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Yet personal experience is as valid now as ever, and this has always been the basis of Expat Living. We understand that it's a bit subjective - one man's meat is another's poison, after all - but living in a new place it's important to get the first-hand lowdown. Because of this, we're always really interested in hearing if you've had a great experience somewhere, done something fantastic, had a funny encounter, or learnt something new; so do email us at contribute@expatliving.sg and we'll do our best to air it.

For now, though, we hope you'll enjoy all the great reading in this issue. Join us inside Framing Angie's home on page 61; she's been working with us for over 10 years and is now a household name. We also have loads of fun and inspiring ideas for a spooky Halloween, dozens of great lighting ideas for your home, and the inside word on some of Singapore's best steakhouses.

Here's wishing you a glass that's always half full and a month ahead that has a silver lining!











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# GET RID OF VARICOSE VEINS SPIDER VEINS HAND VEINS FACIAL VEINS

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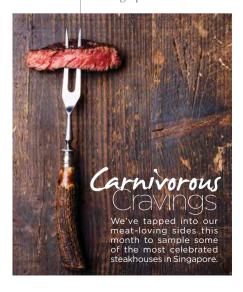
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# **CELEBRATING** MATH SUCCESS

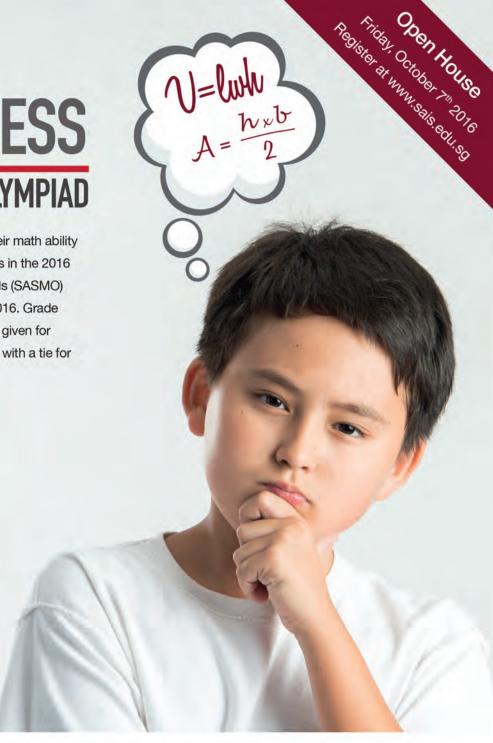
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300+ Stamford American students proved their math ability and high ranking in the region, with top results in the 2016 Singapore and Asian Schools Math Olympiads (SASMO) and Singapore Math Kangaroo Contest for 2016. Grade 1 students received 27 of the total 31 awards given for Singapore, and Grade 4 achieved top honors with a tie for Gold in Math Kangaroo receiving full marks.

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# What's New

# Halloween at Cluny

Enjoy loads of **Halloween fun** at Cluny Court this month. The popular shopping centre located opposite the Botanic Gardens MRT (501 Bukit Timah Road) has free activities galore planned for Friday, 28 October. Find out more at **facebook.com/ClunyCourt**. For more Halloween events and how to plan your own party, flick to page 125.





### Scary Under the Sea

Looking for a family-friendly Halloween event without the gore and scariness? Head to Sentosa and S.E.A. Aquarium's **Spooky Seas: Pirates of the Oceans** for Halloween fun this month, in the company of more than 100,000 marine animals across 800 species. Catch adventurous underwater shows, hear mesmerising pirate tales, meet roaming performers, and discover animals along the trick-or-treat trail around the aquarium. It's on daily from 10am to 7pm, 1 to 31 October. Check operating hours at **rwsentosa.com/seaa.** 





early! (And, for a 15 percent discount, use the code "BOE15".) mastersfootball.com

# Gift Shopping Made Easy

Definitely one for the diary: don't miss the 150 independent designers gathered under one roof at **Boutiques** on 4 and 5 November. As well as a diverse range of products for men, women, children and the home, look out for fun and interesting workshops, a children's play area, and top nosh by Violet Oon Singapore and Liberty Coffee. This is a chance to spoil yourself and those you love! 4 November from 9am to 8pm, and 5 November from 10am to 8pm. F1 Pit Building. **boutiquefairs.com.sg** 



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# This Month

### SHOPPING & FAIRS

# The Fair (6-7 OCT)

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

# Clarke Quay Oktoberfest (7-8 OCT)

Dance to classic tunes and savour irresistible German fare at Clarke Quay's seventh Oktoberfest. Pick from a variety of culinary delights such as crispy pork knuckle and sauerkraut, washed down with pints of Oktoberfest brew. Clarke Quay Fountain Square. clarkequay.com.sg

# Boutique Italian Wine Fair by Bacco (8 OCT)

Explore a variety of boutique vino from all over Italy at this exclusive fair. Get the opportunity to try rare grapes, enjoy specialty wines and discover the benefits of choosing organic.

The APS Gallery 9 Muthuraman Chetty Road, Robertson

The APS Gallery, 9 Muthuraman Chetty Road, Robertson Quay. baccowines.com

# Emerging Markets Property Show (8-9 OCT)

Gain important insights into Asia's top emerging investment hotspots at this property fair. Preview upcoming projects while you learn from industry experts. Singapore Marriott Tang Plaza Hotel. propertyguru.com.sg

# Singapore Rendezvous (21-23 OCT)

Featuring travel organisers, high-end property developers and specialists in the areas of art, watches, fashion and more, this inaugural event is a must for luxury lifestyle enthusiasts. A variety of performances, parties and dining options are also on offer. Raffles Marina, 10 Tuas West Drive. Tickets from Peatix.

# Green is the New Black (22 OCT)

This one-day event aims to empower individuals to take positive action to improve the way we live, work and consume in our daily lives. Be inspired by mindful local brands and influencers who are making meaningful changes in their industries and doing good in the world. Hotel Jen Tanglin Singapore. greenisthenewblack.asia



### SPORTS & FITNESS

# OCBC Cycle (1-2 OCT)

Singapore's largest cycling event is back for the second time. Sweat it out in a series of special cycling and bike-related activities. **Singapore Sports Hub. ocbccycle.com** 

# BNP Paribas WTA Finals Singapore (23-30 OCT)

Look forward to a thrilling and action-packed line-up of matches featuring the world's best women tennis players. This year, the top eight singles players and doubles teams in women's tennis will return to compete in the third Singapore edition of the Finals. Singapore Sports Hub. wtafinals.com

# Yolo Run 2016 **(22 OCT)**

Run shirtless at the Yolo Run 2016 for a good cause. For every participant who dispenses with a top on race day, a sports bra will be donated to BRAS (Breast Reconstruction Awareness Singapore). Gardens by the Bay, Bay East Garden. yolorun.com

# Sketchers Blacklight Run (29 OCT)

Gather some buddies for this fun 5km night run. Along the course, you'll be showered with UV neon glow powder that will make you as colourful as a rainbow under the high-beam blacklights. Then, dance the night away at the after-party.

Sentosa, Palawan Green. blacklightrun.sg





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### DANCE, DRAMA & THEATRE

### Australian World Orchestra 2016 Singapore Tour

#### (1 OCT)

Look forward to captivating music at this onenight-only event, when 94 of Australia's finest musicians, from some of the greatest orchestras around the world, perform under the baton of Australian conductor Alexander Briger. Esplanade Theatres by the Bay. Tickets from Sistic.

### Morrissey - Live in Singapore (15 OCT)

This is a not-to-be-missed gig by the iconic frontman of The Smiths, who is among the most influential figures in the emergence of indie rock and Britpop. His most recent release is the critically acclaimed World Peace Is None Of Your Business. Marina Barrage. Tickets from Sistic.

#### Jeeves & Wooster in Perfect Nonsense (6-16 OCT)

Charmingly incompetent English gentleman Bertie Wooster and his unflappable valet Jeeves are coming to Singapore. Expect a hilarious evening of theatrical absurdity, with an endless line-up of jokes to keep you laughing all night long. Capitol Theatre, 17 Stamford Road. Tickets from Sistic.

#### The Flying Dutchman (23-30 OCT)

Wagner's classic work tells the emotive story of the Flying Dutchman, cursed forever to wander the world's oceans. This production features home-grown talents and Asian leads, and is a must for lovers of opera. Victoria Theatre. Tickets from Sistic.

#### Singapore Dance Theatre: Passages Contemporary Season (28-30 OCT)

Bringing together local and international choreographers, this concert features Piano Concerto No.2 Opus 102 by Edmund Stripe, and Natalie Weir's Jabula. Sit back and enjoy the dynamic movements and exquisite choreography. Esplanade Theatre Studio, 1 Esplanade Drive. Tickets from Sistic.





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### **FAMILY**

### Dulwich College (Singapore) Open Morning

(19 OCT)

Dulwich will be holding an open house for its DUCKS Kindergarten & Infant School this month, so drop by to explore its facilities and learn more about the preschool curriculum. Dulwich College (Singapore), 71 Bukit Batok West Avenue 8. dulwich-singapore.edu.sg

# All 'Bout Canines (22-23 OCT)

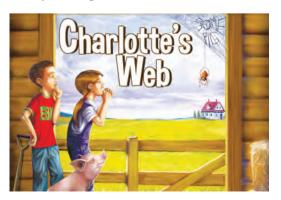
This is the first-ever All 'Bout Canines (ABC), a lifestyle carnival for dogs and dog-lovers in Singapore. Get something fancy for your precious pooch at one of the independent retailers, paint a portrait of your dog with the help of a professional artists, or drop by the adoption drive to get yourself a four-legged addition for your home. Tan Quee Lan Field, Bugis. allboutcanines.com

# Charlotte's Web (28 OCT - 11 DEC)

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

# The Magic Paintbrush (27 OCT - 12 NOV)

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





### SOCIAL

# A Distinctive Approach to Investment Management (27 OCT)

Take part in an interactive and informative session on recent market events featuring a distinguished panel of experts, and learn more about St. James's Place's distinctive investment management approach and the role of its Investment Committee. **The Westin Singapore**, **Asia Square Tower 2. sjp.asia** 

# BritCham Open House (27 OCT)

Learn more about the benefits of being a BritCham member at this annual event, where you'll have the chance to speak to the Chamber's board members, business group heads and management team. **British Chamber of Commerce**, **39 Robinson Road**.

#### ART

# Singapore through Timor's Eyes (1-31 OCT)

Rachel Timor believes that the artist is an active participant in history, and this is reflected in her paintings. See how she explores modern Singapore's urban canvas, with a nod toward its past. **Bruno Gallery, 91 Tanglin Road, Tanglin Place.** 

# NTU Trees Upcycled (UNTIL 4 NOV)

This unusual exhibition features trees that have been turned into functional objects and works of art, to show how we should better appreciate the need to protect our environment. See how the trees re-establish their place and relationship with nature. Level 3 Collaboration Space, Experimental Medicine Building, NTU Campus.

# Kamolpan Chotvichai - Fragility of The Self (UNTIL 9 NOV)

Don't miss this solo exhibition by an emerging Thai artist, based in Bangkok, who draws inspiration from her Buddhist roots. Making her own body the subject of the works, she cuts her black-and-white self-portraits into strips. Sundaram Tagore Gallery, 5 Lock Road, #01-05 Gillman Barracks.



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# Plan Ahead

Father and Son: Artists KY and Andrew Huana

#### (1-30 NOV)

Throughout the month of November, fatherand-son duo KY and Andrew Huang will be showcasing their works at Bruno Gallery. Drop by for an up-close look at Andrew's "Ted" series, and KY's incredible metallic sculptures and acrylic paintings. Bruno Gallery.

#### brunoartgroup.com

#### Boutique Fairs Singapore (4-5 NOV)

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



#### SSO Gala: Yo-Yo Ma and the Silk Road Ensemble (11-12 NOV)

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

#### Battle of Europe 2016 (12 NOV)

Witness the annual matchup between European football legends as the Battle Of Europe England Masters vs Germany Masters 2016 comes to Singapore. Every football fan will look forward to watching heroes such as Teddy Sheringham and Lothar Matthäus play out an incarnation of one of the most-watched football rivalries in history. National Stadium. mastersfootball.com

#### Garfield Run (12 NOV)

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

#### Disgraced (16 NOV - 4 DEC)

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

# Monkey Goes West (18 NOV - 17 DEC)

Join orphan Ah Tang on his epic adventure with Wukong, a cheeky monkey king, Pigsy, a brave but always hungry warrior, and Sandy, a stubborn but loyal ogre. The catchy songs, hilarious gags, wushu and magic will keep you and your family on the edge of your seats. Drama Centre Theatre, 100 Victoria Street. Tickets from Sistic.

#### Margaret River Gourmet Escape

#### (18-20 NOV)

Among the world's most impressive food festivals, Margaret River Gourmet Escape returns with an incredible array of headline chefs, including UK TV cook and food writer, Nigella Lawson. Singaporean pastry chef Janice Wong has also been invited to join the stellar line-up. Expect outstanding dining experiences, including collaborations between the local, national and international chefs who'll be presenting their signature cuisines. Margaret River, Australia. gourmetescape.com.au

#### Santa Run for Wishes 2016

#### (26 NOV)

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

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# What we're up to on ...





Swooning over beautiful homes and interiors.



Trialling the newest makeup launches we think you'll love!



# LETTERS

## We want to hear from you!

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

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



### **COMING HOME**

Thank you so much for featuring my baby boy, Hudson, in your August magazine. I am thrilled to have won a session with Hart, as he also photographed our daughter soon after she was born.

I have just moved back to Singapore from an 18-month stint in Tokyo, and it feels like a new country all over again. Thanks to your magazine, I can catch up with news about all the delicious



new restaurants, explore fun family and kid-friendly places, learn about how to pick schools and, most importantly, get a good sense of coming back "home".

- Anya Proctor

evolving city of ours, we can never rest on our laurels – welcome home!

#### **COVER TRIBUTE**

I always look forward to my monthly delivery of Expat Living magazine, and I love every single cover – but this September front cover is my favourite one yet. I sat on the couch, holding the magazine in my hands, enjoying the colours, the lanterns, the feel and just everything about it. Wow! What a terrific job! Thanks for putting a smile on my day; I can't stop looking at it! Now to get reading ...





**Ed:** Thank you! Like the rest of the mag, it was a team effort, and we loved this cover too.

#### **BOOKWORM**

I'm a keen reader who always enjoys your book reviews and would like to see more of them – especially novels set in Singapore and the region, as well as non-fiction titles about the history, etcetera. Also, what are my chances of getting a book review published?

- Sonja Dijkstra

**Ed:** Your chances are excellent! Simply send an email to amy.greenburg@expatliving.sg to propose a title that you'd like to review.



Email us at info@expatliving.sg

# Boutiques Pit Building

# THE GIFTING EDITION FRIDAY NOVEMBER 4, 9AM – 8PM & SATURDAY NOVEMBER 5, 10AM – 8PM

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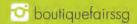
Ade.g - Affordable Style Files - Allies Of Skin - All Things Felt - ALT - Amabilis - Anak Anak Ana B Collections - Annielka - An Uplifted Day - Aquariva - Arete Goods - Artomobile - Ayesha Cashmere - Baby Style Icon - Baliza - Batu Lesung Spice Company - Beau - Belouk - Binary Style Bisous La - Black Cow Vodka - Bloesem - Bohemian - Bon Vivant BNVVT - Bowerbird - Bo-Ya Creation - Brahma Tirta Sari Batik - By Invite Only - Carrie K. - Carrotsticks & Cravings - Catch Chandamama Kids - Cheeky Egg - Chi Chi Von Tang - Copenhagen Delights - Cote and Badt Crafted by A - Cuckoo - Curator's Den - Cut & Paste - Darsala - Deer Industries - Desti Saint Handbags - Domestic Objects - Eck&Art Design Studio - Edition Limitee - Elly - Elverd Designs Elyse & i - Emma Laue - Engell Peh - Epigram Books- Eskpade - Feroza Designs - Forty Red Bangles Frankitas - Gifts Less Ordinary - Glambue - Grin - Hacienda Blue - Hat Of Cain - Hello Chocolate Hili Studio - House Of Sheens - IKI - Indii Breeze - Indi Nyah - Italic & Bold - It's Maximus - Jason Denning Panoramic Photography - Jasper Living - Josephine Home - Kabochon - KALAIA Label - Kala Pata Gifts - Klarra - La Vie Boheme by Vero M - Let's Stay In - Lil lewellery - Little Friends by Lamasso Little Man - Liz B - Lost Guides - Louise Farnay Bags - Madie Moo - Maison Q - Maisonzhou Make Room - Maria Xuan - Matter Prints - Midnight Sparks - Minejima & Co. - Minimal - MNO. logie - Monika Barp - Moniko - Murial & Mai Play - Mythology Boutique - Neblyna - Nian Jewelry Nida Shay - One + One - Onlewo - Pal8 - Paperbag Princess - Pip Studio - Pom Pom & Puffin Regalino - Rever - Ria Menorca - Ribbons & Roses - Rice - Riri by Riri - Saught - Scene Shang Sea Apple - Shinnpark - Shiva Designs Bespoke - Simone Irani - Simply Silk - Stones That Rock Stylodeco - Temple Candles - The Children's Showcase - The Grey House - The Paper Bunny - The Punch List - The Saga Seed - The Mindful Company - the wit and the will - Threadbare & Squirrel Tom & Teddy - The Tui Collection - Twin Within - Unika - WoonHung - Ying The Label - Zarabelle Zojora & many many more

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# Around Town















Senso Ristorante & Bar recently launched The S Bar, a revamped 30-seater space that exudes 1950s charm and features a monochromatic palette, antique black mirrors and vibrant red sofas. They're serving up artisanal spirits and handcrafted cocktails, including the classic Aperol Spritz and Negroni, plus gourmet bar bites such as cold cuts, cheese and oysters.







## Savour the Flavour

Food delivery service Deliveroo Singapore held its first food-tasting event in August, to celebrate the success of its "Because You Deserve The Best" campaign. More than 150 guests attended the party, held in the garden of an elegant black-and-white house, and were treated to a variety of culinary treats from some of the most popular Deliveroo restaurants.





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Finer Things









# Planning Ahead

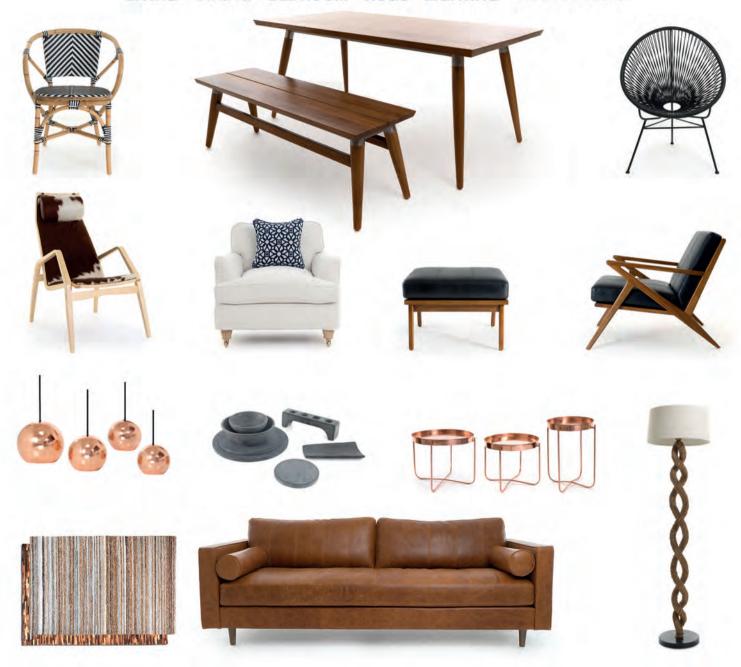
It was a morning well spent at Arete Culture, surrounded by gorgeous furnishing, and listening to Robert White and Dustin Yates from St. James's Place Wealth Management talk on financial topics including guardianship, retirement and the kids' education, and the need to forward plan and be prepared for the unexpected.



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# **Head Start with Art**

The fifth edition of the Young Talent Programme by Affordable Art Fair Singapore and ION Art opened on 31 August, headlined by four artists from the fourth edition of the programme – Chong Yanhong, Holeng, Justin Lim and Yeo Jian Long, who presented their first solo exhibitions after a year of dedicated work and preparation.











# **Eating Well**

In August, nutritionist Karin G. Reiter of Nutritious and Delicious held a talk at Café Melba on the topic of health and nutrition. Everyone had a fun and interesting time learning from Karin, whose subject matter included what to do with children who are picky eaters.











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LEASING

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ART

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# Appreciating Feng Shui

Everyone had a fantastic time at the recent *Expat Living* coffee morning, held at the HomesToLife flagship store. They enjoyed Greek food while Charies Cheng, a specialist in feng shui and space advancement, gave expert tips on how to make feng shui work in your daily life.

















# **Small Scientists**

In September, Shaws Preschool held its Science and Technology Fair, in which budding innovators proudly presented their ideas and experiments from a range of topics they'd been exploring, including robotics, solar power and glass-making.





# Making Sport fun



Shaws Little League is Singapore's longest running multi-sport programme for young children.

At Shaws Little League, we teach children to play a variety of sports – Rugby, Soccer, Hockey, Tennis, Volleyball, Basketball, Golf, Cricket, Baseball, and Athletics in a fun way. With our developmentally appropriate teaching methods, age appropriate equipment and a safe environment, your child is sure to develop all those fantastic sports skills that we all dream about and will have a great time.

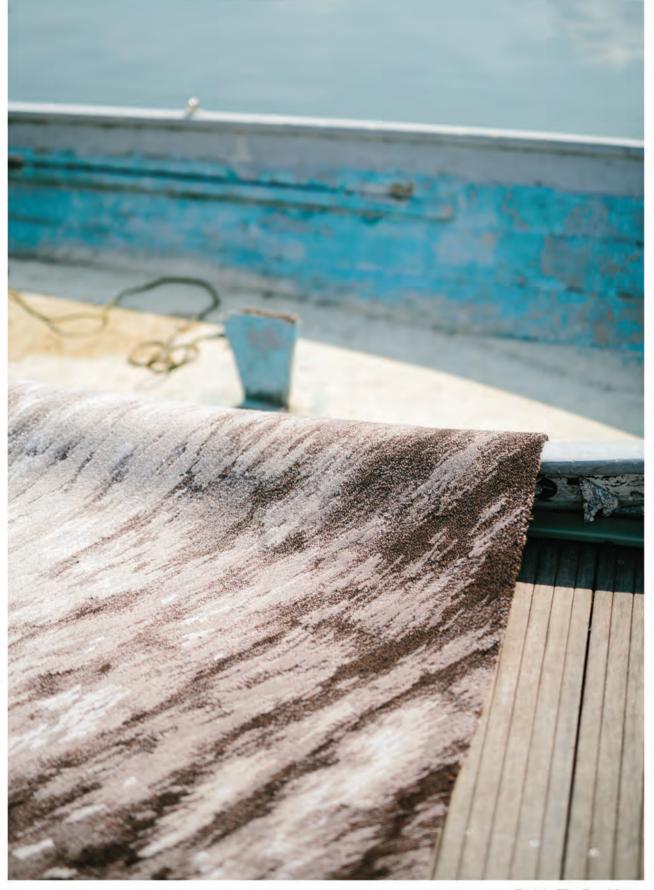
Try one of our 50 minute programmes. We cater for children aged between 2 and 12 years old.

# In association with Shaws Pre-schools

SHAWS Little League @ The Cage 38 Jalan Benaan Kapal Singapore 399635 (Near Leisure Park Kallang)

SHAWS Little League @ Offside 2 Whitley Road Singapore 297715

Shaws Little League @The Cage Sports Park 220 Turf Club Road Singapore 288001



Bark by The Rug Maker



# HOME & PROPERTY



Ethnicraft

**46 Home Solutions:** Simple ideas for dining in – Halloween-style!

Product News: Stylish shutters for your home

Home Showcase: Behind the scenes in Framing Angie's apartment

# What's New



Tassel towels from new online interiors and lifestyle store, mjresident.com

# History Box in a In a

A collection of beautiful Indo-European boxes and chests will be on view at colonial furniture store The Past Perfect Collection. until 15 October. The exhibition will feature a range of 19th-century jewellery boxes, dressing cases, writing boxes and beautifully ornamented large chests, all originating from India, where they were initially made for European expatriate residents and traders. #02-01 Sime Darby

Centre, 896 Dunearn Road. pastperfect.sg

#### **Bedroom Bundles**

Ni-Night has come up with a solution to kitting out your kid's room, with promotional packages on its top pieces. Head to **ni-night.com**, and you'll find packages relating to different bedroom setups, including bedframes, mattresses and furnishings. 7 Joo Chiat Place, 6440 7567.



# Going, Going, Gone!

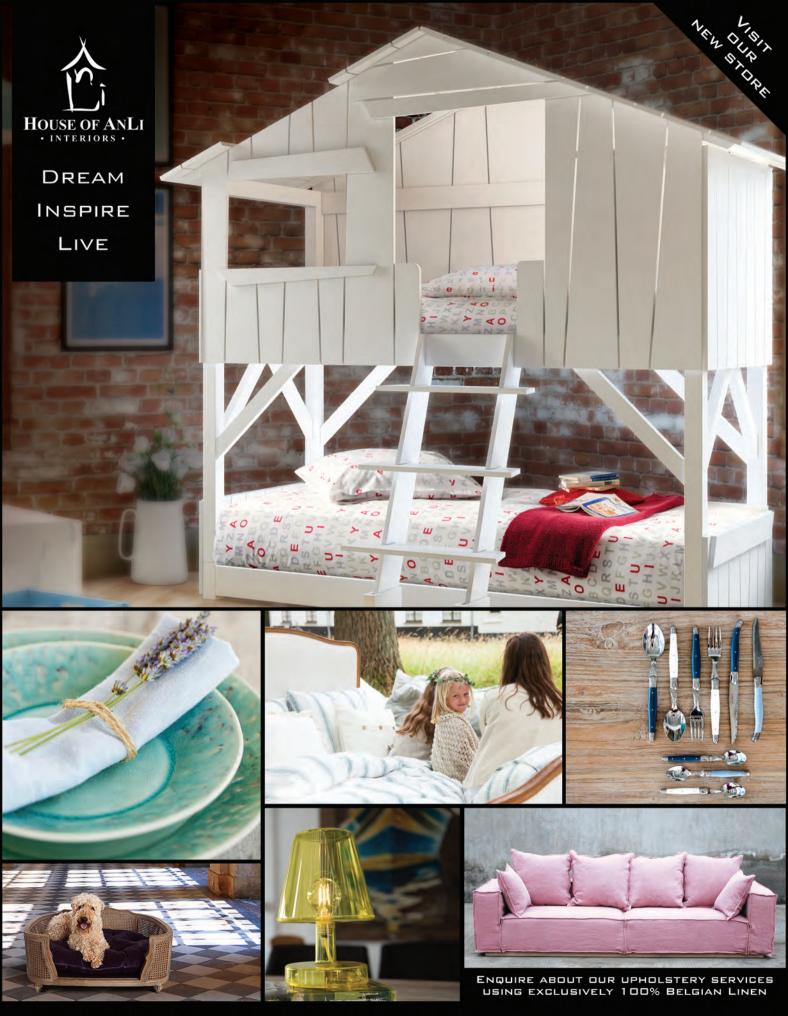
Shopping and entertainment go hand in hand at a carpet auction, so if this sounds like your kind of thing, head to the **Hedger's Carpet Gallery** event on 11 November. You'll have a chance to preview the rugs on offer from 5.30 to 7.30pm, and wine and light food will be served. You could even win a piece in one of six lucky draws. Sign up by calling **6462 0028**, or **email hedgerscarpets@singnet.com.sg**.



# **Space Savers**

If you're someone who likes to make the most out of your living space, it's worth checking out **Mountain Teak**'s new collection of storage options; **White Lofty** is a range of furniture in European white oak with clean lines, designed to keep clutter at bay. **6224** 7176 | **mountainteak.com** 









SIMPLE IDEAS FOR A SPOOKY TABLE

Halloween isn't just for kids! Borrow some of these simple tablesetting ideas and have a spooktacular dinner party of your own.

BY AMY BROOK-PARTRIDGE PHOTOGRAPHY MICHAEL BERNABE









Jazz up your wine glasses with some stick-on eyes, available from most craft stores; these are from Spotlight. The more, the them on the bowl of the glass and on the base, and then set off the look with some Halloweencoloured ribbons. Here we used orange and black, but purple is also a winner.

For plenty more
For plenty more
Halloween ideas
Halloween whole
for the whole
family, turn to

House of Villeroy & Boch #01-74/76 Capitol Piazza, 15 Stamford Road 6384 7309 villeroy-boch.com.sg

Spotlight Level 5 Plaza Singapura, 68 Orchard Road 6733 9808 spotlightstores.com/sg





# SIDE SIDE STORY

BY AMY BROOK-PARTRIDGE PHOTOGRAPHY KEN TAN

Taking one of Geraldene Lowe's blackand-white house tours has been a rite of passage for many expats in Singapore. With Geraldene now easing into her retirement, we met up with her friend and colleague JANE IYER to find out how she is helping build the momentum of Geraldene's Tours, while she also gives us a tour of her own home in Clementi.

**Who lives here:** British expat Jane Iyer and husband Sunder, their 17-year-old son James, and their helper Ana Liza who has been with the family for over 11 years.

**Size and type of home:** Five-storey, five-bedroom house

**Interior style:** Eclectic, with art and décor collected from decades of living all over the world.

**Favourite room:** Jane loves the outdoor living and dining area looking out on to the garden.



ingapore has long held appeal for Jane. She first came here (by boat) at the age of six, when her family moved from the UK to Johor Bahru, Malaysia, for three-and-a-half years. She visited again on business trips in 1995 and 1996,

before settling here for seven years from 1999 with her husband Sunder. Then, after spending six years in New York, the couple returned to Singapore in 2012.

Jane and Sunder enjoyed their first stint here so much that they purchased a condo apartment in Caribbean at Keppel Bay, on

the West Coast; they haven't actually lived in it themselves, though. "We purchased the apartment before we went to the US," says Jane. "Psychologically, I liked the idea of somewhere to come back to in Singapore, and it's also a good investment

During that period from 1999, the couple first lived in a shophouse on Emerald Hill, before relocating to a "a lovely old house" on Andrew Road, near MacRitchie Reservoir. It was while living there that Jane met Geraldene Lowe, well known for her tours of historical homes in Singapore, and whose Emerald Hill walking tour included Jane's house. "It was a beautiful home and something to be proud of, so I had no problem with people coming to visit it," explains Jane. "It was modernised without being overly so, retaining plenty of the lovely, historical features."



# holm

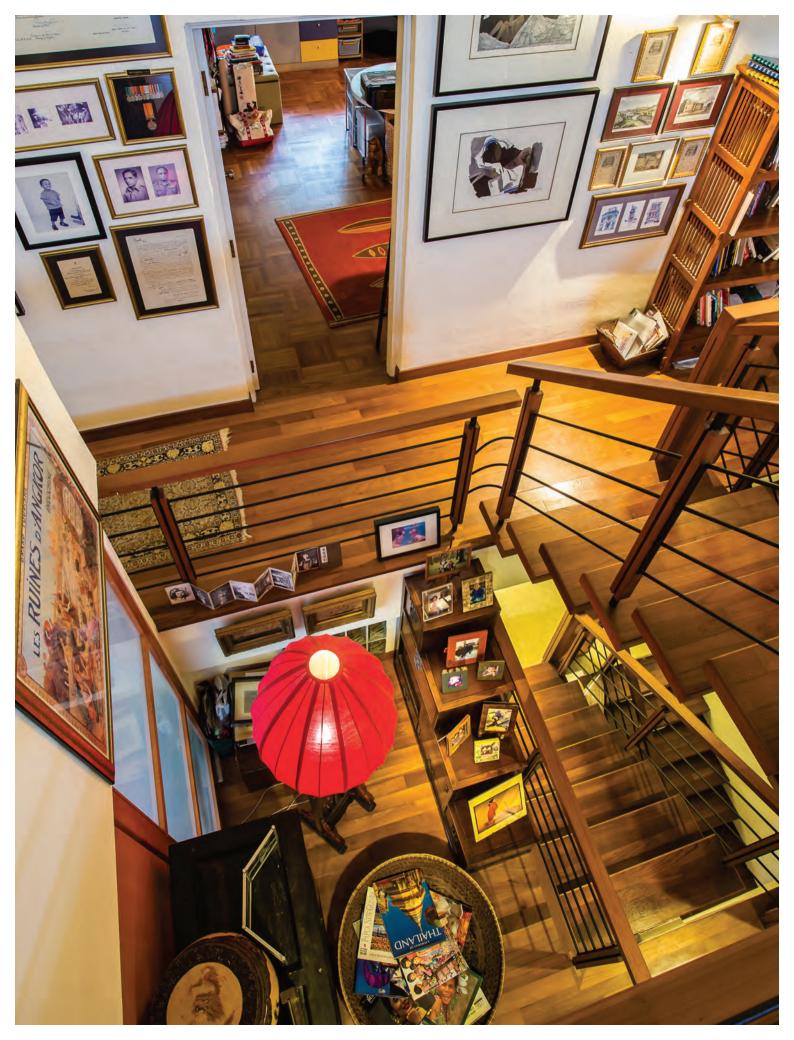
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# We have some young and enthusiastic people who are really keen to be part of Geraldene's Tours

#### **ABOVE**

"While we were living in Andrew Road. Lcame downstairs one morning with James - he must've been about five years old - and there was a huge reticulated python draped across this console!"

# On tour

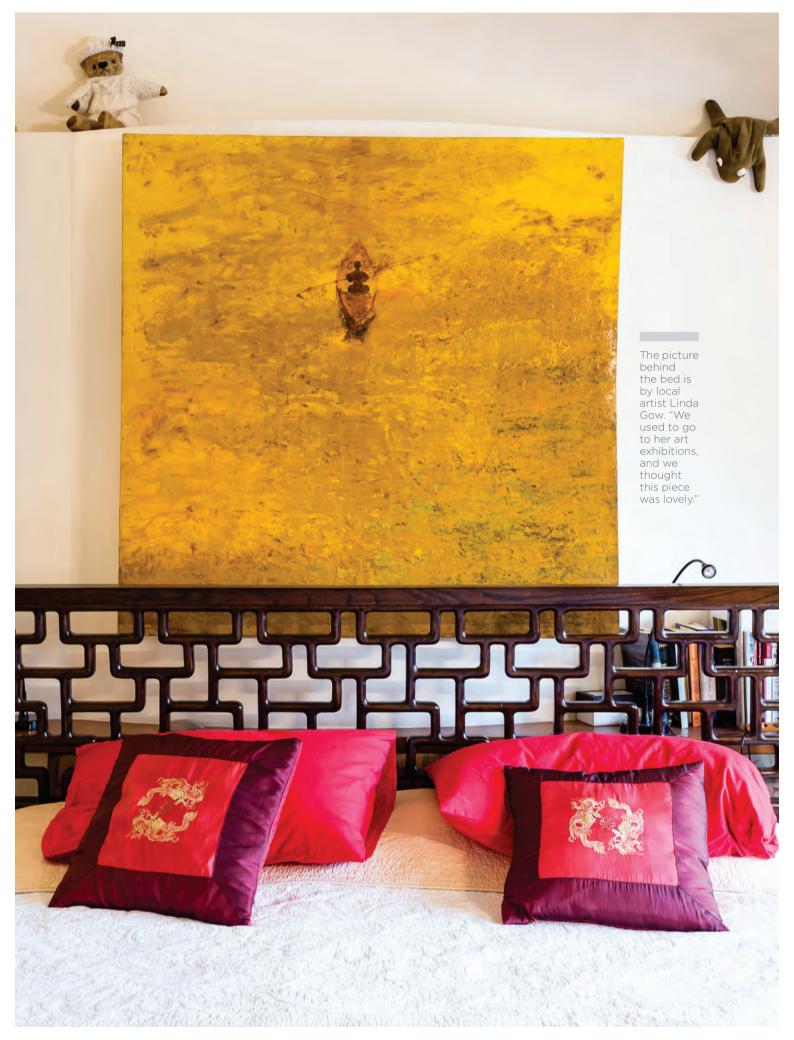
Finding themselves in similar social circles, Jane and Geraldene became friends and remained in touch through the years. When Jane returned to Singapore from New York, she soon realised that Geraldene needed additional support with her everpopular tours, and initially offered to help out with the administration.

At this point, Geraldene was considering taking her foot off the pedal and retiring, but, as Jane says, she kept being pulled back into the business. "Some people thought she had retired completely, but her tours were always in demand and it was hard for her to let go."

Geraldene had a fall this May that resulted in a fractured leg, which clearly forced the issue of retirement. She subsequently handed over much of the control to Jane, who now has many plans. "I have a number of guides who are going to work with Geraldene's Tours – people I've handpicked, and who offer a variety of specialisms and languages," she says.

The black-and-white house tours, Emerald Hill walking tours and other favourites such as "Can Survive Lah! Traditional Trades" and "Discovering Singapore's Treasures" will continue, and Jane is looking forward to brainstorming other ideas with her team, including Christmas-time tours that focus on churches, and something around the film industry in Singapore. "Some we may do a couple of times a year; some may be more circumstantial."

The website has had a revamp, and tour registration has been formalised through online ticketing service, Peatix. "As far as possible, the company maintains its 'Geraldene flavour', and whenever she's back in Singapore she can decide how to be part of it. We have some young and enthusiastic people who are really keen to be part of Geraldene's Tours, which is exciting."





statue was a 60th birthday present from Sunder, purchased from their friend Freddie at Shang Antiques in Dempsey.

The Chinese medicine cabinet was the first thing they bought in Singapore.

By the front door is Jane's Ganesha collection. "When I need some help, I rub as many of their bellies as possible!"

