian Style Roasted
 Spanish Suckling Pig.

Now available at DON QUIJOTE!



DON QUIJOTE®

Tapas • Bar • Restaurant

Blk 7 Dempsey Road #01-02 Singapore 249671

↑ www.don-quiote-restaurants.com

f Don Quijote Spanish Restaurant

☎ For reservations: +65 6476 2811

FLIGHT CENTRE™ *The Airfare Experts*



The Captain's **Red Label Holidays**

What are Red Label Holidays?

If you're the type of traveller who loves an exclusive holiday deal packed full of extra value, then a **Flight Centre Red Label Holiday** is for you.

Pack up to 3 bonuses into your next holiday!



Complimentary private chauffeur*



20% off travel insurance*



Resort credit up to SGD150*



Free room upgrade*



Phuket

from **\$688***
(taxes included)

INCLUDES Accom at Grand Mercure Phuket Patong with daily breakfast and return airport transfers.

- Welcome cold towel and drink, complimentary in-room WiFi and complimentary one-way shuttle service to beach and Jungcelyon Shopping

RED LABEL BONUSES

- THB2,000 Hotel Credit
- Complimentary room upgrade (subjected to availability)
- Complimentary private chauffeur transfer to Changi Airport

Deal no.: 3389886



Bali

from **\$729***
(taxes included)

INCLUDES Accom at Pan Pacific Nirwana Bali Resort with daily breakfast and return airport transfer.

- Welcome cold towel and drink plus complimentary shuttle service to Seminyak and Kuta

RED LABEL BONUSES

- USD50 Spa Credit
- Complimentary room upgrade (subjected to availability)
- 20% OFF travel insurance

Deal no.: 3429946



You can now book and pay online:

flightcentre.com.sg



6692 9764



Visit us at:

#B1-07 CityLink Mall

#04-41A Plaza Singapura

29 Stanley Street

#01-33 International Plaza

* Travel restriction and conditions apply. Offers and flights are subject to availability. Prices are per person in SGD, subject to availability. Taxes inclusive of fuel surcharge. Prices are correct at time of print and subject to change without notice. ▼ Terms & conditions apply. Visit our website www.flightcentre.com.sg for full details. Flight Centre Singapore, a brand of FCm Singapore Pte Ltd. Travel Agents Licence 00046. Printed on 01/2015



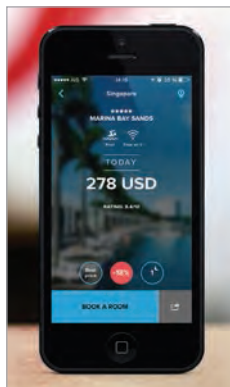
Travel

WHAT'S NEW

Hot destinations & great places to stay

Nearby Island Retreat

Telunas Resorts in the Riau Islands near Singapore is celebrating the six-month anniversary of its new Private Island with the opening of all **15 Sea Villas**. It's also making the most of its broad appeal by piloting distinct "kid-free" spaces and days (for example, Valentine's weekend) to serve couples, as well as "kid-friendly" spaces and days (such as Chinese New Year) for the enjoyment of entire families – and with private massages, à la carte menus and a freshwater infinity pool, all just 50km from Singapore, there is plenty to enjoy. Meanwhile, the group's classic family-friendly resort, Telunas Beach, now has 10 chalets and four deluxe rooms available. Stand-alone overwater Sea Villas for two adults at Telunas Private Island start from S\$195 per night, while at Telunas Beach, overwater deluxe rooms start from just \$75. telunasresorts.com ►

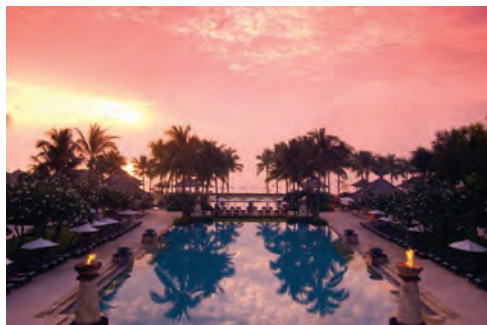


HOTEL IN A HURRY

Singapore is now one of the biggest markets for **HotelQuickly**, the leading last-minute hotel-booking app that launched across Asia-Pacific in 2013. Staycation-seekers can tap into a network of over 100 hotels on the island, and enjoy discounts of up to 30 percent off the best price online; or use it to book accommodation for last-minute trips to the likes of Thailand, Malaysia, Vietnam and Cambodia, among others countries in the region. The free app is available for Android, iOS, and BlackBerry 10. hotelquickly.com

BEST IN BALI

Conrad Bali was recently acknowledged as Indonesia's Leading Resort (for the fourth time) and Indonesia's Leading Spa Resort at the World Travel Awards 2014. The resort's Jiwa Spa, with its focus on holistic traditional Balinese treatments, also won the AsiaSpa Award for Asia's Best Men's Spa. Factors contributing to the Conrad's success no doubt included its iconic Infinity wedding chapel, romantic beachfront bales, fun Kura Kura kids' club and the gourmet organic menus of its restaurant, Eight Degrees South. conradbali.com



LET HIM ENTERTAIN YOU

Fans of **Robbie Williams** can take advantage of special packages on offer at Anantara Eastern Mangroves Hotel & Spa in Abu Dhabi, to coincide with the British singer's concert there on 26 April. The resort is just 20 minutes from the concert venue and is offering a deluxe package from AED 800 (around S\$280), including a balcony room for two, breakfasts, and concert transfers. Big spenders, meanwhile, can opt for the platinum package (AED 55,000), which comes with all kinds of memorable extras. anantara.com



SPECIAL SPA

The tenth edition of the AsiaSpa Awards was held in Hong Kong recently, and among the winners was **Kamalaya Wellness Sanctuary & Holistic Spa**, which we've profiled in the Travel pages of *Expat Living* before. The Koh Samui resort was voted "Destination Retreat of The Year" at the awards, by a panel of 22 independent judges from across Asia. kamalaya.com



VISIT THE FRINGE

Considered the largest arts event in the southern hemisphere, **Adelaide Fringe** takes over the South Australian capital each year, and features more than 900 events staged in pop-up venues in parks, warehouses and laneways through to theatres, art galleries and cafés. This year's festival runs from 14 February to 16 March, and offers everything from cabaret and comedy to circus, dance, film, theatre, music, puppetry and design. Singapore Airlines has several direct, seven-hour flights a week to Adelaide. southaustralia.com ▲



New & Notable

TripAdvisor has announced the winners of its Destinations on the Rise awards. The awards highlight the places that have seen the greatest increase in positive feedback from the TripAdvisor community over the past year. Da Nang in Vietnam was named top destination on the rise in Asia and the world; Cambodia's Sihanoukville ranked second in both categories; and Ao Nang in Thailand (*pictured*) was voted third in Asia and fourth in the world. Other increasingly "hot" destinations in Asia include Naha, Japan, and Kandy, Sri Lanka. The world top 10, meanwhile, included the likes of Eilat in Israel, Brazil's Manaus and Limassol in Cyprus. tripadvisor.com.sg ▲

Sky-high FEAST

Good news for frequent-flying foodies: **Qantas** has unveiled a new inflight dining programme for Economy customers, with a wider choice of meals (up to four if you book online), 50-percent larger servings, and quicker service. All international flights offer a dish inspired by the destination, and there's also a raft of new self-serve grazing options, including pulled-beef sliders, Maltesers and fresh fruit. The new Economy dining experience is currently launching across the Qantas network, and starts from 13 January on Singapore flights. qantas.com.au ▼



Travel 2015: What's HOT

TURKEY

Turkey wins our Best All-Around Award for its unbeatable combination of food, culture, nature and beach. Istanbul spans the continents of Europe and Asia, and is a real cosmopolitan city, rich in culture. The UNESCO World Heritage Site of Cappadocia features striking terrain, cave hotels and underground cities, and is great for outdoor activities. The Turkish Riviera is an incredible summer destination; a popular activity is setting sail on locally built schooners, darting in and out of the harbours that line the 1,000km coastline, dropping anchor at secluded beaches and remote coves, and coming ashore for walks amongst the lush forests and streams that lace the coast.

WHERE TO STAY:

Families: The Kempinski Hotel Barbaros Bay features a kids' club, a children's restaurant, babysitting services and a range of fun activities.

Couples: Cappadocia's Museum Hotel is built into a restored cave and features incredible architecture. It's exclusive and very boutique, with a stunning infinity pool.

With the New Year upon us, it's time to start thinking about where to go in 2015. The gurus at bespoke luxury tour operator **Lightfoot Travel** have compiled a shortlist of their favourite destinations for this year, which we hope will help you to narrow it down!

PERU

There are three things that stand out to us when it comes to Peru: remarkable ruins, the mighty Amazon and mouth-watering food. The Incan ruins of Machu Picchu are rightly considered the most renowned of South America's archaeological sites, a place that no photograph can prepare you for. The Amazon provides an amazing jungle experience with indigenous species such as howler monkeys and giant river otters, and local Indian guides explain how they use regional plants in their daily life. Last but not least, Peru is the gastronomic capital of South America, and no holiday is complete without feasting on the freshest of seafood ceviche "cooked" in lime, or the notorious roasted *cuy* (guinea pig!).

WHERE TO STAY:

Families: Sol & Luna in the Sacred Valley is great for families, with its easy access to markets, Inca ruins, cultural activities, rafting and hiking.

Couples: Inkaterra Machu Picchu Pueblo Hotel is the perfect base for visits to Machu Picchu, set in a cloud forest full of hummingbirds and orchids.

NEPAL

A direct flight from Singapore, Nepal is ideal for adventurous travellers hungry for the great outdoors. Bustling capital Kathmandu is steeped in culture and serves as the stepping-off point for expeditions into the surrounding mountains and national parks. A Himalayan nation, Nepal's mountainous north contains eight of the world's ten highest peaks, with countless trekking circuits that are breath-taking (quite literally, at these altitudes!). In contrast, you'll find an abundance of wildlife in the national parks, making for a unique trekking-safari combo.

WHERE TO STAY:

Families: Tiger Tops Karnali Lodge in Bardia National Park provides a fantastic safari experience with eight friendly elephants on site and its own organic farm.

Couples: We particularly love the new Dwarika's Shangri-La Village Resort, located an hour outside Kathmandu. The beautifully decorated rooms have their own rooftop terraces, and the mountain views from the infinity pool are spectacular.



NAMIBIA

Arguably Africa's most diverse country, a classic Namibia itinerary incorporates desert, coastline, mountains and classic safari wildlife.

There are allegedly the world's tallest dunes in Sossusvlei; the fabled Skeleton Coast where the Atlantic crashes into the Namib; wonderful scenery, desert-adapted wildlife and ancient rock art in mountainous Damaraland; and big game congregating around waterholes en masse in wildlife-rich Etosha. Furthermore, Namibia is extremely family-friendly, with no malaria issues and activities ranging from dolphin-watching and kayaking with seals in Swakopmund to getting up close and personal with cheetahs at the renowned Okonjima Reserve.

WHERE TO STAY:

Families: Okonjima Bush Suite is the perfect way for families to interact with wild cheetahs and other big cats. Intimate and luxurious, it has a private pool, a range of inclusive wildlife-related activities and a personal host and chef for the family.

Couples: Serra Cafema, in remote Northern Namibia, definitely has the wow factor. Surrounded by rugged mountains, gushing rivers and sweeping valleys, this terrain has been covered by very few humans.

FIJI

Fiji combines stunning, coral-filled ocean with lush tropical mountains, and is home to some of the friendliest people in the world. From the ever-present cries of "Bula!" and the greeting parties that invariably break into song and ukulele-playing, you know you have come to a warm and welcoming place. The islands offer a ton of different watersports, from diving and snorkelling to kayaking and jet-skiing, and it's a great option for families and couples alike. With regular flights to Nadi via Sydney, Fiji is a perfect alternative for those looking for something different from nearby beach destinations such as Bali or Phuket.

WHERE TO STAY:

Families: Vomo Island is a short boat ride from the capital and features a fantastic kids' club and brand new PADI School with swanky dive gear. We love family walks up the hill behind the property for a different perspective of the island.

Couples: Set on its own private horseshoe-shaped island, Matangi Island Resort has 12 ocean-facing villas in rustic Fijian style. Make sure to book one of the three treehouse villas for a truly magical experience.

Lightfoot Travel specialises in bespoke family holidays, honeymoons, corporate travel and private villas in countries spanning six continents. For tailor-made itineraries, contact them at 6438 4091 or visit lightfoottravel.com.

Family Adventure in Myanmar

DANIELLE ROSSETTI fights the urge to do all the travel planning herself, and the result is an action-packed trip for a family of five to one of Southeast Asia's great destinations.

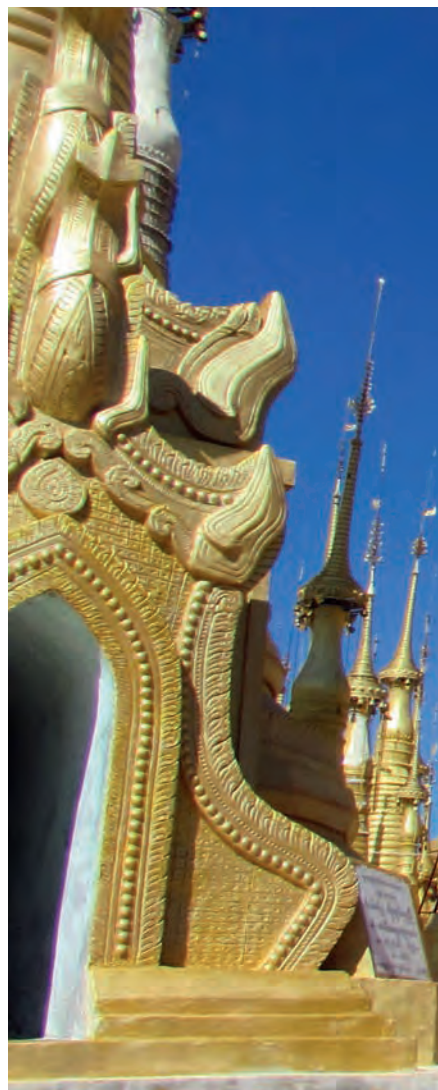
I knew this trip was going to be special when a 44-page briefing document arrived via email. I've always taken a perverse pride in planning a holiday: the hours spent finding the best flight connections, locating TripAdvisor-rated hotels closest to the things we want to see, and hunting down the best restaurants for local cuisine and even the must-try items on the menu.

But with a recently arrived baby, I had tried to book a Myanmar trip a couple of times and it had defeated me. The size of the country – not to mention our always-limited travel window – meant we would need to take internal flights, and the connections and transfers never seemed to match up.

When baby Edwin reached 18 months of age, and our two older boys 8 and 10, we thought it was time to try again.

Travel specialists **Country Holidays** came highly recommended by a colleague and I can certainly see why after using them for our Myanmar adventure. The aforementioned document that they emailed through was more like a mini travel guide, with all relevant background information included, along with details of eight full days of activities tailored to the ages of our children – even taking into account breaks around lunchtime for our baby to nap.

Here are just some of the things we covered.







The capital

In **Yangon** we stayed at the **Sule Shangri-La**, centrally located just across the road from the Bogyoke Market. This market has everything for locals and tourists alike, and often cheaper prices on jewellery and crafts than we found in the villages where they are made.

The city has some lovely tree-lined streets, two big lakes and an interesting mix of Indian and Chinese architecture. Motorbikes have been banned in the city centre since 2002, so there is a leisurely feel to the place. New money flowing in is bringing big changes though: a huge multi-storey commercial development is opening soon on Inya Lake, opposite Aung San Suu Kyi's house, and more cars are on the roads every day.

