

KL lifestyle

JANUARY 2015



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Cheong Lai Tong
Instinctively Creative

KL lifestyle

1 KL lifestyle

MAKAN-MAKAN



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ART & LIVING



PREVIEW

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

SUNDAY, JANUARY 18, 2015 | 1.00 PM | CONVENTIONEXHIBIT, BANJARSAR SOUTH

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AIRLINK



AIRLINK

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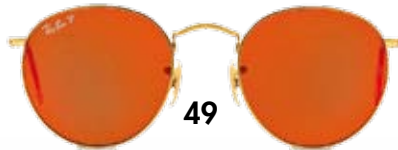


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CHEONG LAI TONG

The Living National Treasure

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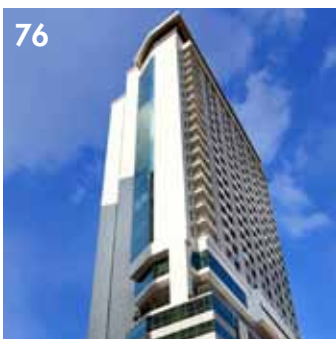
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Cover:
Cheong Lai Tong, 1981
Oil on canvas 133 x 128 cm

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 "A warm welcome awaits airlines"

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Aviation News

Exciting Years for ROYAL BRUNEI
 JAL wins FTE Award
 FIREFLY Express Meals popular
 New Year plans for MAI
 New Trains for EXPRESS RAIL LINK
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Save the Date

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

AUCTION DAY

SUNDAY, JANUARY 18, 2014

1.00PM

CONNEXION@NEXUS, BANGSAR SOUTH



TAJUDDIN ISMAIL (B. N. Sembilan, 1949)
Interior Still Life - The Veranda, 1988
Acrylic and oil pastel on canvas 122 x 122 cm
RM 10,000 - RM 22,000

Kuala Lumpur Full Preview

January 7 - 17, 2015

KL Lifestyle Art Space
150, Jalan Maarof
Bukit Bandaraya
59100 Kuala Lumpur

Open daily from 10am to 7pm

Sneak preview available online at www.kllifestyle.com.my

For enquiries and bidder registration, please call:

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KL Lifestyle Art Space

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T: +603 2093 2668 | F: +6032093 6688

www.kl-lifestyle.com.my

Open Daily from 10am - 7 pm

Sunday

Monday



KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART

Jan 18 @ Connexion @ Nexus



Score
FitMob
LARGEST
ZUMBA



SCORE FITMOB - LARGEST
ZUMBA FITNESS PARTY
Jan 18 @ 6.30am, Stadium
Merdeka Kuala Lumpur



Public Holiday

Tuesday

Wednesday

Thursday

Friday

Saturday



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NEW YEAR

UPFRONT ARENA PRESENTS

UPFRONT ARENA PRESENTS BASTILLE
Jan 3 @ 8pm, KL Live



梦想之城 城市梦想
CITY OF DREAMS
LIVE IN MALAYSIA 2015

Z-CHEN CITY OF DREAMS LIVE IN MALAYSIA 2015
Jan 10 @ 8pm, Mega Star Arena Kuala Lumpur

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NEW YEAR'S DANCES
Jan 9 & Jan 10 @ 8.30pm

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Z-CHEN CITY OF DREAMS LIVE IN MALAYSIA 2015
Jan 10 @ 8pm, Mega Star Arena Kuala Lumpur

LUI FONG LIVE IN GENTING
Jan 10 @ 8.30pm, Arena of Stars, Genting Highlands

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LEO SAYER LIVE IN KUALA LUMPUR - 40 YEARS AT THE TOP
Jan 20 @ 8pm, KL Convention Centre, Plenary Hall

CARMEN IN DANCE
Jan 16 & Jan 17 @ 8.30pm

BEST OF WU BAI & CHINA BLUE TOUR CONCERT
Jan 17 @ 8.30pm, Arena of Stars, Genting Highlands

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Jan 17 @ 8.30pm, Arena of Stars, Genting Highlands

G.E.M. X.X.X. LIVE

G.E.M. X.X.X. LIVE WORLD TOUR LIVE IN MALAYSIA 2015
Jan 23 @ 8pm, Putra Indoor Stadium, Bukit Jalil

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AVENGED SEVENFOLD LIVE IN KUALA LUMPUR
Jan 23 @ 9pm, Surf Beach @ Sunway Lagoon

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CARMEN FOR THE FAMILY
Jan 24 & 25 @ 3.00pm

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MICHAEL BUBLE LIVE IN KUALA LUMPUR
Jan 27 @ 8.30pm, Putra Indoor Stadium, Bukit Jalil

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BIZET'S CARMEN
Jan 28 & 30 @ 8.30pm
Feb 1 @ 3pm

TICKETS GO ON SALE NOW. 30th NOVEMBER @ 10:00AM
THRU WWW.TICKETPRO.COM.MY & AUTHORIZED TICKETPRO OUTLETS

A7X
AVENGED SEVENFOLD
LIVE IN KUALA LUMPUR
23rd JANUARY 2015

8.00 PM
SURF BEACH @ SUNWAY LAGOON
TICKET PRICE: RM 250 / RM 200

預售 現已 開始

15.03.2015 8:00PM
The Palladium @ Crown
VV/\$189/\$159/\$119/\$69

WONG TZE WAH STAND UP COMEDY 2015
Jan 31 @ 8pm, Putra Indoor Stadium, Bukit Jalil



**KLAS ART AUCTION, EDITION XIII
MALAYSIAN MODERN & CONTEMPORARY ART**

The KLAS Art Auction Malaysian and Modern & Contemporary Art Edition XIII will be kicking off KL Lifestyle Art Space's calendar with the first auction for 2015.