# Global living

Born in Carlisle, England, Jane has for most of her life lived away from the Cumbrian town, including stints in London, in Cardiff, in Northern Ireland, and, of course, in Singapore and New York. Her home reflects this, as well as her keen interest in history and her sense of fun.

The shelves and walls are covered in pieces of art and décor picked up during her travels. Then there's the pool table downstairs, and the ping-pong table and dartboard kept outside for entertainment. "We eat dinner out here almost every evening, and I love the greenery of the garden; I could never live somewhere that didn't have outside space," she says.

Their return four years ago to Singapore was definitely a happy one for Jane and family. "I love living in Singapore, always have done and always will." Though tempted by the black-and-white houses out in Sembawang, they realised they were located too far from central Singapore for their needs;

so Jane's husband and their agent, Dom, found this house in Clementi.

"I didn't know Clementi particularly well, but I knew of the area, and we were looking for the space that this house provided." Four years on and their third lease just signed, they are clearly very happy right where they are.





# Jane's Recommendations

## **SHOPPING**

China Collection ("For wonderfully restored antique Chinese furniture and fantastic accessories") 20 Malcolm Road 6235 1905 | chinacollection.com.sg

Isan Gallery ("For beautifully made pashminas, gorgeous antique silver and fabulous lacquerware, all handpicked by Percy") 42 Jalan Kembangan 6442 4278 | isangallery.com.sg

Ji Mei Flower ("For flowers, plants and Christmas trees") 5 Joan Road Plots 11 and 12 6285 0017 | jm.com.sq

Peranakan Tiles Gallery 168 Telok Ayer Street 6684 8600

Shang Antique ("For Buddha statues and other lovely antiques") 26 Dempsey Road, #01-03 6388 8838 | shangantique.com.sg

#### **EATING & DRINKING**

Buttercake n Cream ("Our local haunt in Clementi - the mushroom soup is a must to try!") 106 Clementi Street 12, #01-52 6777 3477 | buttercakencream.com Flutes ("Elegant restaurant, now in the National Museum") 93 Stamford Road 6338 8770 | flutes.com.sg

FOC ("Fusion Spanish Catalan food") 40 Hong Kong Street 6100 4040 | focrestaurant.com

House at Dempsey ("Perfect for light lunches and wickedly delicious teas in a green environment") 8D Dempsey Road 6475 7787 | dempseyhouse.com

Jiu Zhuang wine bar ("A little taste of Shanghai in Singapore") Blocks 6C and 6D Dempsey Road 6471 1711 | jiu-zhuang.com

Mamanda ("Authentic Malay food in an elegant heritage building") 73 Sultan Gate 6396 6646 | mamanda.com.sg

Yantra ("Great Indian food") #01-28/33 Tanglin Mall, 163 Tanglin Road 6836 3088 | yantra.com.sg

#### THINGS TO DO

Friends of the Museum ("To make the most of your time in Asia, join FOM - it can be a life-changing experience!") #02-06 Stamford Court, 61 Stamford Road 6337 3685 | fom.sg

Geraldene's Tours 8686 8207 | geraldenestours.com

The Projector ("Singapore's funkiest and most fun place to watch movies") #05-00 Golden Mile Tower, 6001 Beach Road theprojector.sg

The Necessary Stage #B1-02 Marine Parade Community Building 278 Marine Parade Road 6440 8115 | necessary.org

Pangdemonium 27 Ubi Road 4 6746 0046 | pangdemonium.com

Sing Jazz Club ("For cool jazz in a cool hotel in a cool neighbourhood") 101 Jalan Sultan, #02-00 8481 3034 | facebook.com/sgjazzclub

Singapore Repertory Theatre 20 Merbau Road 6733 8166 | srt.com.sg

Wild Rice 65 Kerbau Road 6292 2695 | wildrice.com.sg &



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The beautiful sunlight we benefit from in Singapore is often a blessing, but sometimes a curse, particularly if your windows face the glare of the sun. Curtains or blinds are useful, but for a more long-term solution there are some stunning shutters out there. We asked DAN LIM from **Sunleaf Shutters** to take us through the company's stylish range.

"There are practical and emotional reasons why people would choose shutters over curtains or blinds. On a practical level, shutters made from natural wood are more durable, very easy to clean and maintain, and collect less dust than curtains. With proper care, shutters will last for years and years.

"On an emotional level, shutters have cleaner lines and are more simple, with a solid look and feel. Once installed in a home, they become a part of that home, just like windows and doors. Curtains and blinds, on the other hand, are more like accessories for the home, and they tend to follow fashion trends."

"Installation will of course take more time and require more skill than hanging curtains or blinds. For most homes that we work on, it takes about two days to complete the installation work. Shutters are delivered to a customer's home as a finished product, but we need to install them properly to ensure they function as they're intended to, whether they're sliding shutters, the swing-door style, or something else. You really need skilled carpenters to do the job."

"We don't design our shutters to follow a current fashion or a trend. Form follows function when it comes to shutters – and that's the beauty of them. They don't serve one particular style, but that also means that they don't clash with a style; like a good pair of jeans that fit well, you can make shutters work with anything."

"We really encourage our customers to have fun with their colour selection. But, at the end of the day, shutters are made for the home, so they have to fit in with their surroundings. Interior designers are great when it comes to colour selection because they can visualise which colours will go with this







and that. The rest of us tend to choose colours that are neutral and can blend in; this may be seen as the easy route, but it works.

"There are two main types of colour finish that can be used: a solid spray-paint finish or a wood stain finish. With the former, the paint is an opaque colour, so you cannot see through it to the wood grain beneath. With a wood stain finish, the grain will be visible because the paint is translucent; still, with this type of finish you are more limited in your colour palette."

"Take the shutters with you when you move, and if you have a similar-sized window then the shutters will fit at the new location. We had a customer who had to move but wanted to take their shutters with them, and they came back to consult with us. Luckily, they came to us while they were in the early stages of fitting out their new unit, and we were able to modify the old shutters to fit their new location; it worked out beautifully." &

Sunleaf Shutters #01-12A The Herencia, 46 Kim Yam Road 6297 7113 | sunleafshutters.com

















# Woody Antique House

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For those with a love for natural wood finishes we have the Suarwood range as well as our REBORN series made from 100% Recycled Teak.











# Angle

Not for ANGIE MUI the conventional mid-morning interview over a cup of tea, oh no! Instead, she invites **Verne Maree** to her Serangoon home for a delicious, three-course dinner that she's prepared herself.







his stylish entrepreneur is one of a kind. This evening, she's dressed casually but edgily in black shorts (that she designed herself), a striped top under a funky baseball shirt, and black sliders.

After a quick drink in the dining room of the big apartment that Angie shares with her son Danon (her daughter, Crystal, lives in New York), she takes me through to her private area - what she aptly describes as an "apartment within an apartment". It's a lovely space: four of the original six bedrooms converted into a plush sanctuary that comprises bedroom, study, expansive bathroom and a walk-in wardrobe that's to die for.

# Who is Angie?

Regular readers of Expat Living tend to have definite opinions about Framing Angie's striking double-page advertisements, a brand new and different one every single month. Whether or not you love them, as most of us do, they're impossible to ignore - and their individualistic chutzpah is a legacy from her previous careers in advertising and fashion.

"My customers say they look forward each month to seeing my new ad, and their enthusiasm encourages me to continue doing them. Even when I fear that a particular ad may be too 'out there', they encourage me to go ahead."

Interestingly, her Framing Angie advertisements reveal very little about the real Angie Mui, who says that she is nothing like the social butterfly they project.

"My ads are totally misleading: In reality, I'm quite a shy and private person. For example, I never, ever paint the town red. Rather than large crowds, I prefer an intimate, personal dinner."

She's deeply family-oriented, too. "I always have dinner with my dad and my siblings on alternate Sundays; and on the other Sundays, it's a rule that my son and I have dinner together, just the two of us. If you don't set rules like that with your children, it's too easy to drift apart."

I love what I do and I work on my own terms; I still look forward to every new day as much as I did when I started this business 19 years ago

# Now she's cooking!

My lovely dinner has come from a large, semi-professional-looking kitchen boasting serried ranks of equipment; I spot two of those pricey Kitchen Aid mixers standing side by side. "I'm a systems person," explains Angie, "so I run my kitchen like a military operation. I even use spreadsheets to record the shopping ingredients that come in and the meals that the kitchen produces."

She confesses to having baked around 2,000 macarons before feeling that she'd perfected the art. "But I hardly eat what I bake," she says. "I gave them away, to the security guards, to parking attendants and to the old folks' home nearby. They had to ask me to stop, because I was causing diabetes in the community."

Though she has been a keen baker for a long time, Angie's passion for cooking mainly Western food – is only a few years old. It was born mainly out of necessity, she says: her previous helpers had been very good cooks, but her new one didn't cook well at all. And when her son started losing weight, she decided it was time for her to learn to cook for the two of them.

She took it on as a challenge: "They say that those who can cook, can't bake; and good bakers never make good cooks. I was determined to prove them wrong."

Never one to do things by halves, she recalls diving in at the deep end: "Instead of first learning to do a fried egg well, I did lobster thermidor!"









## Down to business

With her Holland Village shop to run, I'm right in suspecting that she doesn't often have a guest around for dinner. What would be an average day in the life of Angie Mui?

"I love my day to have a routine structure – I wake up at 7.30am, go to my computer to respond to emails from my customers, have breakfast and then get to the gallery at the same time every day. Yet each day is so different, bringing different customers with different paintings for framing. Because I love what I do and I work on my own terms, I still look forward to every new day as much as I did when I started this business 19 years ago."

That's remarkable, especially in light of the fact that Angie works an average 16hour day, staying up till about 12.30am to deal with frame order worksheets and accounting work.

"For me, it's so important to keep my finger on the pulse of every job that we do. I personally check each frame as it comes back from the workshop. I used to have an assistant designer, but I scrapped that because I feel it's important for my customers to have my personal attention."

Has she never thought of expanding? No, says Angie firmly. "I've considered various offers, some of them interesting, but have always turned them down. What I really enjoy is being focused on the customer, and that's why I will never open a second shop. The way I work simply does not allow for that."

Angie says she is driven by the creativity and intimacy that takes place when customers come into the gallery to discuss their ideas and needs with her. "I truly enjoy seeing their joy and absolute wonder when they see the finished product."

# Home truths

As you might expect, the walls of Angie's condo are a showcase for frames of all types and description. "Some of them are not necessarily my taste, however," she confides. Instead, they've been chosen in accordance with feng shui principles – for

their colour, say red, or for their reflective or other metallic qualities. Her expansive bedroom is richly warm and cosy; every surface features texture such as leather, wood or velvet, and the interior gleams with elements such as gold frames.

In fact, the art of feng shui imbues every aspect of her home. Each home comes with a "success corner" or "prosperity corner", she explains. For success in life, it's vitally important to identify that spot so that you furnish it with something auspicious, like a horseshoe – and not with something banal like a shoe rack. I wonder aloud: how do you pinpoint the location of your own home's lucky corner? Only a feng shui master can do that for you, says Angie. She herself uses the services of a Taiwanese feng shui expert called Master Chen, and has been doing so for many years.

Angie's own money corner is where her dressing table is placed, together with a

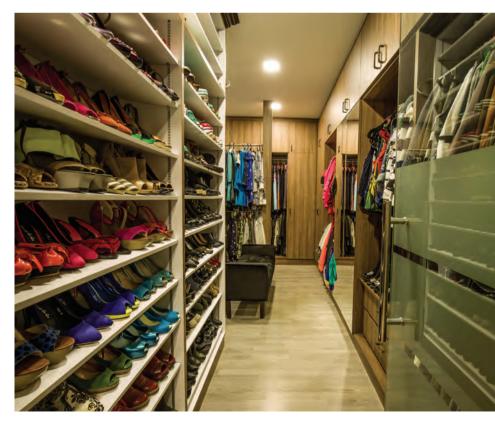
lovely old barber's chair. This is no mere ornament; not having time to visit the hairdresser, she gets her hairdresser to come to her.

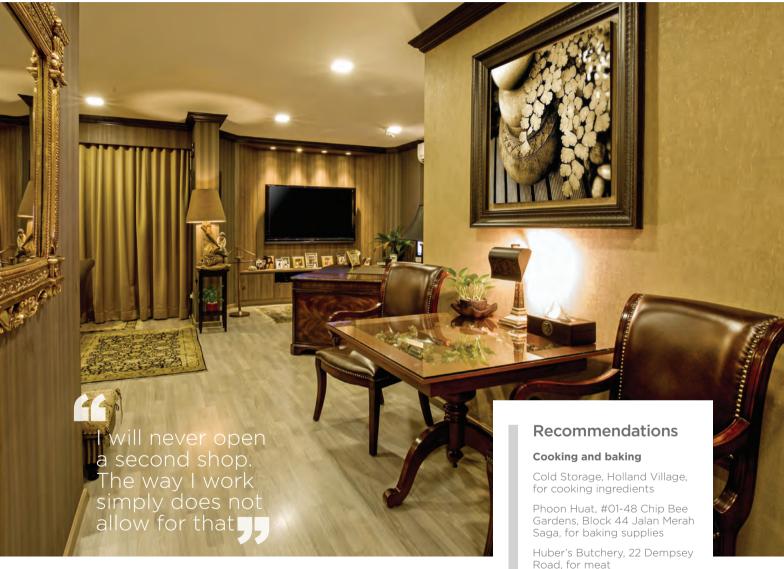
# Style secrets

Angie genuinely does not look a day older than when I first brought a picture to her for framing, around 14 years ago. If anything, she looks more youthful and even more petite. What's her secret?

"Sleep less and enjoy life more," she says. "I've never had time for a beauty regime. I don't get much sleep, and I don't go for beauty treatments, because I'm far too impatient to lie down for an hour doing nothing. I just do not know how to relax! So, I can only put it down to good genes."

She walks a lot, however, often going out for an hour and a half's stroll with her son to Orchard Road for dinner and back. "I call it our WEW sessions – Walk, Eat, Walk."





# What lies ahead?

Custom-framing is what Framing Angie is known for – she can and will frame almost anything: "If I can't frame it, no one can. Over the years, other framing shops have tried to do similar work, with varying degrees of success. I like to say that I may not be the best framer, but I'm definitely the most hardworking!"

Angie started off in advertising, handling major international accounts such as PanAm that required her to fly to and from New York; then she worked in fashion, becoming the major licensee for Disney fashion in Asia. It amuses her now to look back to 19 years ago, when she first started her framing business as "a semirelaxed third career". Ironically, she says, she's never worked so hard in her life.

So, does she plan to work forever?

"I'm still enjoying it too much to stop," says Angie. "The truth is that I do it more for the love of it than for the money." a

Road, for meat

Meat The Butcher (Sunny Foo), 9388 2061, for home deliveries

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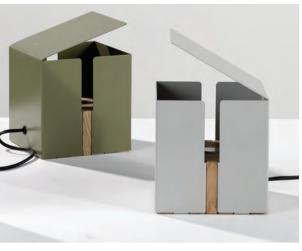


# A BIT ON THE SIDE





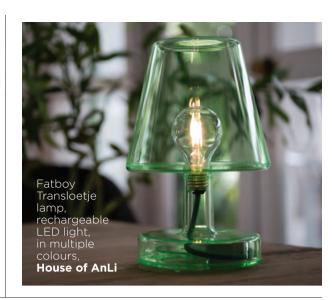




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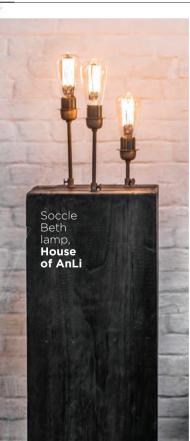


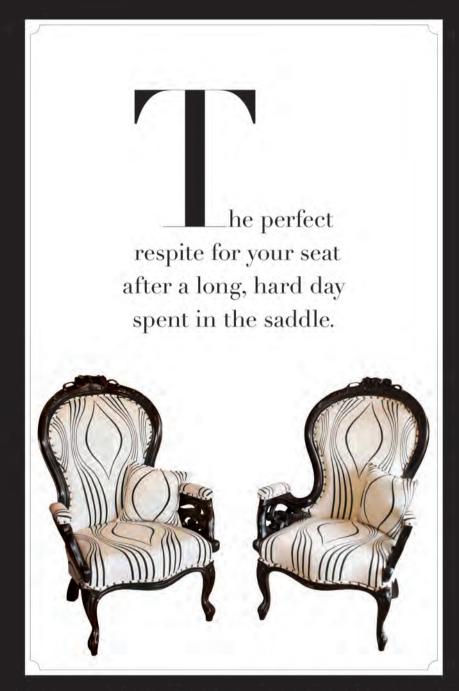


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# Passion for the DAST

PHOTOGRAPHY KEN TAN

PIETER VAN HOUTEN from **The Past Perfect Collection** discusses his love of antique colonial furniture and why he feels these pieces have enduring appeal.

### Where does your passion for furniture stem from?

During our five-year posting to India, from 2002 to 2007, my wife Marie-Hélène and I "discovered" antique colonial furniture and started collecting it for our home in Mumbai. We both left our jobs in India to pursue it full-time, and we set up a store in Singapore in 2007, now nine years ago; what began as a hobby for us turned into an exciting new career.

### How have you acquired your knowledge of antiques?

Really, through trial and error over the years. I've learned the topics to focus on, and I keep focusing on them every time I select a new piece for our collection. I think the beauty of antique colonial furniture from India lies mainly in its historical background, its uniqueness and, above all, the quality of the craftsmanship and the materials used. Born of the meeting of two different cultures, these so called Indo-European furniture pieces are elegantly sumptuous; their surfaces are often elaborately decorated with both Western and Indian ornamentation, characterised by the use of lavish materials such as ivory, tortoiseshell, horn and ebony.

### How do you ensure quality control?

Quality, while difficult to define, is an extremely important element in the value of antique furniture. Quality may be seen as a level of excellence – in the concept of the piece, in the design and in the execution.



A well-built cabinet, for example, will advertise its quality by its stability and function. The doors will open easily and the drawers will operate smoothly. The finish is clean, the colour is good, the joinery is well done, the choice of materials is sound and the scale is correct.

Quality implies attention to detail in the production of the item; it implies caring on the part of the maker and it carries a pride that shows in the finished product. Most of us know quality when we see it. It's my passion for a bygone era that inspires me to rescue these pieces of colonial heritage from obscurity.

#### Talk us through the selection and restoration process.

Quality comes first, and we personally select our antiques with great care. We work in close cooperation with professional and experienced



suppliers across India and pay special attention to the condition, rarity and origin of each piece. Some may need some restoration, which is expertly done in India by a team of dedicated craftsmen. Only genuine antiques of the highest quality are included in our collection.

Once selected, an antique from our collection typically undergoes a restoration process of stripping, repairing and sanding, before the highly skilled French polishing technique is applied. The piece is finished off with a protective layer of beeswax. The result is a gleaming treasure with a refined, matt finish that enhances and preserves the beautiful wood grain, and is smooth to the touch.

### Why do you feel antiques have such an enduring appeal?

Antique furniture is generally very well made. If it has lasted this long, it will likely withstand the daily routine of modern life. Antique items also tell a story, and it's fascinating how they are a reminder of the extravagances – and

sometimes the hardships – of another era.

Antiques retain their value remarkably well. Most, in fact, represent a good investment. That's because antiques appreciate over the years, and in today's atmosphere of conservation and sustainability, the antique is an important factor in preservation and recycling.

If you buy an object of quality and beauty, it will always be in demand, and it will be a great long-term investment that you can admire and enjoy in the meantime!



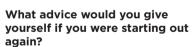
### What kinds of pieces are popular at the moment?

Collectors eagerly pursue all three Indo-European furniture categories: Indo-Portuguese, Indo-Dutch and Anglo-Indian. Portuguese and Dutch collectors continue to seek out rare pieces from their own country's colonial days, while Anglo-Indian furniture is favoured by Singaporean, British and American buyers. We also enjoy a vast Indian clientele, as during the colonial times a lot of furniture was also made for the local Indians who embraced Western influences.

### Why do Indo-European boxes and chests hold so much appeal for you?

They not only reflect an important and fascinating custom of the colonial era in India, but they demonstrate the best craftsmanship in the use of practically every decorative material and technique of that age. It is this, together with their endless variety, that makes them so attractive. They are just fascinating, and I go that extra bit to find that one, single, unique box to add to our collection.





When I started the business, it was at a time in my life when I had the chance to take risks and to be a little adventurous. After all, that is the admission fee of entrepreneurship! I've learnt how to assess the risks and move past them. In hindsight, I would've invested in commercial property.

### What job would you be doing if you weren't doing this now?

My life could well have been less exciting, and most probably I would have

continued my career in corporate law. Launching a company is an intimidating process, requiring tons of hard work, but I've never for a day regretted this drastic change in my life.

and after restoration -

satinwood and ebony chest before

### What five words would you use to describe The Past Perfect Collection?

Antique, passion, quality, service, unique.  $\epsilon a$ 

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

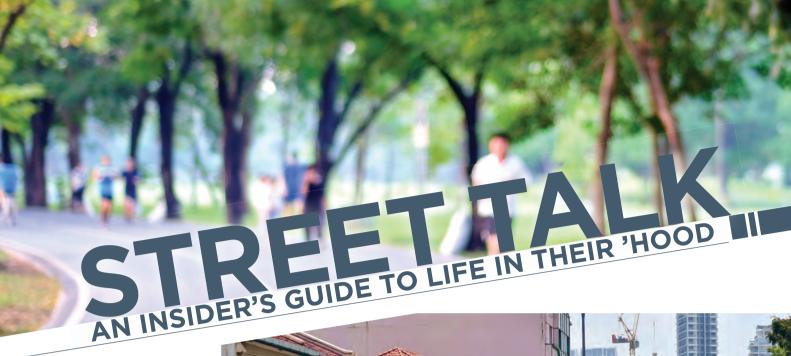


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### THE SPECIFICS

Where do you live? Minbu Road.

### Exact words you tell a taxi driver to get home?

"Minbu Road, off Mandalay Road, near Balestier."

### What's the name of your neighbourhood?

We're on the Balestier side of Novena.

### **Closest MRT station?** Novena.

How long have you lived here?

One year.

### Why here?

In a desperate attempt to be halfway between each of our workplaces, we thought this location would make our commutes a similar distance. In the end, I think both of us would prefer a shorter commute!



















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

Balestier Road, which is billed as the next Tiong Bahru (maybe).

#### The closest store to your front door is:

Balestier Road Shaw Plaza, which has a FairPrice supermarket, and possibly Singapore's grimiest cinema complex.

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

Fast and Furious 9: Singapore Drift. We've got a few tight corners around here that the taxi drivers like to take at speed.

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

Children's birthday parties: I'm all for fun and games, but when did kids' parties involve fully catered events for 30 to 40 people?

#### The unofficial uniform of vour street is:

The business suits worn by people climbing into taxis on their way to work in the city.

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

Does heading to Little India for a meal count? If so, then we are true culture vultures!

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

Spend an afternoon baking on a sun lounger next to the condo swimming pool, and then post the obligatory smug Facebook update to my freezing friends back home.

### A mandatory stop for out-of-town quests is:

The 1-Altitude and Lau Pa Sat combo usually does the trick. We head to 1-Altitude, a rooftop bar at One Raffles Place, for sunset drinks and to show off the city. Afterwards, we eat satay at Lau Pa Sat food hawker centre, which reminds guests that they are actually in Asia.

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

One of the black-and-white houses along nearby Mount Pleasant; it's a beautiful, leafy road where we often jog and daydream about our next house move.

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

That it's all condos. Balestier Road is quietly sorting itself out, with a few cafés and restaurants starting to pop up to complement the supermarkets and cinema.

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

Another impressive Southeast Asian thunderstorm!









### THE SUPERLATIVES

### Your favourite neighbourhood ioints are:

Wheeler's Yard, the hipster choice; it has an awesome setting, although it's somewhat overpriced – but then where in Singapore isn't? I'd also like to give a shout-out to Tandoori Corner, a great little Indian place that has come to my rescue on many a Sunday night!

### You won't find better local food than at:

Little India, a 15-to-20-minute walk away.

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

Whampoa Wet Market around the corner, and if you brave the crowds on a Saturday morning you can cut your weekly grocery-shopping bill in half!

### The guiltiest pleasure in your area is:

Awfully Chocolate, just outside the Novena MRT station; it calls out to me every time I walk past!

#### One thing you'd never change is:

Our condo apartment and pool – we love it here!

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

The 15-minute walk to the MRT station in the morning.

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

Build an MRT station on Balestier Road – and a nice big park nearby would be very welcome, too.

### Are there any good fitness routes you recommend?

The run around Mount Pleasant Road is a good option, and you can enjoy a lovely jog along the canal at the back of Wheeler's Yard (28 Lor Ampas) – just follow the Whampoa Park Connector all the way down the river to Kallang. However, we mostly stick to the condo pool and gym for our fitness fix!

### Why should your neighbourhood be featured in a guidebook?

Probably for nothing more than a few budget hotels along Balestier Road, though it used to be a large sugar cane plantation owned by an American called Joseph Balestier. As with most places in Singapore, the history is slowly being forgotten.  $\epsilon$ 

### WHAT'S THE WORD ON YOUR STREET?

or "old hands", we'd love our readers to get to know your neighbourhood. Help us by sending an email to contribute@expatliving.sg with "Street Talk" in the subject line Include your name and street, and we'll be in touch.

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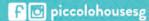
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### ARTS & LEISURE



House Near the River by Patricia Cabaleiro

**92 On the Wall:** Upcoming art exhibitions and other gallery news

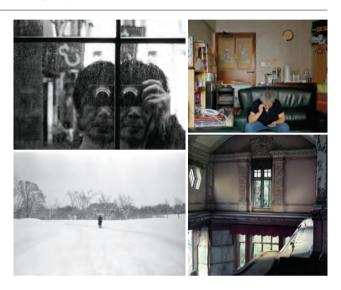
On the Stage: Theatre productions and concerts to catch this month

**102 Asian Art:** Meet some of the curators of this year's Singapore Biennale

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

### PHOTO-FEST

The fifth edition of the Singapore International Photography Festival (SIPF) is on until 13 November. More than 1,200 works by 58 photographers from 10 countries are on display in six exhibitions, at venues including Alliance Française de Singapour, DECK, Institute of Contemporary Arts Singapore at Lasalle College of the Arts, the National Library Building, The Arts House Singapore and Gillman Barracks; there's even an open-concept showcase across six MRT stations along the Downtown Line, making the works of three different photographers accessible to everyone. Taking on the theme "The Archive", this year's festival explores the role of contemporary photography in society, and considers the acute shifts in the boundaries of photography in the wake of technological advancements. Festival passes are \$50 at deck.bigcartel.com. For more details, visit **sipf.sg**.



### **COLONIAL CREATIONS**

Organised in association with Tate Britain, National Gallery Singapore's second international exhibition debuts this month, exploring the different ways in which the British Empire has been represented and contested through art. Artist and Empire: (En)Countering Colonial Legacies examines art produced for the British Empire from a contemporary perspective, and features viewpoints from Southeast Asia. The exhibition, which presents around 200 works from the 16th century to the present day, also takes a look at the rise of modern art in former colonies such as Singapore, with a special focus on Sir Stamford Raffles. See it from 6 October to 26 March 2017 at National Gallery Singapore. nationalgallery.sg



### Coming up



### ART FOR ALL

The always-popular Affordable Art Fair returns to the F1 Pit Building (1 Republic Boulevard) from 18 to 20 November, giving art lovers the chance to get their hands on contemporary pieces from over 80 local and international galleries, all priced from \$100 to \$10,000 - with 75 percent of the works under \$7,500. As usual, gallery experts will be on hand to offer advice and educational guidance to both newbie and seasoned art collectors alike. For more details, visit affordableartfair.com/singapore.



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### A Way to Art-iculate

A work of art can be a great memento as well as a meaningful expression of our deepest thoughts and sentiments. We asked four readers to tell us about their favourite purchases.

### Zinola Moodley, South African

My husband and I saw The Blue Nightingale at Deborah McKellar's studio during one of her open-house days, and we immediately knew it would be a great addition to our home – plus, it's in my husband's favourite colour. A mix of traditionally Singaporean and abstract tones and patterns, the artwork is bold and bright, and features silkscreen printing, watercolours and stitch-work on canvas; the subject is a shophouse on McNair Road, I believe.

We hung The Blue Nightingale on the largest wall in our home, where everyone can see it when they enter; it adds colour and brightness to the room. We have two other artworks by Deborah as well – one in a similar style, the other an oil painting. Our other silkscreen piece is something unique to us, as it was custom-made with a mix of South African and Singaporean elements.

The collection at Talking Textiles is beautiful, incorporating elements of traditional Singapore with stunning patterns and colours. I would definitely buy from them again. Our home might start looking like a gallery soon!

I feel that a piece of art tells a story that resonates with you. It is something that you will keep for the rest of your life; so be sure that you love it, and enjoy it each day.





### Katy Ferrarone, American

Andrea, the owner of C+S Art, created this graphic piece with a text layout of my choosing. I bought it as a 10th wedding anniversary present for my husband. We have lived in three countries since we were married ten years ago, and I thought it would be a beautiful way to commemorate our lives together so far. It was a Valentine of sorts, including the places that are most special to us – from the church we were married in to our three sons' names and birthdays.

This was not my first art purchase in Singapore, but it was certainly the first of this kind. The works my husband and I had purchased together were mostly investments; this was more of a fun and emotional buy. We like to play around with where we hang this piece. Sometimes we have it in our family room, but we often move it to our living room.

At C+S Art, the emphasis is on fun works, tailor-made for each customer. Andrea worked with me to create exactly what we wanted, and my husband loved it. I will buy from them again; in fact, I'm thinking of getting a red canvas for our sons' bedroom, listing their favourites.

Keep your eyes and ears peeled for happenings in Singapore's art world, including the many expat artists doing great work here. When choosing art for your home, simply go with your gut and you won't be disappointed.

C+S Art Prints 9146 0872 | csartprints.com



### Kathrin Schmiele, German

I generally like the colourful, fresh and positive artwork of Patricia Cabaleiro, and saw this abstract painting during a visit to her studio. Though it was uncompleted, the vivid composition of the circles and choice of colours attracted me. I learnt that it belonged to a series, The Power Within Us, and Patricia invited me to finish the painting by incorporating my thoughts and ideas. I hesitated at first, not wanting to place my hand on her creation. However, after brainstorming, I felt confident enough to add four orange and red circles, representing the four members in my family. I also added two circles in the middle, depicting our two boys, who are the centre of our lives. Thereafter, I placed two more circles at the edges, representing my husband and me watching our boys grow up from a distance, respecting their personal decisions but being close enough to provide support.

The painting hangs in our living room, where we spend most of our time. We can see and enjoy it every day, and it reminds us of the importance of our family's unity.

Patricia's artwork celebrates the joy of life. In her series, she expresses herself through different media and genres. Her style is impressionistic, and that is the secret of her success.

Cabaleiro Atelier & Art School Westbourne Road, The Wessex Estate, #01-02 Block 5 9620 4997 | cabaleiroartschool.com

### Steve Depp, American

I bought this painting by Gnana at the Affordable Art Fair. It is about two metres by two metres, and portrays a woman with very large eyes. Over time, I have come to know and appreciate her imperfections. The colours are saturated, and I've been surprised to continually discover new insights about Gnana's use of colour in this painting, even though it has hung in my room for five years.

Gnana has a unique technique, and his works speak to me differently than other artists. I walked past this particular piece initially, but then couldn't pull myself away, coming back to speak to Gnana several times over the next hour. He didn't try to 'sell' it to me. The work was simply magnetic, and every time I walked away, I wanted to go back. Even now, I am always seeing something different in the painting.



The Gallery of Gnani Arts #02-02A Golden Wheel Building, 41 Kallang Pudding Road 6735 3550 | gnaniarts.com &

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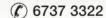


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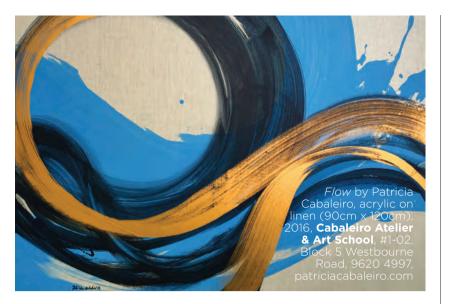
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From oil and watercolour paintings to mixed media and 3D works, there's a vast range of artworks available here in Singapore. Here's a selection of noteworthy pieces from some of our favourite galleries.





Paris, ND by Studio 30, mixed media (90cm x 120cm), 2016, **11.12 Gallery**, #01-02, Wisma Atria, 435 Orchard Road, 9758 6804, 11-12.gallery











Chinese Checkers by Deborah McKellar, silkscreen printing, acrylic painting and stitch-work on canvas (50cm x 50 cm), 2016, **Talking Textiles**, 203D Lavender Street, 9107 4409, talkingtextiles.asia



Celebration by Kalicharan Gupta, acrylic on canvas (91cmx84cm), **Fiidaa Art**, 9100 8495, fiidaaart.com



Marine House by Jim Farrant, oil (63cm x 68cm), 2015, **Affordable Art Fair**, 74 Duxton Road, affordableartfair.com/singapore



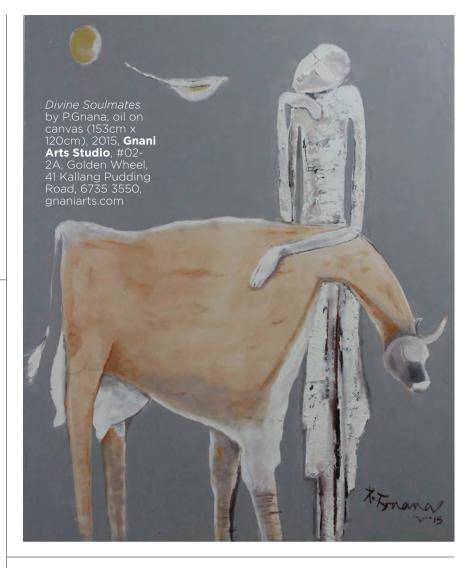
Singapore Map, custom size on 100 percent museum-grade cotton canvas stretched on a heavy wooden frame, **C+S Art Prints**, csartprints.com



Gold Metallic Birds, oil painting (60cm x 60cm), **Taylor B**, 43 Keppel Road, taylorbdesign.com



Brasil Parrot, oil painting (120cm x 120cm), **Taylor B**, 43 Keppel Road, taylorbdesign.com



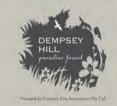


Kuskus by Jimmy Kenny Thaiday, ghost nets and twine over mesh frame (80cm  $\times$  35cm  $\times$  20cm), 2016, **ReDot Fine Art Gallery**, #01-08, Old Hill Street Police Station, 140 Hill Street, 6222 1039, redotgallery.com



### LOEWEN by Dempsey Hill

Sanctuary for the family



Draped in luxuriant greenery, Loewen by Dempsey Hill is a unique lifestyle destination for the family. Loewen Road was once the site of a military hospital serving British soldiers at the old Tanglin Barracks. Built more than 145 years ago, the heritage buildings have been restored to evoke a rustic charm. Now, Loewen by Dempsey Hill boasts a mix of tenants not found elsewhere.

Swing by and transform any day into a learning adventure! Keep curious minds occupied at **Between Two Trees Early Learning School** or **Little Mandarins Language Centre**. You can also find out more about the integrated special classes conducted by **Melbourne Specialist International School**.

Lush and peaceful, the surroundings at Loewen always inspire visitors to try something new. From the art of artisanal chocolate making at **ANJALICHOCOLAT** to creative art jamming and pottery at **Impressions Art Studio**, you will be spoilt for choice when it comes to fun activities.

Enjoy a soothing massage or a delicious brunch while the kids explore the play ateliers at **Tanderra**, a relaxing family club retreat. The young ones will love **Alpha Gen**, which offers energetic gymnastic classes for active kids.

When it gets too hot, dive into a mermaid swim class at **SWISH! Swimming** or book a spa treatment and fresh makeover at beauty and hair ateliers **Trimmings & Spa**.

Looking to add some character to your favourite room? Art lovers must stop by at **Billkey Art** to bring home some unique pieces for the home.

While you are in the vicinity, visit **The Wagington Luxury Pet Hotel & Resorts**. They will keep Fido safe when you go on your next family vacation!

Don't go home too early! Make time for a sumptuous authentic Korean dinner at the ever-popular **Chang Korean BBQ**.

Come to Loewen by Dempsey Hill for a well-deserved breather; you don't need an excuse to spend more time with your family.

Visit www.dempseyhill.com for more information.

















than 50 artists from countries across the region. including Singapore, China, India, Indonesia, Japan, Malaysia, the Philippines, Sri Lanka, Thailand and Vietnam. Held over four months, the event will draw on artistic viewpoints that trace the relationships within and beyond the region, and reflect on shared histories and current realities. We asked Singapore Art Museum (SAM) curator LOUIS HO what we can look forward to.



### What kinds of works are we likely to see at SB 2016?

The works will encompass an array of media, and will reflect the cutting-edge character of art. Expect installations and video works, as well as sound art and performances. Chua Chuyia of Malaysia, for instance, will be knitting a full-length garment from strands of leek – yes, the vegetable.

### Are there any up-and-coming artists we should look out for?

I'll name just a few: Singapore's Fyerool Darma and Melissa Tan, Malaysian Tan Zihao, Faizal Hamdan from Brunei and Nguyen Phuong Linh from Vietnam, as well as Filipino Ryan Villamael and Pannaphan Yotmani from Thailand.

#### Where will this year's exhibition be held?

SB 2016 will be anchored at the Singapore Art Museum on Bras Basah Road and Queen Street. Other venues include the Peranakan Museum, the Asian Civilisations Museum and the National Museum of Singapore.

community in Singapore.