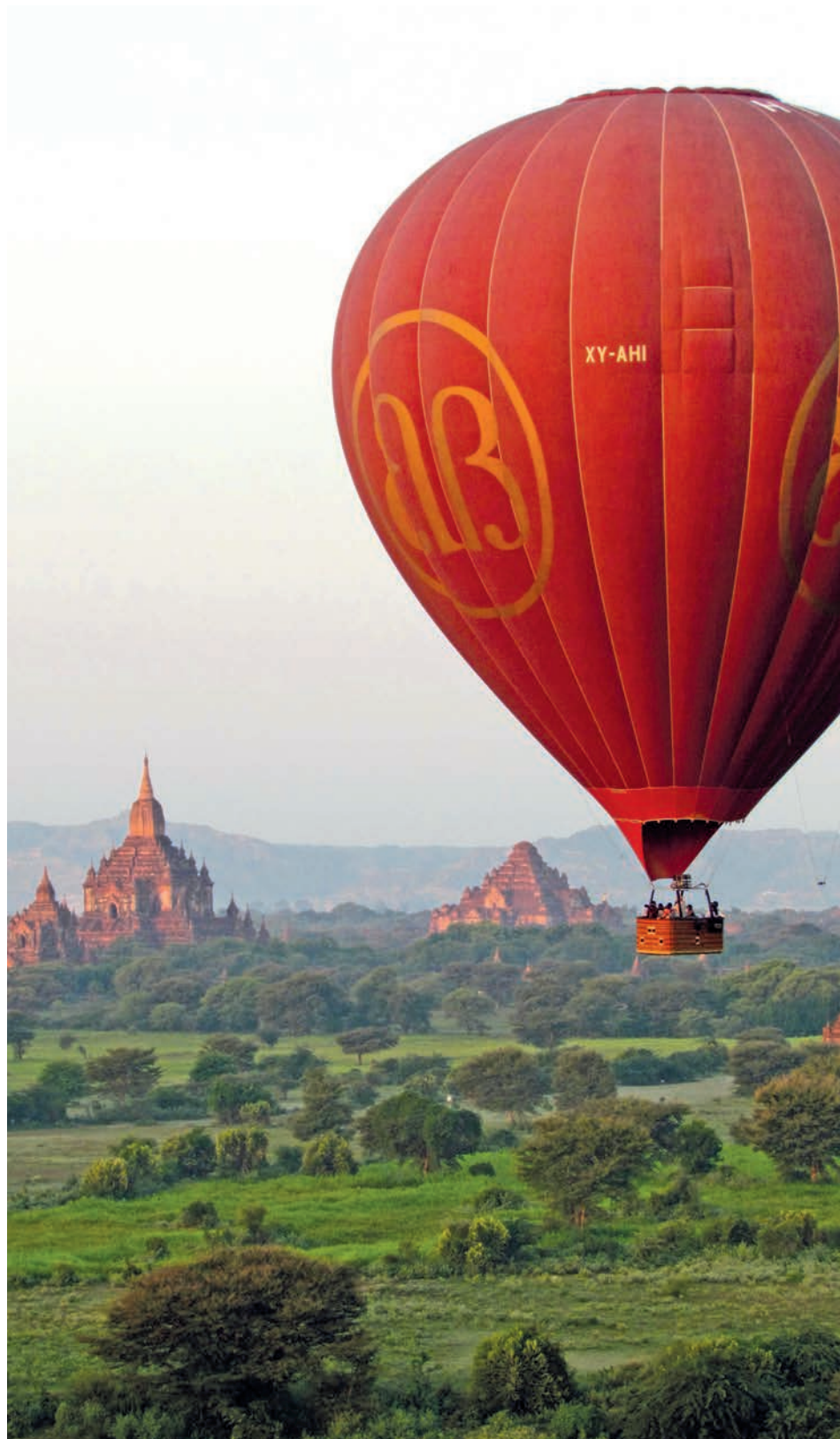
The food we had in Yangon and Myanmar in general was a real surprise – very tasty, with an emphasis on fish (in tomato-tamarind based sauces), tempura, stir-fried vegetables and curries. The further north we travelled, the more the cuisine became Chinese-influenced, with leaf-wrapped dumplings and sesame flavours.

On Day 2, we visited an orphanage run by a monastery, where we had the chance to serve lunch to the children. Country Holidays had organised for us to contribute the meat dish and fresh fruit for the meal, and we took lots of stationery items and small gifts for them to give out to the children later. Some of the boys were studying to go to university and loved talking and playing soccer with our kids.

The Shwedagon Pagoda is the cultural highlight of Yangon. It's a

huge, dazzling complex on top of a hill, with lots of gold and as many as 68 stupas and pagodas, all paid for by donations. The central pagoda (being upgraded while we were there) is 110 metres tall, and covered in hundreds of gold plates and over 4,500 diamonds, including a 75-carat diamond in the top; needless to say, it's very impressive. We took the easy walk around the terrace, where locals enjoy bringing picnics and watching the sun set, beneath thousands of crows circling the spires.





Bricks and balloons

The next day involved an early morning flight to **Bagan** – the ancient capital from the 9th to 12th century. There are over 3,000 temples, pagodas and stupas spread over this massive plain along the Irrawaddy River. The locals moved out 25 years ago and created New Bagan, which is where the hotels are, but it's easy to get to and around the temple area – whether by bicycle, electric bike, horse and cart, or car and driver.

Bagan Lodge is a very new and beautifully planned hotel, with spacious, freestanding villas housing two interconnecting rooms, perfect for a family. I wish we could have stayed here longer to enjoy the space and the pool.

We saw too many temples to provide specific details, but the overall feel of Bagan is as though a giant has scattered “stones” or temples across the plain, and they have been left to weather and age over time, tumble-down but still bearing traces of their former glory. We saw incredible frescoes (some being uncovered from the lime which residents



covered them with to save them from marauders), gold and red spires, and an ancient palace being dug from the earth, its layout shown by rows and rows of red bricks and holes where columns had been placed.

Staff at the hotel looked after Edwin the next morning as we left at 4am for a hot air balloon adventure. **Balloons over Bagan** operates a fleet of deep burgundy-coloured balloons, with traditional French baskets capable of carrying 14 passengers and the pilot (ours a jovial Englishman called Graeme) on a floating journey over the treetops as the sun

rises over the plain. This was a magical experience – the fog burning off as the sun rose, its light bathing the temples in a bright golden-terracotta glow. Not a bump nor a drop, just a calm, floating sensation with the occasional “sssshhhhhhh”, as the flame was increased to lift us over the trees if we got too low.

A horse and buggy delivered us to the port of the river later that afternoon, and we watched the sun go down over the Irrawaddy, with a picnic basket and watermelon cocktails aboard one of the old, brightly painted wooden boats that ply the river with tourists on board.

Languid lake

The following morning we took a flight to the Shan State (Heho), near Inle Lake; then a drive to the colonial mountain village of Kalaw, with its hollyhocks, crab apples and English cottages, plus a cooler temperature and clear skies. Quite surreal.

The boys visited a sanctuary for retired elephants, washed the elephants in the river and played soccer with the mahouts afterwards. The elephants are released into the jungle each night to forage for themselves; the place is not set up for tourists, so you feel like you're involved in a real part of the working day.

Inle Lake, our final stop in Myanmar, is almost 3,000 feet above sea level, which makes for amazingly clear skies and huge white cloud formations. The vivid orange sunsets we watched each night from our balcony at the beautiful **Villa Inle** were breathtaking.

Not knowing what to expect on arrival, we were bundled on to one long-tail boat, and our luggage on to another. The only way to get to the lake hotels (most on stilts over the water, ours on the shore) is by these boats. With no time to worry, we strapped Edwin into his life jacket and were off!

The water was glassy both days we were there, and we loved the sense of calm that lay over the lake, with the famous Intha fishermen standing in their boats, paddling with one leg as they pull in the nets.

Over 100,000 people live on or around the lake, which is around 22km long and 10km wide. Villages are built on top of piles of weeds that are dug up from the bottom of the lake and then floated; it's then topped with soil, on which the local people grow vegetables, raise pigs, and build thatched or wooden houses with satellite dishes, bars, restaurants and post offices.

We loved visiting the village “factories” and watching the old ladies weaving silk or lotus root thread, or rolling cheroots while they laughed and chatted. Everywhere we went, children ran out to wave and greet us.

The renowned “forest pagodas” of Indein are a 30-minute trip away up one of the lake's tributary creeks, followed by a 10-minute walk. Here, hundreds of



ULTIMATE PERFORMANCE PERSONAL TRAINING

Results, not promises.

UP ULTIMATE
PERFORMANCE

City of London | Mayfair | Marbella | Hong Kong | Singapore



**“The best transformations I've ever seen.
No photoshop, no change of lighting, just real results.”**

- Joe Warner, Deputy Editor, Men's Fitness.

- UP Private Gyms
- Elite Trainers
- World Class Results
- 1-to-1 PT & economical "Meltdown" Group Classes

For people who want something special for their bodies & their health.

“World class in every way.”

- James Haskell, England Rugby International

“UP is the ONLY choice if you want results in a safe pair of hands. It beats the "normal" gym hands down!”

- Rob Hersov, International Financier



8 weeks



12 weeks



8 weeks



4 months



Two years



12 weeks

As seen in: **BBC** **Men's Fitness** **Men's Health** **COSMOPOLITAN** **women's fitness** **Time Out**

LONDON (City, Mayfair)

T: 020 3637 0382
E: info@upfitness.co.uk
www.upfitness.co.uk

MARBELLA

T: 951 194 600
E: info@upfitness.com.es
www.upfitness.com.es

HONG KONG (Central)

T: 852 2798 9000
E: HK@UPfitness.com
www.upfitness.com.hk

SINGAPORE (Raffles Place)

T: 65 6536 8649
E: SG@UPFitness.com
www.upfitness.com.sg





stupas are clustered around a hill, some tumbling down, others being restored – painted gold, whitewashed or simply having their red bricks replaced. This is another very quiet, calm place – a light wind gently stirring the leaves on the trees is all you can hear.

Homeward bound

Our last day involved a series of connections: a 7am long-tail boat from the hotel, a minibus to the airport, our flight to Yangon, a minibus to a park for the kids to play and have lunch, another minibus out to the airport, then finally home to Singapore by around 10pm.

It was an incredibly long day to end on, but also fitting in a way, in view of the amazing number of sights and experiences that we'd been able to cram into our eight-day Myanmar trip, thanks to Country Holidays and their amazing tour guides. We definitely couldn't have seen or done half as much if we'd booked this trip on our own, no matter how long I spent planning it. 

Country Holidays currently has 10 different Myanmar trips on offer, ranging from four to 11 days. To book one of these or to talk to them about a customised trip, call 6334 6120 or visit countryholidays.com.sg.



KARIN GALLEY-DICK finds family fun galore – and the ideal accommodation – on Sri Lanka's south coast.

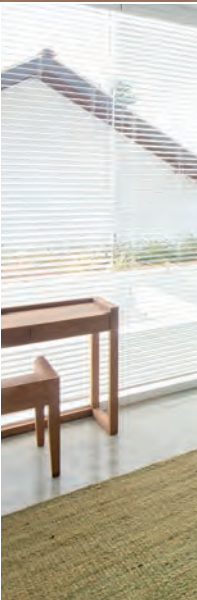
Ask the parent of teenagers what makes a good family holiday and they will more than likely tell you to choose a multi-faceted destination. A holiday based on a single activity, such as temple touring in Siem Reap, or a beach retreat on a remote island, may leave some teens bored rigid.

Enticing my 14-year-old away from his PlayStation was hard enough. I had to make sure that our family holiday would be packed with new experiences and plenty of fun. At the same time, I was personally longing for some true pampering and relaxation in serene surroundings.

Sri Lanka had long been on my radar; I knew that the island's beautiful

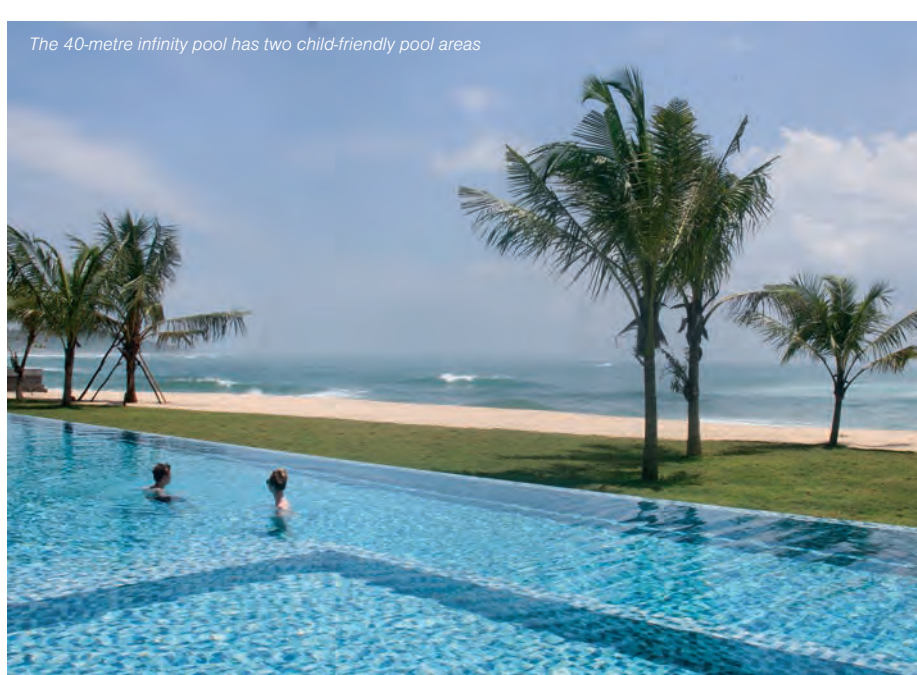
countryside, stunning beaches, wildlife, rich culture and vast choice of activities would check the right boxes for all of us. So off we went, with accommodation booked at the new Sri Sharavi Beach Villas & Spa on the southern coast near Mirissa, a luxury boutique property promising peace and tranquillity but with ample scope for exploring the coastal belt.

After a flight of only four hours we were met by Susil, the resort's friendly driver who had been waiting patiently after a computer glitch at the airport caused delays at immigration. The drive to the resort was a breeze and took about two and a half hours, courtesy of the new Southern Expressway that has halved the time it used to take to reach Mirissa.





The beautiful grounds of Sri Sharavi Beach Villas & Spa



The 40-metre infinity pool has two child-friendly pool areas



The villa's living room blends chic and comfort with rich colours



One of the lovely bedrooms

The villas

Sri Sharavi is a luxury boutique property with four exquisitely furnished three-bedroom beach villas and two separate garden suites. It's located on a long stretch of secluded and picturesque beach. The spacious two-storey villas are separated from the sea by a 40-metre infinity pool that stretches across the front of the entire property, and a lush, grassy field with coconut palms.

On arrival we were met by the resort's general manager, the lovely Marcy Vale, a Canadian, who gave us a tour of the grounds and of our villa. Each of the four villas is individually named and designed in a distinct colour scheme inspired by the colours of Sri Lanka's precious gemstones: Topaz,

Aquamarine, Amethyst and Peridot. Our villa, Topaz, came decorated in an appealing palette of soothing shades of champagne, orange and earthy browns. With warm lighting, polished concrete floors and raw contemporary teakwood furniture, the effect was subtly chic. The accent colours ran through the entire villa, popping up in the upholstery, cushions and rugs and on the walls. The design ethos even carries over into the bathrooms whose many appealing touches include handcrafted, polished concrete sinks stained in the respective colour scheme of the villa.

Each villa can sleep up to six adults and three children. The ground floor consists of a spacious living and dining area, an open-plan pantry and an



The amazing master bedroom suite



Glorious views from the private terrace of the master bedroom



One of the stylish bathrooms with colourful accents

ensuite bedroom with private garden terrace. Upstairs are two spacious suites with king size four-poster beds, a lounge area and walk-in closet.

The master bedroom suite was my favourite. Opening up to a huge private terrace complete with deck chairs and a sitting area offering uninterrupted 180-degree ocean views, this was a truly magical setting where you could watch both sunrise and sunset.

Looking around the amazing property, the thing that struck me most was the attention to detail that had gone into conceptualising a home away from home for resort guests. Dolores de Battista, the Maltese resident interior architect, teamed with Original's Geri Murphy to design the interiors. Their great sense of colour and style and their overall vision for the project is reflected everywhere you look.

Most of the furniture comes from Originals, who opened a showroom in Sri

Lanka two years ago. A carefully curated selection of their trademark Indian recycled furniture and contemporary teak pieces, combined with Vincent Sheppard chairs and sofas in bold colours, creates a clean sophisticated ambience. Colours, furniture and artwork work together beautifully. It made us feel instantly at home to find ourselves surrounded by some of the same furniture designs that we have in our Singapore house.

Marcy ensures that employees are trained thoroughly. Each villa is staffed with a "houseboy", among them Sandun, a charmingly dedicated young gentleman who looked after us with great and discreet care, predicting our every need and making sure everything ran smoothly for our stay. In fact, he has now set the standard of perfect service for me: completely attentive and completely unobtrusive – almost impossible to achieve, yet he made it look easy.



My children enjoy an exotic refreshment to beat the tropical summer thirst



break the chain



HIV links over 33.4 million lives. The best protection is prevention through education. To see how you can save your employees' lives, visit www.bcas.org.sg

The dining area is decked out with beautiful furniture from Originals



The living room sitting area and verandah are perfect places to lounge



The bedroom on the ground floor comes with a private garden terrace



The food

I must admit I knew little about Sri Lankan cuisine, naively assuming it would be similar to that in India. The food prepared by the chef, Dilan, was simply delicious and artfully presented, whether it was served in the beautiful dining area of our villa or on the verandah. Anything we fancied, local or Western, could be provided, and Dilan would pop by the villa each day to check our preferences. On our first night he prepared a feast consisting of a large plate of rice and eight different curries in little bowls – meat, fruit and vegetable curries in a variety of flavours, and all delicious. My favourite meal was breakfast, walking down to our verandah each morning to find a lovingly decorated table complete with flowers, tropical fruit, juices and freshly baked bread.