Kuala Lumpur Full Preview

Date: January 7 - 17, 2015
Venue: KL Lifestyle Artspace
150 Jalan Maarof, Bukit Bandaraya,
59100 Kuala Lumpur
Open daily from 10am to 7pm

Auction Day

Date: January 18, 2015, Sunday
Venue: Nexus 3 Ballroom, Level 3A,
Connexion @ Nexus, Bangsar South City,
59200 Kuala Lumpur



**UPFRONT ARENA PRESENTS
BASTILLE**

Bastille, a four-piece rock band, first made their debut with *Bad Blood*. The album enjoyed enormous success as fans took a liking to their music that pays homage to pop-Britpop and heavy electronic synth influences that are coupled with the band's infectious vocal harmony. Their singles such as *Pompeii* and *Things We Lost In The Fire* were topping the music charts. After winning the British Breakthrough Act in 2014's Brit Awards, one can say there's no stopping to the band now.

Jan 3 @ 8pm, KL Live
Tickets: RM157, RM177, RM207
www.ticketpro.com.my



LUI FONG LIVE IN GENTING

Shortly after he emerged as the winner of the 2nd TVB New Singer Singing Contest, Lui Fong embarked on a career as a singer. He released his first solo album in 1985 was a hit – featuring songs like Words I Can Not Hear, You've Made Me Happy, Sweet Sixteen and Ordinary Person. His following few albums enjoyed similar success. Having stayed low profile for years, Lui Fong finally decided to stage a comeback in reviving his career. One can definitely look forward a spectacular performance from Lui Fong.

Jan 10 @ 8.30pm, Arena of Stars, Genting Highlands

Tickets: RM73, RM123, RM193, RM293

www.ticketcharge.com.my



BEST OF WU BAI & CHINA BLUE TOUR CONCERT

Wu Bai is one of the biggest rock stars in the Mandarin music industry who able to create his own fan base not only in Taiwan, China and Hong Kong but all the way to Japan, the United States, Canada, Australia and Ireland as well. He then formed a band, Wu Bai & China Blue with Dean "Dino" Zavolta on drums, Yu Ta-hao on keyboards, Chu Chien-hui on bass guitar and Wu himself on lead guitar and vocals. He has since released a number of hit songs as well as touring on sold-out concerts, including the concert that was held in North America.

Jan 17 @ 8.30pm, Arena of Stars, Genting Highlands

Tickets: RM83, RM133, RM183, RM243

www.ticketcharge.com.my



G.E.M. X.X.X. LIVE WORLD TOUR LIVE IN MALAYSIA 2015

Hong Kong Pop music sensation G.E.M. Tang Tze-Kei, also dubbed the Young Diva of Giant Lungs, will be making her first major solo appearance in Kuala Lumpur this January. She made her showbiz debut at 15 and became the youngest artiste to perform at the Hong Kong Coliseum at the age of 19. Her performance in China's hit reality TV show, I Am a Singer 2, shot her to stardom when she left audiences in awe with her powerful stage performance as well as her versatility in a big range of music styles.

Jan 23 @ 8pm, Putra Indoor Stadium, Bukit Jalil

Tickets: From RM151 to RM601

www.ticketcharge.com.my



**LEO SAYER LIVE IN KUALA LUMPUR
- 40 YEARS AT THE TOP**

Leo Sayer needs no introduction – not only this songwriter and singer is a Grammy Award winner, he also made his appearance in the Muppets, the Wiggles and on the new Charlie Angels soundtrack. Not only he has more than 20 top ten singles and five best selling albums, Leo also composed hit songs sung by Roger Daltrey, Cliff, Three Dog Night, Tina Turner, Jenniger Warnes and Gene Pitney – earning him the name as an internationally acclaimed and talented songwriter throughout his career.

Sit back, relax and let Leo serenade you throughout the evening with his heart-warming love songs such as *More Than I Can Say* and *I Can't Stop Loving You*.

Jan 20 @ 8pm, KL Convention Centre, Plenary Hall
Tickets: RM141, RM241, RM391, RM591
www.ticketcharge.com.my



MICHAEL BUBLE LIVE IN KUALA LUMPUR

One thing about four-time Grammy winner, Michael Buble, is that one just can't get enough of his mellow soulful voice that never fails to bring out the essence of romance in his songs. He has been smashing box office records all over the globe with the year's hottest ticket sale in his upcoming tour. He was forced to add on six extra shows at London's O2 Arena when the first run sold out in just five minutes. With hit singles such as *Sway*, *Home*, *Everything* and *Haven't Met You Yet*, this is definitely the unmissable concert of the year.