The Affiliate Projects are organised and developed by other art institutions, and correspond with the Biennale theme. They include exhibitions by DECK and the Institute of Contemporary Arts (ICA) Singapore, Lasalle College of the Arts.

DECK is an independent photography art space that will present two exhibitions: *The Natural History* of an Island by Robert Zhao Renhui and Hanging Heavy on My Eyes by Ang Song Nian. Both artists explore how humans have altered, manipulated and intervened in landscapes and other natural spaces.

The World Precedes the Eye by the ICA Singapore, and curated by Bala Starr, Silke Schmickl and Melanie Pocock, is about how we picture the world and ourselves. It will be complemented by Black-hut by Boedi Widjaja, which brings together architecture, modernism, memory and place.

### What do you think will stand out most at this year's SB, compared with previous editions?

One key difference would be the geo-historical focus. The 2013 edition focused almost exclusively on Southeast Asia, while the 2016 edition goes beyond the region to include South Asia and East Asia.

For SB 2016, we are looking at the relationships between and among us as countries and cultures. We also build on the relationships, scholarship and research forged in SB 2013, and continue to evolve them. Et

SB 2016 takes place from 27 October 2016 to 26 February 2017. Tickets are available through Sistic and at the Singapore Art Museum. 6589 9580 | singaporebiennale.org

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technology, our Studio is one of the best-equipped school design departments in the region today.

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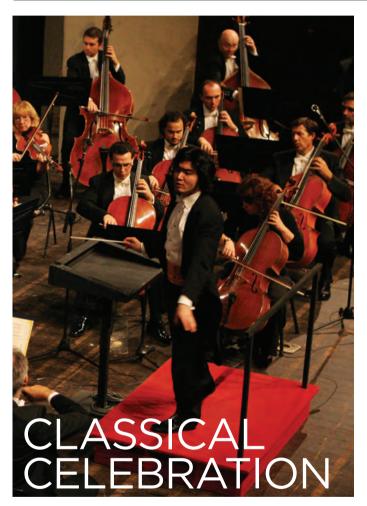






# STAGE

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



The Singapore International Festival of Music (SIFOM) is back for its second edition, from 13 to 30 October. Dedicated to classical music, SIFOM provides a platform for Singapore's best young professional classical musicians, pairing them with international artists to perform chamber and orchestral music. This year's theme, "Myths and Legends", will explore music inspired by folklore and fairy tales. Highlights include Ravel's *Mother Goose* and Rimsky-Korsakov's *Scheherazade* performed by members of the Chamber Orchestra of Europe and the Festival Orchestra, plus performances by Norway's Ensemble 1B1, and international opera stars Li Ao and Vasilisa Berzhanskaya, among others. There will be 13 main concerts at the Victoria Concert Hall and The Arts House, plus an array of fringe events across the island. For the full line-up, visit sifom-sg.com. Tickets from Sistic.

### AN ICON RETURNS

On 15 October, English singer-songwriter **Morrissey** returns to Singapore for the first time since 2012 for a one-night-only concert at Marina Barrage.

The iconic frontman of The Smiths, Morrissey is widely credited as a key figure in the emergence of indie rock and Britpop, launching a super-successful solo career



after the group disbanded. His most recent release, World Peace is None of Your Business, was among the more critically acclaimed records of 2014. Tickets from Sistic. lamcproductions.com

### CONTEMPORARY CREATIONS



From 28 to 30 October, Singapore Dance Theatre (SDT) presents its contemporary season, Passages, which includes new works by resident choreographer

of the Australian Ballet, Timothy Harbour, and Singaporean choreographer Christina Chan, as well as dance creations by Natalie Weir and Edmund Stripe. See it at the Esplanade Theatre Studio. Tickets from Sistic. singaporedancetheatre.com

### HARD & HEAVY

On 21 October, the German heavy metal band **Scorpions** hits our shores for its 50th Anniversary Tour, featuring

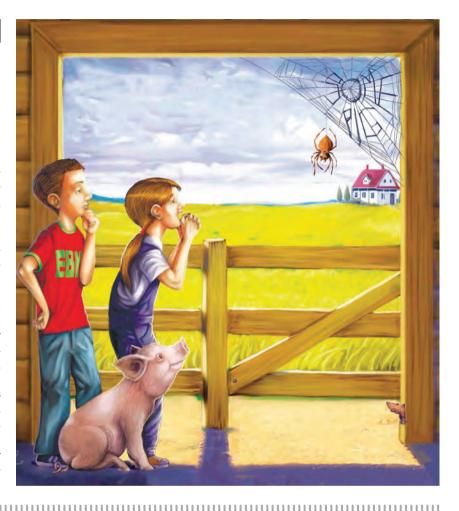


long-time band members Klaus Meine, Rudolf Schenker and Matthias Jabs, alongside Mikkey Dee on drums and Pawel Maciwoda on bass. Founded in Hanover, West Germany in 1965, the Scorpions were part of the first wave of metal in the 1970s; top singles include "Rock You Like a Hurricane", "No One Like You", "Send Me an Angel" and "Winds of Change". They'll be rocking out at the Singapore Convention & Exhibition Centre. Tickets from Sistic. lamcproductions.com

### FOR KIDS

### A TALE OF TRUE FRIENDSHIP

Starting this month, little ones can enjoy getting tangled up in the classic story of Charlotte's Web, about a pig named Wilbur and his spider friend, Charlotte. Named by The Children's Literature Association as "the best American children's book of the past two hundred years", Charlotte's Web is especially loved for its heart-warming theme of friendship. To keep Wilbur from being sent to the butcher, Charlotte proves to be a true friend by coming to his rescue, using her web-spinning skills to weave messages that praise Wilbur and make him treasured by the farmer and his family. Singapore audiences can experience this stage adaptation - which was written by Tony Award-nominated playwright Joseph Robinette in collaboration with the author of the original book, E.B. White from 28 October to 11 December at KC Arts Centre – Home of SRT. srt.com.sg



### **BALLET IN BRIEF**

As a lead-up to its production of *The Nutcracker* in November, Singapore Dance Theatre is presenting a condensed version of the classic that's especially for youngsters. The one-hour show, *Introduction to The Nutcracker*, introduces young audiences to the beloved ballet and its well-loved characters Clara, the Snow Queen, the Sugar Plum Fairy and her Cavalier. Kiddos can come dressed as their favourite characters, and there will be an opportunity for a meet-and-greet with the cast after the show. See it on 8 October at Esplanade Concert Hall. Tickets from Sistic. **esplanade.com** 



### **DEFINITELY NOT FOR KIDS!**

### NO DAY BUT TODAY

This month, Pangdemonium presents the much-loved, modern classic *RENT*, in celebration of the Tony Awardwinning show's 20th year. Filled with catchy music ("Seasons of Love", "Out Tonight", and the list goes on) and memorable characters (struggling filmmaker, doomed musician, disillusioned tech wizard, drag queen with a heart of gold, and more), *RENT* tells the story of a group of friends who face a future of uncertainty and fear, filled with social and political unrest, poverty, drug abuse, prejudice, and HIV and AIDS. See it from 7 to 23 October at Drama Centre Theatre. Tickets from Sistic. pangdemonium.com





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

### **BIG SCREEN**



### AMERICAN PASTORAL

Based on the Pulitzer Prize-winning novel, *American Pastoral* follows a family across several decades, as their idyllic existence is shattered by social and political turmoil. Ewan McGregor stars as a oncelegendary high school athlete who is now a successful businessman married to a former beauty queen (Jennifer Connelly). But his seemingly perfect life falls apart when the political affiliation of his daughter (Dakota Fanning) threatens to destroy their family. Opens 27 October at Cathay Cineplexes.

### SURREALIST CINEMA

Taking on the theme of Surrealism, Perspectives Film Festival – organised by students from Nanyang Technological University (NTU) and supported by the National Museum of Singapore – is back for its ninth edition from 27 to 30 October. It features a selection of award-winning international films that aim to



jolt viewers out of their comfort zones by illuminating the outlandish and perplexing imagery of the unconscious mind. Screened at The Projector on Beach Road and Gallery Theatre at National Museum Singapore, this year's films include *Eraserhead* (US, 1977), *The Dance of Reality* (Chile, 2013), *Endless Poetry* (Chile, 2016), *Fantastic Planet* (France, 1973), *Daisies* (Czechoslovakia, 1966), *The Taste of Tea* (Japan, 2004) and Terry Gilliam's *Brazil* (UK, 1985). For more information, visit **facebook.com/perspectivesff**.

### **ONLINE OBSERVATIONS**



In his latest documentary, *Lo and Behold: Reveries of the Connected World*, renowned German filmmaker Werner Herzog turns his attention to the digital world, giving viewers a playful yet chilling examination of our rapidly interconnecting online lives. Featuring

interviews with heavy-hitters of the technology sphere, the 90-minute film explores the effects of the Internet Age over 10 different chapters. The movie is currently being screened as part of ArtScience on Screen, an ArtScience Museum programme aimed at exploring the intersection of art and science through film. Free admission. For screening times and more information, visit marinabaysands.com/artsciencemuseum.



### SMALL SCREEN

### WESTWORLD

Inspired by the 1973 movie, HBO's new original series *Westworld* is a dark odyssey to the dawn of artificial consciousness and the future of sin. With an all-star cast that includes Anthony Hopkins, Evan Rachel Wood, Ed Harris, Thandie Newton and James Marsden, the drama, set at the intersection of the near future and the reimagined past, explores a world in which every human appetite, no matter how honourable or immoral, can be indulged. Premieres 3 October at 9am with a same-day encore at 9pm on HBO (StarHub TV Channel 601).





Watch my video at www.hwa.edu.sq

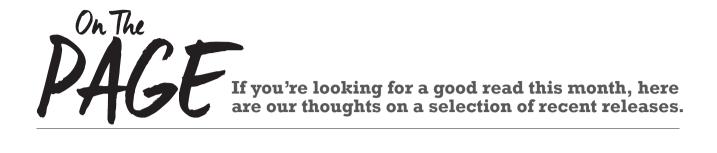


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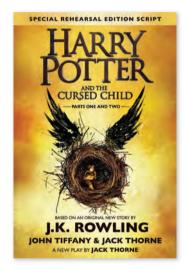


### Harry Potter and the Cursed Child

Little Brown | 343 pages

It's been five years since I was last immersed in J.K. Rowling's masterful world of Harry Potter, so I was looking forward to reading any addition to the story. This book is a play based on an original new story by Rowling, Jack Thorne and John Tiffany, and it's set 19 years after the events of Harry Potter and the Deathly Hallows.

Harry now has three kids with Ginny Weasley – Albus, James and Lily – and is a rather overworked employee of the Ministry



of Magic. The plotline focuses on Harry's youngest son, Albus, who struggles with the weight of his father's legacy.

One of the main things to get used to is the play format. I liked the fact that you can follow the action from multiple perspectives, rather than just Harry's, like in the books; however, I did miss the "storytelling" element that Rowling became so sophisticated at, especially towards the end of the novel series. That said, I still felt the authentic personalities of each character came through in the dialogue, and there are some comical parts that genuinely made me laugh.

Without giving the full plot away, the play has a very different vibe from the novel. It's more mature and more character-driven, and it feels less magical. Much of it centres on the conflicted relationship between Harry and Albus, an aspect that has definitely left some fans disappointed and feeling that something is lacking – a quick search of reviews across the web will show you evidence of this.

Personally, I felt it was a nice, quick read (I devoured it in two hours) and it's a welcome addition to the beautiful world Rowling has created. It also carries a very modern, human message — about accepting our darker sides, and struggling with our past when it collides with our present.

- Susannah Jaffer

### THE POTTER PANEL

We asked three teenaged Potter fans for their thoughts on *Harry Potter and the Cursed Child*.

### Did you like the fact that the book is in a play format?

"Yes, I think it means you have to read it more thoroughly and carefully so you don't miss any part of it. You also get a view from every character's perspective, not just Harry's, like in the first seven books." – *Hana Rossi*, 14

#### Do you think other children will like it?

"Yes, because of the great plot, which is action-packed with loads of excitement."

- Hana

#### Is Hermione Granger in this book?

"Yes, she plays a very strong female role model, but unfortunately her role in this story felt a bit too reliant on her romantic relationship with Ron Weasley." – *Jerica Rossi*, 12

#### What were your overall thoughts about it?

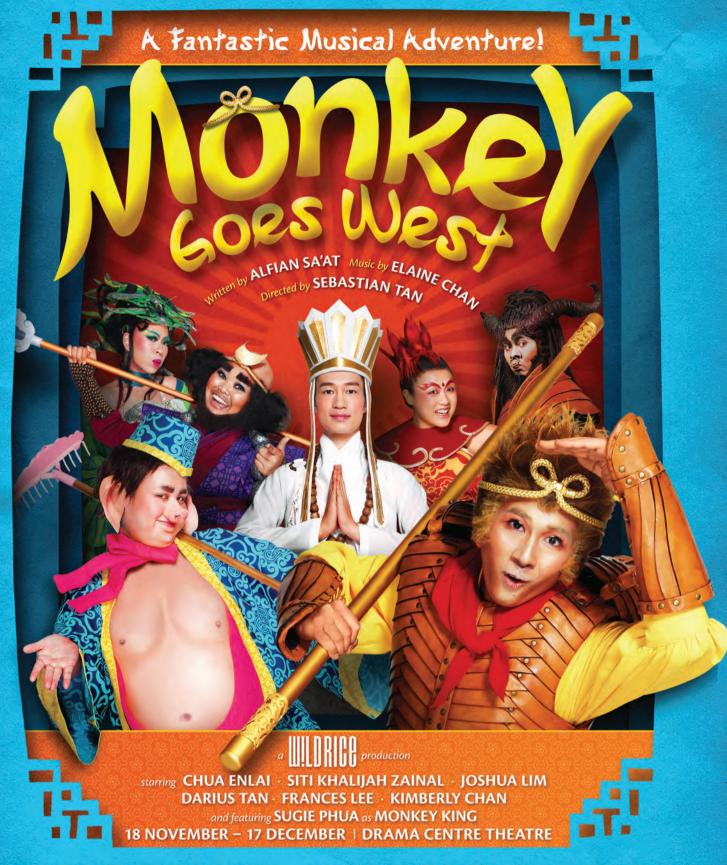
"I liked the book because Albus isn't perfect, unlike Harry; Albus is in Slytherin, and he doesn't see the bigger, better picture, but he has a good heart. He is also very easy to relate to. The plot was more confusing than the other books, but interesting with lots of twists; however, it didn't wrap up as smoothly as the others." – *Jerica* 

#### Do you think Harry is a good parent?

"Yes, he is, but love often blinded him. Growing up as an orphan meant he didn't really know how to be a father and sometimes he didn't know what was best for his children." – *Greta Roberts*, 13

#### Any tips on how to approach this new book?

"Read the other books first to understand the relationships between the characters, and to help you understand the story, as the contextual information is important." – *Greta* 



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### Baby and a Blonde Victoria Wells

127 pages



Written by British expat and first-time mother Victoria Wells, this encouraging guide aims to help new mums arrive at a happier and healthier place post-birth. Though it reads more like a blog (many sentences ending in exclamation marks, and a few typos here and there), it's motivational no less – in fact, its casual tone is refreshing.

Victoria reminds new mums like me that we're all going through the same thing, from hormones and acne to mummy tummies and other physical changes, not to mention "baby brain", and the importance of taking deep breaths. (One chapter is titled "How Not to Lose Your  $Sh^*t$ ".)

The three sections – Beauty, Body and Mind – are scattered with humour and relatable anecdotes, and offer various beauty hacks (Sudocrem for facial breakouts!), dressing-for-your-body tips, and various things Victoria has researched or learnt through trial and error along the way. She doesn't claim to be an expert, and the book is unapologetic in suggesting that new mums should not only be the best mothers they can be, but the best women, too, whether that's by feeling pretty thanks to a great skincare regimen or going to Pilates once a week.

If you're a new mummy, you'll likely enjoy this super-quick read; it's a great "you can do this!" motivator if you're new to dealing with everything that comes with having a brand new bub at home, all while trying to stay confident about yourself – and sane.

- Amy Greenburg

# What are you reading?



Chloe Sasson, Australian

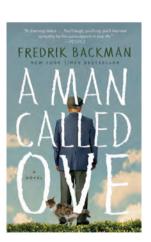
A Man Called Ove Fredrik Backman

#### Genre? Fiction

**How did you get hold of it?** This was one of the top novels recommended from my old book club back in Sydney. Since the public library system in Singapore is so great, I was able to reserve and pick up a copy very easily.

How far have you got? Finished.

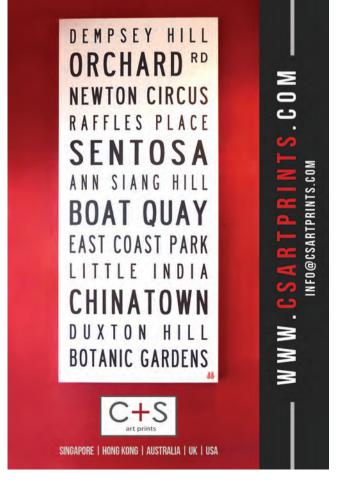
**What did you think of it?** This is the type of book that you just want to take a moment and hug. Fans of *The Rosie Project* will especially enjoy this feel-good novel based around grumpy old Ove and how he warms his way into the lives of others.



To tell us what's piled up on your bedside table, or what you've recently downloaded to your Kindle, dash off an email to editorial@expatliving.sg. It won't take long!









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# LIFE & FAMILY



Happy Tails

**131 Big Day Out:** Where do preschoolers go on excursion?

143
Expert Advice: How to pay for your child's education

**144 Game, Set, Match:** The face behind the WTA Finals

# What's New



Wooden ABC buggy by Janod at Naiise. naiise.com/collections/kids

### Outdoor Play

Editor's Pick! Are the kids driving you crazy with their boundless energy? Let them loose to explore the massive new **Marine Cove**, a children's playground at East Coast Park. The action centres on a three-storey play tower, three slides and a rope bridge – all constructed in kid-friendly materials. The playground has several food outlets and is close to car parks C2 and C3. ECP Service Road.



### Holiday Fun & Games

Serious about fun *and* sport? The passionate, positive and professional coaches at **Sports Camps Australia** can help your child become a better player and a more inspired athlete across a range of sports. School holiday camps offer the perfect environment to improve skills, meet new friends and have a lot of fun! 6348 6390 | sportscampsaustralia.com. au/international/singapore v



### **Bilingual Babes**

Kids can experience Mandarin in a fun, hands-on learning environment at the various holiday camps run by **Little Mandarins**. "Lights, Camera, Action!" will see campers getting into character and bringing stories to life; "Who Did It?" will send them looking for clues and solving mysteries; and "What's Cooking!" will make them dab hands in the kitchen. Suitable for ages four to nine years, the camps run from this month. #01-03/04 Block 71, Loewen Road. 6473 8377 | little-mandarins.com







Children begin loosing baby teeth at age 6.

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

Has your child been screened yet?

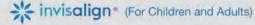




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### **Pregnancy Safe Insect Repellent**

Concerned about Zika? **Skin Technology** is a new generation insect repellent containing Picaridin, a non-toxic alternative to DEET and suitable for use during pregnancy and breastfeeding. NZ\$23.50. Available online at **skintechnology.co.nz**.



### Laying Down the Law

Starting a business and require legal assistance? Consilium Law Corporation has launched a new service for small and medium enterprise owners, specifically to advise, equip and assist them to draft enforceable, easy-to-read contracts and commercial documents for common business arrangements. The aim is to empower business owners to navigate the legal and commercial landscape without incurring exorbitant legal fees. #16-02 Shaw Centre, 1 Scotts Road. 6235 2700 | consiliumlaw.com.sg •



### **Hot Heels**

The launch of **The Shoe Co**'s new mobile-friendly website and online store is sure to make shopping for new shoes a lot easier – and more enjoyable! Not only can you buy online (including the popular Ascent school shoes), but you can also stay up-to-date with promotions and new brands and styles. #02-36/37 Tanglin Mall and #03-02/03 Great World City.



### Can You Help?

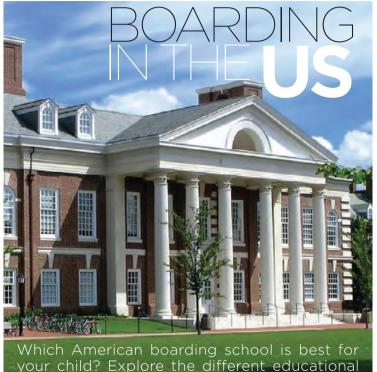
Sanctuary Care fostering service provides low-income parents with free, short-term childcare to assist them during a family crisis or illness. Foster parents are needed to help care for children, including newborns; potential carers should be committed to

providing a caring and safe environment for a child in need. Call 9817 0588 or email sanctuarycare@boystown.org.sg to find out more.

The women's organisation AWARE needs volunteer lawyers to staff its free, twice-monthly family law legal clinic that provides advice to women experiencing family violence, divorce or custody issues. Ideally, lawyers should commit to volunteer at least four clinics a year. aware.org.sg



Foster parents
Ms Chitra and
Mr Sivakumar
with their
daughter
Jayani
and their
foster child



your child? Explore the different educational opportunities at the US Boarding School **Exhibition** on 6 November, when admissions officers from 16 prestigious schools will be in Singapore to discuss education and boarding. 2pm to 5pm, Shangri-La Hotel, 22 Orange Grove Road. Pre-register online at virginiabush.com or contact jbe@virginiabush.com.





### **Get Moving**

A new sports programme at Alphabet Playhouse introduces children aged 18 months to six years to the concepts and skills of sports like soccer, tennis, baseball and basketball. This US programme helps develop gross motor skills and coordination, physical strength and stamina, as well as teamwork. Book a personalised school tour and consultation to learn more about Alphabet's comprehensive curriculum. 6653 8083 | alphabetplayhouse.com.sg

#### A New Face

White Lodge welcomes the appointment of Michelle Hatfield as the new Head of Schools. Her experience, both here and abroad, with the UK curriculum and Reggio Emilia approach, is sure to enhance White



Lodge's unique curriculum and add to the academic and personal learning experiences of the students. 6255 4230 | whitelodge.edu.sg A



### **Conscious Living**

Want to do more good in the world? You'll find ideas and inspiration at Green is the New Black, a oneday festival for people who want to improve the way they live, work and consume. Hear inspiring talks from 18 local and international speakers about ethical fashion, social justice and green architecture; attend interactive workshops, including ones on urban farming and yoga; eat healthy food from mindful and environmentally conscious brands; and enjoy music from local artists and buskers. 22 October, 9am to 9pm. Hotel Jen Tanglin, 1A Cuscaden Road. greenisthenewblack.asia





### No Waste in Nature

Waste generation is a modern evil: synthetic materials plus increasing consumption equals a growing waste problem. Globally, just five percent of waste is recycled. Where's the rest? A quarter of it ends up in the delightfully named Great Pacific Garbage Patch or the North Atlantic Garbage Patch, where marine debris accumulates in a gyre caused by persistently rotating ocean currents. The other 70 percent or so is in landfills. Plastic: not so fantastic.

### **Green Business**

When we asked John Hardy from **Green School Bali** (read his story next month) to nominate examples of innovative technologies that are making a positive environmental impact in Southeast Asia, he came up with two companies that he feels deserve some attention.

- **#1** Enviropallets (enviropallets.co.id) uses a process called thermofusion to convert 15kg of unwanted plastic bags into one reusable shipping pallet. The patented technology was invented by a New Zealand businessman and has a double benefit: it not only removes plastic from the natural environment, but it also decreases the demand for timber. The company operates a manufacturing plant in Bali.
- **#2** Vending machines that dispense cool drinks in aluminium cans and plastic bottles are no novelty, but what about a machine that dispenses a reward in return for depositing an empty bottle or can? Bali is one country where this new technology is being tested; people who deposit empty bottles receive vouchers in return for their good deeds. The automatic machines collected between 500 and 800 bottles in just one day during the pilot project run by Macau based-company **AsiaPura**.



# On The Road

What's turning heads in car showrooms this month?



### **Classic Twist**

Jaguar recently launched its first luxury SUV, and it's something to – pardon the pun – purr about. The F-PACE is Jaguar through and through – think exceptional performance, handling and luxury. No wonder it's billed as "the ultimate practical sports car". A performance crossover with the DNA of a sports car, the F-PACE comes with either a 2.0-litre, four-cylinder turbo diesel engine or a 3.0-litre V6 petrol engine. Launch price: \$245,999, with five years of servicing. Wearnes, 45 Leng Kee Road. jaguar.com.sg ◀

### Happy in a Hyundai

The 30-year anniversary celebrations at **Komoco Motors** in August sparked fond memories of the zippy Excel hatchback – the first Hyundai model sold in Singapore, back in 1986. Three decades on, both Hyundai and Komoco are going strong, with new releases of the Elantra and Tucson now ready to drive. Both vehicles won the prestigious 2016 iF Design Award for their outstanding design. The Elantra has a contemporary and sporty feel and offers quality at a reasonable price. A compact SUV, the well-known Tucson has a bold and dynamic design with distinctive LED headlamps. Vehicle finance starts from as low as \$1,500 a month. 253 Alexandra Road, #01-01. **komoco.com.sg** 



### Heading to Malaysia

If you frequently drive to Johor Bahru for the day, or head to other parts of Malaysia for weekend trips, take note that all Singapore-or foreign-registered cars now need a Vehicle Entry Permit (VEP) to cross into Malaysia. The VEP came into effect in July and must be renewed every five years. To register, create an account at jpj.gov.my/vep.



Room for a Crowd

Safety and comfort are key features in the newly released seven-seater **Kia Carens**. Kia's new-generation cars have consistently achieved five stars in the Euro NCAP Safety Ratings. While people-movers are not usually synonymous with stylish good looks, it could be time to look again at this compact MPV. Designed for the active modern family, the Carens is creatively laid out with generous interior space and clever additions: we like the cooling function in the large glovebox! Cycle & Carriage, 239 Alexandra Road. **kia.com/sg** 



### Hassle-free car rentals and leasing with Hyundai - No COE, no heavy down payment and no monthly instalments.

- Unlimited mileage
- · Road tax and insurance coverage
- · Wear and tear maintenance
- · Free replacement car during servicing
- 24-hour technical and emergency assistance

The fact is, moving to a new country presents a lot of challenges - a car shouldn't be one. After all, you require a car to drive, not to worry over regular niggles like COE, monthly payment and reliability. At Hyundai, we provide Wear and Tear maintenance and a free replacement car when your car is being serviced. It's just some of the conveniences you'll enjoy when you choose Hyundai to partner your beautiful new journey in life.

KOMOKO CAR RENTALS PTE, LTD. 253 Alexandra Road Tel: 6475 0908

253 Alexandra Road Tel: 6475 090 Email: carrental@komoco.com.sg



### NOTICE BOARD

### FAMILY NEWS



Expat Living's Jess Smit and husband Paul are delighted to announce the arrival of **Thomas Nicholas Owen** on 17 June, a little brother to Benjamin, Rosie and Elsa.



Alexandra Kaelyn Mathews arrived on 14 March to happy parents Nikki and Paul.



Mark and Czarina Sanchez welcomed their first daughter, **Luntian**, on 12 August.

### JUST HAD A BABY? NEWLY MARRIED? RECENTLY ENGAGED?

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





### **CONGRATULATIONS**

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



### Family, Paediatric & Travel Medicine



# **East Coast Clinic NOW OPEN!**

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

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

Operating hours are:

Monday to Friday 9:00am - 5:30pm and Saturday 9am - 1pm

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





# A treasure trove for the entire family







clothes – partyware – décor crockery – stationery

70 high-end brands high quality items - toys

Tanglin Mall

163 Tanglin Road #03-08A Singapore 247909 +65 6735 0884

### PasarBella

200 Turf Club Road #02-06/K45 in PasarBella Market Singapore 287994 +65 6464 9207

www.thechildrensshowcase.com









Put Together A Party

Everything you need to know to pull together your own spooky Halloween party – for kids and adults!





### Where to buy or rent costumes

### **WEST**

A visit to **Costume City** is your chance to transform into a superhero: Batman, Spiderman, Wonder Woman or even The Incredible Hulk. Rentals from \$90. #09-03 Henderson Industrial Park. 6270 1722 | mycostumecity.com

### **P** CENTRAL

Don't want to splash the cash? Costume rentals at **Costumes and Mascots** start from \$50 for three days. 806 North Bridge Road. 6299 0882

There's plenty for everyone at **Costumes 'N' Parties** including vampire, witch and zombie costumes for grownups, and bumblebee, shark and superhero outfits for kids up to 10 years old. 73 Kampong Bahru, #01-01. 6224 8742 | costumes-n-parties.com

**Global Mascot** is crammed with costumes and props – there's something for everyone. 114 Lavender Street, #01-55/56 CT Hub 2. 6392 2792 | globalmascot.com

### **₽** EAST

At **Moephosis**, choose from 20,000 rental costumes, with costume ambassadors on hand to help create the perfect look. Costumes can also be made to measure. 84 Joo Chiat Road. 6345 8731

### **NORTH**

**Awesome Costumes** creates customised handmade costumes, and offers rentals starting from \$60. 3 Pemimpin Drive, #03-04E. 9796 0776

Number 1 Costume Costume has over 50,000 costumes and 4,000 accessories for movie heroes, villains and more. Rentals start at \$60 for a standard costume, and accessories from \$10.#02-00 General Magnetics Building, 625 Lorong 4 Toa Payoh. 6333 9440 | number1costumecostume.com.sg

### 2

### Where to buy party products

As well as at Giant, Cold Storage and FairPrice supermarkets, you'll find supplies at:

**▶ Bug's Party:** If you don't have the time to go to a store, then check out Bug's Party online. The website offers an extensive range of Halloween props with well-priced shipping. bugsparty.com

♣ Chin Giap Soon Trading: This spot is well known to party planners and event organisers as a place for buying party supplies in bulk. #05-06 The Verge, 2 Serangoon Road. 6297 0075

**Daiso:** How can you argue with a store where everything is \$2? That includes decorations, pumpkin treat-holders, and an array of toys to give to kids who come knocking. Daiso has 13 stores, including at VivoCity, Parkway Parade and Plaza Singapura. 6376 8065

→ Groovy Gifts: Stop off here for decorative ware, from skulls to spiders and frogs. Best of all are the tricks and gags, including prank tape, fart bombs, squirt rings and fake cockroaches. #02-03 Cluny Court, 501 Bukit Timah Road. 6875 0430 | groovygifts.com.sg

■ Magic Wand: For a good selection of smaller props at affordable prices, visit the stores at Tanglin Mall and Ming Arcade. 6887 3384

**Party City:** This outlet stocks everything for a spooky party, from table-covers, cups and plates to plenty of tricks. Shophouse 277A Holland Avenue, Level 2. 6462 6011 | partycity.sg

♣ Spotlight: Well known as a craft mecca, Spotlight sells all manner of decorations, fancy dress, table dressings and all the arts and crafts materials you could ever want or need. Level 5, Plaza Singapura, 68 Orchard Road. spotlight.com.sg

### TRICKING AND TREATING

Halloween has evolved into a community-based event, but some people don't acknowledge or celebrate it at all, due to religious beliefs or simply a lack of interest. So, it's best to make sure your trick-or-treaters don't go knocking on their doors. If there are no decorations to be seen and no pumpkins in the window, it's safe to assume that those indoors won't be giving out candy.



### **Spooky food ideas**

We have five fabulous online recipes – three sweet and two healthy – that your guests will go wild for! Just to head to **expatliving.sg/Halloween** for the details.



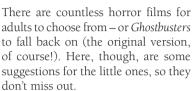












- Recent release *Goosebumps* is based on R.L. Stine's children's book series. It's not overly graphic and will be fun for kids aged five and above.
- Hotel Transylvania and its sequel will get your kids giggling with their host of eccentric monsters (and, not forgetting, one loveable human) and their crazy antics.
- Take your kids on a spooky adventure with *Scooby-Doo* and friends as they solve mysteries and come across monsters, ghouls and more.
- Tim Burton's The Nightmare Before Christmas and Corpse Bride are animated movies that have appropriately eerie themes, along with song and dance. Great for kids aged seven and up.
- Monsters, Inc. is charming, funny and exciting all in one. The two main stars are monsters, but not the really scary kind, so it's perfect for little kids. Anyone over the age of four is sure to love this one.
- Casper offers the perfect mix of Halloween and kid-friendliness. Casper the Friendly Ghost and Kat, a normal teenage girl, quickly become friends and go on adventures together.
- Pooh's Heffalump Halloween Movie is suitable for all ages; after all, honeyloving Pooh would never scare anyone!
- Hocus Pocus is perfect for pre-teens. It features three witch sisters on the path of revenge.





Easy face-painting at home

All you need is a palette of face paints - and lashings of patience! - to create these party faces.

### **READER'S TIPS!**

How I do Halloween - Michelle Seyffert, American



### Tell us about your Halloween

I organise a big Halloween event in our condo with the help of several volunteers. We start with our own themed carnival-type games, where our resident DJ plays music to help set the party mood, and the kids win little

prizes. After the games we do a costume parade, and then it's time for trick-or-treat.

We live in a really big condo and it would be impossible to go to each flat, so we set up a decorated station at each block lobby; the kids trick-or-treat to each block, where the volunteers hand out candy. It's fun to see the ideas that people come up with each year. The event is open to all residents; however, we have to sell "tickets" (at a small fee) for people to attend, as it's not sponsored by the condo management. Last year we had nearly 400 kids!

#### Any costume hints?

We make a lot of costumes, using some of the great tutorials on YouTube. Plus, one of the benefits of living in a big condo is that there is a lot of passing around and recycling of costumes. Bug's Party is great for party supplies, costumes and accessories.

#### What food and drinks do you like to serve?

Devilled-egg eyeballs are always popular (recipe at freefunhalloween.com), plus Dracula's blood punch, and lots of pumpkin bread, pumpkin cookies - anything with pumpkin.

#### What has been your own most outrageous Halloween costume?

There have been so many costumes over the years, but one that sticks in my head was dressing as Santa Claus when I was a teenager. Everyone thought it was hilarious to see Santa trick-ortreating - at one house the parents had a little girl sit on my lap!





### What's On? Eight great Halloween events

### For the whole family

Halloween Night at JWT Kids Gym includes arts and crafts, playing with the multitude of toys and obstacle courses on offer, as well as pizza and drinks. Don't miss the special activities planned for little ones as young as 11 months. 29 October. jwtkids-singapore.com

Head to Sentosa and S.E.A. Aquarium's month-long event, Spooky Seas: Pirates of the Oceans, for adventurous underwater shows and mesmerising pirate tales. Meet roaming performers, and discover animals along the trick-or-treat trail around the aquarium. 1 to 31 October, 10am to 7pm. rwsentosa.com/seaa

Be entertained by magic shows, enter a best costume contest and dig into a Halloween buffet at Go-Go Bambini's **Halloween Party**. Tickets are limited and start at \$40, including entry for one child and up to two adults. 28 October, 5 to 7pm. **6474 4176** | **gogobambini.com** 

Get your kids into the Halloween mood by baking some creepy but tasty treats at **Expat Kitchen**. Put on your best costumes and whip up spooky spider cookies, graveyard cupcakes and more. Also, make bat and pumpkin cut-outs at the Halloween craft corner. 22 October, \$55. **expat-kitchen.com** 

Perfect for kids, the Hollandse Club is once again hosting a Haunted Halloween Spooky Night. Look forward to a thrilling haunted house as well as other exciting activities. Check dates and times at hollandseclub.org.sg.

### **Scary stuff for grownups**

Guniversal Studios Singapore makes a scary transition designed to terrify with its Halloween Horror Nights. Adrenaline-pumping attractions include five haunted houses and two scare zones, roving supernatural creatures from both local and Western horror films, and, for the first time, a theatrical procession inspired by the Mexican Day of the Dead festival. For adults and children above 13 years. 30 September to 31 October. halloweenhorrornights.com.sg

Can you imagine running 5km with zombies chasing you? Experience just that at this year's Race The Dead event, a creepy event guaranteed to have you working up a sweat. racethedead.sg

Explore the supernatural at the Asian Civilisations Museum's annual ACM After Dark event. Hear haunting tales in the galleries and pose in your Halloween best at special dress-up booths. 29 October, from 7pm. Free. acm.org.sg &

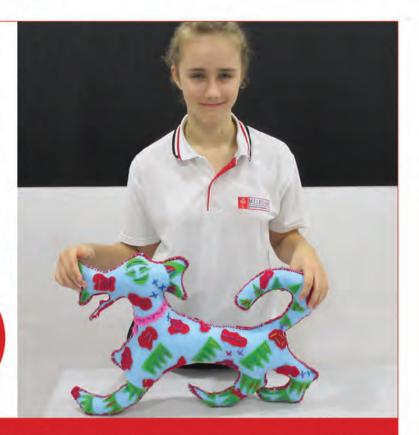


Melbourne Specialist International School (MSIS) offers a unique and innovative model for teaching students with intellectual and multiple disabilities. The school uses the arts as a vehicle for highly meaningful engagement in curriculum delivery. MSIS combines education, therapy and wellbeing to plan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





Special Needs School





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

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



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

Saturday 8th October, 9am - 2pm



The Pantry Social Enterprise Café supports the training

It is our social mission to help individuals with disabilities gain skills to help them be independent.