We were so impressed with our first meal: a delicious Sri Lankan curry feast



Sri Sharavi
Beach Villas
at sunset

The sights

It would be very easy to do absolutely nothing at the villa, but Sri Lanka's south coast has so much on offer – and I had promised the kids five days of activities and exploring. Information about day-trip itineraries and where to shop and eat are all provided by the staff, and our resort driver, Susil, was available to take us to any place we wanted to visit.

On our first day this was Galle, the coastal city with gorgeous old colonial buildings and a charming historic Dutch fort that has been well preserved. We spent a couple of hours walking the ramparts and enjoying the views out to the sea, taking in the fresh air and soaking in the atmosphere.

On the way back to the resort we stopped at the Sea Turtle Farm and Hatchery at Habaradura. Despite being a tourist attraction, this place seems

really genuine and the people running the farm explained how they were trying their best to save the turtles. The project protects the eggs until they hatch and then monitors the baby turtles until they're strong enough to be reintroduced to nature. Injured and sick turtles are also cared for here.

The following day we took a 10-minute tuk-tuk ride from the resort to Mirissa, armed with layers of sunscreen, hats and sunshades. This is a laid-back little town with a local flavour, a beautiful palm-fringed beach and good surf – an excellent place to while away a few hours, and highly entertaining if you like big waves. The kids had a great time jumping the waves while I sipped a drink and soaked up the vibe of the place.

The big tourist draw in Mirissa is whale-watching, but unfortunately it wasn't the right time of year to see them.

With only a slim chance of making a sighting, we decided to give it a miss – a five-hour boat trip in choppy, whale-free waters didn't seem all that appealing.

We felt a bit more adventurous the next day and took a trip to a snake farm in Thelijjavila, a village about 45 minutes away and a delightful drive through the countryside. The small farm, run by a family of traditional Ayurvedic snakebite physicians, was a fantastic experience – very basic and not commercial at all. The owner uses the snakes to produce anti-venom used in Ayurvedic medicine. He keeps around 15 to 20 snakes, in a room the size of a car garage. It was quite an eye-opener as he displayed the highly venomous cobras and vipers, right in front of us. We got to hold some non-poisonous ones, including a python and tree snake, and we learnt a lot about Sri Lanka's indigenous snakes.



Exploring the historical fort at Galle



If you love turtles or conservation, the sea turtle farm at Habaradura is a must-see.



Spotting a family of elephants was the highlight of our safari at Udawalawe National Park



My daughter enjoys getting up close and personal with a python



The snake farm run by an Ayurvedic doctor is not for the faint-hearted

The safari

Another great experience is a trip to one of Sri Lanka's national parks. If you're interested in wildlife, this is a must. We visited Udawalawe National Park, rather than the better-known Yala National Park, which was closed because of drought. And what an experience it was. After a three-and-a-half-hour journey from the resort, we were ushered to a very comfortable private jeep for the three-hour safari. Within minutes the heavens opened and we were caught in a thunderstorm and torrential downpour. The guide hastily closed the jeep's plastic blinds while the driver kept navigating through the difficult terrain, now a slippery morass. Needless to say, we couldn't see a thing, and I had to keep reminding the kids (and myself!) that a safari is like a box of chocolate: you never know what you're going to get.

Our luck turned, however, and after an hour or so of rain, we came across a giant elephant strutting across the path. More animal sightings soon followed: peacocks, several birds of prey, a fox, herds of deer, buffaloes soaking in mud puddles, and a group of cheeky monkeys. As the sun began to set, our driver made one last stop next to a watering hole where we saw a baby elephant being surrounded by the herd

for protection – very sweet. Watching them behave in their natural setting was amazing, and my daughter couldn't stop taking pictures.

Back at the resort, chef Dilan had prepared a fantastic dinner of local delights that we enjoyed on our verandah to the sound of waves crashing on the shore. It was a great way to round off an amazing trip to Sri Lanka that created unforgettable memories for the family.

Getting there

Singapore Airlines, Emirates and Sri Lankan Airlines fly direct from Singapore to the Sri Lankan capital, Colombo.

Recommendations

Sri Sharavi Beach Villas & Spa: srisharavibeachvillas.com
Sea Turtle Farm and Hatchery: seaturtlefarm.org
Udawalawe National Park: udawalawenationalpark.com **31**

Long Weekend in Phuket

Phuket is a great choice for a short family break over a public holiday long weekend. Quick, direct flights and kid-friendly accommodation options make the Thai Island a hassle-free escape. With family in tow, KATIE ROBERTS visited the new **Anantara Vacation Club** at gorgeous Mai Khao Beach, and found that it ticked all five boxes on her holiday checklist.

1. Two-bedroom villa

It might be a splurge, but most parents would agree that two-bedroom accommodation makes all the difference. The children are pleased to not be lumped in Mum and Dad's room, and everyone is happy if there's a TV and separate bathroom too – cartoons at 6am, no problem; and wet swimsuits can languish in the corner of the shower.

The villas at the Anantara are incredibly roomy. The soaring ceiling in the open plan living, dining and kitchen area makes a big impression, as does the private pool that's accessible through large sliding doors. There's a comfortable daybed in the sala, and some of the villa pools have a shallow wading section for kids. Bedrooms are cleverly located at either end of the main living area, and the dressing area between the master bedroom is enormous, as is the bathroom with massive freestanding bath overlooking an outdoor rain-shower.

An additional 45 villas are due for completion by the end of March to add to the current 30, which are a mix of one- and two-bedroom accommodation.

The Anantara gets its name from the Thai word meaning "without end", symbolising the sharing of water and heartfelt hospitality



2. Kids' Club

Thanks to their frequent travels, some expat kids are quite the connoisseurs of kids' clubs. The **Jakka Kids' Club** at Anantara offered something special to captivate our two, aged nine and 11. They went along to two or three sessions each day, taking their pick from complimentary activities perfectly suited for ages four to 12. A printed schedule in the villa was handy for them to choose their activities ahead of time.

Yoga, painting, hair-braiding, balloon art, treasure hunts and lots of other mainly craft-based activities kept them amused for hours. (Who knew that a towel could be folded into the shape of an elephant?) There were computer games and sports, too. A climbing wall, a floating movie screen and pool tubes were set to be arriving just after our visit, promising more fun for bigger kids and adults.

Aside from friendly, happy staff, the other important ingredient of Jakka is its location. Directly beside the pool, with big windows and a sunny outlook, it's not an afterthought as some kids' clubs seem to be.

3. Reasonably priced, authentic food

Some guests choose to self-cater in the well-equipped villa kitchens. This is very handy for easy breakfasts, snacks and lunches with kids. But on a short stay, and especially in Thailand, part of the holiday fun is to revel in the local cuisine. There are three options: **Chaam**, the all-day dining restaurant; **Crust**, for wood-fired pizza; and **Ripples**, a swim-up pool bar offering snacks and drinks. All provide value-for-money options and you'll certainly pay less than for Thai food in Singapore. The weekly seafood buffets are not to be missed, offering a delicious selection of barbecued local seafood, plus a great spread of salads and Asian hot dishes. Order room service on evenings when everyone wants to slouch about; I can vouch for the Thai curries.



Thai cooking

A lunchtime cooking class at **Spice Spoons** is a fun activity for the entire family, and relaxing, too – especially since there's no washing-up involved. Most of the four Thai dishes we prepared were quick and simple, and – more importantly – tasty, as we discovered when we sat down to eat the results.

There are two set menus offered on alternate days, so you can add a host of dishes to your repertoire. We made Som Tam (spicy green papaya salad), Tom Kha Gai (coconut chicken

soup), Goong Phad Nam Prik Pao (prawn stir-fry) and a dessert of Peauk Buad Chee (taro poached in coconut cream). The experienced sous chef gave us all kinds of local tips: how to cut food at the correct angle, how to juice a lime easily, and how to achieve that all-important combination of salty, spicy and sour flavours that is so important in Thai cooking. This is a great activity, especially on a rainy day.



4. Parental downtime

With a Kids' Club fulfilling the child-minding duties, parents are free to do their own thing. For us this meant a twilight stroll on the deserted beach and sundowners at the Infinity Bar at **Anantara Phuket Villas**, just across the road. This is another stunning resort, with several quality dining options, but is perhaps best enjoyed without younger kids.

A couple's massage at the **Anantara Spa** will put anyone in a good mood. Also located at Anantara Villas, the tranquil six-pavilion spa is set around a picturesque lake in lush tropical gardens. The signature 90-minute massage combines soothing Thai techniques with hot oil – the ultimate treat.

5. Clean beach

Khao Mai is a clean beach with no pesky touts or traders, and kilometres of fine sand. The area was designated a national park in 1981 and it is largely free from development. Olive ridley sea turtles lay their eggs on the beach from November to February.

While the Vacation Club does not have direct access to the beach, it's only a five-minute walk away and guests can use the Anantara water sports centre. During the few months of the monsoon season, the Andaman Sea can become pretty rough and the water can be closed to swimming. December to May offers the clearest weather.

For me though, as long as it's not raining, beaches are good for so much more than swimming: leisurely walks, watching sunsets, jogging, playing ball and just laying about. The ideal holiday.

Optional extras

Here's where the Anantara scored bonus marks:

- The resort is located just 15 minutes from the airport; the personal greeting and prompt pickup by friendly staff makes a big impression.
- Whether it's just tootling to the beach, or a longer ride with a staff member as guide, complimentary bikes give freedom which bigger kids appreciate.
- Parents like me who are paranoid about sunburn will recognise the value of the shaded kids' pool and playground, where kids can play safely for hours. There are pool toys, too.
- A washing machine and dryer are tucked away in a cupboard in the villa's kitchen.
- A mini-market is located across the road in the Turtle Village shops and is well stocked with flip-flops, pool toys, cheese, fruit, beer, pasta and more.
- A cocktail at a swim-up pool bar always gets a holiday off to the right start.
- One-, two- and three-bedroom apartment suites are available at the Vacation Club. 

avc-phuket.anantara.com





It's never been easier to own a Premier racehorse

NEW SYNDICATION SHARES NOW AVAILABLE



Premier Racing Partnerships (PRP), Singapore's fastest growing thoroughbred racing and social syndication delivers the highest caliber of upcoming thoroughbred talent and offers ownership to all budgets. With a minimum 1% share, capped fees and no hidden extras you too can experience the excitement and prestige of owning a racehorse in Singapore.



Contact Wade Burrige for details
wade@pracingp.com or call +65 9382 1524

premierracing-partnerships.com



Kemah Tinggi
Seseh - Bali

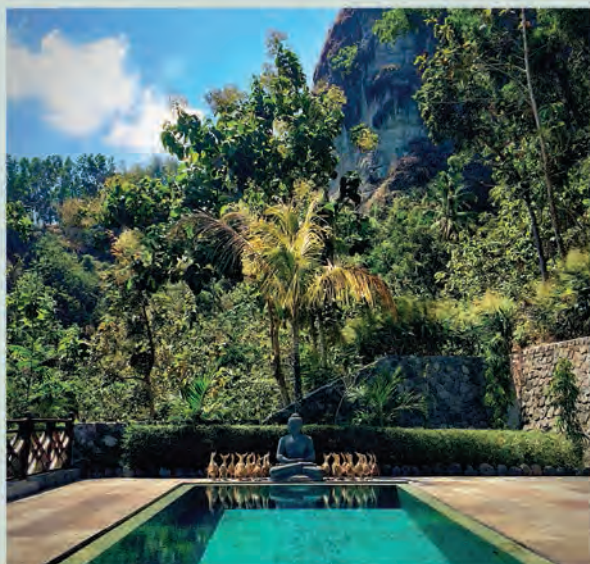
Make your day a Kemah Tinggi day
Bali's Luxury Pool Fence Villa.
The discerning choice for families who don't follow the crowd.
www.kemahtinggi.com

The advertisement features a large main image of a villa with a pool and a thatched roof. To the right, there are three smaller inset images: the top one shows a bedroom with a white canopy, the middle one shows a person sitting at a table outdoors, and the bottom one shows a pool area with several villas in the background.



Villa Borobudur

Luxury - Privacy - Authentic Java



Villa Borobudur offers luxury pool villas with breathtaking views of the Borobudur, its surroundings and the volcanoes Merapi, Merbabu and Sumbing. Experience traditional Javanese friendliness, spirituality and hospitality in one of the villas, each with their own large pool. Enjoy the variety of Javanese cuisine in a wonderful setting. Visit Villa Borobudur to experience the beauty of the Javanese culture and the impressive natural and tropical setting. Find out more on our website www.villaborobudur.com



SKY LI
www.villaskylibali.com

THE BEST ADDRESS
FOR A VILLA HOLIDAY IN BALI

SEMINYAK BEACH AND BOUTIQUES ON YOUR DOORSTEP

FROM US\$ **595⁺⁺** / NIGHT

eh
an elite haven.
LUXURY VILLA RENTALS | WWW.ELITEHAVENS.COM

Incredible India

*Explore India
like never before*



**ROYAL RAJASTHAN
ON WHEELS**
New Luxury Train in India

Palace on Wheels & Royal Rajasthan on Wheels -
Come aboard to experience the contemporary regal
luxury while exploring India.

MUSTAFA AIR TRAVEL PTE LTD
TEL.: 6419 0752 / 6419 0754
tours@mustafa.com.sg | www.mustafa.com.sg

**MUSTAFA
AIR TRAVEL
24 HOUR**

TA633



HIMMAPHAN
LUXURY 8 BEDROOM VILLA IN PHUKET

Luxury 5 star boutique resort
in the most exclusive beach
of Phuket

SALE/RENT
Great cash flow, 10% Yield,
high occupancy, best ratings

CONTACT:
www.thehimmaphanresort.com
info@thehimmaphanresort.com
+66-873842743




AESTHETIC & RECONSTRUCTIVE CENTRE



The Aesthetic & Reconstructive Centre offers a comprehensive range of surgical and non-surgical procedures for enhancement of the face, eyelids, breasts and body.

Dr Andrew Khoo, a Specialist Plastic Surgeon, and his team of dedicated professionals first meet patients in a private and exclusive setting for a consultation. During this consultation, each patient's specific needs will be assessed and a tailored course of therapy will be prescribed. Each therapy is then explained in detail to enable a patient to make an informed decision to achieve their desired goals.

We Specialise In:

- Non-invasive and minimally invasive procedures for facial rejuvenation
Aurora Matrix IR and RF fractional therapy, Erbium microlaserpeel
- Surgical procedures for the face
Suturelifts, Endotine and surgical face and brow lifts, Fat micrografts
- Eyelid surgery
Upper and lower lid blepharoplasty, ptosis surgery
- Rhinoplasty surgery
Augmentation and reduction
- Ear surgery
- Surgical procedures of the Breast
Breast augmentation, Breast lift, Breast reduction, Macrolane, Fat grafting to the breast
- Reconstructive surgery of the Breast
- Body contouring surgery
VASER Liposelection, Body-tite, Abdominoplasty
- Surgical treatment of benign and malignant skin lesions



Dr. Andrew Khoo
Plastic & Aesthetic Surgeon
FRCS (Edin), FRCS (Glasg),
M Med FAMS (Plastic Surgery)

AESTHETIC
&
RECONSTRUCTIVE
CENTRE

AESTHETIC & RECONSTRUCTIVE CENTRE
3 MT ELIZABETH ROAD
#13-08 MT ELIZABETH MEDICAL CENTRE
SINGAPORE 228510
TEL: 65 67333712 FAX: 65 67331750
www.andrewkhoo.com

Health & Fitness



WHAT'S NEW

Everything you need to feel good

THE INCREDIBLE LIGHTNESS OF BEING

Offered at **Float House Singapore**, flotation therapy is one instance where doing

nothing is actually good for your health! Simply step into your floating pod, where you'll lie in 11 inches of room-temperature water infused with 600kg of magnesium sulphate salt.

Each pod is environment-controlled so that there's minimal stimulus, which means you're weightless and without light or sound. And, though it may sound strange, it's a great way to unwind, detoxify and heal the body; after all, the water buoyancy removes all stress placed on the body, allowing it to focus its energies on healing any conditions that need attention.

Benefits are said to include:

- Deep relaxation
- Stress relief
- Pain relief from migraines and inflammatory joint discomfort; floating takes stress off the joints, allowing the body to decompress
- Meditation and self-hypnosis
- Athletic performance enhancement
- Reduction of depression, anxiety and fear
- Assistance with overcoming unhealthy habits and addictions
- Holistic wellness
- Improved skin and hair health, thanks to the magnesium sulfate
- Detoxification
- Improved blood circulation, as magnesium sulfate helps draw out lactic acid from the body

10 Sinaran Drive, #10-21 Novena Medical Centre.

6397 6865 | floatsg.com

Same Day Smile

No one enjoys getting crowns put in, especially when it becomes a multi-visit experience. However, instant crowns are now possible at **DP Dental**, thanks to innovative CEREC 3D technology, which captures an image and renders the 3D form of a tooth. Unlike the conventional method of taking impressions and sending them out to specialised dental labs, this new technology enables dentists to mill realistic restorations from blocks of ceramic materials right on the spot – in other words, you'll walk away with



a new crown in just two hours as opposed to two weeks. DP Dental – part of the Body with Soul Healthcare Network – is one of few practices in Singapore to house this technology.