Jan 27 @ 8.30pm, Putra Indoor Stadium, Bukit Jalil
Tickets: From RM198 to RM998
www.ticketcharge.com.my



WONG TZE WAH STAND-UP COMEDY 2015

Dayo Wogn Tze Wah first introduced stand-up comedy to Hong Kong in the 90's. He incorporate stand-up comedy in numerous talk shows – highlighting issues and plights at the same time. His effort received overwhelming response from the audience as it is always entertaining and engaging. Fast forward to 2015, his comeback tour, *Absurd is Normal*, has been making headlines with 11 record-breaking sell-out talk shows at the Hong Kong Coliseum.

Jan 31 @ 8pm, Putra Indoor Stadium, Bukit Jalil
Tickets: From RM111 to RM501
www.ticketcharge.com.my



Z-CHEN CITY OF DREAMS LIVE IN MALAYSIA 2015

Known as a talented artiste who are able to deliver any genre of music, Z-Chen is back again in Malaysia with the launch of his concert, Z-Chen City of Dreams. He has made a name for himself since his debut 15 years ago. Also, his soothing and fascinating voice has earned him the loyalty of millions of fans who are captivated with his talent and charisma on stage.

Jan 10 @ 8pm, Mega Star Arena Kuala Lumpur
Tickets: RM98, RM138, RM288, RM388
www.ticketcharge.com.my



SCORE FITMOB – LARGEST ZUMBA FITNESS PARTY

The most awaited Score FitMob is back, bigger and better. Don't miss the chance to join 15 top instructors from different countries as well as 6,000 participants from across the globe in what is set to establish itself as the largest Zumba gathering to date.

Jan 18 @ 6.30am, Stadium Merdeka Kuala Lumpur
www.score.my/product/score-fitmob/



AVENGED SEVENFOLD LIVE IN KUALA LUMPUR

Avenged Sevenfold first performed in Malaysia in 2012. Their performance etched in our minds, with many of us hoping to see them perform live once again. Thus, when Avenged Sevenfold announced that they would be back to rock the Malaysian stage in 2015, it was a dream come true for most of us. We certainly look forward to more awesome and spectacular performance from them.

Jan 23 @ 9pm, Surf Beach @ Sunway Lagoon
Tickets: RM208 & RM298
www.ticketpro.com.my



CARMEN FOR THE FAMILY

In this programme, one will be able to find out more about Carmen and what put her in world's most popular operas. The fascinating Carmen, people in her life and they way they cope with each other's existence, this is bound to be one of the most interesting programmes ever presented by MPO.

Jan 24 & 25 @ 3.00pm
Tickets: RM30, RM50, RM70, RM80
www.mpo.com.my



BIZET'S CARMEN

Human passion, steamy characters, fascinating story plots, tragic ending and a score filled with great orchestration – these are the few things that make Carmen one of the greatest operas ever written. Despite 140 years passed since Carmen first made its appearance, it is still one of the most sought after opera pieces in the world, all thanks to its wild Spanish temperament, vivid sensuality and interesting characters.

Jan 28 & 30 @ 8.30pm
Feb 1 @ 3pm
Tickets: RM100, RM200, RM280, RM320
www.mpo.com.my



CARMEN IN DANCE

The MPO will kickstart its Carmen Festival with a ballet derived from Bizet's beloved opera. Rodion Shchedrin created his own twist of Carmen by introducing the ballet element in the piece – specially for his famous ballerina wife in 1967. It resulted in a startling orchestration piece that saw him replace all the winds instruments with 50 percussion instruments instead.

Jan 16 & 17 @ 8.30pm
Jan 18 @ 3pm
Tickets: RM100, RM200, RM280, RM320
www.mpo.com.my

NEW YEAR'S DANCES

What can be better than ushering the New Year with an extravaganza concert? Be sure not to miss the New Year's Dances, presented by the Malaysian Philharmonic Orchestra which features a mix of tunes from Johann Strauss, Der Rosenkavalier, Tchaikovsky and many more.

Jan 9&10 @ 8.30pm

Tickets: RM50, RM70, Rm100, RM150

www.mpo.com.my



SKYRIDE FESTIVAL PARK

For the first time ever, this festival will offer visitors the opportunity to catch a glimpse of Putrajaya from 150m above ground. They will also get to ride on a giant helium balloon with a gondola that can accommodate 30 passengers per ride.

Throughout the whole 2015

NEW YEAR

New Year is the time which marks the beginning of a new calendar year. New Year's Eve and New Year are celebrated around the world, with many kinds of celebrations and traditions taking place. Anticipation and excitement fill the air as everyone can't wait to welcome a new and hopefully, better year from the previous.