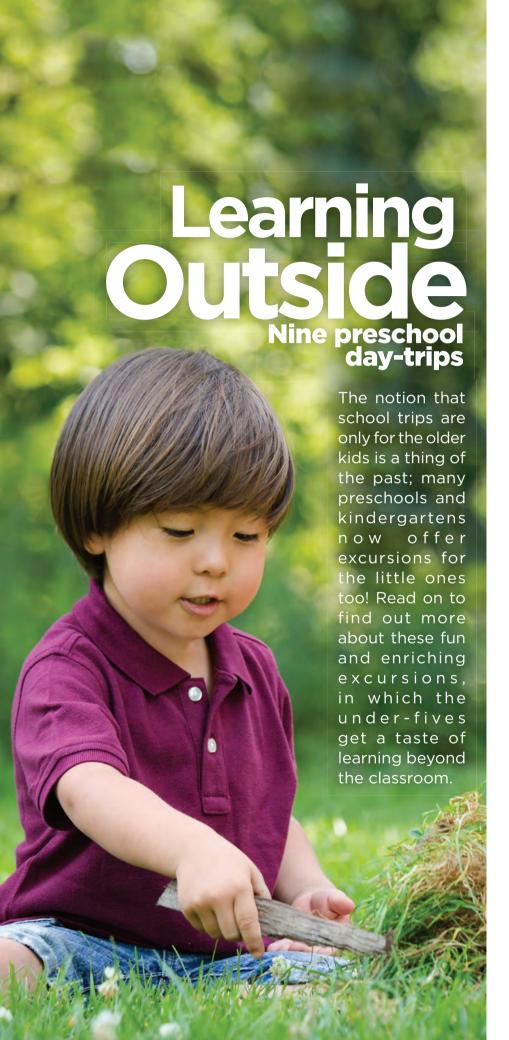
We are proud to include them into our work force as an equal and help them play an active part in society.

Special thanks to all our customers for your support and encouragement as we create a more inclusive community at Loewen Gardens.



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### **Meaningful Cause**

Location: Child at Street 11 School: Blue House Nursery and International Preschool

Grade: Junior and Senior

Kindergarten

Teachers: Nicola Williams, Music Pedagogista, and Ekta Taneja, Senior

Kindergarten Educator

Recently, we took a number of children from our Junior and Senior Kindergarten classes to Child at Street 11 as part of this charity organisation's Gather to the Groove project. Parents were also invited to join the journey.

Child at Street 11 is an independent, non-profit centre that's committed to creating opportunities and building brighter futures for less-privileged preschool children in Ang Mo Kio. Blue House has been a supporter, partner and friend of the organisation since our school's inception.

We used a small mini-van to transport the children to and from the site. The day started with Blue House children singing to the Street 11 children, after which they invited them to sing some songs of their own. After that, the children from both centres danced, sang and interacted together.

This project offered the children from both Blue House and Street 11 an experience that was rich in educational value, promoting a sense of belonging and self-esteem.

2 Turf Club Road 6734 0824 | bluehouseinternational.com



### **Creative Play**

Location: Playeum at Gillman Barracks School: Brighton Montessori (Sunset Way) Grade: Nursery 1 to Kindergarten 2

Teacher: Suzee Reza, Principal

This venue doesn't have as many big play structures as other indoor playgrounds, with all their slides and tunnels, and this encourages the children to play using their own imagination. There were individual stations for the children to work on, such as Lego stations where they created their own vehicles.

They also got to use a beautiful Playmaker Space, where they had access to a huge variety of media for creating their own mini-projects using recyclable materials such as cardboard, sticks, bottles and yarn, just to name a few.

The workshops also allowed the children to experiment for themselves through creative handson exploration, inspired by having plenty of space and open-ended tools to work with. They practised being engaged and focused, while allowing their creativity and imagination free rein. Although all the children were given the same tools and materials, no two results were the same! We provided a high teacher-to-children ratio on the excursion, with 10 teachers supervising 50 children. The kids wore their outdoor kits so they'd be easily identifiable, and so no one would get lost.

41 Sunset Way, #02-01/02 Clementi Arcade 6588 3883 | brightonmontessori.com.sg

#### **Fun with Animals**

Location: Singapore Zoo

School: EtonHouse Preschool Vanda Grade: Nursery 2 to Kindergarten 2 Teacher: Munia Ahmed, Principal

Our trip to the Singapore Zoo was very meaningful, as the children enjoyed a hands-on experience. It was chosen to complement Term 1's learning of incorporating sustainability; visiting the Zoo also gave the children an insight into the conservation of wildlife.

Two buses were arranged for the excursion, and the children were given a list of items to bring. The tour was undertaken on foot in small groups, with the children stopping by some of the more interesting animal exhibits.

Among these was the polar bear, which they visited during feeding time; in class, the children had learnt that, because of climate change, the number of polar bears is declining.

They also watched the Animal Friends show and were invited to pat the dogs and enjoy a photo session with them. These dogs were previously abandoned, and were saved by the Zoo, so the children learnt about adopting animals and the importance of being responsible owners of pets.



1 Vanda Road 6468 7880 | etonhouse.com.sg

### **Supermarket Shopping**

Location: Cold Storage Jelita

School: Between Two Trees Preschool

(Lighthouse Keepers) Grade: Nursery 2 Teacher: Fathiah Osman

Field trips are an integral part of project learning at Between Two Trees Preschool. This series of two field trips to the supermarket provided the opportunity for children to encounter and explore things in the real world.

Planning the logistics for the trips was simple, as Cold Storage Jelita is just a short walk away from the school. The children were comfortably dressed and wore closed shoes, and we had a low ratio of two teachers to eight children during both trips.

On the first trip to the supermarket, the children spent an hour and a half there. They carried out simple activities, including searching for items around the supermarket and meeting the people who worked there. On the second trip, the children set out independently in small groups to shop for items while keeping to a budget that they'd set beforehand. Each time, they were able to obtain new insights and connect them to prior experiences.



The benefits to the children of these experiences are numerous and can be seen on many levels. Field trips extend their curiosity and interest, and they "dig deeper" when projects continue over a longer period of time. Knowledge is built – not just language and numeracy, but also from a socio-emotional perspective.

7 Ming Teck Park 6733 9768 | betweentwotrees.sg

### **Farming Fun**

Location: Kok Fah Technology Farm School: MindChamps PreSchool (Paragon)

Grade: Nursery 2

Teacher: Sheza Deanna Ng, Vice Principal

We started the term by brainstorming about plants and how they grow. Our

Champs shared their knowledge and were eager to know more about plants. We explored many types of seeds in class, such as those from apples, watermelons, longans, kiwis, mangoes and other fruit.

With the children discovering more about plants each day, the teachers set out to look for a suitable farm to take them to, and Kok Fah met our programme requirements. Besides the three class teachers, parents were also invited to come

along; we believe that parental involvement is a crucial reinforcement of children's learning.

Our Champs were able to see the process of farming, from the seedling stage to growing and harvesting. They also discovered many varieties of leafy vegetables, including some unusual ones that aren't available in supermarkets, and they each brought back a vegetable growing kit to experience the process of growing and harvesting vegetables themselves.

After the trip, the children reflected on what they'd discovered about plants. They also got busy planting their vegetables, caring for them and recording their observations as the vegetables grew.

290 Orchard Road, #06-19/20 6732 0087 | mindchampspreschool.org



### "A Small School With A Big Heart!"

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:

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

- 3. The rigorous yet flexible New South Wales curriculum
- Customised classes to foster individual and collective strengths
- 5. Two educational approaches mainstream and support
- 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!

### **Growing Rice**

Location: Bukit Panjang Easi Garden

School: Shaws Preschool

*Grade:* Nursery Two (three to four years)

Teacher: Deborah Shaw, Principal



The curriculum at Shaws follows the project approach. Each term, the children pick a project to explore; this exploration happens both inside and outside the classroom, and includes at least two trips outside of the school. This term, the children are learning about rice.

With the help of the rice experts at the Easi Garden, located in the heart of Bukit Panjang, the children had the opportunity to explore a real mini rice padi field and to ask all the questions they could think of. They learnt about the life cycle of a rice plant and the process of harvesting it. Living in Singapore, with little chance to explore how rice grows, the children were delighted with this experience! The highlight of the trip was when the children got their hands dirty as they re-potted rice seedlings into their very own pots, before watering them and taking them home.

Back at school, the exploration continues. The children still have their rice plants and we're happy to report that most are growing well. We can't wait to harvest them and hopefully cook up our very own bowl of rice, grown from scratch with love!

Five locations island-wide shaws.com.sg

### **Garden Goodness**

Location: Gardens by the Bay

School: Swallows and Amazons Kindergarten

Grade: Pre-Nursery to Nursery 1

Teachers: Linda Smith and Jeannette Yeo

We chose this venue to suit our topic for this term – "In the Garden". The children have been learning about the various aspects of the garden – from what can be grown, to the animals and insects necessary for the continuation of the ecosystem. The idea was to give the children a sensorial experience of the flowers that grow in different environments around the world.

In class, they had been involved in hands-on projects, from cutting up vegetables and making soup with them, to pretending to be flowers swaying in the wind. Now, this was a perfect place to bring all the magic of their learning to life.

This visit took about two hours. The location is excellent, as most of the flowers are at the children's eye level and there is easy access to the facilities. Our teacher-to-student ratio for the trip was 1:3 for the Pre-Nursery and Nursery 1 children, and 1:4 for Nursery 2 and Kindergarten 1.

For the older children, this was a chance to consolidate their learning from the past term through a hands-on experience, and to extend their current knowledge of the theme. For the younger ones, it was a chance to be part of the larger school community. Part of the adventure was, of course, going together on the bus!



200 Turf Club Road | 6762 8158 | swallowsandamazons.com.sg

### **Museum Musing**

Location: National Museum of Singapore

School: White Lodge Grade: Kindergarten

Teacher: Penny Gandhi, Head of Curriculum



At White Lodge, field trips are regularly undertaken as a part of the integrated curriculum. Culturally enriching field trips help children develop into citizens who know more about the world, have stronger critical-thinking skills, who exhibit more historical empathy, and who have a greater taste for art and culture.

Children love the outdoor experiences and take every opportunity to observe and explore the environments they find themselves in. This term, we took our kindergarten students to the Masak Masak exhibition at the National Museum of Singapore. We saw it as a good way to extend the children's learning on this term's theme, Inventors and Inventions. The exhibition was a great mix of creative displays of games and interactive activities that showed how resources could be used to make new inventions.

The children got to the venue via bus. While the teacher-to-child ratio was maintained at 1:6, parents were invited to join too. We carried out a risk assessment before the trip, which involved taking into account all possible problems that could arise from start to finish, and the accompanying teachers were informed and made aware of the details.

Apart from the interactive games available, the children had a turn to be inventors themselves! Learning was also reinforced through looking at the inventions in different ways.

8 locations island-wide 6255 4230 | whitelodge.edu.sg

### **Little Entrepreneurs**

Location: Safari Square (next to River Safari) School: Kinderland Preschool and Kindergarten

Grade: Preschool

Teacher: Susan Tan, Senior Manager

Recently, Kinderland students participated as "Little Pangolin Ambassadors" in an initiative titled "I Love Pangolins". Over 500 preschoolers attended this special event, which aimed to raise awareness about the plight of Singapore's indigenous Sunda pangolins.

Our goal was to raise \$10,000 through the games, crafts and food booths managed by our little entrepreneurs at the carnival; the funds raised would go towards the conservation of the pangolins. On the day, parents took their children to the carnival

where they visited the booths and had the opportunity to witness the entrepreneurs at work.

Hands-on learning is part of the school's innovative learning experience. We believe that children should be equipped to be life-long learners in addition to being prepared for formal schooling.

This event supports the Early Childhood Development Agency's Start Small Dream Big initiative, which encourages people to give back to society from a young age. Through it, we encouraged our pupils to develop entrepreneurship skills, while cultivating compassion and a desire to protect the environment around them.  $\alpha$ 

Multiple locations island-wide | 6881 8818 | kinderland.com.sg



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# Reaching for the Stars Educating kids for the future

DAVID EDWARDS, Head of School and CEO at GEMS World Academy (Singapore) (GWA) explains how the school is expanding opportunities for real-world learning and ensuring that students are well-prepared for an exciting future.

"One of GWA's core values is innovation; it's in the DNA of our schools around the world. We're committed to examining best practice and leading the way forward in education," says David Edwards. This belief is more than words; GWA is in the midst of rolling out its "Future School" initiative, which, David explains, is focused on three core pillars.

### Blended Learning

Launched in August as part of GWA's International Baccalaureate (IB) Diploma Programme, the blended learning initiative is not just online or classroom learning, but the best of both. The programme pairs a global teacher with students from multiple GEMS Education schools around the world in a single class. Students in Singapore, Switzerland and Dubai are supported on the ground by a teacher in their respective schools.

"Children learn in a virtual classroom with kids around the world," says David. "One teacher – who delivers the core content – is based anywhere in the world, while the co-teacher is based at GWA (Singapore) and takes care of the one-to-one and small group learning. It's not unlike a university model." The foundation is flexible learning; students can participate in open classes in real time, or collaborate on projects when it suits their schedule.

Why it's great: Blended learning builds on the culture of global citizenship, and works with an even greater diversity of educators and students across the GEMS Education network. Students not only benefit from an enriched learning experience enhanced by a wider variety of perspectives, but they get to collaborate with peers from around the world.

Science, Technology, Engineering and Mathematics (STEM)

"STEM is not a new concept, but at GWA we are in the second year of purposefully integrating STEM practice into every classroom and making connections with our external partners," says David.

In partnering with Carnegie Mellon University (CMU) and The CREATE Lab, GWA joins only four other schools globally as a CMU Create Lab Satellite School. "They will work with us in the research of best-practice for STEM in the K-12 space, as well as connecting our students with world-leading robotics initiatives. In partnership, we will continue to integrate STEM within daily student learning in a meaningful way for every child," says David.

Why it's great: "The STEM approach lends context to learning to give students greater purpose. This deepens understanding of key concepts. Our partnership with Carnegie Mellon University gives our students and teachers access to the leading professors and research in STEM," says David.

### Entrepreneurship

"Most schools tend to send kids out to business. We think we should be bringing business into the school," says David. The result is the "entrepreneur-in-residence" programme, inspired in part by work the school did with Singularity University in Silicon Valley. GWA has committed a \$\$1,000,000 fund to support start-ups and early-stage EdTech businesses.

"We'll provide seed funding for three start-ups initially, as well as office space on-site at GWA within our Innovation and Entrepreneurship Center, beta-testing support and access to our global connections. They will operate their businesses on site and mentor our students, who can watch and learn as the businesses develop over 12 months. It's about creating a start-up community and culture on campus. They're not educators, they are business people, and we see the value in that partnership," says David.

Why it's great: GWA's culture of entrepreneurship builds on the residence programme with an "externship with business" each year. Students from grade six and up will have opportunities at global companies to learn first hand through an annual internship programme. Bringing real businesses into the school gives students close-up experience watching a business grow, encouraging their curiosity in the nurturing and supportive environment of GWA.

#### **How to contact GEMS World Academy (Singapore)**

**\( +65 6808 7300** 

gwa.edu.sg/openhouse

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# Selecting with Certainty

### Helping you choose a UK boarding school

Deciding to send your child to boarding school in the UK is an important emotional and financial choice. That's why spending some time talking to knowledgeable school representatives at The British Boarding Schools Show in Singapore on 26 and 27 November may help you evaluate your alternatives – and pave the way for your child's educational future.



Parents want their children to have the best education possible; they want to place them in the most conducive environment and provide them with high-quality opportunities where they can perform to the best of their ability, and grow into mature and capable adults. It's essential

to be well armed with accurate information in order to select the right school for your child – after all, this is possibly the biggest financial and emotional investment parents will make in their child's future. Crucially, thanks to this show, you can do so without the need to leave Singapore.

#### Who will be there?

The Heads and representatives of 20 premium UK boarding schools will be present and available to meet, and you can talk to school specialists about the suitability of particular schools for your child's academic and social needs. They are experts in assisting you make the sensitive decision to move your child from Singapore to the UK to continue their education. It's a rare opportunity to speak with representatives from institutions that have educated generations of young people – representatives who understand how their schools can meet the needs of your child.

#### What are the benefits of boarding?

Ask almost any graduate of boarding school and they will happily tell you the advantages

of such an education. Aside from access to rigorous academic programmes (with tutors and staff on hand), there is also the wide





range of co-curricular activities available during the week, while weekends are for recreation, sports, social occasions and structured activities.

In addition to the academic benefits, boarders typically mention the value of life skills, such as learning to develop independence

and responsibility for themselves. Living alongside a range of people from different cultures and nationalities teaches tolerance and respect, while the opportunity to develop lifelong friendships is celebrated. And let's not downplay the discipline learnt when making one's own bed every day!

### What questions should I ask?

Anything and everything that will help you decide if the school will meet the unique needs of your child. For example, you could ask about the school's values, curriculum, academic standards, extra-curricular activities, parental communication, supervision, weekend arrangements, community and support for boarders, boarding facilities, location, and fees and charges.

### Who can help me make an informed decision?

A specialist tuition and education consulting firm, such as Bonas MacFarlane. Consultants understand what makes a good school and what makes a school suitable for a particular

child. They can advise on school selection, either on a consultation basis or through a full placement service.

### WHAT SCHOOLS WILL BE AT THE SHOW?

Bromsgrove School Bedales Millfield Prep School Merchiston Castle School Monkton Combe School Horris Hill Marlborough College Marymount International School Oundle School Strathallan Sevenoaks School Mayfield School Heathfield School Ashford School Millfield The Royal School Godolphin School, Salisbury King's School, Canterbury Dollar Academy Lord Wandsworth College





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# Balancing The Books Planning for your child's education

Funding the cost of school fees can be one of the biggest financial commitments an expatriate family makes. Here, the team at **St. James's Place Wealth Management** explains some of the ways to plan and prepare for these inevitable costs.



The key to affording school fees is to plan and prepare as early as you can. Generally, parents fund school fees in one of two ways: they invest a lump sum, or they set up a regular savings scheme, which spreads the cost. Fees at international schools in Singapore differ - for example, the estimated lump sum required to fund one child at Tanglin Trust School from kindergarten through to age 18 is \$725,000\*. For those who prefer to set aside a regular amount each month, the process of "compounding" means that any income or capital gains generated by your original savings will in turn generate income or capital gains itself. This principle can have a significant impact on the regular amount required to achieve a fixed sum. For example, assuming a net investment growth rate of 7 percent per annum, if you wanted to accrue \$1 million by 2026 you would need to save just over \$5,745 each month. If you waited for five years, however, you would then need to save

nearly \$13,890 each month to accrue the same amount.

The golden advice is this: the earlier you start saving, the better. The amount you get back will depend on how your investment grows and on the tax treatment of the investment selected.

#### **MUTUAL BENEFITS**

If your parents are resident in the UK, trust planning can also be a useful tool if they wish to make provision for your children's school fees and achieve Inheritance Tax (IHT) mitigation at the same time. If they make regular payments from their income without impacting their lifestyle, then these gifts may not count as part of their estate for IHT purposes.

Another option is to gift a lump sum for their grandchildren's education. Provided they survive for a further seven years, the gift is free of IHT.

#### **RISING SCHOOL FEES**

Demand for places at international schools is growing rapidly, fuelled by

expatriate families wanting to ensure their children benefit from continuity of education. As a result, competition between schools for the best teachers and leaders is high and this has a knock-on effect for school fees. Premium international schools charge high fees because they have to offer better salaries and benefits packages to recruit and retain the best teachers.

# **KNOW THIS**

As the cost of school fees looks set to rise, it is sensible to ensure that your income and investments are working as hard as possible for you. If that ultimately benefits the children in your life, and gives them access to the best educational opportunities available, then you're also offering them the best possible start.

The value of an investment with St. James's Place will be directly linked to the performance of the funds selected and may fall as well as rise. You may get back less than the amount invested.

\*Approximation based on figures given in "Admission and School Fees Information 2015-2016", www.tts.edu.sg

ST. JAMES'S PLACE WEALTH MANAGEMENT #23-01 Prudential Tower, 30 Cecil Street Phone: 6536 0121 | Email: singapore.info@sjp.asia | www.sjp.asia







fter two-and-a-half years living here, Melissa Pine says Singapore feels like home. It's not an unexpected declaration from a woman who grew up in perennially wintry Newfoundland, Canada – and it's no surprise that she lists the weather as one of the top things that that she loves here. "People sometimes tell me I'm crazy – but it can never be too hot for me!" she says.

Jokes aside, the reason Melissa relocated in 2014 was to head up the WTA Finals – the premier global women's tennis event, where the top eight singles players and doubles teams compete for the annual season-ending championship title. This is the third year of Singapore's

five-year stint of hosting these elite women's tennis players from around the world. Last year, the WTA Finals attracted an impressive 130,000 fans.

Melissa's leadership role is one she revels in. "No two days are the same, and that's what I love about my job; it's never monotonous. There is always a new challenge – running any live event is unpredictable – and we aim to raise the bar every year," she says. Melissa says tennis in Asia is on a steep trajectory. While North America and Europe are mature markets, Asia is growing tremendously and is fertile ground for tennis.

"Aside from attracting the big names to Singapore, the WTA Finals is an opportunity to showcase former greats and Asian legends – those players who have already achieved success on the tour and are well known here," she says. "They have the ability to inspire, and I'm keen to help tap into that in order to motivate the next generation of tennis players in Singapore."

As part of the WTA Future Stars tournament (run concurrently with the WTA Finals), she explains, the top female players in the U14 and U16 tournament from 18 Asia-Pacific countries are invited to compete here. "I hope the exposure to a tournament of this scale has a positive impact on these kids. This junior development platform goes beyond the WTA Finals; it's a chance to do something much bigger at the grassroots level and that's really rewarding."

Melissa has been playing tennis for most of her life. She learnt in the concrete basement of a keen sporting family friend, which provided protection from Newfoundland's unfavourable climate. "The wall was my best opponent, as the ball always came back. Once we were good enough and had learned all the strokes, we progressed to a school gym with a net; from there, I went on to become one of Canada's top junior players," she says.

Melissa went to college in the US on a tennis scholarship, and after undergraduate studies she played international-level events before resuming her studies at a business school. She has worked at WTA for eight years and was based in London prior to Singapore; before that, she was in Florida. These days, she continues to play tennis in local leagues for the Singapore Cricket Club team.

"Tennis has provided me with so many opportunities in life that I wouldn't have had otherwise, and I'm very grateful for that. I'm passionate about the benefits of tennis and about giving back; believing that what we're doing in Asia-Pacific can help young girls and boys achieve their goals through tennis is really what gets me up every day," she says.

What about Melissa's inspiration? Who is *her* role model? She is quick to answer: trailblazer Billie Jean King, founder of the WTA, former world number one and winner of 39 Grand Slam titles. "She is somebody who stood up for what she believed in and what she thought was right. Over 40 years ago, she rallied eight other women together to ask why it was that women playing the same sport as men were, and in front of the same crowds, were not making any money."

Melissa explains that King was steadfast in her quest to see women receive the same prize money as men

on the tour. "Without her energy, we wouldn't have the women's professional tour, and I wouldn't be here today, so I do feel indebted. As she famously said, 'Pressure is a privilege."

"Tennis has provided me with so many opportunities in life that I wouldn't have had otherwise, and I'm very grateful for that"

## MELISSA'S FAVOURITE PLACES

- Common Man Coffee Roasters and Book Café for great coffee in her Robertson Quay neighbourhood
- Walking and running with friends at MacRitchie Reservoir
- Biking and enjoying nature on Pulau Ubin and along the Green Corridor
- Eating chilli crab and pumpkin prawns at Jumbo Seafood she's a loyalty card-holder!
- Changi Airport for quick Southeast Asian getaways; Myanmar, Vietnam and Cambodia are her top three  $\epsilon$

The BNP Paribas WTA Finals Singapore presented by SC Global is on from 23 to 30 October at the Singapore Sports Hub. Buy tickets at wtafinals.com.

# Café with a Conscience



In a tranquil corner of Dempsey's Loewen Gardens, there's a quiet revolution going on. Having started as a simple café catering for visitors to this lush corner of Singapore, **The Pantry** has just registered successfully as a social enterprise. Now, along with providing people with their caffeine and cake fix, it provides vocational training and employment for those with special needs. We met with JAYNE NADARAJOO, founder and owner of The Pantry, White Lodge Kindergarten and Melbourne Specialist International School (MSIS), to find out more about the latest exciting developments.

Trained as a kindergarten teacher and specialised in autism, Jayne Nadarajoo is passionate about integrated education. Having seen first-hand the challenges faced by children with special needs who cannot get a spot in a Singapore school, she has for a long time offered a placement for a child with special needs in each class at White Lodge. Two years ago, she launched MSIS, a dedicated special needs school, to give something back to the community.

Initially developed to meet the needs of the older MSIS students, the Life Skills Programme teaches basic kitchen skills, from cleaning and prepping the kitchen to baking cakes, cookies and more. The positive response encouraged Jayne to extend the programme. "People were saying: What you do is a force for good, so why limit it to the school? Why not open it to others?"



As a social enterprise, The Pantry – newly rebranded as "The Pantry Social Enterprise Café" – will provide vocational training for young adults with special needs, giving them the chance to acquire the skills they require for independent living and, potentially, employment.

"We also need to consider the sustainability of the business: takeaway and delivery meals, online markets, specialised food like gluten-free or wheat-free. This is where we need the community to support us. We'd also love volunteers to come and help. There's so much expertise out there," she says.

Jayne's ultimate goal is to make Singapore a more inclusive society, and she hopes her work will set an example for others. "I've invited other schools and VWOs (Voluntary Welfare Organisations) to come and use the facilities, and the response has been amazing. They don't always know how to ask for what they need, so we offer it; we hope to be models of how to be open with one another and help each other."

The Loewen Gardens community has also played an important role in the story so far. The area tends to attract open-minded, well-travelled types who have a receptive attitude. Jayne wants to harness that positive energy to turn the area into a hub where social enterprises can come together to help one another and share ideas and advice.

A monthly Social Enterprise Market is in the works, and Jayne is planning a raft of other new activities. Look out for home and office catering where students work with the chefs to prepare food, a Coffee Morning for Mums, a Saturday Brunch for Families and special orders for Christmas goodies including cakes, cookies and Christmas hams.  $\alpha$ 

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# PROJECT

CHANTAL TRAVERS and SANDRA MACHEROUX have a shared passion for animal welfare – so much so that they have set up **Happy Tails – Adopted Dogs of Singapore**, a project aimed at raising both awareness around pet adoption in Singapore, and money to help pay veterinary bills incurred by rescuers and adopters of homeless dogs. Here, they tell us their plans for the project.

BY AMY BROOK-PARTRIDGE
PHOTOGRAPHY SANDRA MACHEROUX













Chantal is originally from the UK, but has spent many years in Asia, and recently took over furniture and furnishings shop FairPrice Antique.



Sandra, from Germany, is an ex-veterinarian with 20 years' experience. She set up Photography by Sandra Macheroux three years ago, specialising in Singapore cityscapes and portraits.

# Why did you join forces to start Happy Tails - Adopted Dogs of Singapore?

Sandra: I've been a keen photographer since my husband bought me a camera four years ago – it unleashed in me a creativity I didn't know I had. I was a vet for 20 years before changing my career to professional photography. I've worked with a number of animal shelters, and have previously created a series of photographs of handicapped animals called Imperfectly Happy. I was keen to use my photography to make people realise, firstly, that adopting an animal can really bring joy to your life; and, secondly, to raise money to help pay for vet costs for injured and sick dogs.

**Chantal:** Sandra and I met through our mutual friend Constance, the previous owner of FairPrice Antique. She knew I had adopted a "Singapore special" dog, and that I'm a keen supporter of animal charities, as is Sandra.



#### CLOCKWISE FROM TOP RIGHT

Gabi with adopted dog Bambi in Joo Chiat: Elizabeth and Auric with pet Helga on East Coast beach: Celine's dog Jojo relaxing in Tiong Bahru; Pearlene's pooch Ruffv at MacRitchie Reservoir: Bambi taking in the sights at Joo Chiat.

**Sandra:** It's a cause that's close to my heart. I started walking dogs at shelters when I was around ten years old, and I've always supported animal charities and welfare groups. I wouldn't want to be doing this without Chantal, though; she has the energy to go out there and do the research and marketing – I'm very happy just taking the photos.

#### What do you have planned?

Chantal: Originally, we had thought we would produce some lovely prints of adopters and their dogs and sell them, but now we have taken this further and will be producing a coffee-table book, featuring 15 different owners and their dogs photographed in different settings in Singapore. We'll be hosting an event at FairPrice Antique in November to launch the book and sell some of the images. Angie of Framing Angie has kindly offered to print and stretch one photograph of each "Happy Tail" model for free, plus she's donated a generous amount of money to our cause already, so we are really grateful for her support.

**Sandra:** With the photography, I've tried to capture the personality of each dog in a Singapore-centric setting. It's definitely a challenge to get dogs in the right position and to combine that with the wow factor of Singapore in the background, but that's the aim.

# How did you find people to feature in the book?

**Sandra:** I was already involved with a few animal welfare groups here, so it didn't take long to find participants. Once you put the feelers out, these groups are quick to respond, and we're featuring a real mix of adopters. We're aiming to give each

family a double-page spread, picturing them and their story, with a little bit about the history of the dog. We don't want to dwell on their past; we want to focus on how enriching it is to adopt.

# Tell us about the dogs you've adopted yourselves.

**Chantal:** My husband and I wanted a dog and a baby at around the same time; however, the baby didn't come quite so quickly, so we went ahead and adopted our dog Tammy anyway. She came from Action for Street Dogs, and we got her four years ago when she was three months old. She's a nervous dog, not aggressive at all, but she doesn't do well in new environments. We then adopted our son, Zak, who is three years old now. In the beginning, I think Tammy was a bit put out by Zak, but now she sees him as someone to play with. I love our dog; my family has always had dogs, and it just feels incredibly normal to have her around.

**Sandra:** Our golden retriever Kari is the third dog I've adopted, and we are her fourth owners. Her original owners imported her from Australia as a puppy, and we know that one set of owners kept her in a cage on a balcony for a year. When we went to meet Kari with a view to adopting her, my eldest son came with me – unfortunately, he's allergic to dogs and he reacted to Kari on our visit, but he still insisted we take her home. He quickly learnt how to manage his allergy, and he loves her dearly. We got her when she was about seven years old and she's now 16. You can tell by her submissive behaviour that she was mistreated at some point. *α* 

To find out about upcoming Happy Tails activities and events, go to facebook.com/happytailsSG, or check out the Instagram account @happytailssg.

Leslie with
dog Lilac on
Henderson
Wave;
The Botanic
Gardens
provided
the perfect
backdrop for
the shoot with
Sian and her
dogs Kiara
and Jenna





"What I love about White Lodge is you can learn and play with your friends. It is the best school ever!" Yop Bilkes, Kindergarten Class at West Coast White Lodge celebrates United Nations Day

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# www.whitelodge.com.sg













# **Shooting it Right**

Six professional photographers choose a favourite recent photo and tell us what makes it special.

# The Studio Loft

Photographer: Maryann Koh

## Tell us about the photo.

This is a shot of my sons, taken the day before my younger boy started primary school. I'd passed by this tree a few times before, when we cycled as a family there, and I knew I wanted a shot of my boys with it. What I didn't expect was the beautiful sunset that evening! It was a mad scramble to get my boys to run up the hill before the sun went down.

## Describe the work that went into perfecting the shot.

To accentuate the glorious sunset sky, I shot the boys and the tree as silhouettes. With silhouette shots, you have to carefully position your human subjects. I made sure the boys were facing each other so I could get a clear shape of their side profiles and their holding hands. In Lightroom and Photoshop, I enhanced the colours slightly and increased the contrast.

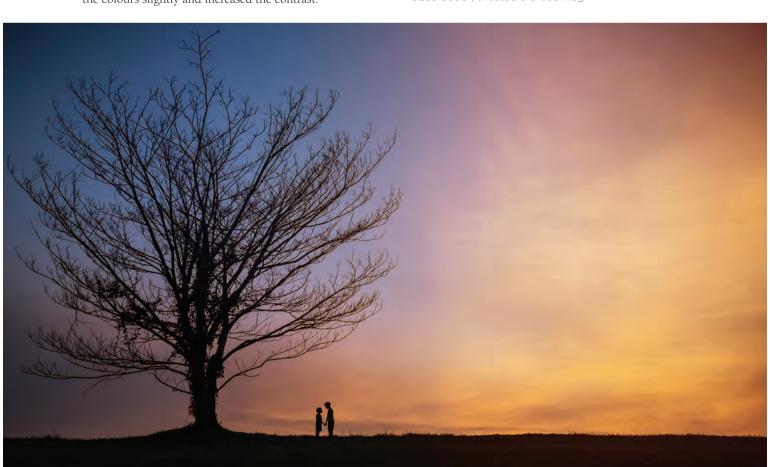
#### Why is it your favourite?

When I saw them talking to each other, I asked them to face each other and continue their conversation. The hand-holding just came naturally, and it was so sweet that my heart almost burst! It looked as though big brother was reassuring his younger brother about his upcoming milestone, letting him know that he will be there for him.

#### Is this image typical of the work that you do?

In my personal work, I'm leaning towards a more natural, unposed, storytelling approach. This has worked well for shots of my own kids over the years – so much so that they have gotten sick of smiling for Mummy's camera!

6235 3696 | thestudioloft.com.sg





# Michael Gronow Photography

**Photographer: Michael** 

#### Tell us about the photo.

This family photograph was taken for a client during one of the new "Black On White" sessions that I introduced this year. I've always loved the high-contrast look you get when photographing people wearing dark clothes against a pure white backdrop, especially when you convert the photos into black and white. Clients who book this session must wear predominantly black clothes, and all of the edited photos shown will be in black and white only.

#### Describe the work that went into perfecting the shot.

The setup for this photo involves using four lights: one key light in a medium-sized softbox to camera right, one fill light in a large softbox, also to camera right, and two lights lighting up the backdrop. The photo was converted into black and white using Lightroom.

## Is this image typical of the work that you do?

As well as this type of session, I offer classical, contemporary and fine art sessions with children.

6297 0478 | gronowphotography.com

# White Room Studio

Photographer: Dan Yeo

#### Tell us about the photo.

Our client wanted a photo session to welcome the newest member of the family. It's an exciting journey for everyone, and they wanted to capture the earliest moments of a new beginning.

# Describe the work that went into perfecting the shot.

We strive to make our work unique for every client, and this photo is no exception. I saw that they had a very interesting-looking carpet, which would create a great background with its strong tonal contrast and shapes. After we'd placed the sleeping newborn on the carpet, where he was nice and comfortable, his big sister lay down beside him and cuddled up to him.



# Is this image typical of the work that you do?

We strive to capture the expressions of life that are real, natural and reflect our subjects. The photos we take create an impact because they carry with them an emotion that is open, fun and real. The White Room Studio is located

in a shophouse and is itself full of nostalgic character. We can shoot with both studio lighting and natural light courtesy of the large windows, and we also have atmosphere and emotion to play with.

6235 7037 | whiteroomstudio.com.sq

# **Tomato Photo**

**Photographer: Hart Tan** 

#### Tell us about this photo.

Tomato Photo is big on natural expression. A picture speaks more than a thousand words, and this is a perfect example of a straightforward, easy-to-understand image of my client's son.

#### Describe the work that went into perfecting the shot.

Simple, natural and beautiful are the concepts we live and breathe when we're creating images of children and families. Most images taken at our studio, including this piece, have not gone through any manipulation in Photoshop. Although we have more than 10 years of professional experience in digital manipulation, I believe that capturing it right on the camera is a testament to the skill of the image-maker.

#### Why is it your favourite?

Through my gift in photography, what I love the most is that I'm able to constantly offer people happiness and smiles. This image naturally fits this description – it brightens my day whenever I look at it! Others have also commented that this photo melts their heart.



# Is this image typical of the work that you do?

My work typically revolves around the idea of preserving memories for parents – so it's different every time a client walks in. I love to make the experience a simple one for people to enjoy.

8858 0088 | tomato.sq

# **Littleones Photography**

**Photographers: Kate Griffiths and Emily Newell** 

## Tell us about this photo.

Our clients recently had their second baby and were hoping for a lovely photograph of the two children together. They loved our classic and timeless style and wanted an image to reflect this special moment.



#### Describe the work that went into perfecting the shot.

This was taken in our studio on the East Coast. For this type of shot, we create a comfortable and relaxing environment; we play soft, gentle music and use "baby posing beanbags" to ensure the little ones are comfy and safe. Emily and I are both classically trained professional photographers, and we use Profoto lighting in the studio to create perfectly lit portraits. We chose this contrasting black-and-white effect in our post-editing work.

## Why is it your favourite?

We love the gentle, tender moment captured between the two sisters in this photograph at this special time in the family's life. The best part of being a photographer is the special and emotional moments we get to record with families from all over the world. It really is a privilege to be part of them.

## Is this image typical of the work that you do?

We are two sisters who work and photograph together. We grew up with babies and children in our household as our mother ran a nursery from home, so we are blessed with many years' experience in working with little people; we love them! Although we photograph people of all ages, we do have a very special place in our hearts for the little ones, and we simply love what we do every day.

6440 7568 | littleonesphotography.com

# Janette Osvay Photography

Photographer: Janette

#### Tell us about this photo.

This was taken in my studio for Kim at 32 weeks pregnant. I've been looking for new outfits, accessories and backgrounds for pregnancy and baby photography for months and now have lots of exciting new props in my studio.

# Describe the work that went into perfecting the shot.

The image was taken using two Elinchrom lights at a 45-degree angle from both sides and a pecan-coloured seamless paper background. I used my Nikon D3S camera and a Nikon 24-120mm lens. I also needed a fan to make the back of the gown fly nicely, and a pair of helping hands behind the model to throw the gown into the air just before I took the shot. In post-processing, I did some colour and light adjustments and made the background look smoother.