6282 0122

dpdental.com.sg



A PRESSING MATTER

Fresh from the festive season, you might be in dire need of some healthy nutrients to get you going in 2015. Luckily, **The Syndicate Juice Co.** has got just what the doctor ordered. The homegrown juicing company offers a selection of fresh, vitamin-packed, cold-pressed fruit and vegetable juices and smoothies, plus almond milk and homemade nut butters – all of which can be delivered to your doorstep. Favourite concoctions include “Recharge Me!” (apple, celery, cucumber, kale, spinach and mint tea), “RecRoot Me!” (carrot, apple, lemon and ginger) and “Beets Me!” (beetroot, carrot, orange and pineapple), while the “Sun Salute” smoothie is a deliciously thick blend of banana, almond, blueberry, orange, chia seeds and acai; the brand's signature “White Out” almond milk is another popular choice. And, while juices can be purchased in mix-and-match six-packs (\$90 to \$108) for everyday consumption, Syndicate also offers three juice cleanse programmes (\$105 to \$540) of different intensities for those who seek a break from their everyday diets and a complete body overhaul.

WHAT EXACTLY IS COLD-PRESSING?

Cold-pressing is a method of extracting juice from vegetables and fruit by grinding them very slowly, then pressing them between two steel plates to squeeze out the pulp-free juice using hydraulic pressure. All this is done without heating the juice or nut milk, allowing it to retain the live nutrients and enzymes and keeping it as close to its natural state as possible.

Order online at **syndicatejuice.com** or grab a bottle (\$8) at pop-up marketplace, Crateful, at 1M Yong Siak Street in Tiong Bahru.

Visible Varicose Veins? Pain, Swelling or Night Cramps? Unsightly Spider Veins?

Providing **no scars, no operation, minimal pain & quick recovery** treatment options including:

- Endovenous Laser Therapy (EVLT)
- Sclerotherapy:
 - *Ultrasound Guided Foam Sclerotherapy*
 - *Microsclerotherapy*
- Transcutaneous Laser Treatment
- Ligation and Stripping



Varicose Veins



Spider Veins



**One-Stop
Centre For
All Your Vein
Problems**

Why Us

- Dedicated Vein Treatment Centre
- Providing EVLT since 2003
- No scars, no operation, minimal pain & quick recovery laser treatments
- Convenient day procedure with no hospitalisation required

For appointments, please call:
(65) 6733 0377

- Full range of diagnostic & treatment services
- Personalised attention & customised solution
- Friendly professional staff
- Comfortable and private ambience
- Direct payment by Medisave or insurance*

*Terms and conditions apply

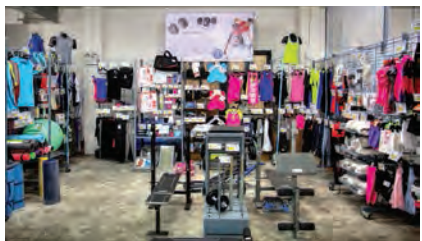


Dr. Imran Nawaz
MBBS (S'pore), FRCS (Edin), FRCS (Glasg), FAMS
Medical Director
The Vein Centre

1 Orchard Boulevard, #11-03,
Camden Medical Centre, Singapore 248649

TVC
THE VEIN CENTRE
www.tvc.sg

CLICKS AND MORTAR



French sports chain Decathlon has officially launched its first physical presence in Singapore after operating solely as an ecommerce site here for the past two years. Those looking for sports gear and equipment can now try out

the brand's unique, new "click-and-mortar" retail concept, **The Decathlon eXperience**, which gives the conventional in-store shopping trip a digital twist. In the 7,000-square-foot experiential zone, customers can try out thousands of products, representing over 65 sporting activities, firsthand – from bouncing on trampolines and taking bicycles for a spin to testing yoga mats and hiking boots – before using one of the store's giant computers to self-check-out online. In-store staff members are on hand to walk you through the various product lines, and goods can be delivered or carried home – there's also the option to order online and collect from the store. 58 Kim Yam Road, #01-01. decathlon.sg

LIGHT AS AIR

Thirty years after Nike debuted the original Air Max 1 – the shoe that made Nike a household name – the iconic brand has launched the new and improved **Air Max 2015**, featuring the soft, bouncy cushioning that Nike Air fans know and love. The latest in a long series of Air Max designs, the new model is lighter than ever. It boasts a seamless mesh upper for better breathability, foot motion and flexibility, an internal heel cup for a snug foot-to-sole fit, and a waffled outer-sole for enhanced road traction. Available in six colours (three men's and three women's), the shoe can be customised at nike.com/sg. \$299. Nike, 1 Scotts Road, #01-02 Shaw Centre. ▼



Coming Up



OUTRUN CANCER

Get your sneakers on and gear up for the annual **Terry Fox Run Singapore** on 8 February. Held all over the world each year, this non-competitive charity event is named in honour of the Canadian amputee runner who attempted to run across Canada in 1981 to raise money for cancer research. Whether you choose to run the 10K route, or run or walk the 5K (you can even push a stroller), your participation is key – funds raised go to research programmes at the Singapore Cancer Society. Flag off at 7.30am at Big Splash, 902 East Coast Parkway. **To register, visit canadians.org.sg.** ▲



GOLFING FOR GOOD

Golf enthusiasts can look forward to getting on the green for a good cause at the third annual **Swing for the Kids** golf tournament, taking place on 8 March at Batam's Palm Springs Golf and Beach Resort. Together with a lunchtime charity auction, the tournament will raise money for orphanages in Indonesia, Malaysia, Vietnam and the Philippines; funds will support ongoing projects including the construction of dormitories, roads, playgrounds and libraries to improve the living and learning conditions of less fortunate children. **To register, visit zeg.li/sftk2015.** ▲



A Sculpted You for 2015

Most of us have at least a bit of unwanted fat that we're just dying to get rid of and, with the New Year here, there's no better time to make it happen. The good news is that Cutis Medical Laser Clinics is giving away **CoolSculpting Fat Freeze** treatments to two lucky *EL* readers. Each winner will receive two treatments worth \$800 per session – that's \$1,600 worth of treatments each!

The CoolSculpting procedure is the only US FDA-approved fat-freezing technique. Promising up to 40 percent fat reduction in the treatment area, it's non-invasive and has no downtime.

How it works

While some other fat-removal procedures can actually destroy tissue other than fat by burning, shattering or extracting non-fat cells, CoolSculpting technology safely delivers precisely controlled cooling to gently and effectively target *only* fat cells underneath the skin's surface – and without harming non-fat cells. The treated fat cells become crystallised and, over time, your body naturally processes and eliminates them. Developed by Harvard scientists, this innovative procedure is completely non-surgical, which means there are no knives, needles, scarring or recovery time involved.

Sit back, relax and freeze your fat away

After you and your physician select the areas to be treated, the CoolSculpting device is positioned on your body and controlled cooling is applied. During the one-hour procedure, feel free to sit back and relax – you can read, check emails or even take a nap!

After your sculpting session

Since the procedure is non-invasive, you'll have no problem returning to your normal activities immediately after your session. In the weeks and months following, your body will naturally process and eliminate the treated fat cells – once the fat cells are gone, they're gone for good.

Additional sessions may further enhance your results, so talk to your doctor if you're interested in creating a tailored treatment plan just for you.

Enter to win at expatliving.sg/competitions. 📄



Cutis Medical Laser Clinics
9 Scotts Road, #03-06 Pacific Plaza
6664 8185 | cutislaserclinics.com

RUNNING COMMENTARY:

Fuelling Debate

Popular nutritional advice has recently made a sharp move away from the low-fat, high-carbohydrate diet to its complete opposite: a diet rich in healthy fats and proteins, but low in carbs, especially sugars and refined grains of any sort. What does this mean for a runner? Is it possible to train and race properly without carbs? **Verne Maree** investigates.

Award-winning sports scientist DR TIM NOAKES, whose best-selling *Lore of Running* (1977) had for decades been the bible of runners in South Africa, caused a storm of controversy recently when he apologised to his countrymen for years of promoting a low-fat, high-carb diet. "Tear out the chapter on nutrition in *Lore of Running*," he declared. "I was wrong."

His latest book – *The Real Meal Revolution* – effectively turns the food pyramid upside-down. Especially for

carb-intolerant people like himself, who struggle to maintain a healthy weight even while training for marathons, he recommends a diet of mainly fish, chicken, liver and eggs; macadamia, almond and Brazil nuts; full cream yoghurt, and leafy veggies such as spinach and broccoli.

In moving from high-carb to virtually no-carb, Noakes has swung the pendulum a bit too far – for me, anyway. I'm a fan of onion and garlic, starchy root vegetables like carrots, butternut and beetroot, plus moderate servings of beans, lentils and other legumes. Then again, I'm probably less carb-intolerant than Noakes. How else would I survive *Expat Living*'s continual flow of birthday cakes, festive log cakes and autumnal moon-cakes, plus duty-free chocolates from colleagues returning from holiday? (This office is a danger-zone, I tell you.)

Though he's still taking flak from the medical (read pharmaceutical) industry, Noakes is by no means alone, nor the first to go this route. Apart from Atkins and others, nutrition and fitness guru DR PHIL MERCOLA (mercola.com) published *The No Grain Diet* back in 2003. More than ten years later, he notes with perhaps forgivable smugness that his high-fat, moderate protein, low-carb diet is now being embraced by sportsmen and women, even top Ironman triathletes and ultra-marathoners.

As Phil explains, the idea behind **carb-loading** is to saturate yourself with carbs so your muscles have plenty of glycogen to draw on while you exercise.



This can work well for fit athletes on an intensive workout regimen, he concedes; but it's not ideal. That's because once you've trained your body to burn fat during exercise – become "fat-adapted" – a high-fat, low-carb diet provides more long-lasting fuel and has an overall better impact on metabolism.

Let's ask Suzy

Top 10K runner and Singapore expat SUZY WALSHAM, who is also the current world vertical marathon champion,



confirms that she feels better and stronger on a low-carb diet – despite her intensive training regimen.

The thinking about diet changes all the time, as Suzy says. "They used to say eating more than a couple of eggs a week was bad for us, and now we know what powerhouses





eggs are. For vital protein that helps your muscles recover from training sessions, eggs are one of the best sources."

"Looking back at my late 20s," says Suzy, "I had a coach who was very old-school about carbs: it was muffins for breakfast, pasta for lunch and then lasagne for dinner. I see now that we were all eating far too many refined carbs, too few proteins, and not nearly enough vegetables. I'm sure that made it harder for us to maintain our weight, too."

And now? "I eat a lot of salad, and I believe vegetables are really, really important. Most people don't eat enough vegetables; instead, they eat too much fruit, not realising how full of sugar it is. And I am massively anti-fruit-juice. Part of the problem is that you're leaving behind the pulp, which is nutritionally the best part of the fruit. What's more, you use three to four apples for just one glass of apple juice. It would be way better to have just one apple and a glass of water."

Suzy starts the day with cereal, nuts and seeds; lunch and dinner are either a big salad or vegetables, always with some protein. "For snacks, I try to stick to nuts and seeds," she adds, "and I avoid processed foods as much as possible."

Marathoners need more carbs for training and racing, Suzy believes; but intense carb-loading is of far less value for shorter distances like the 10K. Nevertheless, she does feel there's a case to be made in Singapore for eating more carbs before a race, especially for a low-carb eater like herself. The reason is that running in this kind of heat and humidity causes us to lose so much water, as much as 1.5kg (or 1.5 litres) in a single race or training session, in Suzy's case.

"For 24 to 48 hours before a 10K race, I will increase my carbs," she explains. "I'll have a banana, and I'll have a chicken sandwich instead of a chicken salad. Carbs help you retain water, so you're starting your race more hydrated than you would otherwise be. You may be a bit heavier at the start line, but that's water that you'll lose during the race."

So, what's best – medium-carb, low-carb or no-carb? High-fat, medium-fat or low-fat? Not only is the choice highly individual, but it probably lies somewhere in between the extremes. I, for one, am joyfully celebrating the return of healthy fat to our diets: creamy avocados, crisp-roasted chicken skin, generously olive-oil-tossed salads and butter-coated hot veggies. Hallelujah!

JANUARY

1

Mileage New Year Run,
7.30am, 10K, Punggol Park

3

MR25 Ultramarathon,
7am, min. 5 10K laps in 12 hrs, MacRitchie Reservoir

4

West Coast Mazda Run,
7am, 1.2/6K, West Coast Park

10/11

NUS Bizad Charity Run,
5pm, 5/10K, Mochtar Riady Building, NUS

11

Run For Your Lives Singapore,
12 noon, 5K, West Coast Park

17

Run for Light,
5pm, 5K, Gardens by the Bay

FEBRUARY

7

Safari Zoo Run,
4pm, 6/12K

8

Terry Fox Run,
7.30am, 5/10K, East Coast, Big Splash

14

Brooks Marina Run,
5.30pm, 10/21K, Gardens by the Bay

15

Marina Party Dash,
5pm, 5K, Gardens by the Bay

MARCH

1

Men's Health Urbanathlon,
7am, 14K, Kallang Practice Track

8

Green Corridor Run,
7am, 10.5K, Tanjong Pagar Rail Station

8

Venus Run,
7.30am, 5K

28-29

Twilight Ultra Challenge,
7pm, 5/10K laps in 16 hrs, ECP Area F

29

2XU Compression Run,
5.30am, 21.1/10/5K, F1 Pit Building

CHANGE: It Does the Body Good

Photography by Ken Tan

Personal trainer and mother of five, SAM BLAKEY, is proof that it's never too late to make a change. Formerly a journalist and sub-editor in the UK, Sam moved with her family to Singapore four years ago and decided to pursue a career in personal training. Having launched her fitness company, Ooberfit, in 2012 with just three friends on the books, her client list is now over 100, ranging from 60-somethings down to clients in their early teens. Sam talks to **Amy Greenburg** about her love of personal training, her inspirational career change, and juggling her kids and clients.

What inspired your transition from journalism to the field of fitness?

Money! With no expat deal, the cost of living here in Singapore, high rental fees and four kids at the time in international schools, plus one at university back in the UK, I needed a job! There were lots of accompanying spouses like me with media backgrounds, but not that many openings and, although I had enjoyed my last newspaper job in the UK, I quite fancied taking a completely new direction.

What better time to reinvent myself than after moving halfway across the world where only a handful of people knew me? Back in my school days, I wanted to be a PE teacher or a journalist, so in a way, my career has gone full circle.

“What better time to reinvent myself than after moving half way across the world where only a handful of people knew me?”



I re-evaluated my life when I was 39 and decided it was time I got healthy, lost weight and improved my fitness. I'd run my first 10K by the time I was 40, and I've been a fitness enthusiast ever since.

How did you get started with training in Singapore?

I enrolled at the International Sports Academy (ISA) to complete my CPR/AED and a foundation course with The Singapore Sports Council, so that I'd be eligible to join a personal training course. I hadn't studied since I'd qualified as a journalist, so it was a bit of a shock going back to school after a gap of almost 30 years. Biology had never been my favourite subject, but I found physiology and human anatomy in the context of exercise fascinating.

I chose the American Council on Exercise (ACE) certification because it's an internationally recognised fitness organisation, endorsed by the European Health and Fitness Association, and allows me to work anywhere in the world. ACE also publishes great research and, as a member, I'm kept up to date with all the latest fitness trends. I'm required to recertify every two years with additional training, which means I stay fresh.

This year, I qualified as an internationally certified Pilates instructor, which has enabled me to bring a unique cardio-Pilates mix to my sessions. I personally advocate interval training, because it's proven to work and you can offer different intensities of the same exercise to suit all fitness levels. I teach it in all my group classes and in one-on-one sessions in the gym, unless I'm working with a client with back, postnatal or joint issues that may restrict their cardio work.

What's your typical daily routine like?

Stupidly, I thought working for myself would mean a better work-life balance and fewer hours. Turns out, however, that my boss is a real slave driver! My work day usually starts with a one-on-one client session at 7.30am or an outdoor group bootcamp at 8am, and then it's pretty much a full day from there. I'm fortunate that I get to work in the Botanic Gardens and in parks on the East and West Coasts where our sessions are punctuated with the most amazing bird song – beats a cold, damp, wintry session in the UK for sure!

I'm lucky that my kids now range from 13 to 24 and are more independent, but balancing work with their needs is still a fine line; I don't always get it right – but they understand and seem very proud of what I do.

What types of fitness and diet habits do you follow?

I spend at least 19 hours a week just driving between clients, as well as conducting 30 bootcamp sessions, so I keep fit by exercising with some of the smaller classes or working out alongside my one-on-one clients to encourage and pace them. When I have new clients, especially guys, they are usually way younger than me so I always do the cardio sessions with them, as I think it's important to show that I'm not asking them to do anything I'm not capable of doing myself!





My crazy schedule means I don't eat as healthily as I would like to, but I always tell my clients to do as I say, not as I do – and I have a great nutritionist I refer them to if they need any advice. If I need to shed a few pounds, I switch to a low-carb diet for a few weeks and then follow Ooberfit's "Bikini Challenge" to keep it off.