Jan 1





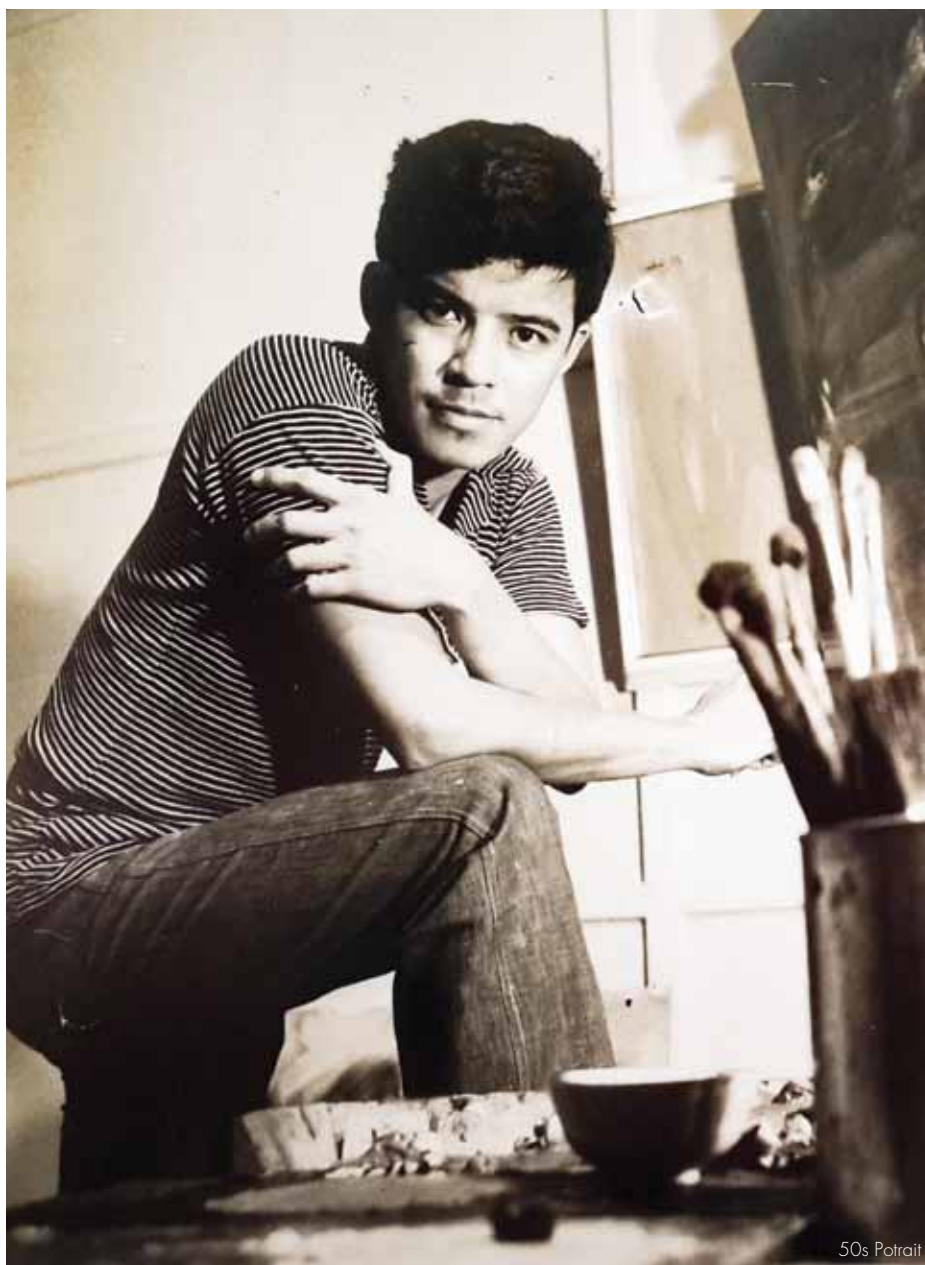
Singaporean artist

Abstract
1969 Oil on board 119.5 x 81.5cm

CHEONG LAITONG

The Living National Treasure

By Kathlyn Ursula D'Souza



50s Portrait

It has been 60 years since artist Cheong LaiTong first contributed artistically to Malaysia. What he began around the time of Malaysia's independence has now become cherished and historic in terms of both talent and contribution. The biggest asset in all this is essentially Cheong LaiTong himself, who, after six decades of art, is still moving forward. Still inventing, still composing.

Born in China in 1932, he came to Malaya in 1938 with his mother and two sisters to join his father, who was running a business in Kuala Lumpur.

"I presume I was born with the ability to draw. I remember when I was a child, whenever I was free I liked to draw on paper or on the wall. But back then I didn't know what an artist was, because during that era there were

not any art school or movement or anyone I knew having to do with art. That was until I received an American scholarship and subsequently also studied art in London. Hence, I accidentally happen to be an artist today."

Claim to Fame

Very early in his career, LaiTong won the commission (and, consequently, became part of Malaysian art history) in 1962 for the 115-foot mural that is presently at the National Museum in Kuala Lumpur. Made from Venetian glass mosaics, this particular work of his centres around Malaysian life and culture. It remains until today, as good as new and one of the most unforgettable and adored public artworks. Seven years later, he won the prestigious Salon Malaysia's Major Prize with his abstract works.

Style

After returning from studying overseas, LaiTong began immersing and familiarising himself with the trends and art movements from the West. With that, LaiTong began to tailor his own art style – a portion of abstract expressionism mixed with a healthy dose of Malaysia's principles and outlook. Teaming this artistic philosophy with his constant journey to venture into the world's and his own psyche to progress towards a better future, his works unquestionably played a vital role in the growth of Malaysian art.

Photo by Postkod.my



Mural at the Muzium Negara

With stimulating new ideas and a passion to see the country's artistic language grow, LaiTong and his peers were keen to create art that would not only engage the viewer because of its visual beauty, but also convey the meaning and gravitas of art in society. Through art, LaiTong induced deep reflections and timeless consciousness.

There is an East-meets-West approach in his works, as his layering, contrasts of colours, markings and subsequent masterpieces make it possible for the viewer to interpret them at so many different levels.

He is also said to be an artist that goes by instinct, and his canvases are the result of the expression of his emotions.