#### Why is it your favourite?

I love the combination of the colours, the way the back of the gown flies and the expression on the expectant mum's face. This is what pregnancy photography means to me: showing the love and excitement about the arrival of the baby.

# Is this image typical of the work that you do?

The image absolutely reflects my style and what I do. I mostly meet my clients when they are expecting. After their pre-shoot consultation, they come for a maternity photo shoot, and then I look forward to meet them again when they come back with the baby – some of them return several times during the baby's first year. I love showing how the little ones and their families grow.  $\epsilon$ 

8104 4347 | janetteosvayphoto.com





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# Back to Nature

# A Guide to Coney Island

Despite the common misperception of Singapore as a concrete jungle, there are more green getaways within its small confines than you might imagine. Here. PEIHUA GOH explores Coney Island, a new nature retreat in the northeast where city slickers can take a breather and recharge the batteries.

Say hello to Singapore's newest nature destination: Coney Island at Punggol. Previously the site of a beach villa built by the Haw Par brothers back in the 1930s, it fell into disrepair after WWII until an Indian businessman named Ghulam Mahmood bought the island in 1950. He intended to turn it into a resort and name it after the amusement park in New York, but his plans never materialised.

Now back in the hands of the government and finally open to the public, the 100-hectare island is a largely undeveloped natural space with an old, rustic charm that's reminiscent of the Singapore of yesteryear. To preserve its rural nature and to keep the park as environmentally sustainable as possible, there is no electricity or piped water - the only toilet on Coney Island is located at Punggol Settlement, and it uses solar power and rainwater. The park closes at 7pm as there is no lighting after dark.

Coney Island can be explored on foot, or you can rent a bicycle from the shop at Punggol Settlement. While the mountain bikes are more suitable for the gravel and dirt paths, we love how the vintagestyle ones with baskets make for a picture-perfect shot! Choose to cycle along the 2.4km main path stretching across the east and west entrances of the island, or follow the signs to visit the



the all-natural mini obstacle course and

playground made entirely of fallen casuarina trees. Adults and kids can also feed or ride the ponies at Punggol Stables, located at Punggol

For wildlife enthusiasts, the island is home to at least 150 animal species, including migrant species and threatened species like the spotted wood owl and the rusty-breasted cuckoo. If you're lucky, you may even chance upon the single Brahman bull that roams the island! Early risers visiting in the morning can also try to spot a group of otters along the dam located at the east entrance.

Finally, here's a heads-up for history buffs: don't forget to check out the now-derelict Haw Par Beach Villa located near Beach B. Although it has been fenced, you can still visit it by signing up for a guided tour with National Parks. &

# **Getting there**

- · By car: Drive to Punggol Settlement and park there, or at the east or west entrances of the island.
- · By public transport: Take bus 84 from the bus interchange at Punggol MRT Station and alight at Punggol Road End. From there, it's a short walk to Punggol Settlement and Coney Island.

# Get Jumping!

# Bounce high at these five trampoline parks

Jumping on a trampoline is a fun and effective way to exercise. Studies by NASA scientists have revealed that trampolining is a more effective fatburning workout than jogging, by an incredible 68 percent! Combine it with rebounding basketballs – which you can do at most of the parks mentioned below – to strengthen tummy muscles, for a great, low-impact session. And the best part about jumping on a trampoline is that you won't even feel like you're working out because it's so enjoyable!



**Amped** 

Amped was the pioneer park that paved the way for Singapore's current jumping boom. Visit for the 50 super-bouncy inter-connected trampolines stretched across the floors and up the walls, with padding that shields jumpers from pesky frames and springs and allows for a breather between bouts of bouncing. You'll also find complimentary activities including foam pits, performance trampolines, basketball and dodgeball courts. There are great birthday party options here, too. Cost: \$10 to \$18 per hour.

46 Kim Yam Road, #02-11 The Herencia | 8228 5961 200 Jurong East Avenue 1, Yo:Ha, Level 2 | 8126 3801 ampedsingapore.com



# Bounce

Arriving this month from Australian is Bounce Inc ("Free-Jumping Revolution"). Already operating in a dozen cities globally, this one is definitely for adults and kids alike. There'll be hoops where you can slam dunk like a basketball pro, trampolines on the walls so that you can run against gravity, and a dodgeball court. A jaw-dropping 100 interconnected trampolines are housed within huge, colourful spaces, so it's basically an awesome spring-loaded urban playground with circus-grade sponge for cushioning. Expect giant airbags, a free-run obstacle course and the ominous-sounding Leap of Faith, sure to get the adrenalin racing.

#09-01 Cathay Cineleisure Orchard, Grange Road, bounceinc.com.sg Katapult

We don't know exactly how big 14,000 square feet is, but it sounds massive – and an exciting place to be when the trampolines are full of happy, bouncing kids. Here, you can jump off a three-metre platform and free-fall onto an airbag made for training Olympic gold medallists and elites in freestyle sports - and it's the only one of its kind on the island. The Main Court is a thrilling space where you can leap continuously from one of 30 interconnected trampolines to the next; you can also bounce off the trampoline walls mid-leap to make yourself look like a pro. Also look out for the slam-dunk lanes, which are great for working those core muscles and improving balancing skills. Cost: \$15 to \$19 per hour.

#01-11 ORTO, 81 Lorong Chencharu 6754 5188 | katapult.com.sq



# JUMPING PROTOCOL

- Book to avoid disappointment and schlepping across town for
- Bring non-slip grip socks
- Arrive early to check in and make the most of your jumping
- Fill out the appropriate registration and waiver forms

# Skyhigh

For kids who get a little overwhelmed by hordes of sweaty bodies, Skyhigh is a cosy and compact alternative. It's ideal for small gatherings or birthday parties for the little ones. Here, you can dive into a foam pit and fly from one trampoline to the other, and maybe even take a shot at dunking while you're at it. If you're up for a genuine challenge, there's a padded wall that you can try running up vertically. (You should definitely give this a go – it's harder than it looks!) Cost: \$10 to \$15 per hour.

#01-05/06 Burghley Lifestyle Hub, 45 Burghley Drive 9029 6317 | skyhigh.com.sg



# **Zoom Park**

Zoom Park is an indoor trampoline park with dodgeball courts, a fourlane foam pit, a five-lane airbag, three basketball slam-dunk lanes and three long tumble tracks; and in the midst of all this jumping action is a lateral rock wall that's a whopping 17 metres high. So, if you're looking for a challenge, this wall is for you! Zoom Park has three large party rooms and is a great place for birthday parties, school events and even corporate activities. For teens and young adults, the park hosts an alcohol-free and smoke-free party every Friday and Saturday night, with laser lights, disco balls and music. For beginners, there are lessons for learning the basics, aimed both at parents and children. Cost: from \$14 per hour. &

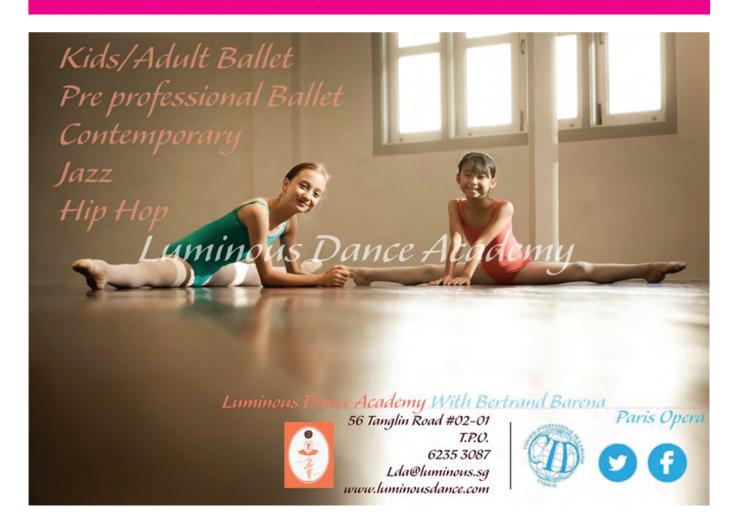
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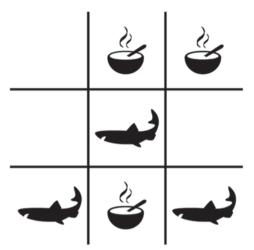


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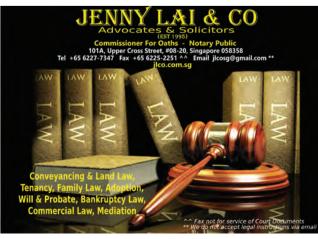




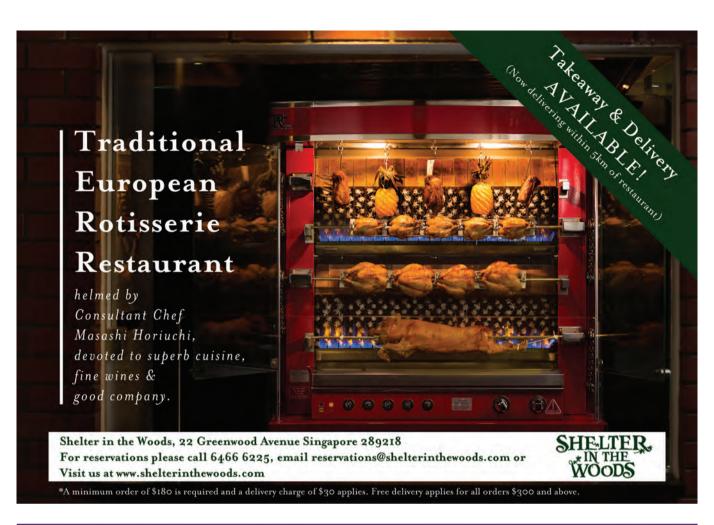














# WINE & DINE



Morton's The Steakhouse

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News: The latest happenings on Singapore's food scene

Butcher's Block: Where to get beef in Singapore, and how to store and cook it

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**Rooftop Rendezvous:** 5 reasons to visit Zafferano's Terrace Lounge any day of the week

# What's New

# The latest trends in food and wine



# HEALTHY and Handy

Sometimes, it's hard to find food that's both healthy and convenient. Which is where Grain comes in. A food delivery service offering a rotating menu of healthy dishes for vegetarians and meat lovers alike, Grain controls the entire experience from ingredients to delivery - which definitely can't be said for all food delivery companies. Priced from \$11 to \$13, Grain's meals - which include the likes of Thai basil beef, stuffed goji berry tofu and pan-seared Norwegian salmon, along with cold pressed juices and coconut water - can be ordered up to five days in advance, and delivered island-wide, with varying delivery fees depending on the location. If you're in the CBD, it's only \$2 for delivery (waived on orders of \$20 or more), while there's a flat \$6.50 fee for the rest of Singapore. We love the fact that Grain regularly brings in special guest chefs to come up with new culinary creations. Use the code "EXPATLIVING" to get \$10 off your first Grain order. Download the iOS app or order at grain.com.sg. \_

## **Festive Feast**

In celebration of Diwali, North Indian restaurant Shahi Maharani will present celebratory buffets featuring flavours from all regions of India - think chaats (savoury snacks) from Mumbai, kebabs from Lucknow, curries from Kashmir, Hyderabad, Rajasthan and Punjab, and desserts from Bengal. In addition to a Diwali eve lunch (\$30 per person) on 28 October, the restaurant will serve a buffet dinner (\$70 per person) on the night of Diwali (29 October), complete with live musicians performing ghazals (sonnet-like poems) and Bollywood tunes amid twinkling oil lamps and vivid rangoli (patterns made from coloured rice, sand or flower petals) decorations. Shahi Maharani's traditional housemade Diwali goodies, such as coconut ladoo (ball-shaped sweets) and cashew rolls stuffed with pistachios, are also available for purchase in festive gift boxes and jars. For reservations, call 6235 8840. #03-21B Raffles City Shopping Centre, 252 North Bridge Road. shahimaharani.com v







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# New Bites





- Casual-chic French-Japanese restaurant and bar Le Binchotan has opened its doors on trendy Amoy Street, serving up meats and seafood smoked over binchō-tan (white charcoal), along with uni (sea urchin roe), daikon and miso-infused dishes, plus all kinds of fun cocktails. #01-04, 115 Amoy Street.
- Just like the original SPRMRKT on McCallum Street, the recently opened SPRMRKT Daily at Singapore Tyler Print Institute (41 Robertson Quay) brings together food, retail and art, with a wide range of local and international artisanal products and foods for sale. There's also a restaurant and bar called SPRMRKT Kitchen & Bar on the second level.
- Plank Sourdough Pizza has opened an outlet at 64 Namly Place, selling you guessed it sourdough-crust pizza. Made with the same long fermentation process as the famous sourdough at Baker & Cook, this pizza spot offers a wide range of toppings, including Camembert cheese, cranberry compote and truffle oil. We love the Cheese Plank Pizza topped with caramelised garlic crème fraiche, blue cheese, fig jam, caramelised walnuts, maple syrup, fresh thyme and lemon zest.
- Wine bar 13% Gastro Wine has opened a second outlet, this one at 117A Killiney Road, in a second-floor shophouse space featuring a private wine room and a special *ibérico* and cheese counter. Apart from its extensive range of wines, expect bites like fries (\$8), pizza (\$8) and cheese and meat plates.



## **Edible Art**

Renowned pastry chef and owner of 2am:dessertbar, Janice Wong, recently opened **Janice Wong Singapore** at the National Museum (93 Stamford Road), and we couldn't wait to sink our sweet tooth into some of her unique creations. On the menu, we were delighted to see signature desserts like **Chocolate H20** (\$22) – a delicious combination of dark chocolate, salted caramel and yuzu sorbet – and sweets inspired by her childhood – think **Chocolate Bonbons** (\$2.50), **Chocolate Balloons and Kites** (from \$55), **Marshmallow Paintings** (\$16) and **fruit rolls** (\$9); there's also a selection of savoury dim sum like **soup dumplings** (\$8) and other beautifully presented items. What we're most excited about, however, is the sweets boutique where you can create your very own edible art with **Chocolate Paint** (\$15) using up to 38 colours and with flavours ranging from passionfruit to smoked chocolate. **janicewong.com.sg** 



If you think **Colony** at The Ritz-Carlton, Millenia Singapore is "just another hotel buffet", think again. You don't need to be a hotel guest to have dinner here; Colony is a dining destination in its own right, with a strong line-up of food offerings spread across eight "live kitchens" - from a wok, a tandoor oven, a grill and a rotisserie, to a hand-pulled noodle bar, among other stations. Tartan and houndstooth prints, vintage postcards and antique mirrors feature in intimate spaces created by partitions and low-slung lamps that evoke an old-world charm, with the nostalgia of a bygone Britishcolonial era that also comes through in the array of delicious, Singaporean signature dishes on offer. Highlights for us included the ice bar, piled high with oysters, king crab legs, scallops and black mussels; the *ibérico* suckling pig with Balinese spices, the beef Wellington and the laksa with homemade lobster balls: we especially loved the crêpes Suzette for dessert. And, don't miss specialty cocktails whipped up by the restaurant's resident mixologist. Dinner is served daily from 6.30 to 10.30pm, at \$78 per adult from Sunday to Thursday, and \$88 on Friday and Saturday. For reservations, call 6434 5288. Level 3, The Ritz-Carlton, Millenia Singapore, 7 Raffles Avenue. ritzcarlton.com/singapore

## Win Some Wine!

Fancy two free bottles of vino? Boutique Italian wine specialist and online shop Bacco Wines is giving away a two-bottle gift box of Italian wine to five lucky Expat Living readers. Simply email the code "VINOPLEASE" to info@ baccowines.com to become a Bacco member (it's free!) and be entered into the lucky draw taking place on 31 October. Bacco, which has over 350 wines in its portfolio, will be in touch with the five lucky winners during the first week of November. Specialising in "healthy" Italian wine, Bacco sources exclusively from family-run, small-production wineries that embrace organic farming and natural winemaking practices. #02-09 The Herencia, 46 Kim Yam Road. 6635 5747 | baccowines.com





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# **A** BAGO AT LIME HOUSE

Level 2, 2 Jiak Chuan Road 6222 3130 | limehouse.asia

**First impressions:** Tucked away in the trendy Keong Saik area, Bago is a laidback Caribbean-themed lounge perfect for a mid-week respite. Designed for "liming" – the Caribbean pastime of doing nothing but sharing drinks and conversation with friends – this watering hole exudes beachy vibes that'll have you thinking you're at a seaside bar.

**The Chosen One:** There are so many choices on both the rum and cocktail menus that it can be hard to pick a drink – especially if,

like me, you're not a rum expert. Thankfully, there's an option to help you with that predicament; order a **Bago Build** (\$25), which allows you to choose your mood (bold, flirty, chill, fancy or adventurous) and taste (tropical, spicy, rich or herbal), then sit back and let the bartender work his magic!

**The Cheapskate:** While a single glass of specialty rum can go for as much as \$52, there are also tons of by-the-glass options below \$20. Both the **Mount Gay Eclipse** from Barbados and **Koko Kanu** from Jamaica are priced at \$16.

**Bite on this:** While most patrons eat at the downstairs Lime House restaurant before heading upstairs for drinks, bar bites are offered here, too, if you're feeling peckish. We loved the **jerk beef sliders** (\$18), an appetising combination of meat and spices, as well as the **Caribbean seafood cakes** (\$16), a satisfying order for crustacean-lovers like me. Vegetarians can try the *saheenas* with tamarind sauce (\$14), an interesting, Indian-influenced dish made of crispy pea-mash fritters and a tangy dip.

**Last but not least:** If you're in the mood for something exotic, try the **Rhum Bielle Blanc** (\$17), a white rum with strong sugarcane and vanilla notes. But it packs a punch with a 59 percent alcohol content, so go easy!

- Anthia Chng





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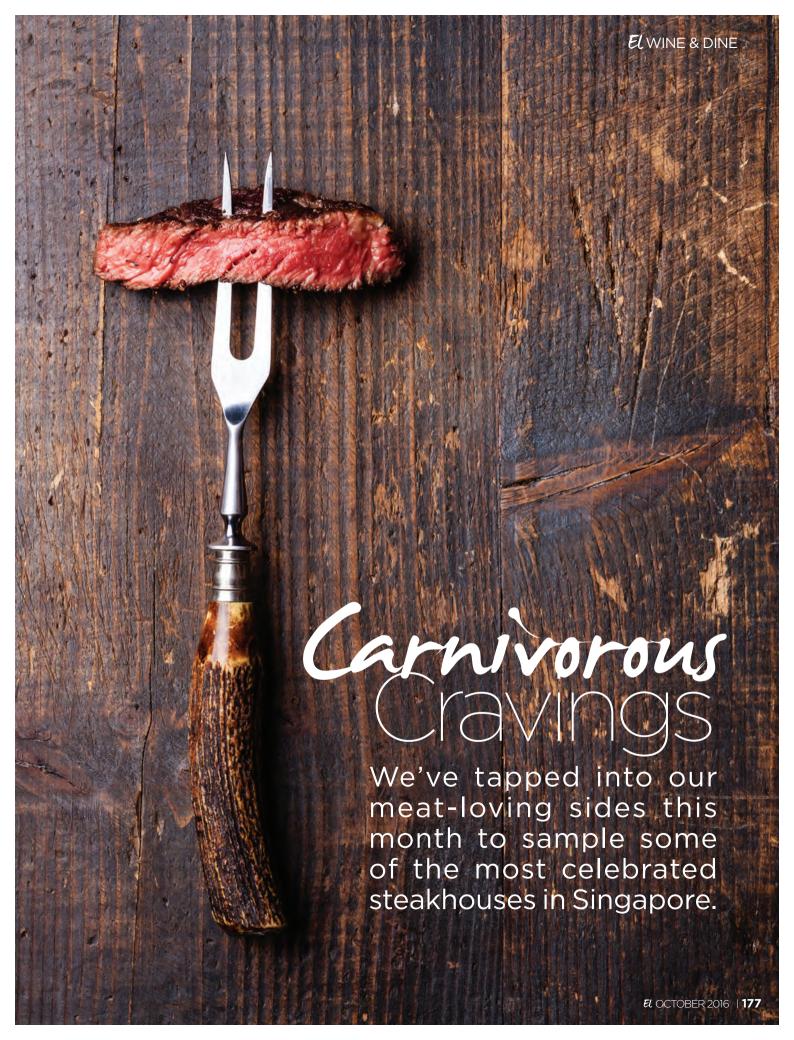
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**The vibe:** With its iconic, colonial-style setting and lovely attentive staff, this relaxed but elegant fine-dining experience set around a large open kitchen is not to be missed.

**The ones to order:** For starters, we tried the **escargots with garlic butter** (\$39 for 12), which went perfectly with the lovely bread selection and **Dungeness crab cakes with fennel and aioli** (\$37) – the tastiest I've ever eaten. A sampler of three appetisers of your choice (\$52) is also available.

The portion sizes are generous here, with prime cuts of US, Australian, Scottish and Irish beef, while there's a choice of cod, lobster thermidor, rack of lamb and roasted chicken for those who don't want beef. For mains, we were recommended a tender US Prime Grade Omaha New York sirloin (280g, \$96) and a grass-fed, Scottish Black Angus fillet, dryaged for 21 days (180g, \$94). They came perfectly cooked (medium and medium-well respectively), and served with our chosen sauces: béarnaise and fresh "Cameron" green peppercorn. There's also a

great filet mignon tasting platter – three 80g cuts for \$158.

The sides: We chose baked potato with sour cream, bacon bits and spring onion, sautéed garlic mushrooms, sautéed spinach and French fries (\$9 each). As mouth-watering as they were, we didn't manage to finish everything between the two of us!

The pairing: The wine list features over 80 New and Old World wines, a few of which are available by the glass (along with a champagne). Our recommended pairings included a classic Domaine de la Mordorée blend from Côtes du Rhône, France (\$28 per glass), and a Roaring Meg 2014 Pinot Noir from Central Otago, New Zealand (\$35 per glass), both of which suited the dishes perfectly.

**The best of the rest:** Having left a bit of room for dessert, we tried the **chocolate profiteroles with chocolate crumble**, **chocolate ice cream and warm chocolate sauce** (\$20). Our happy tummies were too full to sample a second.

- Jacqui Young



**The vibe:** The restaurant is built around three culinary theatres: a charcuterie and cheese room, a wood-fired oven and an open-grill kitchen, all of which offer great "live" vibes as you can see the fresh food being prepped. High ceilings, wood panelling and subtle multi-coloured lighting combine to create an intimate atmosphere perfect for a quiet business dinner or a romantic date night.

The one to order: With a focus on hearty European comfort food, the restaurant specialises in sharing platters such as the Ash & Elm platter (\$24/\$42), which features a sensational selection of house-cured meats including beef pastrami, smoked pork loin, roast beef, pork belly and *foie gras*, served straight out of the charcuterie and cheese room. The flatbreads from the wood-fired oven are also particularly good; we loved the pumpkin and bacon flatbread (\$18), full of mascarpone cheese, sweet pumpkin and salty bacon – to die for! Although seafood and other meaty mains are on offer, the highlight for any steak lover has to be the beef tasting platter (\$108/\$135), which allows you to sample different cuts of steak prepared on the charcoal grill – Black

Angus beef tenderloin, Australian rib-eye and New York striploin. Each cut was done to perfection, and came with a choice of three sauces: peppercorn, béarnaise and, our favourite, natural *jus*.

The sides: No steak is complete without sides, and Ash & Elm does great ones, each priced at \$12. Try Grandma's Mashed Potatoes, which are extremely moreish, the green asparagus or the cocotte of vegetables. If you like chips with your steak, you can't go wrong with the hand-cut, baked Roseval potato wedges.

**The pairing:** The wine menu is extensive, with a nice range by the glass (\$16 to \$28). We sampled the Perrier-Jouët Grand Brut Épernay (\$28), a lovely Pighin Pinot Grigio Friuli Grave from Italy (\$18) and, to accompany our steak, a blended Australian red, Yalumba The Strapper GSM Grenache-Shiraz-Mataro (\$21).

**The best of the rest:** If you have room for dessert, try the unusual **yuzu-citrus combination** (\$14), which is sure to cleanse your palate and leave your taste buds tingling!

- Katie Peace

#### Bistecca Tuscan Steakhouse

25 Mohamed Sultan Road 6735 6739 | bistecca.com.sg

**The vibe:** A cosy yet chic Italian steakhouse, Bistecca is perfect for a special date night or a special occasion – preferably without kids. Oh, and the staff will definitely make sure your night is memorable!

The one to order: If you're up for sharing, pounce on the Bistecca alla Costata (\$188), a signature Wagyu F1 bone-in ribeye (marbling grade MS6) that's juicy and succulent, each bite melting in the mouth. While the price might be on the expensive side, it's worth every dollar, and could easily be shared among three or more people. It comes with a selection of four condiments served separately, including house-made steak sauce, salsa verde, English mustard and Dijon mustard.

**The sides:** The *frites* (\$13) – Tuscan fries with rosemary – are thick and chunky, and go down extremely well with the salsa verde that comes with the steak. The generous portion of **charcoal-grilled asparagus** (\$15) with extra virgin olive oil was cooked to perfection, and the *spinaci* (creamed spinach with minced spicy sausage, \$13) is worth ordering, too.

**The pairing:** Rich and flavoursome, the **Poggio ai Ginepri Bolgheri Argentiera** (\$25 per glass; \$130 per bottle) goes down well with the Bistecca alla Costata.

**The best of the rest:** The **burrata** (\$40) is freshly flown in from South Italy and is delicate, delicious and definitely a platter for two or more to share; make sure you order a side of *pomodori* (Sicilian Pachino tomatoes with basil, \$14), too, as these go very well together.

If you have room for dessert, try the **tiramisu** (\$12), which is accompanied by a coffee custard. If you want something off the beaten track, I'd recommend the *rabarbaro* (\$12) – rhubarb, strawberries, yoghurt and gelato, with aged balsamic – as it's light and flavoursome (and has a hint of being slightly healthy!).

**Psst:** Be sure to end the evening with a final tipple of limoncello!

- Valmai Dhir





**The vibe:** Having withstood the test of time, this establishment knows well that change is to be handled delicately, bearing in mind the evolving scene while continuing to please loyal regulars. Nearly two years after Morton's grand refurb, we heard murmurs of more exciting changes on the horizon and were quick to lock in a date. Much like catching up with an old friend, we were greeted with the same open-arm welcome, a few cosmetic uplifts (a dazzling new bar, for one!), but the same core elements that brought us together in the first place. With polished wood, crisp linen and a clever blueprint of booths and private rooms, Morton's continues to cater to parties of all size or occasion, from the suited and booted to romantic duos.

**The one to order:** Morton's inventory is stocked with only the highest grade of perfectly marbled USDA prime aged beef. Sourced from the same supplier since Day One, orders are custom-cut to their specification and aged for 23 to 28 days. The **centre-cut filet mignon** (from 6oz or 179g, \$80) is distinctly tender and a winner for smaller appetites, but we're irresistibly drawn to the **centre-cut prime rib-eye** (\$99.50). Meat of this calibre is best in its purist state, though if you're really looking to indulge, the **foie gras cognac butter** (\$4) is as sinful as it sounds.

**The sides:** In our books, steak and spuds are the best marriage; and, even though all bets are off on the diet, that doesn't mean we have to skip the greens. The **jumbo baked potato** (\$24) or the **horseradish mash** (\$24) to share get our vote, and the **sautéed Brussels sprouts** (\$22) balance the meal perfectly.

**The pairing:** Both the wine list and the staff's knowledge of it are is top-notch, so state your budget and entrust them with the task. We also recommend you arrive early to try one of the bar's 20 new cocktails; the **cucumber martini** (\$29) with elderflower liqueur and pear vodka gets the palate into gear.

**The best of the rest:** Key lime pie (\$23) with a dollop of fresh cream for a sweet finish.

- Leanda Rathmell

Morton's is now open for Sunday lunch! From 12 noon to 3pm, enjoy a bold selection of Bloody Marys and a three-course menu (\$65) that includes a mouth-watering 16oz (450g) slow-roast prime rib.



**The vibe:** Situated in the W Singapore Sentosa Cove, SKIRT's fun, quirky and beautifully designed décor depicts the life cycle of a cow through stunning upholstery, leather chandeliers, hanging chopping boards and horned adornments. We loved watching busy Chef Larry and his team creating perfection in the open kitchen. And the staff were keen to provide recommendations from the vast menu.

The one to order: Try not to eat too much of the warm, freshly baked loaf served with artichoke hummus and chorizo olive oil, as you won't have much room for anything else. We began with the recommended Hokkaido scallop ceviche (\$23) and sweet-corn chowder with ricotta tortellini (\$15). After our palate-cleanser — a light shot of whisky, ginger ale and apple juice — we went on to an F1 grain-fed wagyu rib-eye (Sher Wagyu MS6-7; 250g, \$118) from Australia and an American wagyu tenderloin (200g, \$90), both of which were cooked medium-rare on a Parilla grill in their own fat, then served with a side of rich sauces; the grill gives the steaks that natural "woody" flavour. If you'd like

to taste a range of five different cuts of steak, from Japanese to Irish, try the tasting platter (\$250). And if you'd like something other than steak, SKIRT offers a sustainable seafood selection, in addition to other options like lamb, pork and chicken.

**The sides:** We opted to share the **gratin dauphinois** (\$15) – thinly sliced potatoes baked in a lovely rich sauce, **garlic fries with aioli** (\$10) and, my favourite, the **Brussels sprouts with bacon and crispy panko** (\$15); they all complemented the meat nicely, and three sides was just the right amount for us.

**The pairing:** We enjoyed a 2014 Swiss merlot (\$22 per glass) and an Italian sangiovese (\$26) to accompany our meal.

The best of the rest: How could we resist squeezing in a couple of desserts? Both the warm chocolate mud cake with marinated strawberries and crème fraiche ice cream (\$24) and the yuzu cheese tart with Granny Smith apple sorbet and raspberry curd (\$18) were delicious.

- Jacqui Young



Helmed by German Master Butcher LEONHARD WEBER, **Pan Pacific Singapore**'s butchery offers more than 30 varieties of aromatic ham, sausage and charcuterie, handcrafted from top-quality meat and natural spices according to Leonhard's recipes. You'll also find German salamis, meatloaf and liverwurst. Signatures include a house-made sausage platter (\$15) with four sausage varieties and cornichons; and a cold cut platter (\$18), which includes a selection of his own salamis and hams. We asked the master butcher to share some of his top meat and sausage recommendations.



#### What are your top three favourite meat dishes to make?

- 1. Nürnberger sausage, a fairly coarse blend of pork flavoured with marjoram. It's best served either grilled or pan-fried, and is an ideal tapas snack with beer.
- 2. *Bierschinken*, a smooth cold cut with cubes of pure muscle meat for more texture. It's a popular choice in Germany!
- 3. Virginia ham, a signature and best-selling item at Pan Pacific Singapore. This ham is glazed with honey and known for its sweetness.

Note: These handcrafted products are all available for takeaway at Pacific Marketplace, the gourmet grocer and café on Level One of Pan Pacific Singapore.

#### Tell us about some of the sausages you make.

Some of our signature varieties are bockwurst with paprika and nutmeg, pork bratwurst infused with lemon-roasted onions, smoked garlic sausages and Emmental cheese sausages.

#### What's the key to making an excellent sausage?

Using fresh, lean meat seasoned with salt and spices. The sausages at Pan Pacific Singapore are filler-free, and made according to original recipes.

#### Where do you go to get a good steak here in Singapore?

Black Angus Steakhouse.

**Psst:** October is the month to celebrate German cuisine and beer! Head over to Pacific Marketplace and its takeaway butchery for popular German specialties – including fillerfree sausages and hams handcrafted from Master Butcher Leonhard's recipes – that are easy to prepare at home, and sure-fire crowdpleasers at any Oktoberfest party or other gathering.

For reservations or more information, call 6826 8240 or email celebrate.sin@panpacific.com.

# Which Cut is Which?

Whether you're hosting a grill party at home or you want to try out that fancy steakhouse, here's a handy guide to help you choose the perfect cut.

#### Chuck

If you've got a crowd to feed and you want something easy, making a big batch of stew or pot roast is often the way to go, and the chuck cut is perfect for this. This economical cut has a good amount of flavour and fat, but will be tough if not cooked right — so it's best to go slow and low in the crockpot.

#### Brisket

Brisket is great on the grill as it has a decent layer of fat on it. If it's done right — slowly and for a long, long time — it develops a real melt-in-the-mouth texture. Otherwise, it will

turn out tough, as it's taken from the lower portion of the cow and has a lot of connective tissue. This cut is also easy on the wallet, making it a great option for outdoor barbecue parties.

#### Rib eye

(rib section)

Also known as the *entrecôte*, the rib eye is popular for being a juicy and tender cut with a decent amount of fat marbling. It's an excellent choice, with loads of great flavour.

#### Short ribs (rib and

short plate)

Often marinated and used

for Korean barbecue, short ribs are best cooked over a long period of time to break down the connective tissues in the meat. Slow-cooking, braising and stewing are great ways to prepare the ribs and make them tender.

#### **T-bone** (short loin)

The T-bone is great if you're really hungry, as it's typically served as a big portion. The meat near the bone tends to cook more slowly than the rest of the steak – something to remember when grilling it at home.

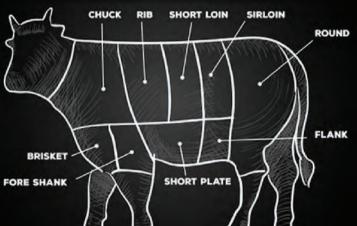
**Tenderloin** (near the middle of the sirloin) Also known as *filet mignon*, the tenderloin has an extremely tender, almost buttery texture. Because of its

extremely tender, almost buttery texture. Because of its low fat-to-meat ratio, this cut is best pan-fried or grilled and tends to cook faster than other steaks. Pile on the sauces and butter for greater flavour!

#### Sirloin

Also known as rump, this is not as tender as the loin cuts. However, it's a pretty popular cut that's served at many restaurants. Best cooked on the grill, sirloin can

also be sautéed or pan-fried.



#### Flank

One of the toughest cuts of meat, the flank is often used in Asian and Mexican cuisine as finely sliced stir-fry or fajita beef. Braising and other moist cooking methods work best for this cut

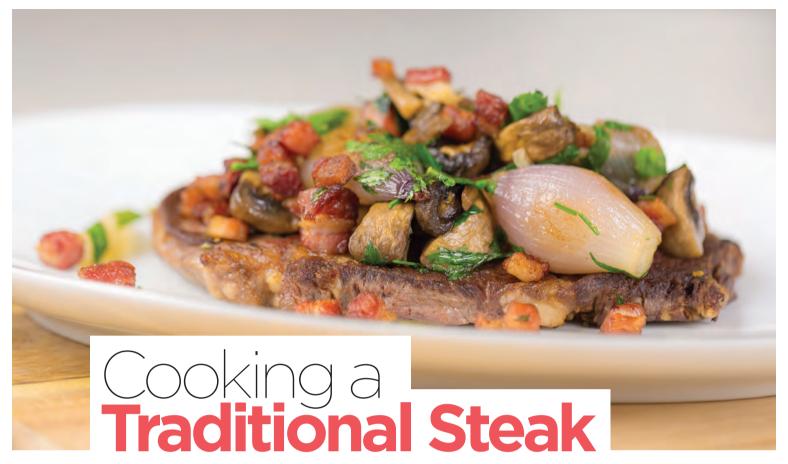
#### Shank

The shank is another great one for soups, stews and braises.

Under long, low and slow heat, the dense muscle fibres break down and soften, giving you a tender and rich texture similar to that of pulled pork.

#### Round

Cut from the animal's hind leg, the round steak is lean and will be tough unless it's prepared using a slow, moist-heat cooking method such as braising. The round is also often used to make beef jerky.



This quick and easy steak recipe, courtesy of **Huber's Butchery**, is a great go-to!

Pan-fried rib-eye with sautéed veggies and bacon

This recipe serves two

#### **Ingredients**

- 2 pieces of Australian grain-fed rib-eye steak, 250g each
- 50g unsalted butter
- A few pinches of coarsely crushed black peppercorn
- A few pinches of sea salt
- Olive oil
- 250g small white button mushrooms, cut into quarters
- 200g bacon, chopped into 5mm dice
- 300g baby onions, small shallots or pearl onions
- 1 packet Italian parsley

#### **Instructions for steak**

- 1. Season steaks with sea salt and coarsely crushed black peppercorns.
- 2. Heat some olive oil in a hot frying pan, and wait until it smokes slightly before placing the steaks in. Let the steaks cook undisturbed.
- 3. Add some butter; turn the steaks over and let them sear.

#### Instructions for sautéed onions, bacon and mushrooms

- 1. Peel onions and simmer in water. Add salt and pepper. Cover and let cook for about five minutes until softened; then drain.
- 2. Blanch bacon in just enough water to cover; bring to a boil and then drain.
- 3. Heat up a non-stick frying pan on high heat. Add the bacon first, and fry lightly to colour.
- 4. Add the onions and mushrooms, and sauté.
- 5. Toss a few times until all the ingredients are well mixed and softened.
- 6. Finish with a handful of chopped parsley.
- 7. Serve with steak, or even on top of it!

Huber's Butchery 22 Dempsey Road 6737 1588 | hubers.com.sg



First things first: before cooking your steak, it's important to know how to properly store and handle it. So we asked the experts at **Huber's Butchery** for key tips on storing beef, and the best way to thaw your meat before you cook it.

### How long can beef be stored in the refrigerator?

Most cuts of beef can be safely stored in the refrigerator at temperatures between zero and four degrees Celsius for about three days when well wrapped in cling-film or wax paper; if vacuum packed, it can keep for up to five days. Meat should always be stored in the coldest part of the refrigerator until it's ready to use.

If unforeseen circumstances happen and you need to freeze the meat you've purchased, transfer it from the chiller to the freezer as soon as it becomes clear that you won't be cooking it within three to five days from the date of purchase.