Ooberfit's Six-step Bikini Challenge

1. No alcohol during the week, Monday to Friday, with the exception of twice in the entire month.
2. Absolutely no snacking. Choose between five small meals or three of your usual meals a day.
3. Ban all crisps, chocolate or any other treats. You can nibble on a carrot if you feel peckish!
4. Participate in a minimum of two bootcamps per week, plus...
5. At least one other cardio exercise per week.
6. Absolutely no cheating!

What's the best advice you've ever gotten?

"Finish what you started" – or, to put it another way, "Don't start what you cannot finish". When you build steadily, you can achieve what you thought was impossible.

I was 19 when I watched my first London Marathon go past, and was absolutely certain I could never run such a distance. I was almost 40 when I decided to run my first marathon, in New York of all places. Six weeks before it was due to take place, the Twin Towers collapsed during the 9/11 terror attacks in the US. Many charity runners dropped out, but I was determined not to waste all my training nor let down my chosen charity, so I opted to go anyway.

Completing that race turned out to be a pivotal moment in my life. The sense of achievement I felt was huge; it changed my whole perception of myself and gave me a much-needed confidence boost. That was to be my first of several marathons; just before we came to Singapore, I completed three marathons in five weeks, just to see if I could.

What do you love most about being a trainer?

I think I have one of the best jobs in the world. I get to work with people who have made a conscious decision to change their lives by getting healthy, and I help them achieve their goals. My clients come in all shapes and sizes, and vary from the very fit to people who haven't worked out in years, if at all. Watching them grow in confidence, get fitter and change shape is the best reward for any trainer.

I get such a buzz from working with an older client whose heart murmur is no longer detectable with a stethoscope, a woman whose bone density has improved significantly, a guy who has shed 12kg in eight weeks and a postnatal mum who has closed up a three-finger gap in her abdominal wall. I never expected I would end up doing a job that had such a positive impact on others – that's why I love it!

I think my unique selling point is the fact that I'm just a normal mum who, in the past, has been everything from lazy and post-natally overweight to sporadic with exercise, so I really understand how my clients are feeling and the battles many of them struggle with.

Do you believe in making New Year resolutions? If so, what are yours for 2015?

I occasionally make them, but, honestly, I think we set ourselves up to fail by not being realistic. If you want to lose weight and get fitter, set a reasonable target; start with small milestones and build on them. If I'm out running with a client, I get them to concentrate on the next turn, not the top of the hill or our final destination. Pick an interim target and then expand on it as you reach the smaller milestones – just don't decide to start with a marathon!

2015 is going to be a pivotal year for Ooberfit, as I'm in the process of going into partnership to incorporate the business so that we can expand it. This month, I'll also start teaching fitness classes for families at the new Tanderra Club in Loewen Gardens, which is exciting. If I were to make a New Year's resolution, it would be to take Ooberfit forward without compromising its reputation for fun, safe and effective training, and to build on the foundations already laid, while always remembering that one size doesn't fit all.

8218 8513 | ooberfit.com 



PACIFIC
VEIN &
ENDOVASCULAR
CENTRE

A member of Pacific Healthcare

A Multi-Disciplinary Specialist Clinic that caters
to the treatment of **All Vascular Diseases**

Common Treatments By Our Consultant Surgeon:

- Minimally Invasive Treatment of Varicose Veins
- Laser & Radio Frequency Treatment of Unsightly Spider Veins
- Ballooning or Angioplasty Procedures for Blocked Leg Arteries
- Stenting for Aortic Diseases
- Diabetic Foot Management
- Treatment of Deep Vein Thrombosis (Blood Clots)
- Renal Nerve Denervation
- Keyhole Hernia Repair
- Keyhole Gall Bladder Surgery
- Gastroscopy
- Colonoscopy

Visit us online at



www.pacificvein.com.sg

DR CHENG SHIN CHUEN

Consultant Surgeon

General, Vascular & Endovascular Surgery

Adjunct Assistant Professor, Department of Surgery, NUS

MBBS (Hons) (UNSW), M.Med (Surg), FRCS Edin (Gen Surg)

- Graduated from the University of New South Wales, Australia (1998)
- Senior Clinical Fellow in Vascular and Endovascular Surgery, Prince of Wales Hospital, Sydney (2007)
- Registered as a Medical Practitioner with the Medical Board of Australia
- Member of the American College of Phlebology



Pacific Healthcare

 (65) 6238 2966



290 Orchard Road #19-01 Paragon Medical Singapore 238859



(65) 6235 0023



pacc@pachealthholdings.com



www.pachealthholdings.com



Here's to a healthy 2015! If you're anything like us, this is the year you're going to do it all: drink less, eat right, get fit, build your career, save money, see more of the world, all while becoming a better parent, partner and person. But before you embark on Project Superhero, says **Verne Maree**, it may be time for a reality check. Feeling fine and looking pretty good for your age – all right, fantastic for your age – is no guarantee that all is indeed well.

For the arguably lucky residents of England, the National Health Service (NHS) offers what it calls “a free mid-life MOT*” – that’s a health test – every five years to anyone aged between 40 and 74. I’ll bet that’s not just from the goodness of their no doubt steadily beating bureaucratic hearts; it makes financial sense, too. Timely screening can pick up an incipient problem before it develops into a serious or chronic disease that has a greater impact on the public coffers (or your own hard-won savings).

As expats in Singapore, we don’t generally have access to free health services like the NHS. But it’s likely that your medical insurance company – and you do *have* health insurance, right? – will cover the costs of screening appropriate for your age and circumstances.

And if you’re unsure what sorts of tests you should be having, there are expat-friendly clinics here, staffed with internationally experienced doctors who will be able to tell you exactly what you need. Complete Healthcare International (CHI)

and Johns Hopkins Singapore are just two of them.

GENERALLY SPEAKING

“Everyone should have regular health checks,” affirms Dr Lin Kai Wei, a GP at the Katong, East Coast branch of CHI, “even if you feel completely well.” He reminds us that it’s a big responsibility: “Any breakdown in your health ultimately affects everyone in your family: your partner, your children, even your parents.” (No pressure, then!)

Hypertension, diabetes and high cholesterol are risk factors for developing heart disease and stroke, explains Dr Lin. “You should have your blood pressure checked every one to two years, especially if there’s a family history.”

Being obese or overweight is the main risk factor for **Type 2 diabetes**, a dangerous condition that continues to escalate alarmingly. Untreated diabetes can lead to neural damage, kidney damage and eventual failure, and vision problems, even blindness.

The Big Five

HYPERTENSION
DIABETES
CHOLESTEROL
HEART DISEASE
CANCERS

* In the UK, an MOT – short for “Ministry of Transport” – is the compulsory annual roadworthiness test for vehicles.

"Screening for diabetes should start at age 40," he recommends, "or earlier if one of your parents or siblings is diabetic."

Cholesterol levels should be checked regularly from age 35, or earlier if you are a smoker or have a family history of heart disease.

Blood tests can also be used to screen for common health problems such as a **thyroid dysfunction**, **vitamin D deficiency** and **anaemia** (due either to iron or vitamin deficiencies).

Colon cancer is the commonest cancer in Singapore, notes Dr Lin. "An annual stool test for occult blood is a good idea; so is a first colonoscopy at the age of 50, or earlier if you have a family history of the disease." And if you notice symptoms of changed bowel habits lasting for more than six weeks, or if you see blood in your stools, get yourself to a specialist immediately.

So much for the Big Five. Depending on your gender and your particular risk factors, he explains, you can also opt to be screened for a host of other potentially debilitating conditions, from sight-threatening glaucoma to skin cancer.

Men should be aware of tests for prostate cancer, and that low testosterone can be treated with hormone replacement therapy.

Regular Pap smears are essential for the cervical health of **women** aged 25 to 64; breast cancer screening by means of physical examination, mammogram or ultrasound, depending on your age and other factors, is likewise vital, he says. Finally, you might want to have your BMD (bone mineral density) checked for signs of osteoporosis or its less advanced form, osteopaenia; this test, happily, is subsidised here by the MOH.

As Dr Lin points out: "A multitude of illnesses or conditions can exist without signs or symptoms for many years, but their eventual consequences can be shattering."

Complete Healthcare International
45 Rochester Park (6776 2288)
22 East Coast Road (6447 4477)
chi-health.com.sg

ONCOLOGICALLY SPEAKING

Many of us harbour some degree of fear that we may unwittingly be playing host to a tumour, and especially so if a close family member has had cancer. So I asked oncologist DR LAVINA BHARWANI, the Medical Director at Johns Hopkins Singapore, to identify the worst of the "silent killers": tumours that cause no pain, weight loss or other symptoms as they grow within the body.

"The real silent killers are cancers of the pancreas, the ovaries and the stomach – unlike, for example, a tumour in the colon that's going to grow and press on something, or a palpable lump in the breast. Cervical cancer is another, too, but to a lesser extent; there are generally symptoms such as bleeding."

Stomach cancer is a particular worry for Dr Bharwani, who says she has been seeing many advanced cases in the past few years. Mostly, these are people who mistake its symptoms for indigestion or reflux.

To screen or not to screen?

The crux of screening lies in the question: Are we able to pick up cancers early enough to make a difference in the outcome? Unfortunately, that's often not the case.

To some degree, she says, screening has changed the outlook for **breast cancer**: identified early enough, it can be cured. "And despite the controversy about mammograms," says Dr Bharwani, "I still think they're important."

The same goes for the Pap smears that pick up **cervical cancer**, and also for **colon cancer**, if the tumours or pre-cancerous polyps are found during the course of a timely colonoscopy and removed. Potentially deadly skin **melanomas**, too, are completely curable if identified and excised in the early stage.

What about other cancers?

For many other cancers, there is often no reliable test available; for instance, there's no test for lung cancer in a non-smoker. Pancreatic cancer is another example; it's generally only found after a patient seeks medical attention for pain and weight loss, a mass on the pancreas is picked up on a scan and a biopsy is performed. "Even when caught early," she explains, "pancreatic cancer cure rates are low, both because of the nature of the cancer and the fact that effective treatment drugs have not yet been identified."

For risk-averse souls like me, it's alarming to be told that there is no

standard screening protocol for the majority of cancers. Each country has its own guidelines, explains the oncologist, "and it's often a physician-patient thing".

Her advice? The main thing is to listen to your body; and, of course, to limit the risk factors in your own life. We can't choose our parents or our DNA, but we can avoid tobacco, limit alcohol intake and maintain a healthy weight. "Physical activity is hugely important," she stresses.

Last word

For someone who's feeling good, what would Dr Bharwani suggest in the way of screening?

"From your early twenties, periodically check your general wellbeing – blood pressure, blood sugar, cholesterol and so on: for women, breast self-examination from the age of 20, and Pap smears from 21" And then?

"Disease incidence increases with age; that's why screening for breast cancer is recommended from 40, and for colon cancer from the age of 50, or earlier with a family history of either of these diseases." ■

Johns Hopkins Singapore
11 Jalan Tan Tock Seng
6880 2222
hopkinsmedicine.org/singapore

Wellbeing Transformation Performance



Innate offers a transformational approach that optimises your performance by enhancing your physical, emotional and intellectual well-being and ability to thrive under stress.



Improving posture greatly enhances your overall health

***“You will be impatient to attend your next session.
My health is back.”***

*His Excellency Ahmed Reda Chami
Former President of Microsoft, SE Asia & Africa
Former Minister of Industry, Trade & New Technologies of Morocco*

***“The pain in my lower back is much
improved, benefits already in
temperament and positive thinking.”***

*Julian Van Kan
Head of Loan Syndications & Trading at BNP Paribas
Head of Financial Institutions Group at BNP Paribas*



Innate

58 Club Street Singapore 069433
T: 6835 9538 info@innate.com.sg

www.innate.com.sg





FITNESS, RIGHT AT YOUR FEET

By Amy Greenburg

Resolving to stay fit is easy; but by mid-year, a lack of time or motivation often gets the better of us. Personal training is an excellent way of keeping those fitness resolutions on track all year long – especially when your trainer comes to you. **EzFit** offers clients just that – individually tailored fitness programmes right at their doorsteps. We asked American expat and mother-of-two, TESSA MYERS (38), to share her experience of training with EzFit for the past year.

About EzFit

EzFit offers personal training for total fitness, fat loss, strength and conditioning, improved sports performance, rehabilitation, and pre- and postnatal exercise. It also runs small bootcamp classes for adults, children and families, and 30-minute “executive” personal training sessions for those pressed for time.

Why did you start training with EzFit?

I wanted to get serious about my health this year – this may be the only New Year's resolution I've kept! I have a demanding job, and I'm a wife and mother, which means exercise would always make it to the bottom of my list of things to do. I needed the extra motivation to make time in my schedule for exercise, and I also wasn't quite sure what I should be working on. So, I looked for a trainer that could work around my schedule, meet me where I lived, and help me focus on my health and fitness goals.

How often do you train?

I train with Vanan from EzFit twice a week, usually on weekdays but sometimes on weekends, at my condo gym; we occasionally have a training session outside as well.

Talk us through a typical session. What do you like most?

We usually start with a warm-up of about 10 minutes of cardio, and then move on to either strength building or a more high-impact workout that includes strength and cardio. Equipment-wise, I think we've used pretty much everything in the gym, from the elliptical and the treadmill to free weights.

I like Vanan's creative use of playing cards to dictate the workout. He assigns a different exercise to each card, and we play through the deck. It's intense, but it makes the workout go very quickly. My favourite is when he brings out the boxing gloves; I think it's the perfect Monday afternoon workout! I really enjoy the variety of each session and having someone there to motivate me to work hard; Vanan does a great job of changing it up so I'm never bored.



BENEFITS OF PERSONAL TRAINING

- REDUCES RISK OF CARDIOVASCULAR DISEASE
- DECREASES BODY FAT
- IMPROVES HEART EFFICIENCY
- INCREASES MUSCULAR STRENGTH AND MUSCLE MASS
- STRENGTHENS BONES
- IMPROVES CORE STRENGTH
- ENHANCES BALANCE, COORDINATION AND AGILITY
- HELPS WITH STRESS MANAGEMENT
- BOOSTS BODY IMAGE AND SELF-ESTEEM



What kind of results have you experienced?

I've noticed a marked improvement in my overall energy levels, as well as an improvement in strength and muscle tone. I have also noticed that I'm much more conscious of the choices I make regarding diet and sleep. I would say that my personal training programme has made me more health-conscious overall.

9170 0619 | ezfit.sg 

**You don't have
to go far**
to begin your
wellness journey



For the last 15 years, Johns Hopkins Medicine has brought its legacy of medical excellence to Singapore. From developing breakthrough treatments to sharing knowledge that changes lives, Johns Hopkins experts are trusted throughout the world.

Our international team of American board certified doctors is here to connect you and your family with the latest in medical innovation, starting with a world-class health screening designed to guide you on your wellness journey.

To schedule your Johns Hopkins Singapore
health screening: +65 6880 2232
info@imc.jhmi.edu
hopkinsmedicine.org/singapore



JOHNS HOPKINS
MEDICINE

ASIA'S BIGGEST (AND HAPPIEST) OBSTACLE CHALLENGE

RACHAEL WHEELER takes on The Viper Challenge: 20 muddy kilometres and 20 even muddier obstacles.

As someone who considers herself fairly sporty, I went ahead and signed up for the Viper Challenge in Kuala Lumpur without looking particularly closely at the details. I knew it was the biggest obstacle challenge event in Asia, but – though I've never completed a hopscotch course, let alone an obstacle course – I didn't appreciate the enormity of the task ahead.

In hindsight, it's a great thing I didn't look into it – because if I'd have clocked the 20km forest route, the walls of fire, mud pits, ice baths and (so much) more, I may not have considered myself fit enough to sign up. And I'm so glad that I did – it was one of my highlights of last year.

While a half-marathon through the forest with huge obstacles is naturally going to take its toll on your body, you don't have to be super-strong or agile to make it through the Viper Challenge. Everyone who takes part in this event – whether they enter as an individual, or as part of a pair or a huge team – soon realises that getting through the course is about teamwork. There are some obstacles that you simply won't be able to complete without supporting one

another – at one point, I had five dudes hauling me over a 12-foot inverted wall, three on the bottom and two on top (oo-er!).

The Viper Challenge isn't a race – there's no clock; instead, batches of 500 people are released in stages across the whole weekend and everyone gets (and fully deserves) a medal. There are 20 obstacles of varying difficulties – you don't have to attempt them all, but everyone does: it's all part of the fun. My favourite ones were those that I looked at and thought: "There's absolutely no way I can do this." And, sure, I ended up being dunked into muddy water on a lot of them, but the ones I did get through? Amazing! You get applause, high-fives galore and a wicked sense of self-achievement.

I'm aware of how cheesy this may sound – but spend four hours scrambling under electric wires, dangling from monkey bars and wading through lakes and you'll start to feel like you're part of a community. A tired, yet hilariously enthusiastic community.



I signed up with my other half Guy.

Wall of fire, anyone?



I saw this happen – it was beautiful teamwork!