"The paintings will tell an artist what colour to put, and as you keep painting, it will lead you. Most abstract artists would agree with me, that the paintings will direct an artist. If it doesn't, it merely means one is not mature enough as an artist," said LaiTong.

He added, "I like to be inside a painting. When you walk into a painting, you have the feeling of being with the painting, and vibrating with the painting."

LaiTong produces about 20 to 30 paintings for every series for an exhibition. Although his works are never titled, they are numbered according to the year and exhibition it was made for. He paints in his studio in the evenings, with classical music in the background, and he is often surrounded by nature.

In the 50's

One of LaiTong's initial abstract works is a small oil-on-board piece painted in 1957. The inspiration for this piece came about when he visited Batu Caves. Droplets of water went into his eyes and something sparked from within him. Once he was back at the studio, he painted a series of two – depictions of a dark blue background with white and red circular ripples. It was an expression of his experience that day.

LaiTong is also a fine draughtsman. He was accustomed to sketching and painting the human figure in his earlier works. As most artists would agree, the exploration and study of the human form is imperative to study the human behaviour, values, perceptions and habits. These figures, although considered to be part of his transitional period, developed



1950s - Experimenting with sculpturing at the barn studio, 1955



1950s - Wednesday Art Group

“I presume I was born with the ability to draw. I remember when I was a child, whenever I was free I liked to draw on paper or on the wall. But back then I didn’t know what an artist was, because during that era there were not any art school or movement or anyone I knew having to do with art. That was until I received an American scholarship and subsequently also studied art in London. Hence, I accidentally happen to be an artist today.”

- Cheong LaiTong



60s - With fellow student artist in Florence, 1962

and became more stylised in appearance before he completely converted into abstraction.

60's

In the 1960s, LaiTong’s paintings were more gestural. There are backgrounds of painted planes of solid, strong colours and calligraphic black lines would govern the entire picture. These writing-like lines show LaiTong’s prowess with the brushstroke as he demonstrates the force of movement and control of form.

It was around this time that artists began forming their own communities, as LaiTong was also one of the founding members of the Wednesday Art Group. Weekly meetings

were organised to draw, paint and share ideas with other artists. There was not a singular and standardised ideal and concept, but it was more of a casual evening of meeting up and practising their art.

The 1960s also saw LaiTong joining Rothmans as its creative director, and he held the post from 1963 to 1992. During his time here, the firm won a myriad of awards for design and marketing. These works are kept in the Permanent Collection of the National Art Gallery. This also meant that apart from being a national treasure, LaiTong was also a fundamental founding member of another Malaysian artistic genre - advertising. This virtuoso led the team responsible for all the iconic Dunhill Style, Quality and Excellence

“I like to be inside a painting. When you walk into a painting, you have the feeling of being with the painting, and vibrating with the painting.”

advertisements which were ever-present from the 70s to the 90s, building for Rothmans International and Malaysia the rocketing and most lucrative consumer brand in Malaysia's history... and this was where LaiTong's expressed his artistic passion.

He both worked and pursued his passion for art. Although the art scene was not as huge as it is today, LaiTong had supporters who were also his friends. Apart from the National Art Gallery, there were Dr Ronnie McCoy, Zain Azahari and the late Datuk Kington Loo and Mrs. Dolores D. Wharton (her collection of Malaysian artworks included an abstract piece by LaiTong which is now exhibited at the Southeast Asian section of Herbert F. Johnson Museum of Art, Cornell University).

70's

LaiTong began employing acrylic in his paintings, as art materials became more accessible this time around. He also worked on larger canvases, and this proved most advantageous, especially for his abstracts.

His paintings around this time were the result of his study of the relationship between forms and the effects of colours on one's consciousness.

His paintings from this era would examine the relationship between forms and the effects of colouration on the human mind, soul and spirit. They are also more structured in appearance as LaiTong used colour blocking within painted lines, giving the viewer so much more to experience when viewing colours due to the presence of an assortment of shades and pitch. As a result, his works were inundated with grace and refinement – almost romantic – which gave way to a more lyrical form of abstraction.



80s - Cheong LaiTong talking to Dato' Syed Ahmad Jamal at his 1981 solo exhibition



His winning piece at the Salon Malaysia '79

80's

Malaysia experienced quick development and modernisation. LaiTong's works reflected this change, in a way acting as a response to his surroundings then. His works this time were softer with more of a textural feel as interlacing of black lines were present to segregate the layering of colours. 'Almost like batik' was the phrase often used to describe his works in this decade.