#### What about the freezer?

Beef cuts can be stored in a freezer at a temperature of minus 15 degrees Celsius or lower for up to six months. Don't freeze meat that has reached its expiry date, as freezing does not kill the existing bacteria. Tip: If you need to freeze the meat for a long time, ask the butchers at Huber's to vacuum pack it to prevent freezer-burn.

#### What's the best way to defrost beef?

The best method for thawing beef (or any other type of meat) is to place it in the refrigerator, where it will defrost slowly and safely. Defrosting

In addition to tips on handling and storing meat safely, the skilled butchers at Huber's Butchery can advise on cooking times and methods, and on the cuts that are most suitable for specific recipes. Just ask! You can also check out hubers.com.sg for all kinds of other helpful tips.

Huber's Butchery 22 Dempsey Road 6737 1588 hubers.com.sg frozen meat at room temperature is discouraged. as bacteria can grow rapidly under such conditions. The meat should be placed on a plate or dish (to catch any liquids that may drip from it as it thaws), and stored on the lowest shelf of the refrigerator. Bear in mind that a larger piece of meat takes longer to defrost, so you may need to transfer the meat from the freezer two days before cooking it. Beef that's not fully defrosted should not be cooked, because the exterior of the beef may become overdone before the interior has had a chance to cook to the proper temperature. Tip: When thawing beef for stews or stir-fries, it may be quicker and easier to cut the meat to the desired size before it's fully defrosted. Once cut, refrigerate it until completely thawed.

#### What if I need to defrost meat in a hurry?

If it's not practical to wait for beef to thaw in the refrigerator, it is possible to defrost the meat in a microwave oven using the proper defrost setting - but it's not recommended. Some microwave ovens don't defrost meat evenly, which may allow some portions to become fully thawed while other areas remain frozen. While those frozen areas are still defrosting, harmful bacteria can grow rapidly in the thawed area. Therefore, if you're relying on a microwave it's best to use smaller cuts of beef, which are safer to defrost than larger cuts; and you should never defrost meat on a normal cooking setting. Beef cuts should be cooked within minutes of defrosting in the microwave, and the same goes for minced beef. Microwave defrosting is not the preferred method, and should be the exception rather than the rule.



#### SINGAPORE

Mandarin Oriental Fourth Level, 5 Raffles Avenue (65) 6339 3740 www.mortons.com



# What is Organic Meat?

When SEBASTIAN CHIA and WENDY FOO couldn't find the right food for their son Ryan's special dietary needs, they linked up with small producers and farmers in Australia committed to quality, organic products. Now a year old, Ryan's **Grocery** is a gourmet butchery and grocery shop in Bukit Timah's Binjai Park that specialises in organic and free-range meats. It also has one of the largest arrays of gluten-free and preservative-free foods on the island. We asked Sebastian and Wendy about the benefits of eating organic, and what they like to cook at home.

### Tell us about the meat at Ryan's Grocery.

Our organic lamb and beef are imported from Australia: Arcadian from Queensland; Thomas Farms from South Australia; plus boutique brand Blackwood Valley Black Angus beef from Western Australia. All our meat is 100 percent certified organic, grass-fed and free-range.

As for pork, our antibiotic- and hormone-free Borrowdale pork is certified free-range and RSPCA-approved. These pigs are raised in a stress-free environment, with the freedom to forage and play. This gives them a superior flavour and exceptional tenderness. Celebrity paleo chef Pete Evans is its ambassador and endorses the meat. We also stock Inglewood Farms organic chicken.

### What makes a meat product "certified organic"?

Certified organic beef or lamb must come from a fully verifiable production system that collects information on the history of every animal in the programme, including breed history, veterinary care and feed. Furthermore, for meat to be certified as organic, all the producer's cattle must satisfy certain criteria:

- Born and raised on certified organic pasture
- Never received antibiotics
- Never received growth-promoting hormones
- Fed only certified organic grains (including corn) and grass
- Have unrestricted outdoor access, meaning that the meat is free range

### What are the benefits of eating organic, grass-fed meat?

When cattle are bred organically, exclusively grass-fed and raised in a low-stress environment with no artificial growth hormones or antibiotics, they not only have a better quality of life, but also live much longer than standard animals. This allows more time for the meat's natural flavours to develop. This guarantees the quality of the meat. Apart from tasting better, organic grass-fed beef, for example, also has higher levels of good omega-3 fatty acids and lower levels of not-so-beneficial omega-6.

The Australian Certified Organic farms are managed holistically, employing planned grazing methods that ensure ground cover year-round and environmental sustainability. Being certified organic by Australian Certified Organic promises that pastures are grown as naturally as possible and without chemicals.

#### What are your best sellers?

Organic Blackwood Valley beef and free-range, hormone-free Borrowdale pork. Our organic lamb rack also flies from the deli case! Also, our roast pork belly with sea salt, pepper and Chinese five-spice powder is a party dish frequently requested by our guests, and by regular customers from the neighbourhood.

#### What are your favourite dishes to make at home?

Since we have access to so many different cuts, our dining table is never boring! For stews, our favourites include pork trotters with mushrooms, pork ribs with apples, organic oxtail with tomato, onion, celery and pumpkin, organic beef shin with coconut aminos and radish, and organic lamb shank. We also make great Bolognese sauce, lamb kofta and falafel, and Thai stir-fry dishes with our organic minced meats. The latest dish we have experimented with is biryani, using either lamb shoulder or beef shin shank.

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



# Wendy's Thai-style Minced Meat

This gluten- and soy-free recipe serves 4-6 people

"We like to add yellow and red capsicum with the long beans. This makes the dish very colourful and appetising. If you can take some heat, add freshly cut chillies!" - Wendy

#### Ingredients

- 500g Borrowdale minced pork (or use organic chicken or beef )
- 1 yellow organic onion, sliced or diced
- 1 organic garlic clove, finely chopped
- 4 strings of organic long beans cut into 3cm pieces (or use sweet peas, capsicum or any veggies you like!)
- 1 cup organic Thai sweet basil
- 1 teaspoon coconut amino sauce
- 1 to 2 tablespoons Alfa One Rice Bran Oil
- Salt and pepper, to season the meat
- Optional: Half an organic green lime to squeeze over the dish when serving
- Optional: Chillies

#### Instructions

- 1. Heat the oil, then add the onion and garlic, and stir-fry until fragrant.
- 2. Add the minced pork (seasoned with salt and pepper) and quickly stir-fry.
- 3. Add long beans, season with coconut amino sauce and stir well. Note: We like to add yellow and red capsicum or tomatoes at this stage. This makes the dish very colourful and appetising. If you can take some heat, add freshly cut chilli, too.
- 4. Turn off the heat and add the basil leaves. Toss in the pan to wilt.  $\alpha$



Here in Singapore, there's an endless hunt for rooftop venues with a real wow factor. So, we thought it was worth sharing another one of our favourite finds. Zafferano has long been regarded as one of the best spots in town for sky-high dining, thanks not only to its incredible views but also its menus; Chef Marco Guccio draws on his family roots in Southern Italy - Sicily and Calabria - and his Milan upbringing to blend tradition and innovation in his contemporary Italian fare. Did you know, however, that Zafferano also has a dedicated alfresco bar? Here are five reasons to head over to the **Terrace Lounge** any day of the week.

#### **#1 Awesome Ambience**

Glass-walled, open to the sky and surrounded with lush greenery, the Terrace Lounge has both stool and sofa seating, with plenty of space to take in the magnificent Marina Bay views over sunset cocktails and savoury snacks. Highlights of the bar menu include Italian cold cuts and marinated olives for two (\$32), beef meatballs with herbed tomato sauce (\$14), mini beef sliders (\$16), a cheese selection (\$28) and various stone-oven pizzas (from \$16).

#### #2 Sky Vibes at 43

Every Friday, bar-goers can kick back with cocktails like the Prima Signora (\$24) – Grey Goose vodka, fresh lemon juice,



passionfruit and a dash of peach syrup – as they enjoy musical collaborations between saxophonist Pablo Tani and rotating DJs from G.O.D (Group of DJs), who mix DJ tracks with live saxophone music to create an upbeat repertoire of deep house. Each of the three sets is 30 minutes long, starting from 9.30pm.

#### #3 Weekday Happy Hour

From 5.30pm until late, from Monday to Thursday (and until 9.30pm on Fridays, when Sky Vibes starts), the Terrace Lounge offers \$12 wine and Prosecco by the glass and \$12 Peroni draft beers, along with various bottle and cocktail promotions.

#### #4 Ladies' Night

Every Thursday from 6 to 9pm, ladies can enjoy free-flow Prosecco at \$28 per person, with complimentary pass-around pizza bites from 5.30 to 7.30pm. What better reason to grab your girls for a night out of sky-high sipping and socialising?

#### **#5 Martini Night**

On Saturdays from 6 to 9pm, martinis are just \$10 each at the Terrace Lounge. Choose from 10 different concoctions, and enjoy complimentary pass-around pizza bites (from 5.30 to 7.30pm) while you sit pretty over the city at 43 storeys high. &

Zafferano Italian Restaurant & Lounge Level 43, Ocean Financial Centre 10 Collyer Quay 6509 1488 | zafferano.sq



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# TRAVEL



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# What's New



#### **Toasty Tootsies**

Heading somewhere cold for Christmas? These remote-controlled Original Heated Insoles will help keep you cosy. heat.thermacell.com



# Bali Stay & Dine

As the year approaches the pointy end, you're no doubt feeling in need of a thoroughly relaxing beach holiday where everything is taken care of. (Or is that just us?) Here's the ideal thing: book a minimum three-night stay at **The** Westin Resort Nusa Dua in Bali and vou'll eniov a range of complimentary extras, including a dining experience at the resort's renowned Prego Italian Restaurant. The package, which starts from IDR 2,250k (S\$230) per night, is available from now until 23 December 2016, and includes SuperFoodsRx breakfasts for two, a Sunday FunDay Family Brunch for two adults or dinner for two at Prego, free access to the Westin Family Kids Club, and free access to the resort's Fitness Studio. +62 361 771906 | westin.com/bali

#### **Quarter-century Celebrations**

Next month, COMO Hotels and Resorts celebrates 25 years since the group's launch in 1991, when COMO The Halkin opened in London. It now owns and manages 13 urban hotels, island resorts, adventure hotels and wellness retreats across the world – including nine here in Asia. A global competition is running to coincide with the milestone, encouraging social media followers to share their travel essentials when packing for a COMO destination. Exclusive prizes include a resort escape in Bali, in the Maldives or in London. For your chance to win, follow @COMOHotels on Instagram and share seven things in your travel bag via an Instagram post. comohotels.com



#### **New in Northern Thailand**

Opening this month in Thailand's popular highland town of Chiang Mai is five-star luxury resort North Hill City Resort. The 42-room boutique property is 20 minutes from the bustling town centre and boasts a design that makes the most of the surrounding greenery and nature, with an expansive outdoor amphitheatre alongside a swimming pool and deck, and panoramic views of mountain temple Doi Suthep. It's also just a short walk to North Hill Golf Club, an 18-hole golf course in mint condition and sharing the same stunning views. Opening rates start from approximately S\$175. +66 53 333 111 | northhillcityresort.com V



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#### Make for Morocco

Located on the northwestern coast of Morocco, Banyan Tree Tamouda Bay has just opened the doors of its 92 luxury pool villas. And, if you can manage to squeeze in a quick getaway, there are a couple of celebratory offers available right now. With every three nights booked on trips until the end of this month, you can enjoy a complimentary extra night, or a credit of US\$100 per villa per night to be used for F&B and spa treatments during your stay. banyantree.com/en/em-moroccotamouda-bay  $\blacksquare$ 



#### Hoi An Lanterns

Ranked among Asia's top 25 resorts by *Condé Nast Traveller*, **Anantara Hoi An** is a boutique property on the banks of the Thu Bon river, featuring French, Dutch, Chinese and Japanese design influences. As a complement to Hoi An's monthly lunar lantern festival, the resort is currently offering a Full Moon Lantern Festival package. With rates from around US\$200 per night (including breakfast), the package − which is available on specific dates in the middle of each month from now until March 2017 − includes a river cruise and a lantern-making class, among other extras. **hoi-an. anantara.com/full-moon-lantern-festival** ▼



# Helping Young Cambodians

**Sala Baï** is a vocational training school in Siem Reap that provides underprivileged Cambodian youths with training in the hospitality industry, enabling them to achieve economic independence and improve the living conditions of their families. Following a campus expansion earlier in the year, the school has increased its student intake to 108; it has also launched a new course, Beauty Therapy, to add to its curriculum of Cooking, Housekeeping, Restaurant and Front Office. Eighteen partnering luxury hotels have opened their doors to the qualified and trained students to support the cause; among them is Heritage Suites Hotel, whose smiling 21-year-old Front Office Supervisor, Sipha, is a Sala Baï graduate.

For more information, email info@salabai.com, call +855 89 590 864 or visit salabai.com.



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Singapore has only a small handful of golf courses to satisfy its 30,000 active golfers, so it's no huge surprise that many players pack up their clubs and book tee times in other countries. And while Bintan, Batam and Johor are popular destinations for golfing day-trips, there are plenty of options further afield - in fact, the world is your oyster!



A ferry ride

#### **Radisson Golf & Convention Center** Batam



This newly launched property is one of the first international hotel brands on Batam,

and its 18-hole championship Sukajadi Padang Golf Course was designed by the reputed Thomson, Wolveridge & Perrett.

The new hotel has 240 rooms and suites, many with balcony views of the course's lush greenery, while recreational facilities include a large outdoor pool with vast wooden decking and beautiful landscaping. There's also a fitness centre and kids' club.

Special offer: Currently available is a Golf Package that includes a one-night stay in a modern Superior Room, an international buffet breakfast, 18 holes of golf, an F&B voucher for S\$15 to spend in Bite restaurant, ferry tickets to and from Singapore, and land transfers on Batam. The cost is from \$275 per person (weekdays), and the offer is valid to 1 February 2017. For bookings, visit radisson.com/batam-hotel-ri/idnrdbt.

Also: Show this Expat Living article on check-in and enjoy a couple of free cocktails (until 31 December 2016).

+62 778 4800 888 | reservation.batam@radisson.com

#### **BINTAN**

#### Laguna Golf Bintan

This 18-hole, par 72 golf course set on 60 hectares of tropical paradise was originally designed by Greg Norman, and has recently reopened following a complete revamp. After breathtaking sea views on holes 2 to 4, a lagoon setting features on holes 6 to 8, and dense jungle on holes 10 to 15. At the signature 17th, you hit off directly over natural rock formations from a tee perched over the sea.

#### **RIA Bintan Golf Club**

Mature woodlands and windswept beaches characterise Gary Player's 27-hole championship course, ranked as the "Best Golf Course in Asia" and "Best Golf Course in Indonesia" by Asian Golf Monthly. Facilities include a pro shop, club and shoe rental, buggies and caddies, a driving range with 20 bays, and the Bandar Ria Restaurant and Asmara Ria Spa.

#### Bintan Lagoon Golf Club

The Jack Nicklaus Seaview Course features sculpted bunkers and water hazards on 13 holes, and a stunning ocean backdrop for the signature 12th hole, while the Ian Baker-Finch Woodlands Course is marked by an undulating landscape of steep slopes and mounds – a challenge even for seasoned golfers. Facilities include a clubhouse, a pro shop, equipment rental, a 31-bay driving range, Haskell's restaurant and more.



For more information, visit bintan-resorts.com



#### **SOUTH AFRICA**

#### Zimbali Spa and Golf

The Fairmont Zimbali Resort is located on one of the last remaining natural coastal forest estates in South

Africa – a 700-hectare protected sub-tropical paradise, tucked between two UNESCO World Heritage Sites in the province of KwaZulu-Natal.

Zimbali means "valley of flowers" in Zulu, and it's a popular destination with South Africans, due to its warm climate, year-round sunshine and culinary influences from the polyglot of cultures, including Zulu, Indian and European.

Resident bottlenose porpoises, whales and fish eagles can regularly be seen from the shore, while mischievous vervet monkeys and graceful bushbucks are also part of the scenery.

Durban's King Shaka International Airport is reached via an easy 20-minute motorway drive through the vast sugar cane fields that supply most of the country's sugar.



Facilities at the 154-room Fairmont Zimbali Resort include the Willow Stream Spa, eight restaurants and bars, five pools (plus a swimming beach), tennis and squash courts.

The 18-hole golf course is designed by American professional golfer Tom Weiskopf, who notched up 16 PGA wins, including the British Open.

fairmont.com/zimbali-resort



#### THE UK

The modern game of golf is a Scottish invention, so it's no wonder that the UK has some of the world's best courses. Here is a list of eight courses recently recommended by British Airways.

- #1 St Andrews Old Course (St Andrews, Scotland) One of the oldest and most famous golf courses in the world. Get there: Fly to Edinburgh; drive or take a train to Leuchars.
- #2 Royal Lytham & St Annes Golf Club (Lancashire, England) - The classic red brick clubhouse is an iconic symbol of English golf; the course has hosted 11 British Opens. Get there: Fly to Liverpool or Manchester; drive one hour.

- #3 Royal Troon Golf Club (Troon, Scotland) Host of numerous major championships, including this year's British Open, in July. Get there: Fly to Glasgow; drive 40 minutes south.
- #4 Celtic Manor Resort (Newport, Wales) Three world-class golf courses, two hotels, two spas, six restaurants and more. Get there: Fly to London; drive 90 minutes to Newport.
- #5 Trump Turnberry Resort (South Ayrshire, Scotland) -Recently reopened after extensive refurbishment and offers a magnificent ocean view. Get there: Fly to Glasgow; drive an hour south.
- #6 Royal St George's Golf Club (Kent, England) Close to London, and considered one of the very best courses in England (maximum 18 handicap required). Get there: Fly to London; take the train to Kent.
- #7 Royal Dornoch Golf Club (Dornoch, Scotland) Ranked the Best Course in Scotland in this year's Golf Digest, ahead of the Old Course. Get there: Fly to Glasgow; drive four hours.
- #8 Royal County Down Golf Club (Newcastle, Northern Ireland) – 127-year-old links course near a countryside village, surrounded by mountains and ocean. Get there: Fly to Belfast; drive an hour south. a

British Airways currently offers a daily Airbus A380 service from Singapore to London. ba.com



Whatever style of getaway you're planning, you'll find what you need at **Bintan Resorts**, thanks to its huge range of hotels, resorts and retreats catering to everything from family-friendly to full-on luxury.

Family
Friendly
Resorts

- Angsana Bintan Seaside pavilions and lush garden terraces are just some of the highlights of tranquil Angsana Bintan. Among the 113 rooms and suites are many with balconies overlooking the South China Sea, and others with private sundecks and outdoor jet pools.
- Bintan Lagoon Resort This beachfront haven of redesigned guestrooms, suites and villas offers modern amenities and a host of land and sea activities, for indoor and outdoor fun alike.
- Club Med Renowned for its all-inclusive stays, Club Med boasts delicious buffets (including unlimited beer, wine and soft drinks) and a huge line-up of sports and recreational activities for kids from as young as two years.
- Nirwana Gardens An integrated leisure, business and event destination, Nirwana Gardens offers five accommodation options, ranging from the family-friendly to the romantic and exclusive.



Unique Resorts

- The Canopi Set amongst Bintan's lush greenery and facing Crystal Lagoon at Treasure Bay, The Canopi boasts 41 Tent Suites that offer campers and adventure-seekers the best nature has to offer, yet with modern "glamping" luxuries.
- **Doulos Phos** This 102-year-old ship was built in America in 1914, just a few years after the Titanic, and is now being transformed into a land-berthed heritage hotel on Bintan. Watch this space for more news on its opening.



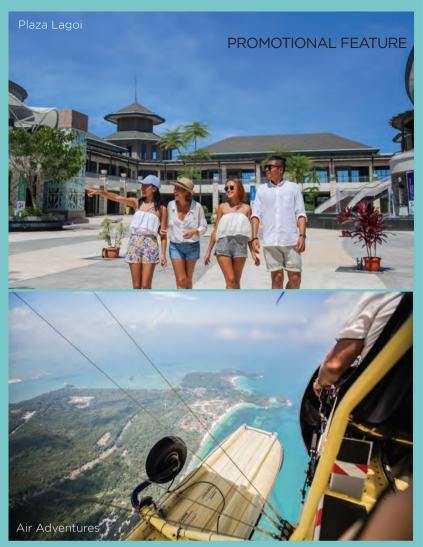






The Sanchaya – Relive the colonial elegance of a bygone era at this luxurious beachfront estate, whose 21 villas and nine suites are located on a spectacular beach and designed to reflect the exotic sights and sounds of Southeast Asia.

- Banyan Tree Enjoy ocean views from hillside villas decorated, each raised on stilts. Relax on the resort's private beach, tee off on the championship golf course or visit the acclaimed spa for pampering.
- Lagoi Bay Villas Newly opened, this uniquely designed resort offers relaxed luxury in a beautiful location, with spacious one- and two-bedroom guest villas that include private pools, for a special romantic getaway.



#### A PLETHORA OF PLACES TO EXPLORE

- Plaza Lagoi This is Bintan's premier shopping and tourism information centre, with local restaurants, convenience stores, spas, and a weekend bazaar featuring live music
- Air Adventure / Adventure Scooter The first ultralight seaplane facility in Southeast Asia offers open cockpit seaplane flights along the scenic Bintan coast, while the centre's Yamaha 125cc automatic scooters are available for hourly, daily and weekend rentals.
- Shopping at Tanjung Pinang The capital of Bintan Island has all kinds of interesting sights, including traditional markets selling dried seafood products and local delicacies.
- Trikora Beach Head to the east coast of Bintan to learn about traditional boat-making, see floating fishing platforms and sea gypsy villages, and taste homemade otak otak
- Pulau Penyengat The small island abode of the kings of the last phase of the Malay/Riau Kingdom is also home to the Royal Mosque and mausoleum, painted in distinctive hues of yellow and green, and an old fort that defended the kingdom against the Dutch.
- Vihara Avalokitesvara Graha (Guan Yin Temple) This temple houses one
  of Southeast Asia's tallest Goddess of Mercy statues, standing 16.8 metres tall,
  made of brass and coated in 22-carat gold.

For more information, visit bintan-resorts.com/visitors



ave your sunglasses handy for touchdown at Hokkaido's New Chitose Airport, as an endless white vista extends from each side of the runway, as far as the eye can see. The journey to your resort passes through pillowy, white countryside; if you're lucky you'll catch sight of the occasional deer.

Niseko is a 2.5-hour coach or private shuttle transfer from the airport. The snowdrifts beside the road grow taller throughout the journey – by the time you reach your destination, they'll possibly be taller than you, and the roads are paved with white. Pay attention on the main street and you'll see the "No Sliding" road signs. Skiing or boarding on the streets is banned, and carries a stiff fine – but I just love the fact that you *can*.

The long-term average snowfall in Niseko is 18 metres. For the past three years, it has been well below that, but as a regular visitor I can assure you that, even in a poor season, the snow here is totally awesome.

Niseko United ski area consists of four separate valleys and lift companies that have been combined into one lift ticket. They all connect up at the top of the mountain and are linked at the bottom by the Niseko village bus. So getting around the mountain is easy and skiing top to bottom in all four valleys is a beautiful way to start the day.

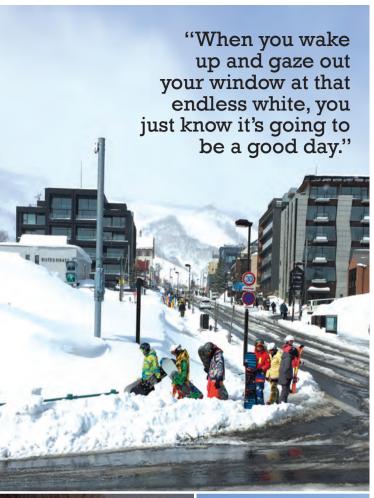
Each of the four mountains is different and provides variable ski experiences. The majority of the runs on the mountain are groomed. If you're after adventure, there are nine gates that allow access to the untracked backcountry; avalanche gear is recommended outside the gates, and a powder guide will help you to navigate and make sure that you don't end up having to walk home.

There are a large number of ski schools in Niseko and the quality varies surprisingly; so it's worth doing some research before you go and book in advance, especially if you plan to travel during the busier periods of January and February. We used **Niseko Academy** for both tuition and guiding.

The regularity of the snowfall means that you can ski fresh tracks almost every day. In fact, Niseko is the only place I've skied where they groom the runs in the morning, ensuring navigable trails for skiers that haven't perfected their powder skills.

In addition to the amazing snow, Niseko offers excellent accommodation and a wide range of restaurants and bars. I'd recommend that first-time visitors stay in **Hirafu** village. While there are a number of other accommodation options around the valley, most of them are a little isolated. If you're after a few amenities and a choice of restaurants, Hirafu is the place to be.

We like to stay at **Shiki Niseko**, a modern apartment complex located right in the heart of Hirafu. The rooms are spacious









and comfortable and the small kitchens have everything you need to prepare basic meals. There are also laundries on each floor, stocked with detergent powder.

Shiki is a short walk from the family lift (beginner's slope) and just down the hill from the Ace quad lift and the Hirafu Gondola, the two main lifts in the Hirafu area. A complimentary Shiki shuttle runs every half hour between 8am and 5pm and stops at all three Hirafu lifts, so vou won't have to carry your skis very far.

The Shiki building also contains a supermarket/deli (with English translations for all produce), a cash machine, a coffee shop and two restaurants. The flagship restaurant is the Michelin-starred Kamimura, which offers a degustation menu. If you want to experience the produce that Hokkaido is most famous for, I would recommend Ezo Seafoods. Both of these restaurants are pricey, however, so my preference after a hard day's ski is comfort food at Mina Mina, next door to Shiki, or Bang Bang, a short walk up the hill. Another great find is Bistro Kuchan Sakaba in Kuchan town, a short taxi ride from Hirafu.

All of these places are popular and, like most restaurants in Japan, small. So I suggest you book them before you go – the concierge at Shiki can help you with this. There are generally two sittings for dinner; we like to eat early, so we can hit the slopes on the first lift the next day.

For casual dining, the Green Farm Café at the main intersection does very tasty organic food. Mariposa (up the hill past Mina Mina) does good hot chocolate and home-baked treats. For ramen head to Asahikawa Ramen Tozanken, halfway up the hill to the Ace quad lift – just look for the queue.

Niseko's on-mountain restaurants range from the modern Hanazono 308, an excellent cafeteria, to quaint mountain huts offering coffee and snacks. The 1,000-foot hut at the top of the Ace pair lift is a good late afternoon stop for some Glühwein, prior to the final run down the hill to the village. After this, make your way to an onsen; as a Shiki guest, you get a discount at Hotel Niseko Alpen, which is next door to the Ace quad lift. If you have any energy left at the end of the day, Niseko also offers night skiing.

Then, at the end of it all, you can track your overall mountain movements using the Niseko Skiline website or app; you just enter the unique number on your ski pass and it will tell you how many lifts you took, the kilometres you covered and your vertical descent.

Two big benefits of skiing in Japan are the relative close distance from Singapore and the limited time-zone change. The main reason to go there, though, is for the snow. When you wake up and gaze out your window at that endless white, you just know it's going to be a good day.

#### **USEFUL WEBSITES**

White Liner coach to Niseko: goodsports.co.jp/white\_eng/ski-bus Skybus shuttle to Niseko: skybus.co.jp Niseko Academy: nisekoacademy.com Shiki Niseki: shikiniseko.com

Ezo Seafoods: ezoseafoods.com &



Okinawa will appeal to Japan aficionados and those seeking an alternative to the run-of-the-mill Thailand or Bali beach break.

he culture of Japan, centuries-old Ryukyu Island traditions and Western influence are all evident in day-to-day life on Okinawa. Those who have also visited Tokyo and Kyoto will notice that, while it resembles the mainland in many ways, Okinawa's compact size, tropical weather and remoteness (it's over 1,500km from the capital) have combined to create a distinct identity. Aside from taking it easy on a beach, here are five things to do while you're there.

#### **#1 EXPLORE NAHA**

All flights land at the airport close to Naha, the island's bustling capital and commercial centre. The city's heart is **Kokusai Street**, which locals affectionately call the "miracle mile" because it was the centre of recovery after World War II when the city was all but flattened. Today, it's a busy strip of restaurants, hotels and souvenir shops. You'll find the compact **Makishi Market** in the labyrinth of covered shopping lanes that branch off the main street. Locals buy their fresh food downstairs and head upstairs for excellent (and cheap) hawker-style food in a jovial atmosphere. Look for a stall with an English menu and pictures for easy ordering.

The quaint **Pottery Street** is nearby. Named for its winding lanes lined with pottery shops, here you'll find artists at work,

and even an old climbing kiln (similar to the dragon kilns found in Singapore). Also look out for distinctive glassware, a local craft that originated from the resourceful re-purposing of discarded glass bottles.

**Shuri Castle Park** is set high on a hill overlooking the city, and it's a pleasant place to stroll around for a few hours. The Chinese exerted a strong influence over the island in the 14th century, when the bright red Seiden Main Hall was constructed, which is why it resembles Beijing's Forbidden City more than it does the temples in Kyoto and Tokyo. Over the centuries, the original castle was burnt to the ground three times and rebuilt, and it was almost totally destroyed again in World War II. The current reconstruction was completed in 1992.



### #2 EAT AND DRINK THE LOCAL DELICACIES

Since Okinawa is tropical, its cuisine differs in many ways from the rest of Japan. Sweet potato and pumpkin are popular ingredients, as is pineapple, the island's largest crop; sugar cane is grown widely and is used to make brown sugar candy and for doughnuts. Surprisingly, you won't find chillies or coconuts. Okinawan pork is very popular (despite seafood being plentiful) and is widely served in a ramen-style dish with Chinese overtones. On a stroll through the local markets you'll notice that no part of the animal is off-limits – even the ears.

Bitter melon, or gourd, features in most meals and is often served with tofu (which tends to be firmer and creamier than the mainland version). Ask for seafood and you'll be served fresh sashimi, sushi, and fish cooked anyway you like it, often with a string of *umi budo*, a tiny green seaweed known as "green caviar". This delicacy is extolled for its nutritional value and is one of many Okinawan foods purported to promote longevity. (The island is famous for its sizeable centenarian population.)

Local brew *awamori* is also made with rice, but its flavour is entirely different to sake. Interestingly, it's the only Japanese liquor that is said to improve with age. **Chuko Distillery** (chukogura.com) is one of 48 distilleries on the island. It's a good place to learn about the distilling process and watch patient potters creating from local clay the vitrified pots in which the *awamori* is stored. You can sample different types of the drink in the tasting room after the tour – though I'd recommend an afternoon visit.





#### **#3 TAKE A STROLL**

Fukugi trees have been used for centuries as natural windbreaks to mitigate the impact of the typhoons that strike the island from time to time. The community of homes at **Bise Fukugi Road** is set along sandy paths behind these tall and shady trees that offer both privacy and protection. It's a photogenic and popular spot for honeymoon photos, and a tranquil place to spend half a day, either on foot or bicycle. Finish with lunch or dinner at **Cahaya Bulan Café**, overlooking the sea. On a nearby hillside are 7,000 cherry blossom trees, which burst into glorious pink bloom from the beginning of January, months earlier than similar trees on Japan's main islands to the north.

#### #4 GET UP CLOSE WITH THE SEA

The sparkling blue seas surrounding Okinawa have made it a popular spot for everything and anything to do with water. At numerous points along the coastline there are opportunities for participating in water sports such as parasailing – which I'd not tried before but thoroughly enjoyed – and flyboarding, best described as walking on water through the upward propulsion of jet pack shoes (much more difficult than it looks!).

A more sedate aquatic activity is swimming with dolphins. This was another first for me, and while it was very enjoyable I did wrestle with my conscience about the circumstances of their captivity. A surprise was just how social they are; the keepers explained that dolphins, as mammals, are "closer" to humans than, say, sharks.

Snorkelling is easily accessible, but choose your spot carefully as some of them, such as Blue Cave, can be overrun with boats and divers. No doubt there are many other quieter places to be found, especially on some of the farther-flung islands.

Rather stay on dry land? The **Okinawa Churaumi Aquarium** (churaumi. okinawa/en/) is home to three enormous whale sharks, manta rays and bull sharks in one of the world's largest tanks. It's located inside the large **Ocean Expo Park** complex that also offers dolphin shows, gardens, museums and cultural exhibits.





jp/en) is open to hotel guests and the public, and it's a wonderful facility with indoor and outdoor baths.

If it's your first time, here's how to make the experience less stressful. (Note: We have more onsen tips on the following page.) Firstly, put all your clothes in one of the provided lockers and slip the locker key onto your wrist. Enter the wet area, where you'll find little stools and rows of taps. Sit here to clean your body and wash your hair - often shampoo and body soap are supplied. Only enter the baths after all the soap has been washed off your body. There are areas of varying water temperature to soak and relax in, so take your pick. It's completely acceptable to sit on the chairs outside of the pool when you need a break from the heat. It's a wonderfully calming experience - and I also noticed how soft and silky my skin felt the next day. a



#### **BRIEF HISTORY**

For centuries, Okinawa was the centre of the independent Ryukyu Kingdom of 160 islands that stretched for over 1,000 kilometres from east to west. The Chinese influence evident in the food and cultural traditions is attributed to the area's hundreds of years of trade with China. Japanese influence was strong too, and in 1879 the Ryukyu Kingdom came under the command of Japan, from which point Japanese culture dominated. At the end of World War II, the island was placed under American administration. It reverted to Japanese control in 1972; however, a large US presence remains, with four large military bases and thousands of personnel living on the island.

#### WHERE TO STAY:

Ryukyu Onsen Senagajima Hotel senagaspa.jp/en Sheraton Okinawa Sunmarina Resort starwoodhotels.com/sheraton The Terrace Club at Busena slh.com/hotels/the-terrace-club-busena

#### **GETTING THERE:**

Options from Singapore include flying via Osaka or Tokyo, or flying to Taipei (Taiwan) and taking a connecting flight to Naha from there. SilkAir runs direct charter flights from time to time.

#### **GETTING AROUND:**

There's little public transport beyond Naha, so independent travellers should hire a car, use hotel transfers or engage a tour guide. Check out Flight Centre for flight, hire car and accommodation deals (flightcentre.com.sg/holidays/okinawa).

en.okinawastory.jp



AMANDA BROAD is invited to try a traditional Japanese *onsen* bath, not in Kyoto or Kobe, but right here in the Lion City.

Tucked away on the fifth level of Clarke Quay Central shopping mall is Ikeda Spa Prestige, which offers a 90-minute Japanese Onsen Spa and massage experience. Just as in a traditional Japanese onsen, participants are invited to enjoy the bath completely nude.

There is a constant flow of white ion steam running into the Hinoki wooden bath, whose temperature is to set to more than 40 degrees Celsius; a huge mural of Mount Fuji in winter overlooks the tub.

Here are some tips for first-timers to the *onsen* experience.

#### #1 Wash before entering

Begin with a cold shower seated on a stool; it's important to observe the tradition of showering before entering the bath. Make sure your properly clean all your nooks and fannies – I mean, crannies.

#### #2 Maintain modesty

Use the small towel provided to maintain modesty as you approach the bath, but be careful not to dip the towel into the water, as this is seen as dirtying the bath. Leave the towel on the side for when you are exiting, or, for a traditional twist, balance it on your head.

#### #3 Soak and hydrate

The delicious scent of the Hinoki wood (Japanese cyprus) and the calming sound of the white ion pouring into the water have an instantly relaxing effect as you ease into the hot bath. I was a little awkward with the nudity at first, but after a few minutes floating in the hot water and watching the steam roll around the water's surface, it was hard not to relax.

Stay hydrated, and keep drinking water! I alternated with a cool shower and drink of water after 15 minutes; this quick change in termperature is thought to be good for circulation and for boosting the metabolism.

After 30 minutes, I dried off with the towel, wrapped myself in my pretty yukata (robe), and headed for a soothing 90-minute body massage. The whole experience was so relaxing, despite my nerves over the nakedness, and I would definitely do it again!

#### How to book

I discovered that there was a Japanese *onsen* in Singapore with the help of Anita Ngai, General Manager of Viator for the Asia Pacific region. Viator is a TripAdvisor company, with a website and app offering thousands of tours and activities, and over a million verified reviews from people who have already enjoyed the experiences.

Along with a visit to the *onsen*, you can make bookings and check reviews for a wide range of activities in Singapore, such as Breakfast with Orangutans at the Zoo, the Tiger brewery tour, Lamborghini joyrides, or horseracing at the Singapore Turf Club, to name a few. There's also a huge range of experiences available for overseas trips.  $\alpha$ 

Visit the Viator website at viator.com/singapore. Ikeda Spa Prestige is at 6 Eu Tong Sen Street, #05-22 Clarke Quay Central.



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Choose from two excellent locations close to the Central Business District; be it **Pan Pacific Serviced Suites Orchard, Singapore** with direct access to the city's premier shopping belt or **Pan Pacific Serviced Suites Beach Road, Singapore** situated within a local heritage enclave.

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New openings: Beijing (2017) Yangon (2017) London (2019)





Within a flying time of less than an hour, the Malaysian capital can be a great short-break destination. Here are five reasons to think about staying at the **Parkroyal Serviced Suites Kuala Lumpur** on your next visit.

### #1 Stay for as long or as short a time as you like

The serviced suites don't just cater for long-stay visitors, as there is no minimum length of stay. Prices for a studio suite start from \$130 per night, inclusive of continental breakfast, internet access and daily housekeeping.