Yeah, I managed two of these before falling in

When's the next Viper Challenge?

It will take place on the weekend of 14 and 15 March 2015.

How do I register?

Head to viperchallenge.com. Race entry per person starts at \$34 – get in early for discounts.

Where to stay

The course starts at Sepang International Circuit, so I simply booked one night at an airport hotel; but there's plenty of accommodation in the Sepang area.

What to wear

I can't express how dirty your clothes will be at the end of this race – being covered in mud is unavoidable! Good trainers or walking shoes are a must – I saw abandoned shoes all over the place.

For more information

Visit viperchallenge.com for more (or go in blind and enjoy the surprise like I did!). 



Dr Quah Hak Mien

MBChB, M.Med (Surgery), FRCSEd, FAMS (General Surgery)
Colorectal and General Surgery

Dr Quah Hak Mien provides a full range of colorectal as well as general surgical services. Dr Quah specialises in the areas of prevention, endoscopic diagnosis and treatment of colorectal cancer.

DIAGNOSIS AND TREATMENT OF GASTROINTESTINAL CONDITIONS

Screening for colorectal cancer; diverticular disease; inflammatory bowel disease; perianal diseases like haemorrhoids, anal fistula, and anal fissure; functional bowel disorders like irritable bowel syndrome, constipation and faecal incontinence.

SERVICES PROVIDED BY QUAH HAK MIEN COLORECTAL CENTRE

Endoscopy (Diagnostic and Treatment)

Colonoscopy

- Screening
- Polyp Removal

Gastrosocopy

Treatment for Piles (Haemorrhoids)

THD (Transanal Haemorrhoids Dearterialisation)

Stapled Haemorrhoidectomy

Conventional Haemorrhoidectomy

Rubber Band Ligation

Surgery for Colon and Rectal Cancers

Standard Open Surgery

Laparoscopic (Keyhole) Surgery

Single Incision Laparoscopic (Keyhole) Surgery



Complete Colorectal Service

Quah Hak Mien Colorectal Centre

6 Napier Road #05-01, Gleneagles Medical Centre, Singapore 258499 Tel: (65) 64797189 Fax: (65) 64711929
Emergency (24 hours): (65) 65358833 Email: enquiry@colorectalcentre.com.sg Website: www.colorectalcentre.com.sg



Orthodontics

– Then and Now

To get your teeth into this brand new year, why not resolve on perfecting your pearly-whites? As **Verne Maree** finds out, it's never too late – and we humans have been at it for several millennia.



Where did it all start? The Ancient Egyptians realised that teeth will move in response to pressure, and used crude metal bands and catgut to coax errant teeth into line. Ancient Greeks and Etruscans also dabbled in the orthodontic arts, as we can see from the dental appliances they left behind.

Forerunners of the orthodontic techniques of our own age were first developed in the late 18th century and refined in the early 1900s. Since then, the development of new materials – not to mention the IT revolution – has been making healthily functioning, good-looking teeth increasingly achievable for anyone, at any age.

Growth modification

Orthodontics has long been marketed as a means to achieve straight and beautiful teeth, says orthodontist DR VICPEARLY WONG (and yes, her parents gave her that wonderfully apt name), but there are many reasons to straighten a set of crooked teeth, beyond just the aesthetics.

"These benefits include easier brushing, which prevents tooth decay; a more effective bite, making for better nutrition; better speech and an improved lip position."

Early orthodontic treatment gives your orthodontist the chance to guide jaw growth, to ensure that both sides grow evenly and retain their shape; it lowers the risk of trauma to protruded

front teeth, and can correct harmful oral habits.

Habits such as sucking thumbs or fingers, or trapping the lower lip behind the upper front teeth, can cause permanent misalignment, so they should be discouraged, Dr Wong tells me. If stopped before the first adult front teeth erupt, the dental problem may spontaneously correct within six months – though some orthodontic intervention might still be needed to straighten the teeth.

"Early treatment with preventive devices may discourage the habit and prevent more serious problems from developing," she adds. "And as a result, any later treatment will be shorter and less complicated."

Dr Wong says she enjoys her work in growth modification: using orthodontic devices such as headgear, face masks and fitted oral plates, together with the child's natural potential to grow, to achieve the desired results. These devices can be highly effective for a growing child with a very narrow jaw or protruding teeth, she explains; or to correct speech problems from habitual tongue-thrusting.

"In some ways," she explains, "growth modification is both more challenging and more rewarding to the orthodontist than going the braces route. With braces, your patient is in the chair for, say, ten minutes, and you wave them off with a reminder to brush their teeth and come back in four weeks' time."

She has to establish if they're wearing their headgear, mask, plate or other device, and whether or not it's comfortable; she measures their growth and she talks to their parents.

"Mouth-breathing is a problem I see frequently," she tells me. "It's generally caused by air resistance related to

caused by air resistance related to allergies, asthma, adenoids or tonsils. The problem with mouth-breathing is that it tightens and constricts the muscles of the lower face, causing the jaw to be undersized. Fitting a plate can work to expand the upper arch, which will help to increase the size of the airway."

In cases like this, she works with ENT

specialists, physicians and paediatricians. "It's important for me to see the child as a whole," concludes Dr Wong. "If she's not sleeping well, for example, it can affect all aspects of her growth; and that's because the growth hormone is released during sleep. With all the pressures on them, many Singaporean children don't get enough sleep!"



Signs of Trouble

- Retention of baby teeth for longer than usual
- Difficulty in chewing or biting
- Breathing through the mouth
- Thumb or finger-sucking
- Crowded, misplaced or blocked teeth
- Jaws that shift or make sounds
- Biting the cheek or the roof of the mouth
- Teeth that meet abnormally
- Jaws and teeth that seem out of proportion to the rest of the face

TIMELINE:

3500-2500BC

Ancient Egyptians use crude metal bands, probably held in place with catgut, to move teeth.

1500BC

Greeks and Etruscans fashion bridges out of gold, and place mouth guards into the mouths of the dead.

25BC-50CE

Roman writer Aulus Cornelius Celsus proposes using steady finger pressure over time to push a tooth into place.

1728

Frenchman Pierre Fauchard becomes the "Father of Orthodontia"; invents a horseshoe-shaped metal bandeau.

1757

Etienne Bourdet, dentist to the French king, discovers that wisdom teeth can be extracted to prevent overcrowding; he is the first to practise expanding the arch by means of lingual orthodontics.

1834

Founding of the first American dental Association – the Society of Surgeon Dentists of the City and State of New York; Americans go on to invent vulcanite, the electric drill and anaesthesia.

Late 1800s

- Norman W. Kingsley (1825-1913) pioneers cleft palate treatment.
- American John Nutting Farrar's (1839-1913) *Treatise on Irregularities of the Teeth and Their Correction* earns him the title "Father of American Orthodontics".
- Calvin S. Case (1847-1923) argues for extraction to improve aesthetics, and does great work on the prosthetic correction of cleft palate.
- Edward H. Angle (1855-1930) achieves the separation of orthodontics as a science distinct from dentistry and founds the first American society of orthodontists.

Early 1900s

The first set of "braces" appears, bands of gold or other metal wrapped individually around teeth and connected by an adjustable wire.

1970s

Breakthrough techniques such as the use of dental adhesives to stick brackets to teeth, tie wires and elastic ligatures, and stainless steel instead of gold or silver.

1990s

Invisible braces perfected by combining 3D technology with plastic retainers – hello Invisalign and Clear Correct.

* From Orthodontics in 3 Millennia by Norman Wahl



For the grownups

In my late 30s, I asked my dentist to crown a few of my teeth that were looking a little the worse for wear, mostly because I kept on breaking my fillings. He said he could, but advised me to first undergo orthodontic treatment to correct my “bad bite” – news to me, as no dentist had ever mentioned such a thing.

“You were lucky he did that,” remarks maxillo-facial surgeon DR TIAN-EE SEAH, another member of the Orange Orthodontics team. “Otherwise, you would probably have broken all your new crowns.”

I tell him too about my mother, who opted for extractions whenever a tooth couldn't be saved and ended up in her seventies with dentures that caused endless discomfort. Fortunately, attitudes have changed, as Dr Seah agrees.

“Twenty years ago, we'd happily extract all the teeth, not realising how that causes collapse in the supporting bone.”

Apart from partial or full dentures, a number of options exist for people who have lost teeth and wish to replace them.

“Bridges used to be very popular: you shave down two good teeth – just as you'd do for a crown; then you take a mould and get it cast in porcelain and metal. The problem is that it doesn't feel quite natural, it doesn't look completely real, and as you can't floss properly, the teeth may be susceptible to decay.”



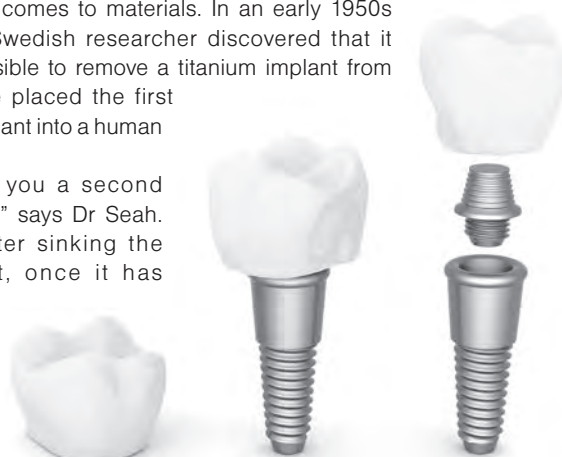
Dental bridge

Dental implants

Incredibly, those Ancient Egyptians even had a go at dental implants: some mummies have been found with grins sporting transplanted human teeth; others, implants made of ivory. And 4,000-year-old remains from Ancient China show bamboo pegs tapped into the roots to replace missing teeth.

We've come a long way since then, agrees Dr Seah, especially when it comes to materials. In an early 1950s breakthrough, a Swedish researcher discovered that it was almost impossible to remove a titanium implant from bone; in 1965, he placed the first titanium dental implant into a human volunteer.

“Implants give you a second chance at a tooth,” says Dr Seah. “Four months after sinking the titanium implant, once it has integrated with the bone, a crown can be fashioned on top and it will look exactly like a real, healthy, attractive tooth.”



Dental implants

The ageing mouth

Where teeth have been missing for some time, the bone tends to shrink or atrophy through lack of use. If it's no longer wide enough or strong enough to take an implant, a surgeon like Dr Seah can do a bone graft from the chin or the lower jaw. “We do the graft, fix it with titanium micro-screws and leave it for four months before doing the implant,” he explains.

You could avoid all that unnecessary trouble by asking for an implant as soon as possible after losing a tooth; what's more, teeth tend to drift in an attempt to fill any gap, turning that hard-won “good bite” into a bad one. Better late than never, though.

Woman on a Mission

Malaysian-born orthodontist DR CATHERINE LEE, who studied in New York and grew up and worked in Sydney, Australia, was invited 14 years ago by plastic surgeons in Singapore to work with them in the field of cleft lip-palate (or simply “cleft”) treatment.

What is cleft lip and palate?

Cleft lip and palate is a condition in which the two plates of the jaw bones that form the roof of the mouth remain separated at birth, affecting also the union of soft tissues like skin and muscles; it can be unilateral (one gap) or bilateral (two gaps), and it occurs in around 650 to 700 births. Though a cleft lip and palate was successfully closed up in China in 390BC, the operation would have been so painful without anaesthesia that real progress was only made after the discovery of chloroform.

“This field is highly specialised,” she tells me, “involving many healthcare disciplines, not only dentistry but also medicine: cranio-facial specialists like plastic surgeons, ENT surgeons, speech therapists, paediatricians and orthodontists like me. I work with the babies from the time they are born, and then all the way through to adulthood, because the surgery has to be done in several stages as the patient grows.”

She works with a number of teams: apart from the private Singapore International Cleft-Craniofacial Team, she’s the visiting consultant for the plastic surgery departments at two government hospitals, NUH (National University Hospital) and SGH (Singapore General Hospital). “Very often,” she explains, “my work on a baby can mean reducing three reparative surgeries to only one, so it’s a great saving of resources, with less pain and suffering.” And all this is quite apart from her extensive charity field-work for cleft patients – mainly in Java, Indonesia, but also in China.

Showing me around her busy clinic – which is not only for cleft patients, but also for her many mainstream orthodontic patients – she explains

that going out on her own has given her the opportunity to lay out her practice exactly as she wants it to be, and to equip it with technology that makes her difficult job so much easier to manage.

Technology in the digital world

IT plays an important role here. Connected by a LAN, computer monitors in every room or area are equipped with software to show where the patients are located, from the waiting room and the x-ray room to the open treatment bays and the purpose-built private rooms for parents with newborn babies.

First up is a new digital x-ray machine from Finland, called **ProFace cone beam CT**, which captures the entire structure of the patient’s facial skeleton from every possible angle and in every dimension, just like a medical-grade CT scanner. Happily, it also delivers a significantly lower dose of radiation.

Its jaw-dropping price is justified, Dr Lee feels, for an invaluable tool that helps her make a proper diagnosis and assessment as the basis for planning the long way forward, especially for her cleft patients.



No more gloop?

Traditionally, dentists and orthodontists use a thick, sticky substance to take dental impressions for making the stone casts they need for a variety of appliances or procedures – from the making of orthodontic appliances to the dental trays required for your DIY-at-home teeth bleaching programme, and even for your individualised **Invisalign** retainers. (If you've ever had to sit waiting for that suffocating gloop to harden in your mouth, while little tributaries try to escape down your convulsing throat, you'll know all about it.)

The days of the dental cast may be numbered; I'm delighted to say – in this clinic, anyway. Using a hand-held scanning device, Dr Lee's new **iTero** machine provides a "digital impression" that does away with both the gloop and the indignity.

She also shows me an interesting new device, not yet available in Singapore but FDA-approved in the US, called **AcceleDent**, developed from the concept of using vibration to strengthen the bones of osteoporosis sufferers. Held between the teeth for just 20 minutes a day, it works by loosening up the sockets and the bone so that your teeth can move up to 50 percent more quickly into the desired position.

"There's a lot of crossover between medical and dental advances," says Dr Lee. "In the same way as the technology behind AcceleDent has been carried from medicine into orthodontics, the



technique of lengthening a short limb by means of cutting the bone and inserting an expandable bracket has also crossed path with the orthodontic orthopaedic jaw-expander for separating narrow bone plates in young patients before their bone plates fuse." **1**

PANEL OF EXPERTS



Dr Catherine Lee Orthodontics
#06-05 Camden Medical Centre
One Orchard Boulevard
6835 9571



Orange Orthodontics & Dentofacial Orthopaedics
Dr Tian-Ee Seah and Dr VicPearly Wong
#05-42/44 Lucky Plaza
305 Orchard Road
6737 0544 | orangeorthodontics.com.sg



TOTAL HEALTHCARE
NETWORK

Your Healthcare Network



www.bodywithsoul.com

For Your Total Wellness

Body with Soul Pte Ltd 44/45 Rochester Park Singapore 139248 Tel: +65 6779 0660 Fax: +65 6779 0770

Email: enquiries@bodywithsoul.com

A comprehensive clinic for all breast health concerns.

Early diagnosis and treatment are key to dealing with serious conditions such as breast cancer. Breast problems are often ignored, as women feel shy or are hesitant to talk to someone about the discomfort or lumps they may be feeling.

Dr Georgette Chan has been managing breast cancer as well as benign breast conditions like breast lumps and pain for more than 15 years. She is well trained in all aspects of breast surgical oncology.

Dr Chan's clinic manages a full range of breast concerns, which include:

- Breast cancer screening
- Interpretation of abnormal mammograms, breast ultrasounds and MRI breasts
- Management of benign breast disorders
- Breast concerns during pregnancy and breastfeeding
- Breast biopsies
- Surgical treatment of breast cancer
- Post breast cancer surgery counselling and rehabilitation

For appointments, please contact:

3 Mount Elizabeth
#11-09 Mount Elizabeth Medical Centre
Singapore 228510
Tel: +65 6836 5167
Fax: +65 6836 5165
www.georgettechan.com.sg



Dr Georgette Chan

Breast and General Surgeon
MBBS (Singapore), MMed (Surgery),
MRCS (Edinburgh) FRCS(Ed) (General Surgery),
FAMS (Singapore)



GynaeMD
Women's & Rejuvenation Clinic

The comprehensive obstetric, gynaecology and aesthetic clinic for women.