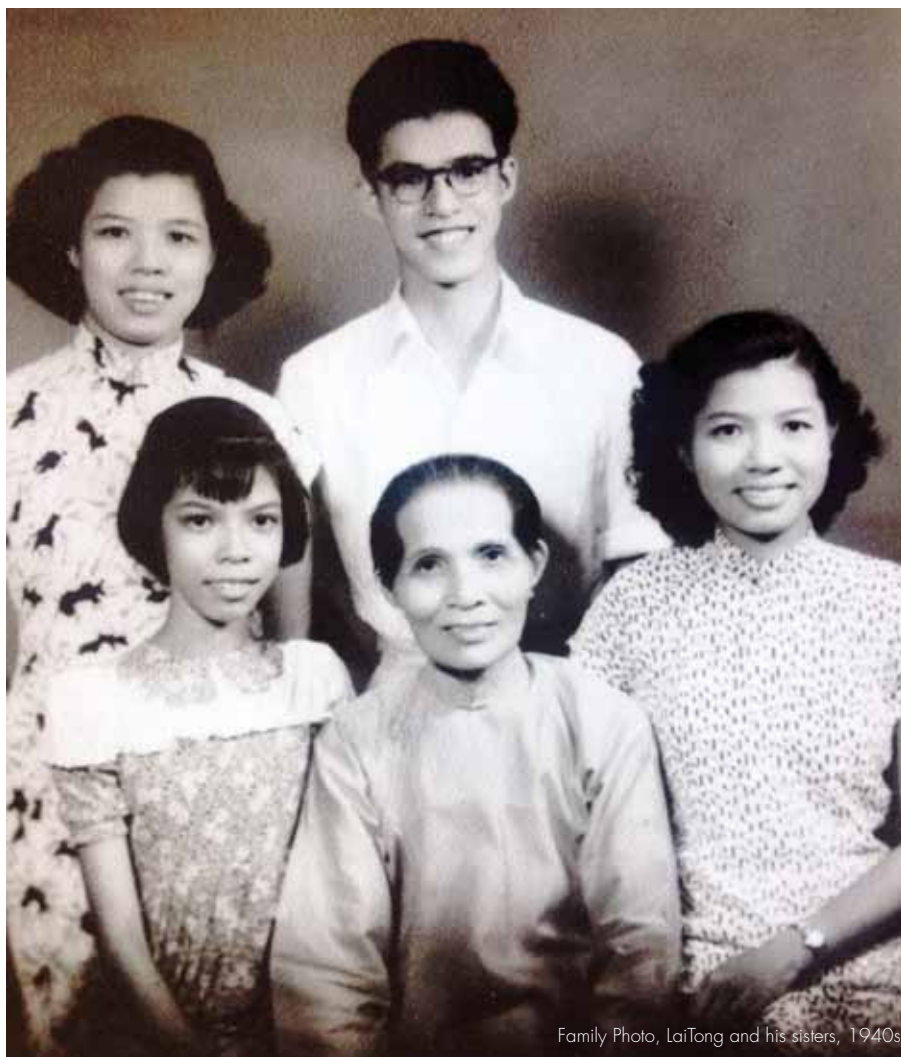
His works also hinted at the Indonesia-Malaysia Archipelago (Nusantara), where the exoticism, spirituality, charm and atmosphere of the region and its ancient cultures were highlighted.

90's - present

LaiTong retired from Rothmans and held his solo exhibition at Galeri Wan in Jalan Binjai, Kuala Lumpur, in 1995. His works, themed "Voices of Nature", were the result of imposing negatives of images he had taken in the jungle and painted upon afterwards.

This exhibition then became the determining factor in LaiTong's decision to look at his art and life, and to begin an introspective journey.

On average, LaiTong paints 20 paintings per year.



Family Photo, LaiTong and his sisters, 1940s

“The paintings will tell an artist what colour to put, and as you keep painting, it will lead you. Most abstract artists would agree with me, that the paintings will direct an artist. If it doesn’t, it merely means one is not mature enough as an artist.”

- Cheong LaiTong

Short Q & A

Tell us about your art. How would you describe your art? What are your preferred techniques and medium?

I could not describe my art. I believe in painting freely with feelings. Either with oil or acrylic.

Do you have a mentor, or anyone you have always looked up to or referred to in art?

I did not have a mentor. But I used to admire some of the French masters when I was much younger.

What is your most prized art piece or accomplishment?

I’m proud to be the winner of the mural for the National Museum in 1961. Also, being the winner of the two Salon Malaysia art competitions - oil category 1969 and 1979 respectively.

Are you currently working on any project? Tell us about it.

I’m spending my days painting at this moment. There is no specific project.

In essence, what is the message you would like to send out through your paintings? What do you hope to achieve from your art pieces?

To paint good paintings and to be proud to have my signature on them. To show the difference between what is art and what is craft.

Cheong LaiTong will be having his next show at the Whitebox @ Publika, Solaris Dutamas on March 6 – 10, 2015 entitled ‘Expression of 60 Years Part II’

In his free time, LaiTong loves travelling, each time returning with new ideas for exhibitions. For instance, in 1998, his presentation of Shan-Hur, Mountains and Rivers, was motivated by stunning landscapes.

Today, Laitong spends his days painting with no specific projects in mind yet.

BACKGROUND

Born in 1932 in Guangzhou, China and moved to Malaya when he was a child with his mother and two sisters in 1938 to avoid the Japanese Occupation in China. His father was running a business in Kuala Lumpur back then. LaiTong enrolled in a Chinese school before the Japanese occupation of Malaya, but lessons were not conducted during the occupation. He started learning the English language when he was 18 years old.

EDUCATION

Skowhagen School of Printing and Sculpture in Maine, USA (USIS Exchange Scholarship) 1961 | London County Council Central Art School, London

POSTS

- Served as creative director of Rothmans of Pall Mall (Malaysia) from 1963-1992
- Regional creative director of Rothmans International for the Asia Pacific region from 1992-1995

HONOURS/AWARDS

1958 - Mural for the new palace of Sultan of Selangor (winner of competition), Kuala Lumpur.