### #2 Choose from a wide range of room types

There's a choice of studios, one- and two-bedroom suites, and an executive suite; so, something to suit everyone, from the business traveller to families with children. All suites have a kitchenette and dining area, 40-inch LCD television and a CD and DVD player. The two-bedroom suites have a separate living and dining area for added privacy, and, in addition to the second bedroom, a sofa bed to provide an extra sleeping spot if required.

#### #3 Enjoy flexible dining options

Guests can cook for themselves, using their suite's kitchenette and buying produce from one of the two mini-markets a stone's throw away. There's also the option of ordering food from the in-room menu.

In addition, you'll find a wide variety of restaurants near the Parkroyal. These include Chinese restaurant Marco Polo, famed for its Peking duck and dim sum; Neroteca, a two-minute walk away, renowned for its imported Italian meats and cheeses; and, for something a little different, Dining in the Dark, the first restaurant of its kind in Malaysia.

### #4 Take advantage of all kinds of facilities

For those who are travelling for work, there's a fully equipped business centre, and for fitness fans there's a sizeable gym.



Families with small children will enjoy the dedicated play area, with a pool on the same level. Then there's the rooftop pool, which boasts great views of the Kuala Lumpur skyline.

### #5 Explore the neighbourhood and beyond

Raja Chulan monorail station is a short walk away, giving great access to various parts of the city. Recommended places to visit within walking distance include Bukit Nanas (Pineapple Hill), which has the only virgin tropical rainforest left in the heart of Kuala Lumpur.

Immediately behind the serviced suites is Changkat Bukit Bintang, a street of colonial shophouses that have been converted into trendy bars and restaurants. The nearest shopping mall is Pavilion KL, a ten-minute walk away and home to brands such as Jimmy Choo, Chopard and Prada.

Then there's Chinatown, a bargain hunter's paradise. At night, its main market area, Petaling Street, transforms into a lively night market, filled with hundreds of stalls offering all kinds of goods at dirt-cheap prices. Haggling is expected, so you should be able to bring the prices down even further.  $\alpha$ 

Parkroyal Serviced Suites Kuala Lumpur is at 1 Jalan Nagasari, off Jalan Raja Chulan. For more information, call +60 3 2084 1000 or visit parkroyalhotels.com/en/serviced-suites/Malaysia/kuala-lumpur.



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# Everyone

SHAMUS SILLAR hits the familyfriendly hotel jackpot at the **Grand Hyatt Hong Kong**.

On a recent trip to Hong Kong, our family of four spent most of the time in Sai Kung in the New Territories, where we were housesitting for a friend. It's a fantastic place: a bustling fishing town with easy boat access to deserted beaches, great seafood restaurants, world-class hiking nearby, and more.

It's also fairly remote in HK terms. To get from Sai Kung to Central takes around 30 minutes by taxi, or at least an hour by a combination of bus and subway. So we decided to break up our stay by spending a night at the Grand Hyatt, one of the city's very best hotels, located just on the edge of the harbour and amid all the action of Hong Kong Island. (While this was mostly my idea, to say that my wife wasn't exerting a bit of pressure because she wanted some quality time in HK's renowned shops would be misleading.)

Our eight-year-old daughter was keeping a trip diary, and she dedicated an entire chapter to the Grand Hyatt experience. The heading she gave the chapter was "Chillaxing in Fanciness". And that says it all, really, about the hotel itself, and about the nature of our stay.

#### Catering for the kids

I'm not surprised she was impressed. While everyone will feel like they're getting the red carpet at the Grand Hyatt, pint-sized guests are particularly pandered to. We booked connecting rooms – a king-sized bed in one room, and twins in the other, which was ideal; and the twin room came loaded with extras for our two girls. I'd barely unzipped my suitcase and they were already adorned in their kid-sized white slippers and miniature white fluffy hotel robes, and were greedily eyeing the bowl of complimentary sweets – chocolates, macarons, apples and cherries. And, in case your young ones bypass the fruit as ours did, the bathroom happily comes with kids' toothbrushes and toothpastes waiting to be unwrapped and vigorously utilised.

The fun continues outside, where there is an enormous children's playground, and a large 50-metre pool full of the nooks, curves and water features that young swimmers enjoy. It's a lovely pool for adults too; you reach it via a calming corridor of slate and shady trees, and there are lounge chairs and umbrellas galore. Also, since the hotel's free Wi-Fi extends throughout the property, I was able to work on my laptop (when the girls weren't searching for YouTube videos of "adorable puppies").





#### **Exploring the area**

The staff will impress the kids as much as the amenities will. As we chatted to the concierge about what to see in the local area, he drew up a special map for our girls with easy-to-follow directions to Hong Kong's "Toy Street", a 10-minute walk away. He figured that they might like the idea of an entire street of shops dedicated to stores selling everything from Lego to lightsabers. (My better half asked the concierge if he might be able to draw up similar maps for her, leading to "Bag Street", "Skirt Street" and "Shoe Street".)



Toy Street didn't disappoint. The girls went especially crazy over a store that specialised in their current obsession, Shopkins. For the blissfully unaware, Shopkins are tiny plastic toys with cutesy faces, modelled on regular household objects or foodstuffs, like hairbrushes, microwave ovens and cobs of corn. They possess a seemingly negligible entertainment factor, though they are *brilliant* at finding the middle of your bare heel as you walk around the tiled floor of your apartment. There are four billion different Shopkins to collect – or something like that – and once your child has one, he or she is likely to want all of them.





#### Also nearby

- While the views from the Grand Hyatt rooms are spectacular in their own right, for a (free) 360-degree view of Hong Kong from even higher up, walk two minutes to Central Plaza and ride the lift to the 46th-floor Sky Lobby.
- The Peak Tram is a three-minute taxi ride
- away. If the season and weather are right, avoid the crowds and get there for the very first tram (7am), spend a couple of hours strolling around the Peak, then come back for a late breakfast. Breakfast, by the way, is another smashing hotel highlight; the Grand Café has had a fresh, swish makeover, and the food is outstanding.
- Speaking of hotel dining, there are multiple restaurants to choose from at the Grand Hyatt everything from a steakhouse and Italian to Cantonese and Japanese but if you choose to dine out in Wan Chai, excellent options within walking distance include Pirata, The Optimist, Le Bistro Winebeast, The Pawn, 22 Ships and El Mercado.
- Not nearby, but simple to get to from the Grand Hyatt, Ocean Park is a giant theme park with stunning sea views, great rides, majestic marine life and more. It's a less obvious choice for a day out with kids than Hong Kong Disneyland, but still loads of fun.

#### Last word

Aside from its welcome family-friendliness, the Grand Hyatt feels like a hotel of note; a significant place. Rooms have an elegant, expensive feel; the sizes are generous—especially on an island that's so notoriously short on space—and the modern Chinese look, punctuated by black-and-white photos of old Hong Kong, is charming.

And the view? Well, it's a jaw-dropper; the floor-to-ceiling windows serve as a kind of giant movie screen, with one of the world's great cities as the main feature. At different times during our stay I caught members of my family standing there, one hand on the glass, simply gazing at this iconic place and its relentless activity, from the junks and Star Ferries on Victoria Harbour to the giant cluster of towers at Central, and up to the swirling clouds gathering at the Peak.

I, too, stood there and surveyed the scene, one hand reaching down to my foot to extract a freshly embedded Shopkin.

The Grand Hyatt Hong Kong has a great deal going at the moment, where you pay for two nights and receive a third night for free; just book at least a week prior to arrival, with a minimum of three consecutive nights at the "Bed and Breakfast" rate. 1 Harbour Road, Hong Kong.

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# Return to the

LARA SAGE revisits one of Singapore's iconic hotels - a hotel that brings back memories of the start of her expat journey.



first stayed at The Ritz-Carlton, Millenia **Singapore** 12 years ago when we were doing a "recce" here before relocating. I remember looking down from my octagonal hotel window, watching taxis crossing the pink bougainvillea-lined bridge to the CBD. I recall wondering if one of them was the vehicle taking my husband to an interview that would bring us to live in Singapore.

Today, the 32-storey hotel's location remains as ideal as ever, right in the heart of Marina Bay. The distinctive windows frame an array of Singapore sights. From our 15th-floor Premier Suite, we could see architectural marvels spanning almost a century, from The Fullerton Hotel through to Merlion Park and Esplanade – Theatres on the Bay, to more recent constructions such as Marina Bay Sands. Being in a corner unit, we also enjoyed the sight of the sea and the slowly revolving Singapore Flyer from our bathroom, content in the thought that we could walk there in just three minutes if we wished.



#### On the doorstep

There's obviously a huge variety of things to try with your family over the course of a weekend staycation, and if you're at the Ritz-Carlton, this could involve everything from museums and gardens to cheap hawker centres and fine dining, and plenty of easy jogging routes, including to the Marina Barrage. The hotel concierge has crafted a guidebook that leads guests on a walking tour of the precinct, highlighting historical and modern landmarks. We took an easy stroll over the Helix Bridge to the incredible Gardens by the Bay, where we ambled around in the gigantic, air-conditioned glasshouses, in awe of the achievements of growing and maintaining such an array of plants.

My husband jogged along the Kallang River and marvelled at how close we were not only to the F1 Pit Building but also to the Marina Bay Golf Course - where, incidentally, you can even play by night, thanks to special lighting. Later, we took an evening stroll along the Jubilee Bridge, which opened last year, to watch the Merlion spraying water, before making our way along the Singapore River to the pubs and eateries of Boat Quay, and enjoying a riverboat ride with the children before the light show started.



Also right on the doorstep is the lotus-inspired ArtScience Museum at Marina Bay Sands, which houses major international touring exhibitions and renowned collections. We took in the Van Cleef & Arpels exhibition during our visit, including a 400-piece collection of rare and fine jewellery, and the fascinating permanent exhibition Future World – great for kids – which featured interactive digital artworks across a 1,500-square-metre space.

Speaking of art, while the Ritz offers easy access to many of Singapore's popular attractions, it's also home to some of its own, such as a 4,200-piece contemporary art collection including works by Frank Stella, Dale Chihuly, David Hockney and Andy Warhol.

#### **Enticing extras for kids**

The Ritz Kids Night Safari room package (available until 31 December 2016) is perfect for children. Arrivals are always exciting, but this one took my little ones by surprise when they walked into our room to find their separate section of the suite set up with a tent for an in-room camping experience. Bedecked with mini lamps, children can sleep in the tent, along with a safarithemed lion beanie.

At turndown time, our room was transformed: the lights were dimmed, and a small lamp set up to create a scene of stars moving across the room.

Speaking of treats, the hotel's Ice Cream Pass entitles young guests between the ages of four and 12 to one scoop of ice cream daily at The Patisserie, in its Colony restaurant on Level 3. Even better: when kids stay in the hotel on their birthday, they receive a complimentary cake and a special turndown gift. And all young guests are presented with a personalised Polaroid image to commemorate their stay at the Ritz.

Not all the indulgences are for children. Any adult who has stayed at this hotel is sure to remark on the panelled rooms in muted tones, and the incredible views from the bathrooms. And the luxurious pastime of wallowing in a large bath can now be enhanced with a new collection of Asprey bath and body products, featuring their signature scent, Purple Water, that come in jacquard-print tubes specially designed for the hotel. It's said that the fragrance was originally created to be a distillation of the rich and creative past of Asprey, and its exciting present; a fresh citrus fragrance blended with spicy undertones.  $\alpha$ 

The Ritz-Carlton, Millenia Singapore, is at 7 Raffles Avenue. 6337 8888 | ritzcarlton.com/singapore

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over six years, Kristin felt the need to branch out on her own. So she started her own label in 2013 in Iceland, making her jewellery by hand for the first year and a half.

Her signature statement necklace designs are a fusion of both feminine and masculine elements, using a combination of fishing and climbing ropes, hardware, rubber tubes and magnets, she explains. "I believe you can create beautiful pieces from simple raw materials; it just comes down to creativity."

After moving to Singapore, she looked for a way to outsource the production of her necklaces. Having developed a special connection to her jewellery through the hand-making process, however, she felt strongly that it had to be produced with love and care, and within ethical

parameters. "I had no idea where I would find the kind of workmanship I wanted. Production by hand and according to fair trade practices isn't exactly typical of most

Her research eventually led her to stumble on a small advertisement for an organisation in Tagaytay City in the Philippines, under the auspices of the international charitable movement Focolare, which provides job opportunities for disadvantaged women.

> knew it, I was on a plane with my husband and our then nine-month-old daughter to check out their facilities. We honestly had no idea what to expect, but our gut instincts told us to go for it!"

> > Was it easy to take into account the ethics aspect of every step of the production process? Definitely not, says Kristin. "It took about a year to set everything up, and for us to be able to run larger production numbers, but it was well worth the wait! Being socially responsible in the way we operate is

one of the core purposes of my business. Our vision is to give back, every step of the way." This has taken her to other countries to look for production opportunities; now, she has some of her metal detailing crafted in Bali, giving back to a local community there too. Though it's been tough, it's been hugely rewarding both personally and professionally.

Despite living in a society where most of us don't think about the origin of the things we buy, Kristin believes the fashion industry is leaning towards awareness. "The movement is definitely growing, and more people want to know where their products come from. I'm so proud to be part of this important change, and doing my part to grow it further!"

She also strives to make positive lifestyle choices for herself and her family. "I definitely live a more minimalistic lifestyle today than when I started working with the women in Tagaytay. I think I have less than 40 pieces of clothing in my wardrobe! I make sure my daughter plays with organic or natural toys, and that we don't buy unnecessarily. I just try to be a lot more mindful of what I purchase. It's a simpler way of life, but it's been enriching."

twinwithin.com







team who launched fair trade fashion label People Tree, Yumiko has a deep passion for design that is rooted in sustainable practices. "The main difference between organic and nonorganic cotton is that the production of organic cotton doesn't use any chemical fertilisers or pesticides, which are harmful to the environment," she explains. "Other benefits include using less energy and water during production, and creating fewer greenhouse gas emissions."

available in Asia, despite most of the more

sustainable textiles like organic cotton or

launched their pilot collection here in

December 2009, making them one of

the pioneering sustainable brands on

Settling on Singapore as a base, they

bamboo being produced here."

the market.

change is simple.

The pair think that consumers should have a sense of responsibility when buying clothes. "At Etrican, social and environmental concerns are major factors in every business decision we make, and they're one of the main reasons Etrican was born in the first place," explains Dragos.

"For instance, they're our greatest criteria when it comes to choosing production partners, and this shapes our supply chain. That, in turn, raises our production costs. However, because we want to make eco-fashion more accessible by keeping it affordable, we keep our retail prices down, and that implies a lower profit margin." They also consider the smaller details, he says: keeping packaging at a minimum, avoiding paper name cards on recycled paper.

Locally, the duo make a point of raising awareness of the origins of cotton. "We're continually doing so through schools like UWC South East Asia and government bodies like the NEA. Even when we participate in local arts fairs and popup shops, we have posters to educate consumers. Over the years, we've seen results, and that people are becoming more interested in what they can do as part of the community - we think that's great progress!" says Yumiko.

This consciousness filters through to their everyday lives, too. "I live frugally in general – I wear clothes until they fall apart (and then turn them into dust cloths), and use gadgets until they break," says Dragos. "I reuse packaging wherever possible, I don't waste any food, I try to buy locally sourced produce and I turn my vegetable peels into compost." As for Yumiko, she's especially proud of providing a safe and sustainable working environment for Etrican's workers in India. "I hope that we can help to bridge the gap between different communities, both through our business and also through our own lives."

etrican.com

It Takes Balls

"My mum first sent me for knitting classes when I was nine, but as you can imagine, the old traditional patterns didn't hold my interest for too long!" says Adeline, nimbly working on what looks like the start of another clutch bag.

It Takes Balls (a gutsy name!) first started out as a blog. It was her way of challenging the way fashion is made – of resisting a consumerist and materialistic culture that is largely built on the backs of the less-fortunate individuals who make our clothes and accessories.

"I began to knit again as an adult, after discovering new tools and relatable patterns, and it came at a time of my life when I needed a form of therapy to keep my mind from unravelling.

The repetitive movements calmed and relaxed me. I consider it a form of moving meditation, like yoga or tai chi," she says.

Observing a community of like-minded individuals growing around her, she took the opportunity to share her skills with others. "People tend to be put off when you rub terms like 'socially responsible', 'ethical' and 'sustainable' in their faces too often. So instead of shouting my message at people, I use craftivism to get my message across — promoting a willingness to DIY, versus buying fast fashion."

And although she does create her own ready-to-wear clothes and accessories (all of which are made to order), she encourages customers to buy DIY kits for the products instead through her website. They come with unlimited access to her weekly knitting classes, held at either Fry Rooftop Bistro & Bar or Club NKD on Club Street.

"The skills are easy and quick to master, even for beginners," says Adeline. "I want to show people that knitted products can be as stylish and fashionable as their luxury brand items, at the same time allowing people to naturally begin questioning and appreciating the true cost of fashion."

Running a socially responsible business has its challenges. For one thing, it can be difficult to find the right suppliers of raw materials. "If a company can't tell us exactly what it's made of, by whom or from where, we won't stock it. We only support places with visible supply chains," she says.

Output is another challenge. "Our partners and stockists have been very supportive and understanding of our business model, but it's always a struggle to explain why we cannot provide products with a shorter lead time (since we don't mass produce or use machines). So, we can't meet most minimum order requirements." Though that has restricted the growth of It Takes Balls, Adeline is confident that she will strike the right balance, given time.

Despite having strong feelings about the state of the fashion industry, Adeline is a realist who admits that it's virtually impossible for people to be 100 percent socially responsible in their everyday lives.

"Within my means, I do what I can to be conscious of what I purchase. It's my choice to live this way, and I do that without shoving it down people's throats. It's more productive to start conversations through doing and making, rather than irritating people by

preaching or having a holier-than-thou attitude.

ittakesballs.com





"The idea for Baliza came about while I was helping I-India's support group in Singapore, managing its online communications," explains Gema. "My friend, Karin Schulte, was their communications manager, and showed me some of the home décor products that Ladli – I-India's vocational training arm which aids street kids in Jaipur – was producing, and she asked for some other ideas for designs and styles.

"I gave them drawings and inspiration images to make a few beach kaftans with the same Gudri details and stitching that they used in their blankets and cushions. The result was fantastic, so we started making small collections to sell to friends at small home gatherings."

Each piece in Baliza's summery collections is designed by Gema and her business partner, Ruth Gonzalez. "I draw the ideas and patterns and send them to Ladli via email. Then the artisans cut, stitch and hand-embroider each piece, also using traditional techniques like hand-block printing and fabric dyeing."

Improving the lives of disadvantaged children in Jaipur is what motivates Gema

crafts skills, and receive a fair salary, medical care, meals and psychological support. The young adults attend school, earn certificates and pursue their careers, while the adults are taught a skill, given financial support and advised on managing their finances.

"Our impact on the lives of everyone at Ladli has been incredible, and is the best reward I could ever have imagined," says Gema. She explains that production is slow, because it takes about six

months to develop a new collection: "We want everything to be crafted in natural, comfortable materials that can be sourced locally, which also gives business to local suppliers. We also work with a small, family-owned manufacturing company in Bali, thereby supporting that community, too."

Gema hopes that Baliza will inspire others to look at how they can work with NGOs, or with needy communities.

For her, creating a fashion business

that's rooted in ethical practice is all about living in touch with your local community, and fighting poverty.

"It's the same with groceries – I try to buy from and support local trade. I do the same when I'm back in Spain, too, where everything I buy is from local butchers, fishmongers, farmers, craftsmen and designers."

balizashop.com

## Renyung Ho Matter

"I've always loved connecting ideas, and creating platforms for opportunity. Matter felt like a logical next step, a natural culmination of all my endeavours and experiences," explains Ren, at the company's light and airy shophouse studio in Chinatown.

"During a 3,500-kilometre road trip in an auto-rickshaw on a fundraising trip across India, my eyes were opened to the beauty and chaos of that country. I met the people and made the connections that contributed to materialising the concept of Matter: connecting artisans with designers, heritage with modern design, and creating a platform through clothing that connects the community. Ultimately, I'm a storyteller, and I believe that the world would be a better place if people asked where and why something was made, and by whom.

Matter is about returning to those basics that connect us: stories, craft and values."

Though it recently launched a range of jumpsuits and playsuits, Matter first became known for its printed pants. "We wanted to start with one product category," explains Ren. "I believe it's important to start with just one item, and become very good at it."

Her main focus now is to further the sustainability of the textile artisan industry, and finding the right partners for this involves a lot of research and travelling. "We try to work with

> communities of artisans instead of individuals, so as to raise their incomes and improve their economic opportunities; and with socially responsible manufacturers that focus on fair wages."

Matter prices its items at the level

which it feels is most sustainable for all the parties concerned. That can mean a higher-than-usual cost price. Environmental responsibility, says Ren, includes an emphasis on finding out the exact composition of the fabrics and dyes that are used, and the details of her manufacturing partners' waste management processes. Working with people from different cultures has been another important learning journey, and an

of them live and work in rural contexts. Seeing how different their way of life is from city living reminds me that scarcity of time is a mental construct, and so is business," she explains.

"We started production in India mainly because of the incredible diversity of its textile crafts: our eight different partners there range from a small block-printing family business to a larger weaving cooperative. I'm also excited about expanding our network into Thailand and Indonesia."

Continually inspired to improve the state of the fashion industry. Ren believes that it's only a matter of time before there's a real revolution in the way people consume clothing. "It's going to be a natural progression. We're already seeing a great revolution in the arena of food, so it's inevitable that clothing, our second biggest necessity, will be next."

Personally, she questions her own buying habits and consumption choices, striving to see how they fit into the larger context. "I'm known to be the one in the room who always asks 'Why?' Not having all the answers isn't necessarily a bad thing - the important thing is to ask the questions."  $\epsilon a$ 

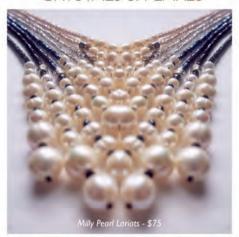
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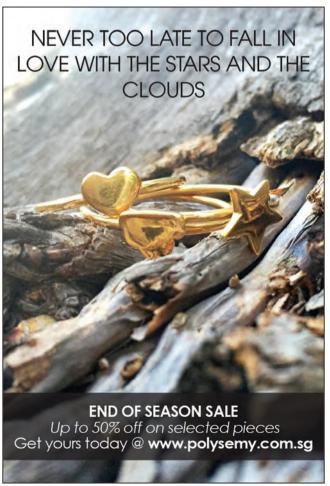












## FASHION



Naeem Khan Resort 2017 | Jackie Zhang



## What's New

## Editor's Pick A slouchy hobo bag is a win for weekend casual wear. Zara, \$55.90



## Not to Be MISSED

Marking a seismic shift in its creative direction, this year **Singapore Fashion Week** is putting the spotlight firmly back on Asian design talent, rather than on the international names of recent years. Highlights will include Chinese couturier Guo Pei, Indian-American fashion designer Naeem Khan, Singaporean Max Tan's label MAX.TAN and Malaysian-born, London-based designer Han Chong's contemporary womenswear label Self Portrait. Complementing them will be a host of creative local labels – each with its own aesthetic – including Ong Shunmugam, Chi Chi von Tang, Exhibit and more. Held at the expansive National Gallery, it's set to be a beautiful celebration of art, fashion, design and Asian heritage!

26 to 30 October. Find out the latest details and ticketing information at singaporefashionweek.com.

#### We Love ... these colourful, feel-good healing bracelets from home-grown label

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adjustable and crafted from semi-precious stones.

All stones have been chosen for their healing energies – such as black hematite for mental stimulation, and rose quartz for romance. \$29 each, and ideal for gifts! sunmoonrain.sg



#### Luxe Appeal

Popular French luxury swimwear brand ERES has launched its very own lingerie collection – think silky satins, plunging necklines and lace trim. Top of our lust list is this stunning long-sleeved bodysuit, which breathes elegant, feminine sophistication. #01-12, Four Seasons Hotel.



#### Watch This!

In the market for a new watch for work or play? Thomas Sabo's new range of watches comes up tops for its stylish yet practical designs. Simple and elegant, it features timepieces in every colour, including rose gold, silver and yellow gold, and even accents of black and blue. Available from \$349 at selected Thomas Sabo stores.



#### A Must-Splurge

We've got our eye on this stunning cuff from Monica Vinader's new range, the minimalist Naida collection. Set in rose gold, it features sparkling blue diamonds for an unusual and eye-catching pop of colour - the perfect statement for your next event! If you're interested, you'd better hot-foot it down to Takashimaya pronto, as the full blue diamond range is available only from 3 to 16 October.



#### **Fancy Footwork**

As accessories addicts, we believe that a good pair (or ten!) of shoes is essential. That's why we're digging Aldo's latest range, which has everything from sky-high pumps for a dinner date to comfy flats for a weekend brunch. Check out these gorgeous animal-print sandals - just throw on a sundress and you'll be resort-ready in a jiffy. \$119, available at Aldo outlets.





Did packing for summer getaways see you pulling out old, worn-out swimwear from your drawers and recoiling? We feel you. Despite our love for vacations and lounging by the beach, we're constantly underprepared for swimsuit season. What's more, it makes it twice as hard that cute cozzies and cover-ups in decent size ranges can be difficult to find in Singapore's shops. That's why we're thrilled with our latest style finds from Willow & Huxley, sourced by the boutique's savvy team of buyers from across the globe.

New and exclusive is LA-based label **Boys + Arrows**, a range of skimpier styles for the body confident, available in look-at-me bright colours and patterns that can be mixed and matched. Also on the racks are premium French swimwear brands **Pain de Sucre** and **Albertine**, both of which will add a touch of European glam to your holiday looks. Boutique founder Susie Wallace recommends styling swimsuits under clothing for a whole new look. "We have so many one pieces which can be worn as bodysuits under shorts or a skirt if you're heading from the beach to the bar, or to wear for a casual poolside lunch."

You also won't want to miss new launches from down under, arriving in November. First up is **Sunseeker**, which offers plenty of classic shapes and styles – some with underwiring – which are ideal for those seeking greater coverage and support (cup sizes range up to a size D, while sizes in general go up to an AU14). Also being released are the pretty, feminine bikinis, swimsuits and apparel from luxe resort label **Suboo**, which also range up to a AU14.

#### Also in store - accessories to match!

- Knotty Turkish towels
- South Cali sunglasses
- Frankitas bags and jewellery
- Yosi Samra flip flops &



#### **Laser Aesthetics**

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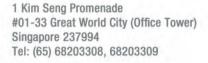
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## Ladies' Night Delight

Get ready to hit the town in these instant style hits!



#### **LADY IN GREEN**

Make them green with envy in delicate, ivy-hued lace.

Dress, Zara, \$139 Heels, Aldo, \$179 Bag, Furla, \$1,250 Ines Ring, Trish Van N, \$270



#### **STRIKING SILHOUETTE**

A bold, one-shoulder number is bound to turn heads at your next soiree.

Dress, Topshop, \$136 Nude heels, Dorothy Perkins, \$66.90 Leather clutch, Desti Saint, \$199 Crystal-dust cuff, Swarovski, \$150



#### **ONE-PIECE WONDER**

Dancing the night away couldn't be comfier than in this elegant jumpsuit.

Navy jumpsuit, Dorothy Perkins, \$99.90, available at zalora.com Heels, Zara, \$79.90 Le Pliage Héritage Luxe Clutch, Longchamp, \$1,220 Lolita necklace in navy, Stones That Rock, \$100



#### **MINIMALIST MOOD**

Pared down doesn't have to mean boring. Make a simple statement in monochrome tones.

White playsuit, Mango, \$79.90 Heels, Zara, \$149 Round clasp clutch, Topshop, \$63 Ring, Zariin, \$101 Necklace, Twin Within, POA

## MEN'S SPECIAL

## Wardrobe Essentials

These seven items are key to nailing the ideal wardrobe, say the experts at **The Bespoke Club**.

#### The Blazer

All men should own a navy blazer. Why? One word: versatility. Blazers are a must because they can be paired with numerous items already in your closet. Casual or formal, single- or double-breasted, a blazer can be the perfect way to pull almost any look together.

Double-breasted jackets should have peaked lapels. While a classic design will feature flapped pockets, patch pockets have become rather popular lately. For single-breasted jackets, we always recommend side vents, and either two or three buttons. Single-breasted blazers also look better with a notched lapel.

Remember the strict rule: a blazer is not a substitute for a suit jacket. A navy blazer will not look good with navy blue or black trousers. Instead, match it with grey trousers, a crisp white shirt and black Oxfords for a formal look; or tan trousers, a sky-blue shirt and brown brogues for a more classic, casual one.

#### "Looking good isn't selfimportance; it's self-respect"

— Charles Hix, author of Looking Good: a guide for men

#### The White Shirt

A white shirt is another essential, and reigns supreme as the most formal colour for a shirt. It should be slimfitting, but not tight, with high armholes and sleeves that skim your arms, shoulders and chest. White and navy are a fantastic combination for the modern gentleman. You can't go wrong!

#### The Pale-blue Dress Shirt

When choosing a dress shirt, a shade of blue is a good bet; it's a change from the classic white, but is still conservative and formal. This colour looks great against a more tanned complexion, but also complements a range of skin tones and hair colours. What's more, it works well with different tie colours and patterns.

#### **Grey Trousers**

Grey pants are the staple of a well-dressed man, and are a welcome change from the standard black. Mid-grey is the most neutral of colours, and matches pretty much anything you pair it with – be it a sports jacket, a blazer or just a shirt. Either black or brown shoes will work with grey pants.

#### Tan or Khaki Chinos

Building a new wardrobe or refreshing an old one can get pretty difficult with the array of options out there, especially when it comes to trousers in seasonal fabrics. Chinos in a neutral shade are a good bet. As with any garment, a good fit is essential. Since chinos work for both casual or dressier situations, look for a trim fit – not rock-star tight!

#### **Black Oxfords**

Men's dress shoes come in many styles. Traditionally, Oxfords are leather shoes with a relatively low instep and closed lacing. Modern Oxfords, however, may be constructed from suede or synthetic materials, but no matter

what material is used, they are usually quite plain, with few – if any – embellishments. Black Oxfords are a good all-round dress shoe appropriate for a variety of occasions. If you own one pair of dress shoes, we recommend black Balmoral Oxfords.

#### **Brown Brogues**

A brown brogue can be worn almost everywhere, and goes with virtually any colour of suit. Super-versatile, they are perfect paired with a navy blazer and grey or tan trousers.

#### Create a brand new bespoke wardrobe!

For \$2,299, the team at The Bespoke Club will guide you through a personalised fitting and styling session for one blazer, two shirts, two pairs of trousers and two shirts – all bespoke, of course, with your choice of lapels, stitching, pleats, lining and buttons. To find out more, contact 6734 4167. #01-484 Suntec City Mall Tower 1, thebespokeclub.sg.





ailoring dates all the way back to the Renaissance (from the 14th to the 17th century), when the draped, loose robes of the Middle Ages made way for closer-fitting clothing that accentuated the human body.

In many parts of the world today, it's customary for men and women to wear a suit to work – ideally one that is crisp, clean and well-fitted. Even the most expensive two-piece can be spoilt by a bad fit. However, with brands from luxury to high-street increasingly offering fitted blazers, dress shirts and trousers off the rack, the case for tailoring has been called into question. And while many are quick to lament that the trade is a dying one, an increasing number of young people are looking for a bespoke touch that you won't get from a suit off the rack.

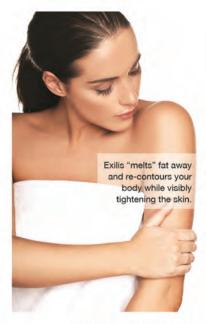
According to Felicia Neo from **CYC The Custom Shop**, there are huge advantages to having your suits and shirts tailored, rather than buying them straight off the rack. "When it comes to your wardrobe, the details matter. Be it a simple blazer or a suit, it should be made to fit your body well," she explains. Here's why bespoke is better:

International brands don't necessarily use the right fabrics for Singapore's climate. Commonly used nylon and polyester can be a recipe for sweat-patches and discomfort! Most local tailors are in tune with what materials work in Southeast Asia's heat, and will recommend, for example, a cotton shirt that allows for good air-flow.

Tailoring is all about the fit. Whether you're a man or a woman, there's no question that a tailor's touch can improve the fit of any garment — even if it's just a small nip here, or a tuck there. "In Singapore, there's an increasing trend for fitness," Felicia points out. "When your weight changes and you become more toned, you need to get yourself measured again to ensure the right shirt fit."

Bespoke tailoring provides a level of attention and customer service that you don't get in a store. Whatever your age is, if you're particular about your clothing and know what you like, there's nothing to equal the experience of creating your own piece from scratch. "We're seeing the younger working generation becoming more fashion-savvy," says Felicia. "Many are seeking out that unique touch. That's why I believe there will always be a place for tailoring." a

For more information on bespoke shirts and suits, visit cycthecustomshop.com, or call 6336 3556.

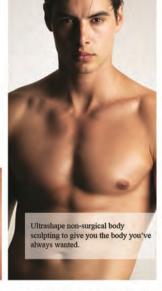




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## BEAUTY



**244 Get Glam:** New cosmetics for a fabulous face

246
Beautiful Eyes: Treatments for a refreshed eye area

**248 Tried & Tested:** *EL* readers testdrive a new super serum

## What's New



#### **Editor's Pick**

If you're on the lookout for a waterproof foundation, here's one we recommend – and it's also water-based! \$72, Make Up For Ever



## Seductive SCENT

Top of our wish list this month? Louis Vuitton's Les Parfums collection, which features seven scents with exotic, delicate, floral and leather notes. Not sure which to take along on your next trip? Try the travel spray set, which includes a travel bottle and four mini-cartridges. \$370, available at Louis Vuitton Marina Bay Sands and Ngee Ann City.

#### Scalp Saver

Despite the fact that a healthier scalp means better hair growth and strength, we often neglect our scalps. Kérastase created its brand new Spécifique range to tackle common scalp issues such as dandruff, hair loss, sensitivity and oily roots. Each set consists of a shampoo, a hair mask and hair ampoules to treat your scalp woes. From \$39, available only at Kérastase salons.



#### **Swipe This**

Shop smart and save space in your makeup bag; MAC's Studio Quiktrik Stick can be used for contouring, highlighting and bronzing in one. It's available in six beautiful shades, and in a double-ended stick form for easy application and touch-ups on the go. \$62, out 14 October.



#### **Ocean Shades**

If you've got a soft spot for beautiful colours, you'll want to check out the new autumn collection from Make Up Store. We've got our eye on the Porcelain range, which transports us to Mediterranean shores – think ultra-soft powder and creamy-matte nude lipstick in gorgeous white-and-blue packaging.



## COMPLEXION SAVIOURS

We'd like these new concoctions in our beauty cabinet - stat!



#### SKIN RENEWAL

Serious skin pampering awaits. La Cure by Dior Prestige is an ultra-luxe serum that contains Rose de Granville oil, touted to reactivate all the mechanisms involved in skin reconstruction for a total rejuvenation in just three weeks. **Available at Dior counters.** 

#### **DEEP CLEAN**

Clear those blocked, congested pores! Dermalogica's Charcoal Rescue Masque is just the ticket for anyone in need of a good skin detox. In addition to its key ingredient, activated binchotan charcoal, which draws out excess sebum and impurities, this nifty mask also contains sulphur to blast acne and brighten the skin. \$94

#### EYE, EYE!

Containing a blend of seven peptides, Clinique's lightweight Pep-Start eye cream is dispensed from a cool massage applicator, which also helps de-puff and smooth out the eye area. It just got a little bit easier to fake eight hours of beauty sleep! \$45



No longer just a tasty garnish, parsley has found its way into skincare — Aesop's Parsley Seed Anti-Oxidant Facial Hydrating cream, to be precise. Blended with white tea, sweet almond oil and shea butter, this nourishing and non-greasy moisturiser won't clog your pores, even in Singapore's humidity. \$95





## **FACIAL ACUPUNCTURE:**

## The New Botox?

Looking to achieve instant results from a face treatment? Consider facial acupuncture.

A 3,000-year-old healing technique passed down from traditional Chinese medicine, according to the history books, acupuncture was a youth-boosting skincare staple of female royalty.

Now, in modern-day beauty therapy, it's touted to promote our body's natural self-healing processes by stimulating specific points with very fine, sterile needles. Facial acupuncture to achieve a glowing complexion is becoming the latest craze on the market. "Needling" the area of concern promises to minimise wrinkles by stimulating cells to produce fresh collagen and elastin fibres. Suffering from under-eye puffiness? It's said to detoxify the area, preventing or healing dark circles and patches. It's also thought to encourage the breakdown of unwanted fatty deposits on the face, thereby improving skin tone and reducing an unsightly double chin; to stimulate blood circulation so as to plump up your complexion; and even to help to rebalance out-of-whack hormones.

So, how many sessions of this 100 percent natural method do you need to undergo? It's generally recommended to complete a course of around 20 sessions (each of which lasts 20 to 30 minutes), once or twice a week, to reap the best results, but you could see improvement immediately after your first session.  $\alpha$ 



Prices start from \$150. Keen to give it a try? Book an appointment at Pulse TCM by calling 6235 2855. #03-04 Wheelock Place. Visit pulsetcm.sg for more information.



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## Sparkle & Shine

For many of us, it can take more than eight hours of shut-eye and a healthy lifestyle to look bright-eyed and bushytailed! We spoke to two experts to discover how to improve the appearance of dark circles and sagging eye bags.

#### The Culprit: Dark Circles

"One of the main causes of dark circles is the leakage of blood from fragile veins underneath the eyes, which accumulates in the skin and gives the area a dark, tinted appearance," explains Dr Sylvia Ramirez, Medical and Scientific Director at Cutis Medical Laser Clinics. "Another cause can be tear trough deformity, which creates a 'gutter' effect that casts a shadow on the skin."