OBSTETRICS

- Pre Pregnancy Clinic
- Antenatal Risk Assessment
- Antenatal Diagnosis & Counselling
- 3D, 4D & Detailed Antenatal Ultrasound Scans
- Fetal Wellbeing Assessment
- Birth Plan / Delivery

GYNAECOLOGY

- Cancer Screening
- Contraception
- General Gynaecology (Fibroids, Ovarian Cysts, Endometriosis & Menstrual Problems)
- Infertility Management (IVF & SOIUI)
- Menopause
- Minimally Invasive Surgery (Laparoscopy & Hysteroscopy)
- Urogynaecology (Incontinence & Prolapse Surgery)
- Women's Health Screening

AESTHETICS & REJUVENATION

- BOTOX
- Eyelash Enhancement
- Injectable Fillers
- Hair Removal
- Hair Restoration
- LED Phototherapy
- Maximus TriLipo RF (Facial & Body Contouring, Fat & Cellulite Reduction)
- NovaPlus 3R IPL (Skin Tightening, Skin Rejuvenation, Facial Flushing & Pigment Removal)
- Professional Chemical Peels
- Stretch Mark Treatment
- Spectra Laser (Skin Rejuvenation, Acne, Melasma & Pore Reduction)
- Tattoo Removal
- Vein Removal (Face, Arms & Legs)



Dr Christopher Ng

Obstetrician, Gynaecologist
MBBS (Imperial College, UK), FRANZCOG (Aust-NZ)
MMed (O&G) (S'pore), FAMS (O&G) (S'pore)

#04-03A Camden Medical Centre
1 Orchard Boulevard
Singapore 248649

Phone: (65) 6733 8810 • Fax: (65) 6733 8850
After Office: (65) 6535 8833
Website: www.gynaemd.com.sg
Email: gynaemd@singnet.com.sg

Look Good Feel Great



A winning smile is the key to looking good and feeling great. Unsightly teeth can lead to problems with your confidence and self-esteem.

At Pacific Healthcare Specialist Centre (Dentistry), our established and dedicated group of dental professionals are committed to providing you with the highest standard of dental care. We provide a host of general dental services and our expertise lies in Cosmetic and Dental Implant treatment options.

We provide the following dental services:

- Anaesthesia & Sedation
- Preventive Dentistry
- Filling
- Root Canal Treatment
- Veneers/Crowns
- Wisdom Teeth Removal
- Braces & Invisalign
- Dental Implants
- Tooth Whitening
- Smile Makeover

Experience comfortable and quality dental care with our friendly ambience and up-to-date facilities at our one stop centre:

- Cutting Edge Technology for production of porcelain crowns & veneers within a few hours
- In-house Dental Laboratory Support for customisation to suit patient's needs
- Digital Dental X-rays which offer excellent image quality with reduced radiation dosage compared to conventional film
- Intra-Venous Sedation Facilities for anxious & fearful Patients
- Concierge for personalised services (e.g. hotel transfers and accommodation)

For dental appointments, please contact:

Pacific Healthcare Specialist Centre (Dentistry)

A member of Pacific Healthcare

290 Orchard Road #19-01 Paragon Singapore 238859 Tel: (65) 6883 6966 | Website: www.phsdc dental.com

Pacific Healthcare Main Line: (65) 6883 6966 | Email: customerservice@pachealthholdings.com | Website: www.pachealthholdings.com

Your Partner in



Women's Health At Paragon



Services:

Fertility

- Fertility Preservation for Cancer Patients
- Fertility Screening
- In Vitro Fertilisation
- Reproductive & Tubal Surgery
- Superovulation & Intrauterine Insemination

Gynaecology

- Adolescent Gynaecology
- Cervical Cancer Screening & Colposcopy
- Comprehensive Health Screening
- Contraception
- Menopause & Anti-Ageing Treatments
- Minimally Invasive Surgery for Cysts & Fibroids

Obstetrics

- 3D & 4D Ultrasound Scans
- Antenatal Care
- Deliveries & Birth Plans
- Prenatal Screening

Dr Kelly Loi

BA (1st Class Honours, Oxford), MA (Oxford),
BM BCh (Oxford), DFFP (London),
MRCOG (London), FAMS (Singapore)

- Obstetrician & Gynaecologist
- Accredited Fertility & IVF Specialist by Ministry of Health
- Minimally Invasive Surgeon

Professional Memberships

- Royal College of Obstetricians & Gynaecologists, United Kingdom
- European Society of Human Reproduction
- American Society of Reproductive Medicine
- International Society of Gynaecologic Endoscopy
- International Society of Fertility Preservation
- Obstetrics & Gynaecology Society of Singapore

Health & Fertility Centre for Women

290 Orchard Road, #18-06 Paragon, Singapore 238859

Tel: (65) 6235 5066 • Fax: (65) 6235 6455 • Answering Service: (65) 6535 8833

Website: www.healthfertility.com.sg

OptiBac probiotics

Overindulgence this festive season?

We want to enjoy the festive season, yet all too often, indulgence leaves us feeling heavy, bloated, and sluggish. Abdominal bloating is usually associated with over-eating, food intolerances, constipation, intestinal gas, PMS and menstruation. When digestion is poor, waste material and gases will remain in the guts for long periods of time and stretch the gut walls beyond their comfortable limits, leading to abdominal discomfort, the stomach feels full and tight including a visibly rounded and bloated stomach.

Your solution - **Optibac For A Flat Stomach**, an advanced formula of unique probiotic strains and prebiotics that helps maintain a healthy balance of friendly bacteria in the intestines to support digestive health, aid intestinal passage and promote a comfortably flat stomach.



Available at Guardian, Four Seasons Gourmet Market,
Four Seasons Organic Market & Rochester Market

COUNSELLING & PSYCHOTHERAPY



- depression
- stress & anxiety
- relationship concerns
- individual issues
- personal growth
- child, teen, parenting and family issues

Counselling & psychotherapy services

English, French, German, Portuguese, Spanish, Swedish, Mandarin, and Cantonese speaking therapists.

For appointments, call +65 6466 8120



Alliance Professional Counselling

501 Bukit Timah Road, #04-03 Cluny Court
 admin@alliancecounselling.com.sg
 www.alliancecounselling.com.sg



- Lose weight & get fit in a fun manner
- Never 2 workouts of the same kind
- Training at your convenience, at your doorstep
- Results Guaranteed

*** Special promo for Expats Living Readers only ***
Trial session at \$75 for the month of Jan 2015
(inclusive of Fitness Assessment)

Visit us at www.ezfit.sg or call Vanan @ +65 90079742 for your Body transformation. Islandwide services.

Bootcamp locations are at Holland Rd, Orchard Rd, East Coast, CBD, Bt Timah and Sentosa.



OUR PATIENTS' SMILES.
OUR PRIDE.

DR VICPEARLY WONG
Director - Orthodontist



ORANGE ORTHODONTICS
& Dentofacial Orthopaedics

ORTHODONTICS

- SELF LIGATING BRACES
- CERAMIC BRACES

GROWTH MODIFICATION

- EXPANSION PLATES

INVISALIGN

OTHER SPECIALTIES

- ORAL MAXILLOFACIAL SURGERY
- AESTHETIC FACIAL PROCEDURES
- PROSTHODONTICS

www.orangeorthodontics.com.sg

304 Orchard Road, Lucky Plaza Suite #05-42/44
Orchard Medical Specialists, Singapore 238863
Appointment booking: +65 6737 0544

Renew & Rejuvenate your life with Hypnosis

Overcome all of your
behavioural and
emotional issues.

Nancy Ho, the region's
most sought-after
Clinical Hypnotherapist

www.hypnosisinsingapore.com

Call 62727118 NOW

Regional Hypnosis Center
43 Jalan Merah Saga #02-72 S(278115) (Opp Holland Village)
www.hypnosisinsingapore.com | nancyho@hypnosisinsingapore.com



383 Bukit Timah Road #01-03/06 Alocassia Apartment Singapore 259727

23 Salam Walk Singapore 467171

Tel: 6836 1300 / 9423 0234 / 9423 0244

Email: enquiry@physique360.com

Website: www.physique360.com

Customised Personal Training Pre/Post Natal Seniors Functional Training
Rehabilitation Powerplate Small Group Krank Cycling Gym Membership

Simplicity is the Way to Train



**ACADEMY OF
CHIROPRACTIC
CLINIC**

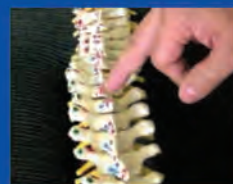
Dr. William Choi

30 Merchant Road, #02-07 Riverside Point
Singapore 058282



Practice Hours:

Wed: 4pm – 9pm
Thurs: 11am – 9pm
Fri: 11am – 9pm
Sat: 10am – 4pm
Sun – Tues: Closed



☎/📠: +65 6438 5051

✉: drwc@accsing.com

🌐: www.accsing.com

Kickstart your New Year's resolution
to be healthier with

REJUICENATE

www.rejuicenate.net

100% organic cold-pressed juices, cleanses
and snacks freshly made daily by our chef
and delivered to your door.

Visit www.rejuicenate.net to place your order.
Enter **EXPAT10** for 10% off your first order.



tel: 6875 0739

email: orders@rejuicenate.net

[/rejuicenate](https://www.facebook.com/rejuicenate)

[@rejuicenate](https://www.instagram.com/rejuicenate)



At times... life can feel tough.
Sometimes it feels like the
hardship never ends.



Our psychologists work together to provide non-judgmental, empathic,
and discrete, professional support, whatever your situation is.
We have experience with a diverse range of people and their experiences.



The Counsellors provide expert psychological services for all expats in
Singapore offering confidentiality and a client-centred approach to all.

Counselling for:

- Relationships, Marital Conflicts, Infidelity
- Anxiety and Depression
- Stress and Anger Management
- Children and Adolescent Issues
- Weight Loss
- Issues for the trailing spouse and children
(adjustment to a culture/country)
the third culture kids
- Trauma and Abuse

We offer a full range of Psychological testing for learning disabilities,
behavioural issues, and career guidance.

www.theexpatcounsellors.com

#03-01 The Science Hub 87 Science Park Dr. Singapore 118260 | Ph: 65 9485 0963

OSTEOPATHY is a gentle, safe and
effective treatment for all musculo-skeletal aches and pain.
Pain free, Naturally

Osteopaths can help relieve:



Women:

Back pain during pregnancy
Painful periods

Babies and Children:

Autism, ADHD, Colic
Sporting injuries, Sleep disorders
Growth related stress and strains
Postural strains, Scoliosis, Asthma
Trauma during pregnancy and birth
Frequent infection, Chest complaints

Long-term relief! No drugs or painkillers! No side effects!

Dr. David Tio Osteopath
Dominic Bourne Osteopath
Rosalie Tio Chiropodist / Podiatrist
Jeanette Khoe Therapeutic Massage
Greig Price Podiatrist
David Wells Osteopath / Applied Kinesiologist

Call us today 6734 6440



Osteopathic Treatment Centre (est. 1984)

19 Tanglin Road, #12-02 Tanglin Shopping Centre
www.osteopathy.com.sg / www.chiropody.com.sg
Email: osleo@osteopathy.com.sg

**Nutritious
& Delicious**

Take charge of your health in
6 weeks. Feel energised, eat
nutritious n' delicious food
& feel **ALIVE.**

Complimentary extra
session for those booking
the 6 week package.

nutritiousndelicious.com
+65 9855 6643



Counselling & Life Coaching for:

- Children & teen's issues
- Parenting concerns
- Relationship & marital conflicts
- Stress, anxiety & depression
- Grief, trauma, loss, & transition
- Eating disorder
- Addiction

Psychological Testing for:

- Learning struggles
- Giftedness
- Career Guidance
- Personality profile
- Couples' compatibility

An international team of therapists experienced in serving
Expatriates & local professional in English, Polish, Mandarin & Cantonese

7500A Beach Road #04-323 The Plaza (119591) Near Nicoll Highway/Bugis MRT

www.thecounsellingplace.com

IMPORTANT NUMBERS

Emergency

• Ambulance Service	995
• Ambulance Service (non-emergency)	1777
• Civil Ambulance	6333 3000
• Fire	995
• Green Crescent Ambulance Service	6788 8911
• Police	999
• Police Hotline	1800 225 0000
• Traffic Police Hotline	1800 547 1818
• 24-hr Emergency Road Service	9182 8211
• 24-hr Sewerage Services	1800 282 4336
• 24-hr Water (Pipes) Services	1800 284 6600

Hospitals

Public:

• KK Women & Children's	6225 5554
• National University (NUH)	6779 5555
• Singapore General (SGH)	6222 3322

Private:

• Parkway East Hospital	6344 7588
• Gleneagles	6473 7222
• Mt Alvernia	6347 6688
• Mt Elizabeth	6737 2666
• Mt Elizabeth Novena	6933 0000
• Raffles Hospital	6311 1111
• Thomson Medical Centre	6250 2222

Churches

• Danish Seaman's	6274 6344
• International Baptist	6466 4911
• St Andrew's Cathedral (Anglican)	6337 6104
• St Bernadette (Catholic)	6737 3529
• St George's (Anglican)	6473 2877
• St Ignatius (Catholic)	6466 3225
• Urban Design Church	9247 8895

Postal Enquiries

• SingPost Customer Service	1605
-----------------------------	------

Associations & Organisations

• Africa Society	9677 1042
• American Assoc. of Singapore	6738 0371
• American Women's Assoc.	6734 4895
• Amitabha Buddhist Centre	6745 8547
• ANZA	6223 7992
• British Association	6339 8229
• Canadian Association	6622 5485
• Career Resource Centre (CRCE)	6733 4257
• Consumer Association (CASE)	6463 1811
• French Association	6737 8422
• German Association	6467 8816
• PrimeTime Business & Professional Women's Assoc.	6234 0973
• Protea Group of South Africa	6465 6908
• SACAC Counselling	6733 9249
• Scandinavian Women's Assoc.	9168 0745
• Singapore Oilwomen's Club	6365 2096
• Spanish Speaking Women's Assoc.	9712 9948
• St Andrew's Society	9763 4141
• St Patrick's Society	6345 0253
• Swiss Association	swiss-sg.org
• Friends of the Museum	6337 3685

Business & Trade

• AmCham	6597 5730
• Association of Dutch Businesspeople	9101 6201
• AustCham	6738 7917
• Belgium & Luxembourg Business Group	8180 4061
• BritCham	6222 3552
• CanCham	9368 8004

• Danish Business Association	6318 3557
• EuroCham	6836 6681
• Finnish Business Council	6322 2451
• French Business Assoc. (FBA)	6226 6101
• German Business Assoc. (GBA)	6353 6841
• Irish Chamber of Commerce	6534 5100
• Italian Chamber of Commerce	6223 0356
• Japanese Chamber of Commerce	6221 0541
• New Zealand Chamber of Commerce	6235 7119
• Spanish Business Association	sbasg.sg
• Swedish Business Association	6734 5009
• Swiss Business Association	6722 0799

Taxis

• Comfort & City Cab	6552 1111
• Comfort & City Cab Limo Cab Service	6552 2828
• SMRT Taxis	6555 8888
• Premier Cab	6363 6888
• Singapore Explorer River Taxi	6339 6833

Transportation

• Bintan Resort Ferries	6542 4369
• Tanah Merah Ferry Terminal	6545 2123
• Harbour Front Info Services	6377 6311

Volunteer Organisations

• Business Coalition on Aids	6735 9303
• Dover Park Hospice	6500 7272
• S'Pore Environment Council	6337 6062
• Nature Society	6741 2036
• National Volunteer Centre	6550 9595
• Riding for the Disabled (RDA)	6250 0176

• SPCA Hotline	6287 5355
----------------	-----------

Charity & Donation Outlets

• Salvation Army	6555 0188
• New2U Thrift Shop	6837 0611
• Something Old Something New	6781 8113

Flight Enquiries

• Changi Airport	6595 6868
• Departures & Arrivals	1800 542 4422
• Seletar Airport	6481 0017

Entertainment

• SISTIC	6348 5555
• Ticket Booth	6296 2929
• The Esplanade Theatres	6828 8377
• Showbiz	6651 7871

Help Lines & Support Groups

• Alcoholics Anonymous	6475 0890
• Anti-Narcotics Association	1800 733 4444
• AWARE Helpline	1800 774 5935
• Drug & Poison Information Centre	6423 9119
• New Mothers' Support Group (NMSG)	nmsg-singapore.com
• Samaritans of Singapore	6220 7758
• SOS Hotline	1 800 221 4444

Property

• Expat Realtor	6255 1027
	expatrealtor.net
• Property Guru	6238 5971
	propertyguru.com.sg

WEBSITES

Entertainment

- eventshub.sg — Information on cultural and entertainment events
- sistic.com.sg or ticketbooth.com.sg or showbizasia.com — Online bookings for events
- gv.com.sg or cathay.com.sg — Online movie bookings

Food & Groceries

- coldstorage.com.sg
- expatfoodhall.com.sg
- fairprice.com.sg
- redmart.com
- theorganicgrocer.com.sg

Information

- angloinfo.com — Online information and free interaction
- expatliving.sg — Online magazine, years of useful archive material, facts about the magazine, unique content
- expatrealtor.net — Properties for sale and rent — previously Expat Rentals
- google.com.sg — Singapore-specific search engine portal
- hardwarezone.com.sg — Up-to-date computer prices in Singapore
- gov.sg — For official matters pertaining to the government
- primetime.org.sg or athenanetwork.com.sg — Meeting the networking needs of professional women
- app.www.sg — An extensive site about Singapore services and what's available
- singaporefairs.com — Forthcoming fairs and bazaars
- singaporum.com — A useful expat message board
- singpost.com — Have you got the right postcode for your mail?
- singtel.com — Directory of phone numbers and addresses
- yoursingapore.com — The Singapore Tourism Board
- singaporeair.com — Flight information on SIA and Silk Air

**CAPRICORN**

December 21 – January 19

The most influential event for January and possibly all of 2015 actually takes place on December 23rd of 2014. On this day, your ruling planet Saturn moves to accent existing obligations and future plans, beginning a cycle of review. Urgent as decisions seem, first focus on de-cluttering your life, especially unrewarding activities and alliances. This clears your mind. This also commences a two-year cycle of strategic thinking and planning. Better yet, you'll be exploring ideas or offers that, only months ago, you'd never have considered.