1962 - Mural for the National Museum, Kuala Lumpur (winner of competition), Kuala Lumpur.

1962 - Mural for Hong Kong and Shanghai Bank, Kuala Lumpur.

1969 - 1st Salon Malaysia 1st prize in the oil and acrylic section.

1979 - 2nd Salon Malaysia 1st prize in the oil and acrylic section.



DATUK LEE CHONG WEI

Inspirational world champion shuttler

by Jane Bee

Datuk Lee Chong Wei is simply phenomenal. He is a world champion that puts Malaysia on the world map through his victories, while rivals think of him as a worthy opponent with the 'it' factor that pumps up enthusiasm and excitement in any badminton game. His name is synonymous with badminton and be it coffeshop talk or on upcoming tournament, Chong Wei is the man on everyone's ship.

But, he is not only a world champion. Chong Wei is a hero – a man who is capable of getting Malaysians to put aside their differences and be united through badminton. The nation rejoiced and roared with joy and pride whenever he clinched victory and continued to cheer him on when the table turned.

The little boy who grew to love badminton is now a man of influence in the world of sports as well as his own motherland.



Chong Wei with Tun Dr Siti Hasmah Mohd Ali and her grandson, Mahathir Mokhzani

From zero....

The youngest of four children, Chong Wei's first love in sports was basketball. His mother, however, thought that he was getting too tanned from all the basketball games and disallowed him from playing the sport any further. And thus, the young lad decided to give up basketball to please his mother. His father, who was a keen badminton player, then introduced him to badminton. He was only 11 and yet he found himself loving badminton in no time.

Not long after picking up badminton, the young lad attracted a local coach who saw his talent and potential in the sport. He offered to coach Chong Wei, who accepted the offer. It marked the beginning of Chong Wei training vigorously every day after school in the quest to hone his skills in the sport.

He dreamed of playing badminton professionally in the future and little did he know that he was about to live that dream of his.

The birth of a world champion...

Chong Wei's life changed entirely when he was discovered by former national-player-

turned-coach, Datuk Misbun Sidek when he was 17. It was as if Misbun saw the latent talent possessed by Chong Wei – he has the natural agility, speed and athleticism needed to play badminton as well as perseverance and physical strength that are crucial in training and competitive sports. Misbun took him under his wings and drafted him into the national squad.

Chong Wei was mentored and coached by Misbun for seven years. Known as a tough coach, Lee underwent gruelling and strenuous training under Misbun. He used to dread Thursday – the day where he had to endure punishing physical training. On occasions, he was reduced to tears and banned from practice for throwing tantrums. Despite all the ruckus, Misbun would always remain composed, ignored Chong Wei and went home with his racquets.

Fast forward years later, Chong Wei admitted that it was Misbun's role behind the scene that inspired and transformed him from just an ordinary aspiring player to promising national player and later, world number one. He remembers vividly one of his first meetings with Misbun, where he was asked what he wanted to achieve in his career. Money, was what Lee answered.

But Misbun pressed on and when Chong Wei was thrown the same question the third time, he revealed his dream to be the best player in the national team.

"He then told me to give everything in training and that he would take care of the rest," said Chong Wei. And both Misbun and Chong Wei certainly hold on to the end of their bargain.

The breakthrough, the ups and downs...

Chong Wei made his foray into the international badminton arena in 2002. He made it to the final of the 2003 Malaysia Open, but he went down to China's then badminton star, Chen Hong. Chong Wei was more determined to bag a gold medal and his hard work and determination paid off in 2004 when he secured two titles in the Malaysian Open and Chinese Taipei Open in 2004. His first Olympic appearance was during the 2004 Olympic Games in Athens. However, it was cut short when he was defeated by Chen Hong in the second round, which ended his quest in bagging a medal.

Fired by the determination and desire to be successful, Chong Wei won another



bronze in the 2005 World Championships after losing to Taufik Hidayat in the semi final. It was his first appearance in the world meet, and audiences knew from that moment that they certainly expected to see more from Chong Wei.

The following year, he was crowned as the winner of the Swiss Open, Asian Badminton Championships and his third Malaysian Open title. He also won two gold medals for Malaysia in both the men's singles and mixed team badminton event in the 2006 Commonwealth Games. He topped the chart in the Badminton World Federation's world rankings twice in the same year.

At this point of time, it seemed like there was no stopping for Chong Wei. However, to be a hero and a champion means one would constantly have to face challenges one after another. It tests one's determination and perseverance- whether one is able to brace the storm and rise as a phoenix from the ashes.

Things slowly went downhill for Chong Wei when his participation in the World Championship 2006 fell short after a match with Bao Chun Lai from China. The same year, Chong Wei was on his way to Bukit Jalil when he was involved in an accident where he was hit by a vehicle that had lost control due to a tyre blowout. He was rushed to the hospital and received six stitches on his head.

Not only that, Chong Wei also failed to reach the final in the Malaysian Open in 2007 - the first time in the five years he had participated in the Malaysian Open. It was indeed a very slow year for Lee.

The setbacks, however, did not derail Chong Wei's determination and hunger for success. He immediately get back to his feet and created a history when he became the first Malaysian to reach the final of the men's singles and won a silver medal at the 2008 Beijing Olympics. His success marked the end of Malaysia's Olympic drought since 1996. He continued to secure titles in the Philippines Open, Japan Open and French Open and won all the matches in the Sudirman Cup in June.