For the first type of case, she often recommends one of her serums, **Dark Circles No More**, specially formulated to speed up the breakdown of blood and boost pigment elimination to lighten dark circles. For patches caused by trough deformity, she advocates an injectable filler containing hyaluronic acid, which instantly lifts the sunken tissue, making the tear trough appear shallower.

"For those who are young," says Dr Andrew Khoo, Plastic and Aesthetic Surgeon at Aesthetic & Reconstructive Centre, "dark circles can be reversed with adequate rest, or camouflaged by using eye gels containing astringents, skin toning compounds and micronised silica. In moderate cases, radiofrequency (RF) treatments can improve the tone of the lower lid, and Broadband Light (BBL) treatments can lighten dark under-eye circles."

#### The Culprit: Under-eye Bags

The most common causes of eye bags are heredity, medical conditions and general ageing. As we age, the skin loses volume and begins to sag, forming tear troughs or sunken areas under the eyes.

"While surgery is often suggested, dermal fillers such as Restylane are also an option. Made from hyaluronic acid, they are injected under the skin to instantly plump up sunken areas," says Dr Sylvia.

Dr Khoo says he commonly hears requests to improve eye bags. "I always make it a point to explain that all of us have some fat around our eyes, which can expand and retain fluid. The skin under the lower lid naturally becomes lax with age,



which can cause prominent sagging. In advanced cases, I often advise lower lid blepharoplasty to redistribute fat, tighten the lower lid and remove excess skin and muscle."

#### The Culprit: Wrinkles around the Eyes

Over time, the breakdown of elastin and collagen causes fine lines and wrinkles around the eyes. Wrinkles are also caused by repeated muscle contraction (when frowning or smiling, for example), and this shows up in the outer corner of the eyes through the appearance of crow's feet.

Dr Sylvia often uses Botox to treat crow's feet: it works by temporarily blocking the signal from a nerve to a muscle so that the muscle contraction relaxes and softens, effectively reducing wrinkles. Fillers made from hyaluronic acid are another good option for immediately replacing lost volume and reducing fine lines.

#### The Culprit: Droopy Upper Lids

"One of the most common requests I get from younger patients is to create or deepen their upper eyelid creases. This makes the eyes appear bigger; it also rotates the eyelashes upwards, making them stand out more. This requires surgery, which can be either closed (scar-free) or open," says Dr Khoo.

"For more mature women, the most common issue is a heavy or droopy upper eyelid. It's important to understand



that the position of the eyebrow and the eyelid are intimately related. So, treatments need to address both these areas to get the best result." According to him, these range from Botox and RF treatments such as Thermage to the forehead and eyelid, to thread lifts and surgeries such as upper blepharoplasty to remove excess skin, or brow lifts to reposition and lift the brow area.





Cutis Medical Laser Clinics #08-07 Pacific Plaza 9 Scotts Road 6801 4000 | cutislaserclinics.com

Aesthetic & Reconstructive Centre #13-08 Mount Elizabeth Medical Centre 3 Mount Elizabeth Road 6733 3712 | andrewkhoo.com



## Feel Fresh!

These simple tips will help remedy tired, puffy eyes.

- 1. **Store your eye gel or cream in the fridge.** Whether you've had a heavy night or simply not enough sleep, the cold temperature will quickly reduce any swelling even faster first thing in the morning. Alternatively, simple aloe vera works wonders.
- 2. **Get enough sleep.** It should go without saying, but pillow time is precious. If you suffer from seasonal allergies which make you restless, taking anti-allergy medication can help relieve symptoms.
- 3. Prevent the onset of crow's feet. Wear a light SPF around the eyes during the day, and sunnies while outdoors to prevent squinting. Products containing Retin-A (to be applied only at night, remember) will also help rebuild collagen stores while you're sleeping.
- 4. If dark circles persist, they could be due to a vitamin deficiency. Get your blood checked by a medical practitioner to see if you're lacking in any areas.
- 5. Less caffeine, more H20! Avoiding stimulants like caffeine and alcohol and instead load up on good old mineral water at least eight or nine glasses a day; it can help improve circulation and skin elasticity, including in the eye area. ε

# TRIED AND TESTED

This month, our beauty panel put Aesop's new **Lucent Facial Concentrate** to the test for a two-week period. Read on for the verdict!

#### What does it do?

Aesop's latest serum contains a high dose of vitamins C and B3 to soothe, replenish and balance the skin. It can be used as a serum followed by a moisturiser – or, for those who have very oily skins or live in humid environments, it can be used on its own as a lightweight hydrator. \$145







My skin type is normal to oily, so I tend to gravitate towards products that are lightweight, make me look dewy (not greasy!) and reduce fine lines.

I liked the pipette and amber glass bottle packaging, which prevents contamination and wastage. I chose to use this serum as

a standalone moisturiser, layering it on top of the Parsley Seed Facial treatment that gives

my skin an anti-oxidant boost.

Upon first use, I was delighted to find that the product was absorbed into my skin easily, leaving it feeling smooth and looking matte, rather than oily. The serum has a pleasant and relaxing smell, which I found very soothing, especially when applying it at night. After continuous use, my complexion developed a healthy glow – a contrast to its usually dull and tired appearance!

I'd definitely look into investing in this product again. Besides being slightly on the costlier side, there's nothing I don't like

about it!

VANESSA DE JAEGAR SINGAPOREAN

I'm a minimalist when it comes to skincare. When I find something that works for me, I stick with it. I usually go for products that can help to even out my skin tone, and that don't feel too heavy in this humidity. My complexion can feel a bit dry in Singapore, what with walking in and out of air conditioning, swimming and being outdoors in the sun, so I need something that hydrates well.

On first impressions, I really liked the glass bottle and dropper packaging. It's very tidy and efficient - I can take the exact amount that I need, with no spills or wastage. Plus,

> it's recyclable! The scent of the product takes me back to my childhood, when my cousins and I would collect rose petals and pretend to make

perfume out of them. While rose can be quite overpowering, thankfully the scent comes through delicately here.

I used the serum every night after cleansing, and it felt very good on my skin. In the last week or so, I've noticed that my skin definitely looks and feels softer, and I've had no breakouts or redness. I'd have to use the product for longer to see if it delivers 100 percent, but in just over two

weeks my complexion feels less dry and looks more even. I've enjoyed massaging it into my skin before my moisturiser, especially as it's very lightweight and is absorbed rapidly. It would have been useful to indicate on the packaging whether it should be used both day and night, and if it can be used along

with a sunscreen.

NANDINI MEHRA, INDIAN



My combination skin has a tendency to become dehydrated - I think that's probably down to years of living in hot countries and not drinking enough

water! For this reason, I usually select products based on their ability to reduce wrinkles and plump up my skin.

When my Aesop package arrived, I eagerly opened it, only to be slightly disappointed. Inside was a rather bland-looking brown bottle, which wouldn't look out of place in a medicine cabinet. The label was of the same nature, providing a list of ingredients with basic instructions. It reminded me of an aromatherapy oil and had a similar scent, too.

Fortunately, I soon found out that despite my first impressions (I am, after all, a sucker for luxury brands like Chanel) the product was exceptionally effective. It just goes to prove that it's what's inside the bottle that counts!

A great feature of this product is the pipette, which is an easy and hygienic way to dispense the product, and keeps the lid remarkably clean. Application was easy and fuss-free: dispensing half a teaspoonful of liquid onto my hands and massaging it into my face and neck. It took me a day or two of trial and error to establish how many drops I needed, but once I'd done that the results were inspiring. My complexion appeared clearer, firmer and more hydrated. Any fine lines – of which I have several! – seemed less obvious. and my skin was noticeably plumped up.

All in all, I was pleasantly surprised by this serum. My skin has improved remarkably, and even my husband has started using it. Thanks to this positive experience, I'll be taking a look at their other products. I think a travel-sized version of this would be fantastic, too. &

PATSY MEEHAN, BRITISH





# Hair Woes? Try This!

Fans of **The Big Blow** already know that a visit to this boutique salon at Cluny Court

guarantees fabulous hair for any occasion. AMANDA BROAD tried its latest Kevin Murphy treatment range, TREAT.ME, to strengthen and nourish locks.



TREAT.ME is a range of serum-based, leave-on treatments that are matched to improve different hair conditions. This is a new concept for Kevin Murphy, who believes that serum-based treatments for hair have similar benefits as serums have for the skin, being deeply penetrative and effective due to the high concentration of active ingredients.

The serum's ingredients – mainly comprising vegetable and plant-based proteins – come in separate bottles and are mixed together just before use, so that there's no need for a chemical stabiliser to be added during production.

#### The experience

After a consultation and chatting through my hair concerns, Ellie recommended the "Strength Cruet" (strengthening treatment) from the TREAT.ME range. This is an excellent choice for weak or damaged hair, especially for bleached blonde locks like mine, as it strengthens each hair strand from within. Treatments for anti-ageing and intensive hydrating are also available. I loved how the experience is individually tailored to your needs.

Ellie begins with prepping the hair with a cleanse, using the the colour-safe MAXI. WASH to gently exfoliate and remove dead cells, opening up each cuticle in preparation for the nourishing treatment to come. My hair was then shampooed and rinsed, which helped to activate the serum formula.

Once applied, it took only ten minutes to work its magic. Ellie combed my hair while it was still wet, in order to seal the cuticles and lock in the serum, then rinsed it. After we'd finished off with Ellie's signature blow-out (\$45), I was ready to hit the town!

#### The verdict?

My blow-out stayed put for a couple of days, which is remarkable in Singapore's humidity – and I wish it had lasted even longer, as the Kevin Murphy products smell divine! The treatment did improve the condition of my hair; one week and another wash later, it still feels stronger and is noticeably less prone to breaking.  $\alpha$ 

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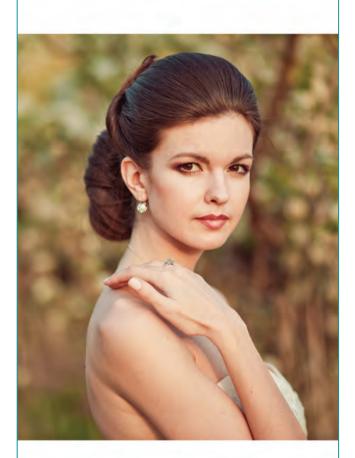


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- The colour is very light ash-blonde no orange or yellow tones

- All highlights come with a 10-day free touch-up10 day guarantee

Dominic recommends his keratin treatments – especially the Brazilian blowout, which doesn't use hair-damaging chemicals and is great for fine or over-processed hair.

Visage specialises in Caucasian hair.

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# What's New

# **READY TO ROLL?**

A r g h! Cellulite! It seems that almost no woman is spared this irksome condition, in which underlying



fat deposits push up under the skin, putting pressure on the connective tissue and creating a dimpled or lumpy appearance - particularly on the thighs, lower tummy and buttocks. Now Core Synergy Studio has introduced a special massage roller that's designed to reduce cellulite by stimulating the lymphatic system, as well as promoting blood circulation and releasing muscle tension through triggerpoint release therapy. Other benefits include increased muscle tone, improved flexibility, stretch mark reduction and better skin tone. Performing 15 different functions per session, the machine uses a rotating wooden drum. heat-generating infrared light and other therapeutic light to promote skin rejuvenation and general wellbeing. Until the end of November, save 20 percent when you buy ten 60-minute massage sessions (normally \$499). 279 River Valley Road, #04-01.

9800 3757 | coresynergystudio.com

#### NEW OPENINGS

#### **East Coast Clinic**

Great news, East Coasters! International Medical Clinic recently opened a branch at Katong Square shopping mall on East Coast Road. Open 9am to 5.30pm from Monday to Friday, and on Saturday from 9am to 1pm, the new IMC features the same medical facilities as the Camden and Jelita branches, and is staffed by three general practitioners all experienced in providing paediatric care, along with medically trained support staff. Doctors Foong Tsin Uin from the Jelita branch and Kaye McMullan from the Camden branch have moved over to the new

East Coast branch, while Dr Apiwat Chareonsri has come on board as a new addition to IMC. #02-07 Katong Square, 88 East Coast Road. imc-healthcare.com



#### **Physio Find**

Physiotherapy group **Urbanrehab** has conveniently launched another clinic in the Orchard area – its fifth location on the island. Open Monday to Saturday, the new branch at Ngee Ann City (within the Fullerton Health GP clinic) offers physiotherapy services including post-surgery and orthopaedic physiotherapy and sports rehab. Its specialist ph manage musculoskeletal dysfunction back, shoulders, hips, knees and manual theorems is interpolation and provided the same and the same is interpolation and the same is i

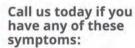
and sports rehab. Its specialist physiotherapists manage musculoskeletal dysfunctions of the neck, back, shoulders, hips, knees and ankles with manual therapy, joint mobilisation, clinical Pilates, core strengthening, and specialised therapy for golf, running and other sports. Call **9835 2929** for an appointment. #25-01/07/08 Ngee Ann City Tower B, 391B Orchard Road. **urban-rehab.org** 



Many who opt for health screening experience an improved quality of life. Early detection of any abnormalities allows taken, freeing you from You will instead find your time with loved ones blossoming when you decisively nip any problem in the bud.

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The simple procedure allows a thorough examination of the colon. Tissue samples may be collected. Share the reassurance that multitude of patients feel when their tests reveal no abnormalities. Ignorance is seldom bliss and precaution is always better than cure.



- Vomiting
- · Difficulty in swallowing
- · Loss of appetite
- · Heartburn or reflux into the chest or throat
- · Bloated sensation in the stomach
- Stomach pain
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- Graduated from the University of New South Wales, Australia (1998)
- Senior Clinical Fellow in Vascular and Endovascular Surgery, Prince of Wales Hospital, Sydney (2007)
- Registered as a Medical Practitioner with the Medical Board of Australia
- Member of the American College of Phlebology



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# Health Matters

#### - Raw versus Cooked

It seems logical that raw food would be more nutritious than cooked food. Being in its natural and unprocessed state, surely it retains more of its original vitamins, minerals, enzymes and other good things? VERNE MAREE looks at this big question and discovers some surprising answers.

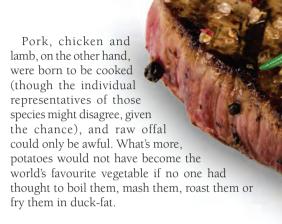
or most of my life, I've felt I should be eating more of my food raw. My health-conscious family was big on fresh fruit, juicing, big salads and raw nuts; and, some years ago, I felt intensely virtuous after spending a week at a health resort whose sole restaurant served only raw food\*. Now, however, Michael Pollan's brilliant book *Cooked* (2014) has banished any guilt I may have had about not being a raw foodie.

Before I go on (and on), allow me a short rant about restaurants that serve undercooked vegetables, which are neither one thing nor the other. Vegetables need to be just-tender to be properly cooked. Still-crunchy broccoli, cauliflower, carrots or green beans are lovely in a salad; and as they retain their pretty colours, they're no doubt great for the time-strapped kitchen that can't be bothered to cook up a fresh batch for each order. Served with my hot roast chicken, rack of lamb or veal chop, they're simply wrong and they fill me with something akin to rage. (No, it actually is rage.)

#### The raw truth

Some things taste perfect raw: papaya, strawberries, oysters, cucumber and rocket, for example. Others work well either raw or cooked. Beef, for example, can be finely chopped and then mixed with a raw egg yolk, diced onion and plenty of seasoning to transform it into beef tartare; but let's face it – steak served straight off a sizzling barbecue is far yummier. And while raw mushrooms add an interesting dimension to a mixed salad, nothing brings out their flavour like a frying pan, a dollop of butter and a smattering of crushed garlic.





#### Arguments for a raw food diet

The primary notion is that by cooking food we reduce its nutrients and destroy its enzymes, enzymes that we need for optimal digestion and a healthy immune system. Proponents of a raw food diet promise that it will give you more energy, improve your digestion and the appearance of your skin, help you lose weight, lower your risk of cardiovascular disease and more.

The clear virtue of a raw or mainly raw diet is that it tends to consist of largely unprocessed whole foods – fruit, vegetables, nuts, seeds and sometimes sprouted grains; non-vegetarians might also eat raw meat, fish, eggs and unpasteurised dairy.

If you're used to eating a lot of restaurant or fast-food meals, it will probably also get you back into the kitchen: juicing, preparing salads and experimenting with dehydration and other raw-food techniques. And it will definitely wean you off sugar, caffeine and other toxins.

#### It's not that simple, though

Humans are the only animals that cook their food, Pollan reminds us in *Cooked*; and cooking, explains Harvard anthropologist and primatologist Richard Wrangham in *Catching Fire*, is what holds the evolutionary key to our humanness.

According to the cooking hypothesis, cooking their food "provided our forebears with a more energy-dense and easy-to-digest diet" that allowed their brains to grow bigger and their guts to shrink. That's because cooking renders meat, cereals and most vegetables far times more digestible, eliminating many hours of relatively unproductive mastication (that's chewing, remember) to free us up for other pursuits, "like creating a culture".

Once cooking allowed us to expand our cognitive capacity at the expense of our digestive capacity, it is argued, there was no going back: our big brains and tiny guts depend on a diet of cooked food.

#### More of the good stuff

If you've ever sautéed a huge pile of mushrooms, spinach or shredded cabbage, you'll know how quickly it shrinks, and how much easier it is to eat quite a lot of it. And, according to a recent article on

scientificamerican.com, cooked mushrooms, spinach and cabbage supply

more antioxidants such as carotenoids and ferulic acid, as do cooked carrots, asparagus, peppers, zucchini, broccoli and many other vegetables. Tomatoes, too, deliver more lycopene (another powerful antioxidant) cooked as opposed to raw.

Cooking does reduce the vitamin C content of vegetables, and the longer you cook them, the less of it they retain. It's a sort of balancing act, because you can eat a lot more broccoli in the form of a delicious, creamed soup than you'll ever manage to chew through raw. *How* you cook stuff is important, though: boiling and steaming are best; deepfrying is associated with the production of carcinogenic free radicals.

#### Proteins, too

Subjecting complex protein to heat "denatures" it, breaking it down into shorter, more digestible chains. Cooking eggs, for example, makes the protein in them more digestible; it also helps make the vitamin biotin in them more available for the body to use. On the other hand, it reduces their vitamin A and anti-oxidant content. Again, cooking them at lower temperatures, and for shorter periods, retains more of their goodness.

What about meat? Gentle and slow cooking has been shown to preserve nutrients and create fewer carcinogens than frying or grilling, for example.

#### Best of both worlds

Cooking is a series of trade-offs, it seems, and most of us are probably best off eating a widely varied combination of both cooked and raw foods. Enjoy your salmon sushi-style one day, and poach it whole the next; sprinkle spring onions into your summer salad, and make a hearty French onion soup for a chilly evening. Above all, eat what you love, and love what you eat.  $\alpha$ 

<sup>\*</sup> The Farm at San Benito, in the Philippines



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# BRAIN POWER

**BY** PIP HARRY

Canadian neuroscientist DR SHAWN WATSON and his wife and business partner TEGAN are hoping to turn back the clock on brain ageing with their remarkable lab discovery and new business venture.



fter a hectic few years completing his PhD in neuroscience back home in snowy Canada, Shawn Watson jumped at the chance to relocate to a warmer climate and recharge his batteries in a new field. "My degree involved a lot of study, so

I needed a bit of a breather," says the 31-year-old. "I moved to Singapore to work as Executive Director of the Canada-ASEAN Business Council, a non-profit business association that helps Canadian companies find success in the region. It was a great job, and Tegan and I got to travel extensively throughout Southeast Asia."

As much as Shawn was enjoying working for the council, his earlier ground-breaking research into brain cells was attracting global attention. "During my PhD programme, I'd made a discovery where we essentially reversed ageing in a cell," explains Shawn. "We turned what was an old neuron into a young neuron. From what we could tell, it was a permanent change. The discovery was a bit of an accident and wasn't planned, but it turned into a series of publications in top-notch scientific journals, and then the rest of the world started to take up the science and provide additional evidence for the discovery."

#### **Switching gears**

The entrepreneurial young couple decided to switch gears and hatch a new company in Singapore, focusing on brain health. While Tegan, 28, deployed her skills in start-up consulting to form a business plan and gather investors, Shawn began working on a formula for a brain supplement for older people that he hoped would slow down memory decline, learning and focus.

The result is a brain-boosting pill that you can pop with your morning coffee. "We developed a daily supplement that's designed to slow the natural decline in brain function due to ageing, and we named our company Senescence (se-nesense), which basically means the process of ageing," says Shawn.

"We've secured some great investment, and we like to think of ourselves as one of the world's most innovative biotechnology companies focusing on neurological ageing. We've attracted some of the top neuroscientists to our board from across North America, Europe and here in Singapore at NUS (National University of Singapore)."

#### Finding the formula

The company now has two supplements ready for market. "The first, called Revive, is for those aged 45-plus; the second, called Edge, is for a younger demographic," says Shawn. "The formula is all-natural, proven safe and built from



ingredients that are already in the market, such as extracts of the herbs ginseng and gotu kola, which are also used in traditional Chinese medicines."

Working so closely together each day can be a challenge, but the easy-going duo say they take it in their stride. "We're working together surprisingly well," says Tegan. "We have complementary styles and personalities, and the stuff we work on together tends to be a lot better than what either one of us could produce on our own."

A set of house rules helps them keep the spark in their personal relationship. "We had to develop some strategies," says Shawn. "What we struggled with was working all day in the office, then coming home: what do you talk about? Work. That got really draining, so we set aside time where we don't talk about our work. If it's date night, then the topic is off limits!"

#### **Expat life**

After a stint in a "shoe-box"-size apartment in Geylang, the couple are enjoying stretching out in a spacious, older-style three-bedroom condo in the "burbs" of Paya Lebar, just a short walk from their office in Paya Lebar Square and close to the fabulous wet markets, restaurants and hawker stalls in the foodie area.

It's a far cry from the chilly ski hills of Banff where they used to escape on weekends! "We've been in Singapore for two years now and we love it, especially the temperature," says Tegan. "In Canada it's snowing and freezing for seven or eight months of the year. Because it's so warm here, we socialise more and spend lots more time outdoors."

If they're not cooking up fresh pasta in their home kitchen – Tegan has Italian roots so a pasta machine was a must – you can spot the couple sipping *kopi* or beer with their local friends at Old Airport Road Food Centre, or walking in the nearby East Coast Park.

"We really like Singaporeans," says Shawn. "They're very like Canadians in many respects, and we've made some fantastic friendships with locals."

#### **Future plans**

They plan on calling Singapore home for a while to come. "I think we'll be here for a couple more years — we're not ready to leave!" says Tegan. "We haven't yet had our fill of food and exploring." The travel bug has bitten these two hard. "We're very big on travelling," says Shawn. "If ever we have spare money, we put it into flights! Singapore is in the middle of Asia and we want to see as much as possible."

As for the impressive launch of their new business, the couple says they have the expat community to thank for their success. "Here, we were able to develop our network so well – across Southeast Asia the expat community is really large and very open to making introductions and helping you out," says Tegan. Adds Shawn: "We wouldn't be where we are if expats didn't help us."  $\alpha$ 

#### Shawn and Tegan's Recommendations

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For more information, visit senescence.life.



While most of us head to the dentist for regular check-ups, our primary sense – sight – often gets neglected. Yet, in the age of the smartphone – not to mention the relentless glare of the Singapore sunshine – eye examinations are more important than ever. We asked the experts at **Clarity Eyecare** to explain why such tests should be higher up on our priority lists.

Located at The Grandstand in Bukit Timah, Clarity Eyecare is the brainchild of Angel Chin and optometrist Windi, who say they take a different approach to eye care. Great eye health for everyone is their goal, and they see their optical store, filled with new eye-screening machines and top spectacle brands, as a complement to that ethos.

Issues related to eye health have come more prominently to the fore in recent times because of the increase in use of mobile phones and computers. A study by the American Academy of Optometry has found that around half of people who take a routine eye test need a different prescription.

"People are getting cataracts at an earlier age, and their eyes are having to work harder to pull together to read at short distances," says Windi. "This makes them feel more tired, and their eyes are getting less rest time than ever." For those who look at screens for hours every day, he can prescribe contact lenses with a blue-light protection feature that partially blocks the light

emitted from mobile devices.

Angel and Windi find that the most common cause of poor eye health is that people just aren't getting their eyes tested regularly enough. What's more, there are additional health issues that can be detected through these tests. "These include brain tumours and, in older patients, diabetic retinopathy and high cholesterol," says Windi.

An eye test at Clarity goes further than a regular vision test. As well as a review of your current contact lenses or glasses prescription, they conduct eye pressure tests to see if you're at risk of glaucoma, and cornea tests to check for any sign of cataracts. They then check the retina for problems like diabetic retinopathy and glaucoma, and also use the Amsler chart – a check for macular degeneration – to see if the central part of the eye is healthy.

In addition, they sends all their eye test reports to a certified eye surgeon, who often sees things that an optometrist can't; patients can also be referred very quickly.

Angel and Windi recommend annual eye tests for adults, and every six months for children. Prices at Clarity range from \$25 to \$85, depending on whether you opt for a basic, advanced or premium test.

#### TIPS FOR MAINTAINING GOOD EYE HEALTH

- Go for regular eye exams
- Wear proper UV protective sunglasses and avoid looking at the sun
- Limit your screen-watching time
- Spend time outdoors
- Eat foods containing omega-3 fatty acids, zinc, and vitamins C and E
- Don't smoke &

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# Fact vs Fiction

Know the difference between fact and fiction when it comes to breast cancer? We asked breast and general surgeon DR GEORGETTE CHAN to debunk some of the most common myths and misconceptions.

MYTH: Only women over 40 years of age get breast cancer

**TRUTH:** Women under 40 can develop breast cancer too, but the incidence is low – they account for only five percent of all female breast cancers. Breast cancers in women under 40 tend to be slightly more aggressive (they grow faster, the tumours usually are of a higher grade and they are more often found to be hormone-receptor-negative subtypes). This means more of these young women require chemotherapy in addition to surgery.

This cohort of patients has special concerns around fertility issues, because the medications needed to treat breast cancer have an effect on having babies.

MYTH: Breast cancer only happens to women

**TRUTH:** Men can develop breast cancer too, as men do have a small amount of non-functioning breast tissue on the chest wall. However, male breast cancer is very rare; only one percent of all breast cancers diagnosed are in male patients. The men who are at risk for developing breast cancer are those who have a family history of it, those with a history of radiation to the chest wall (as treatment for Hodgkin's lymphoma, for example), and those with high levels of oestrogen.

#### More on male breast cancer

Male breast cancer usually presents as a painless lump in the breast. Rarely, it could present itself as bloody nipple discharge. These men will then go through the same investigative procedures as women do, like breast ultrasound scans, mammograms (yes, men can do those too!) and breast biopsies. The staging and management of breast cancers in men are similar to those for breast cancers in women. Men also survive equally well as female patients – the prognosis is 90 to 99 percent for early-stage tumours.

**MYTH:** Breast cancers are always in the form of a lump **TRUTH:** Symptoms of breast cancer are quite variable. The most common symptom is a painless lump in the breast, but breast cancer can also present itself as persistent breast swelling, continual skin thickening or puckering, or lumps in the armpit. Patients should also pay attention to nipple changes (such as a new onset of nipple retraction, persistent rash over the nipple or bloody discharge from the nipple).

**MYTH:** You don't need mammograms if you lead a healthy lifestyle

**TRUTH:** Mammograms are still essential for breast health, no matter what. While it's true that regular exercise can reduce the risk of developing breast cancer by 10 to 20 percent, patients who lead healthy lifestyles can still develop the disease. A screening mammogram can detect cancer in the breast even before the tumour can be felt or cause any symptoms. An early diagnosis can reduce the need for major surgery,

and hopefully avoid the need for chemotherapy as well. It's recommended that women aged from 40 to 49 go for annual screening mammograms and, after turning 50, a mammogram once every two years.  $\epsilon$ 

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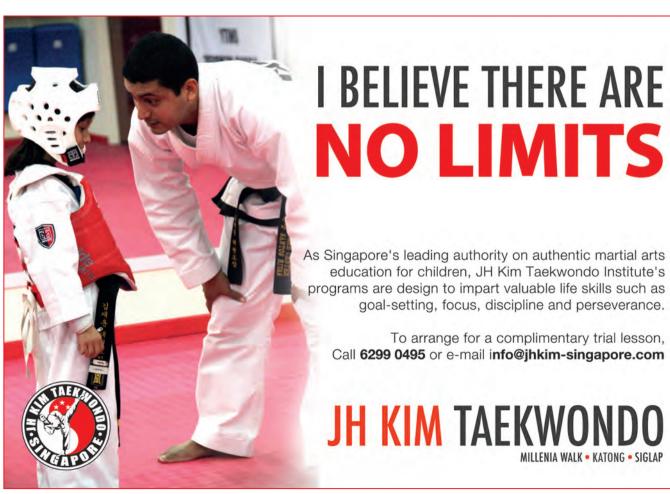
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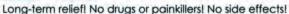
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Civil Ambulance	6333 3000	BritCham	6222 3552	SPCA Hotline	6287 535
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Green Crescent Ambulance		<ul> <li>Danish Business Association</li> </ul>	6318 3557	CHARITY & DONATION O	UTLETS
Service	6788 8911	EuroCham	6836 6681	Salvation Army	6555 018
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	1800 225 0000	<ul> <li>French Business Assoc. (FBA)</li> </ul>	6226 6101	<ul> <li>Something Old Something New</li> </ul>	6781 811
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# OCTOBER (TAROT) FORECAST

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#### LIBRA SEP 23 - OCT 22

If there is a job, a career or an entrepreneurial avenue that you've always wanted to pursue, this is the month when things fall into place. Everything feels fresh, new and exciting. Expect slow but steady growth. It will be a month of self-discovery, where your

strengths and weaknesses come to light and you begin to understand what you're capable of. Try to step out of your comfort zone if you can. Only when you dare to take a chance with something outside of what you're familiar with will you open yourself to new knowledge and fantastic experiences.

#### SCORPIO oct 23 - NOV 21

Restlessness fills your October.
You seem to be on edge
with relatives and
partners. There is a
strong desire to try something
new, but it meets resistance

from those close to you. You struggle to explain your stance, and with every explanation come reasons why it won't work. This is a test of how much you want to do it, and whether you're able to stand your ground in the face of resistance. While you fight on, bear in mind that people don't generally welcome change; you will get your way in the end! Kudos to you for not giving up.

#### SAGITTARIUS NOV 22 - DEC 21

Making changes seems to be the theme of the month, but in your case, Sagittarius, it's all about choosing the right time to do it. Luck is on your side, but you'll need to engage

in lots of analysis and introspection. There is, for example, plenty for you to learn about your competition. Take the time to devise a plan, and make your move calmly and wisely. There's every chance you'll come up with the perfect solution by the end of the month, so good luck!

#### CAPRICORN DEC 22 - JAN 19

Invincible Capricorns are capable of pulling out all the stops when it comes to making things happen in their lives. When you think

of something, there is no procrastination – you can be counted on to deliver! That said, instead of making things happen on the physical level this month, you are turning inwards to reflect on what you might need in your life at this point. You're on a quest to create inner balance: to understand how to harness your strengths and how to tame your burning desires. Practise the art of Zen this October, where less is more. For once, it's a question of enriching yourself with experiences rather than things.

#### AQUARIUS JAN 20 - FEB 18

Your finances are the bane of your life this month. There is a lesson in all of this, and it concerns the art of giving and receiving. You might need to invest to receive; or, at other

times, hold back from spending. It's all about timing. You will, however, pick up some tips that will provide you with lifelong skills for managing your finances. This is not the month to make major financial decisions, as you're not in the right emotional frame; so hold off, if you can, until you feel more confident.

#### PISCES FEB 19 - MAR 20

Discontent spurs you to make changes in your life, and it's now time to keep yourself happy rather than do

what others approve of. There's huge potential for change; it could be as radical as leaving a banking position to take up a course at Le Cordon Bleu, taking that cruise you always wanted to go on, or meditating in the caves of Rishikesh. Anything is possible for Pisces this month; where your heart leads you is where you will be. And things should only get better from here on.

#### ARIES MAR 21 - APR 19

It might feel like things have finally come full circle after the long and dreary Mercury Retrograde last month. Luck and change seem to be on your side.

to be on your side – and opportunities will be too. They'll come fast and furious, so grab them while the window is open. This quick pace might cause you to feel restless at times and to question your hasty decisions. This month, it's all about timing. Slow down when you feel the need to, and pick up the pace when you are ready to. Don't be ruled by circumstances, but instead use them to your advantage as you see fit. Have no regrets in your decisions; you took the course of action that felt right at the time.

#### TAURUS APR 20 - MAY 20

If you are to embrace the new this month, you need to let go. If there are people or experiences that seem to be holding you back from getting what you want, then it's time to release yourself from their clutches and set yourself free. Dare yourself to do something you wouldn't usually even dream of doing; your courage will bring big and exciting changes. The result will be harmony, both within and around you, as you effortlessly float along on cloud nine.

#### GEMINI MAY 21 - JUN 20

The decision-making from September lingers on into October. You're still in two minds, and at times you find your emotions getting ahead of you. What may attract you emotionally may not look like it will work in reality, hence the dilemma. The decision may be linked to a relationship, or to something else that you're passionate about. Your best advice this month would be to rise above any petty emotions or bad experiences from the past, and to let your instincts guide you. Your negative past, as you will come to realise later, will not have any connection to the decision that you take for your future.

#### CANCER JUN 21 - JUL 22

No During the month of October, you're focused on your career or business. There is a decision to be made, and the options seems equally enticing. Things might seem unsettled in your surroundings, hence you're feeling apprehensive about making a concrete decision and you're waiting on circumstances to nudge you in a specific direction - to let the universe guide you. Your fear of being responsible for a negative outcome leads you to behave this way. There is also an inner knowing that something doesn't sit right, and you may be buying time to allow things to be revealed to you.

#### LEO JUL 23 - AUG 22

If something hasn't succeeded up to now, October may be the perfect month to try again. The key to your success this time around is to

ensure that the foundations of your plans are built on solid ground, so that you're unlikely to fumble. This will apply to areas in your life like health, finances, career and business. There's no point in mulling over past errors; instead, learn from them and move forward. You may have to start right from scratch, but that's exactly what you need to achieve great results.

#### VIRGO AUG 23 - SEP 22

When you pursue your passion, be it the love of your life or something you do that fills you with emotion, things rarely come easy. But that doesn't necessarily mean the person or pursuit isn't right for you. It might just be a test of how badly you want it. So, even when things get tiring and heavy this month and you don't feel you're getting anywhere with anything, take heed that there is light at the end of the tunnel. If you want it enough it will definitely be yours. A word of advice: never be too

proud to accept help when it's offered. We

can't always do everything on our own.

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"So, how about moving to Singapore?" It's a sentence that has been uttered to many partners and potential trailing spouses. I'd venture many of them then dust off the old school atlas to find out more about the place. "Not very big, is it?" "Is it part of Malaysia?" "What language do they speak?"

One question I don't remember asking is, "Is there anything living there that can kill me?" You know, things lurking in dark corners, or under loo seats.

My husband's recent dalliance with the shockingly ugly and extremely dangerous *Synanceia verrucosa* has made me question just how benign this little island really is.

In the damp corner of Northern England that I call home, nature won't tend to harm you. So, on Morning One – a newlywed in a serviced apartment in a foreign city – I was dutifully sorting through some laundry when out jumped a spider. The Red Dot's equivalent to the Red Back, perhaps? I've watched *Arachnophobia*; it didn't have a good effect on me. Nor did this! (Now, almost a decade on, I rather admire them; in fact, I egg them on – with their legion of loose-bowelled gecko pals – to gobble up as many mosquitos as possible.)

My first encounter with a python was in MacRitchie, with my in-laws. We were ambling along the boardwalk when I noticed that the large log in the water was swimming, fairly quickly, towards the path ahead of us. It heaved itself out and slowly slithered up a tree and along a large overhang – which we then had to walk beneath. There were strong memories of "Trust in Me" from *The Jungle Book* as we bolted past.

When we later moved into a house, the snake stories multiplied: there weren't just pythons to be aware of, but cobras, paradise tree snakes (which fly, ye gods), Oriental whip snakes (rather beautiful), pit vipers and the elusive blue Malayan coral snake – the apparent cause of a rare death due to a snake bite in Singapore, over 25 years ago.

For an arachnaphobe like me, more worrying than a cobra in our garden was the tarantula in the study. It was rescued by my rather braver husband and taken back to the jungle (and I will admit that it grows in size with each retelling). Apparently, the worst a Singapore tarantula can do is bring you out in a rash, though I'm really not keen on proving our place at the top of the food chain unless really necessary. Karma and all that.

Among the nastiest things in Singapore is one that most people will be blissfully unaware of: the aforementioned *Synanceia verrucosa*, or stonefish – the most venomous fish in the world. They live off Sentosa and, we discovered for ourselves, Pulau Ubin. Treading on one isn't immediate agony – according to my husband, it was more like treading on a drawing pin; that is, until the venom takes hold; at that point, it's excruciating. Stories of victims asking for their feet to be amputated ring true.

One of our less sympathetic friends found that his Google research provided the perfect jibe about hubby's weight: "When the stonefish is disturbed, it injects venom proportional to the amount of pressure applied to it." No wonder that my six foot, three inches and well-built man was in need of morphine and two nights in hospital. (The bowl-of-searing-hot-water trick, by the way, is not only soothing; it also localises and destroys the venom.) Google will tell you this, too: a stonefish sting can be fatal. But it's unlikely to happen here — not with the excellent hospitals and ready availability of antivenom.

Perhaps it isn't a bad thing that somewhere as clean, sanitised and safe as Singapore can occasionally remind us that it is also home to some rather unfriendly natives. It literally is a jungle out there.  $\alpha$ 

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