**AQUARIUS**

January 20 – February 17

Mostly, planning ahead is wise. But during January it will only cause confusion. The trick is to think ahead but ensure that both arrangements and your thinking are flexible. This enables you to explore ideas or offers different from anything you'd previously considered, yet without concern about the changes these would trigger. Most important is the fresh perspective these bring to longstanding elements of your life, especially around the Aquarius New Moon on the 20th. This ushers in a new, and intriguing, cycle.

**PISCES**

February 18 – March 19

During late December and early January, you face a series of disappointments. Although most are minor, they make you realise certain once-valued arrangements, personal and more worldly, are no longer rewarding. This is timely, as it's preparing you for the cycle of review and action that comes with Mars' presence in Pisces from 12 January until 20 February. During this period you'll do something difficult, which is put yourself first. With circumstances shifting, often dramatically, make any necessary decisions but view them as tentative.

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 for more information.

STARS

**ARIES**

March 20 – April 19

January divides neatly into two portions. Its first begins in early December of 2014, when ideas and encounters spark excitement. This continues during January's first half. It's fun, which makes your biggest challenge choosing which intriguing offers to pursue. On the 12th, however, your ruler Mars moves into the most strategic portion of your chart, raising questions about those activities. This timely review gets you thinking about longstanding goals and how, and if, you can create a balance between the two.

**TAURUS**

April 20 – May 20

Impossible as it seems, you're making decisions while still exploring your options. Ordinarily you'd gather information, take time to reflect, then focus on planning. Once you become accustomed to doing all three at once, you learn to ensure decisions are flexible enough that you can alter them as you learn more. Better yet, this inquisitive mood leads to exciting ideas and encounters. By the New Moon, on the 20th, you're viewing your existing options and future plans from a completely unexpected and more optimistic perspective.

**GEMINI**

May 21 – June 20

Those around you – friends, family and colleagues – will be focusing on decisions. Discuss their ideas but ensure your position and, indeed, your thinking remain flexible. What you learn is broadening your horizons, enough that you're eager to learn more about what's possible. Equally, certain individuals you meet will become important in the future. Explore until mid-January, when you'll need to formulate plans. Still, with the actual circumstances involved changing until well into February, each day offers both undiscovered ideas and intriguing opportunities.

**CANCER**

June 21 – July 21

Because events in late December are unsettling, you begin January on edge. So when the emotionally intense Cancer Full Moon, on the 5th, brings things to a head, you could misinterpret changes as reason to worry. Actually, you're being prompted to review arrangements, some longstanding, and alter lifelong habits. This is unexpectedly freeing. Soon, in fact, you begin to explore new activities and alliances that, only recently, you'd never have considered. What you discover enables you to forget the past and focus on the future.

**LEO**

July 22 – August 22

Although it's unlikely you'll be thrilled about enforced changes in elements of your daily routine, these break up old patterns and, as important, expose you to ideas and individuals you wouldn't otherwise come across. Some are merely interesting but, over time, you realise others could assume a crucial role in your goals, possibly close relationships – or life. Still, resist the temptation to organise anything until the Leo Full Moon in early February, when what you've learned and your feelings all come together.

**VIRGO**

August 23 – September 22

Obviously you can't live without making plans. Still, January's biggest challenge won't be the many twists and turns that arise but, rather, resisting the temptation to fine-tune any arrangements. In some cases, you're short of facts, in others, the circumstances of certain individuals or the foundation on which plans are based shifts, frequently and often dramatically. The less you organise, the better. Once you realise this, you take pleasure in watching life unfold and are amazingly unconcerned about what you should be doing.

FOR JANUARY

By Shelley
Von Strunckel

**LIBRA**

September 23 – October 22

True, for most of January, your ruler Venus accents love and life's pleasures. Yet, unless you're very determined, the constant demands of circumstances and certain individuals could be a distraction. Tempting as it is to lend a hand, listen to or spend time with somebody to cheer them up, it's not really necessary. And, more important, you'd be cheating yourself. Besides, this gives you valuable perspective on those situations and people. While you may not make changes now, you'll be considering certain ideas and improvements.

**SCORPIO**

October 23 – November 21

December's second half brings pivotal decisions and the need to discuss issues with, if not confront, others. You face more of the same during early January, and you'll know where you stand and what to say. By midmonth, the focus shifts to decisions involving your work, lifestyle and priorities. If initially this seems overwhelming, you soon realise events only mirror the changes you've been considering. Since there's little time for discussion, you may have to make those changes first, then deal with the details.

**SAGITTARIUS**

November 22 – December 20

You thrive on change. You enjoy meeting new people and mastering unfamiliar situations. Yet even you are perplexed by the influence of Saturn, the planet of order and focus, which moves into Sagittarius on 23 December and remains for most of the coming two years. During this time, you'll learn to deal with practical and business matters, and the people involved with them, in ways you've always regarded as tedious. The resulting insights will profit you in ways you can't begin to imagine.

ADVERTISER LIST

AESTHETICS & BEAUTY

Aesthetic & Reconstructive Centre	236
Dr Valentin Low Aesthetic & Laser Clinic	39
W Aesthetic Plastic Surgery	31

ART

Framing Angie	2 & 3
REDSEA Gallery	IFC & 1

ARTS & LEISURE

Kidsfest! Singapore 2015	177
Pangdemonium!	177
Premier Racing Partnerships	160

CARPET

Gabbeh Carpet	93
Hedger's Carpet Gallery	58
Lotto Carpets	84
Orientalist Woven Art	8 & 9

FAMILY & EDUCATION

Australian International School	21
Avondale Grammar School	121
Baby Slings & Carriers	157
Canadian International School	112
Chinese International School	128
Cloversoft	157
Dulwich College (Singapore)	107
EtonHouse Pre-School	141
First Few Years	157
Integrated International School	136
International Community School	156
ISS International School	154
JSSL Singapore	123
Kinderland	139
Marsden Swim School	156
Melbourne Specialist International School	57
Motherswork	119
ODYSSEY	145
One World International School	149
Organic Baby Gifts	159
Overseas Family School	146
RainTrees	155
Singapore American School	142
Sir Manasseh Meyer International School	153
Stamford American International School	19

Swallows And Amazons	158
Tanglin Arts Studio	158
The Tennis Club	154
Treknology 3	98
Total Communication Therapy	158
UWC South East Asia	132
White Lodge	131

FASHION

minorsteps	159
Mohan's Custom Tailors	17
Sam's Custom Tailors	151

FINANCIAL & LEGAL SERVICES

Australian Taxation Services (SMATS)	113
Chartwell Associates	156
Citibank	OBC
Consilium Law Corporation	155
Engelin Teh Practice	159
Expat Insurance	33
Gloria James-Civetta & Co Advocates & Solicitors	153

FOOD & BEVERAGES

Da Paolo	197
Don Quijote	207
Ethan's Gourmet	195
Farmer's Market Loewen Gardens	205
Grand Hyatt Singapore	181
Hendri Charpentier	185
Natural Springs Australia	206
Nutritious & Delicious	266
Original Sin	178 & 205
Paddington House of Pancakes	206
Rejuicenate	266
Shahi Maharani North Indian Restaurant	206
SHIRAZ	189
Tatsu Sushi Teppanyaki	207

FURNITURE & HOME DÉCOR

Artful House	25
Boulevard Outdoor Inspirations	73
Castilla	11
Centerpiece	98
Danish Design	IBC
Danovel	64
Dreamweave	80
E&A Interiors	47

Ethnicraft	95
European Bedding	27
Expat Auctions	94
FABIndia in Singapore	96
Fairprice Antique	94
Galanga Living	95
Gallery 278 ^l	55
Hot Spring Stone	74
Kluje	46
Lemon Zest Culinary Lifestyle	99
Linidea	99
Lorenzo	42
Maissone Contemporary Home	97
Make Room Interior Styling	99
Mountain Teak	45
Ni-Night	99
OHMM	61
Originals	13
Piccolo House	97
Prakalyam Gallery	51
Taylor B Fine Design Group	4 & 5
Teak & Mahogany	69
Verandah Living	97
Whitewoods	41
Window to the Past ^l	23
Woody Antique House	107

HEALTH & FITNESS

Academy of Chiropractic Clinic	265
Alliance Professional Counselling	264
Body With Soul Total Healthcare Network	261
Complete Healthcare International	29
Dr Catherine Lee Orthodontics	117
EZFit	264
Georgette Chan Surgery	261
GynaeMD Women's & Rejuvenation Clinic	262
Health & Fertility Centre for Women	263
Innate	250
International Medical Clinic	165
Johns Hopkins Medicine	253
OptiBac Probiotics	263
Orange Orthodontics & Dentofacial Orthopaedics	265
Osteopathic Treatment Centre	266
Pacific Healthcare Specialist Centre	262
Pacific Vein & Endovascular Centre	247
Physique 360	265
Quah Hak Mien Colorectal Centre	255

Legend: (*) IFC - Inside Front Cover IBC - Inside Back Cover OBC - Outside Back Cover (l) Also has leasing options

Regional Hypnosis Center	265	MOTORING SERVICES	
The Counselling Place	266	AVIS ^L	37
The Counsellors Expat Psychological Services	266	Evergreen Rent A Car ^L	96
The Vein Centre	239	Republic Auto ^L	111
The Vein Clinic & Surgery	15	MOVING SERVICES	
UP Ultimate Performance	219	Interswift Moving & Storage	112
		Pacme.Com	159
		Santa Fe Relocation Services	113
		SIR Move Services	113
HOME SERVICES		PHOTOGRAPHY & PRINTS	
A-Team Amahs & Cleaners	99	Brilliant Prints	158
Geek Team Asia	98	Littleones Photography	159
Mrs Sparkles	98	Michael Gronow Photography	155
Pet Mobile	159	White Room Studio	XX
LIV		PROPERTY	
Amedes	43	Barrington Hill (Property)	112
Attaby	43	Far East Hospitality	105
Casey Inc. Hair & Beauty	27	Leisure Farm Corporation	100
Citibank	OBC		
Cutis Medical Laser Clinics	7		
CW Jewels	43		
CYC	36	TRAVEL & LEISURE	
David Loh Surgery	IBC	Angsana Bintan	77
GloAesthetics	11	Elite Havens	6 & 7, 235
Klareti	IFC & 1	Flight Centre	208
Le Private Clinic	11	Himmaphan Resort	235
Nails DVine	27	Kemah Tinggi	234
Nankai	31	Lightfoot Travel	212
Pink Parlour	25	Mustafa Air Travel	235
Polysemy	43	Shanti Travel	233
Rosalie Pom Pon	31	Villa Borobudur	234
Sara Taseer Fine Jewellery	5		
Shopping at Tiffany's	31		
Spa @ Loewen Gardens	3		
Sylvia's Secrets	25		
Taula Jewellery	43		
The Aesthetics Centre	9		
Tokyo Nail Lounge	27		
Trimmings @ Loewen Gardens	3		
Unika Designers	31		
Visage The Salon	25 & 27		
Willow & Huxley	39		

ADVERTISE WITH US!

Call **+65 6259 0058** or e-mail **sales@expatliving.sg** for any enquiries.

Legend: (*) IFC - Inside Front Cover IBC - Inside Back Cover OBC - Outside Back Cover (L) Also has leasing options

Hair Today, Gone Tomorrow

By Amy Moore

“He’s gone!” I blurted down the phone to my best friend. “I can’t believe it. After five wonderful years he has just upped and gone without so much as a goodbye or a note.”

“What?” gasped the voice at the other end of the phone. “Your husband’s left you?”

“Nooo,” I wailed. “It’s even worse than that. Marcus who colours my hair has left Singapore.”

“Oh my god,” she gulped, “that’s awful. What will you do? Can you find someone else?”

“I don’t know,” I sobbed inconsolably. “Only Marcus knows the difference between a soft natural blonde and a cheap peroxide colour, and the way he places the foils is artistic genius. What will I do? My roots are showing already, I can’t leave the house looking like this, and I hate hats!”

“It’s okay,” she muttered sympathetically. “We’ll find you another hairdresser. Keep your hair on! I’ll start ringing around – there must be plenty of hairdressers in Singapore who can treat your locks. After all, every woman I meet here seems to be blonde, so somebody must be doing something right!”

While some may sneer at my predicament, there are hundreds of other women, and even men, who will understand the anguish of losing their favourite hairdresser. Your hairdresser deserves to be your BFF – after all, they make you look more attractive and (hopefully) younger, while a new look can gain you admirers and boost your confidence. And admit it, who doesn’t like sitting in a comfy chair, getting a head massage, being attended to by young and trendy staff, drinking free coffee and reading the magazines that you never get round to buying?

For colour-assisted blondes like me (born blonde, of course, but then nature interfered), going to a new hairdresser can be very daunting, especially one who is used to working on Asian hair. Not only is it a different texture, but also the colours you get offered are invariably the kind that look better suited to Barbie, rather than the soft natural blonde you aspire to.

When I first moved to Singapore I practically accosted strangers in the street to find out who cut or coloured their hair. I lingered outside salons to see the results, and I browsed expat websites with a vengeance. Yes, it takes patience, perseverance and even the odd disaster (in my case, tiger stripes, green tinges, and ginger streaks) before, tra la la, you find the perfect hairdresser and the world becomes a happier place as you swish your head with that “because-I’m-worth-it” flick.

Thankfully, on this occasion, my fellow blondes came to the rescue and hooked me up with a marvellous colourist, and my locks have never looked better or more natural. I am currently persuading my stylist never to get married, have kids or leave Singapore (except when I am away too!).

Yes, my partner thinks my hair obsession is over the top, but as his own crop is rapidly receding and a few grey spikes are appearing, I expect he’ll soon be asking for my hairdresser’s number.



TELL US A TALE
& WIN
\$200

Here's your
chance
to get
published.
We're
looking for
500-word

written contributions on any
funny, poignant, practical or even
controversial topic that touches
on expat life in Singapore. Simply
email your stories to [contribute@
expatliving.sg](mailto:contribute@expatliving.sg) and we'll consider
them for inclusion in an upcoming
issue.

Correction: Last month's Parting
Shot was incorrectly attributed; it
was written by Ann McCutcheon. If
you missed it, be sure to read Ann's
entertaining article at expatliving.sg.

Danish Design

Authentic Designs • Famous Brands

Famous indoor and outdoor furniture
brands at excellent prices



GLOSTER

normann
COPENHAGEN

eilersen

FREDERICIA
FURNITURE

GUBI

Montana

BRØDRENE
MØBELSNEKKER
ANDERSEN

and more

NEW

No.1 Boon Leat Terrace,
Harbourside Building 1,
Ground Floor,
Singapore 119843

Century Warehouse,
#08-01,
100E Pasir Panjang Road,
Singapore 118521



Join us: facebook.com/DanishDesignCo
Follow us to get the latest promotions and updates

Phone : 65 6270 8483 | SMS : 65 8181 0598

Open Mon to Fri 10am - 5pm
Sat to Sun 11am - 6pm

www.danishdesignco.com



With miles that never expire, let the journey begin.

Your next vacation can earn you miles for another holiday, exclusively with your Citi PremierMiles Visa Card. Book your hotel stay at unbeatable prices on Agoda.com and earn up to **8 Citi Miles** with every S\$1 spent*.

Step 1



Visit
www.agoda.com/citimiles

Step 2



Select your hotel and
proceed to booking

Step 3



Pay with your
Citi PremierMiles Visa Card
to earn additional miles



To apply, call 6225 5225 or
SMS <PM> to 72484#.

agoda.com



smarter hotel booking

*This promotion is valid for bookings made between 1 January and 28 February 2015 and for stay between 1 January and 31 March 2015. The base earn rate of 1.2 Citi Miles per S\$1 spent locally and 2.0 Citi Miles per S\$1 spent overseas will be credited upon transaction approval. The additional 6 bonus Citi Miles will be credited to the cardmember within 2 months of cardmember's departure from hotel. Full terms and conditions apply. Please refer to www.citibank.com.sg for more. *By responding to this advertisement and providing your personal data, you consent to Citibank contacting you within the next 90 days (from when Citibank receives your response) to market Citibank Credit Cards and/or Citibank Ready Credit product and services including via the telephone. Citibank full disclaimers, terms and conditions apply to individual products and banking services. ©2014 Citibank. Citi, Citibank and Citi and Arc design are registered service marks of Citigroup Inc. Citibank Singapore Limited Co. Reg No 200309485K Printed on 12/2014