Not only that, he also achieved a ranking that stayed at the number one spot for 199 weeks, consecutively from Aug 21, 2008 to June 14, 2012. He was the third

Malaysian men's singles shuttler after Rashid Sidek and Roslin Hashim to enjoy such success. In fact, he was the longest to top the chart among the three national shuttler.

His performance at the 2012 London Olympic Games was a spectacular one. It was the one match where Malaysian put a halt to their daily life, with everyone gathered to watch how Chong Wei fought with all his might against Lin Dan from China in the final of the men's singles event. He was eventually defeated by his arch nemesis, Lin Dan. Chong Wei might lose the opportunity to bring home a gold medal and disappointing the country, but at least, he won the respect and the hearts of many Malaysians.

There was no sign of Chong Wei slowing down after the match at the London Olympics. He remained active and participated in a lot of tournaments such as the 2013 World Championship in China, Japan Open and Korean Open Superseries Premiere. He is the world champion and there's no stopping for Chong Wei at all.

Chong Wei may be a Malaysian but his passion for badminton, discipline and hunger for victory has earned him the respect of people from around the world. The recent doping case that allegedly involved Chong Wei saw many netizens rallying and voicing out their support for him. He was suspended from competition after being tested positive for the banned anti-inflammatory dexamethasone and could be barred for up to two years if found guilty.

Despite all that, sponsors, Malaysians, fans and rivals stood with him in times of troubles, holding on to the belief of Chong Wei's innocence. His arch nemesis, Lin Dan, was quoted as saying that Chong Wei was needed not only by Malaysians, but by the badminton world as well. And Lin Dan for one, is looking forward to Chong Wei's return to the badminton court where both can resume their Lee-Lin rivalry once again.

A husband and a father

In 2012, Chong Wei wedded his longtime sweetheart, former top shuttler from the Malaysian women's badminton squad, Datin Wong Mew Choo, in a grand wedding ceremony.

They first met each other at a national badminton camp in Kuala Lumpur in 2001.

At that time, both were just back-up shuttlers for the Malaysian squad. Chong Wei admitted that it was Mew Choo's patience that charmed his heart. From a nobody when they first met to where he is now, Chong Wei said Mew Choo never changed but instead, she waited patiently and always backed him.

Their love story, however, was not a fairy tale. Their relationship was an 'on-off' affair and marred by controversial rumours involving Chong Wei. When the couple announced that they had ended their courtship in 2009, there was speculation surrounding him where he was linked to South Korean player Hwang Hye-Youn and China's singles player Wang Lin. A year later, both of them reconciled and their bond became stronger than ever.

Their wedding was undoubtedly the nation's wedding of the year. Held on Nov 9 and 10, 2012 at the Kuala Lumpur Convention

Centre, the ceremony was attended by ministers, corporate leaders, family members and close friends.

The couple welcomed their bundle of joy, Kingston Lee, in April last year. Just like Chong Wei, Kingston shows that he shares his badminton superstar father's passion for the sport despite being a toddler.

The future...

He is a world champion, hero, husband and father, but he certainly hasn't shown signs of slowing down. Aware of his capability in changing and shaping the future of badminton, Chong Wei plans to spar for as long as he can and to motivate the young rising stars along the way.

Chong Wei is not done with badminton quite yet. That is to say, we can certainly expect to see more exciting things from him.



Chong Wei and runner-up Taufik Hidayat together with the prime minister's wife Datin Seri Rosmah Mansor and Youth and Sports Minister Datuk Ahmad Shabery Cheek at the Proton Malaysian Open 2011

SWAY WITH MICHAEL BUBLÉ

Four-time Grammy award-winning Canadian superstar to perform in KL this month

by Kathlyn Ursula D'Souza



It seems only yesterday that Michael Bublé burst onto the music scene, serenading and sweeping women (and some obstinate men) off their feet with his honey-and-silk voice and boyish charms. The last time the singer set foot in this country was for his Crazy Love tour, which was about four years ago. For those who are eager to catch him this time around, Bublé is as excited as his fans.

"I can't wait to tour Asia in January and February 2015. I look forward to seeing my friends and making new ones. Thank you for supporting my music. I have so much love for my fans. See you soon!" said the 39-year-old jazz crooner from Vancouver, who has generated a number of notable hits such as "Sway", "Home", "Everything", "Haven't Met You Yet" and "It's A Beautiful Day".

Dubbed the new-age Frank Sinatra, he has been smashing box office records all over the globe with the year's stellar shows. Originally scheduled to perform live at London's O2 Arena for six nights, he had to add six extra shows when the tickets were sold out in just five minutes.

"I just love getting in front of people. It's so important to be in touch with your audience. They've paid their money; I want them to

be entertained. If they want to cry or laugh or dance or sing or yell, they can do whatever they want. My responsibility is just to take them away," he had said.

Michael Steven Bublé was born on Sept 9, 1975 in the city of Burnaby, British Columbia to Lewis Bublé, a salmon fisherman and Amber Santagà. He confessed to Oprah Winfrey on her show in 2009 that he dreamed of being a singer ever since he was two years old, and prayed to be just that every night before he went to sleep.

His first encounter with jazz was when his family played Bing Crosby's "White Christmas" during Christmas when he was five. He then began absorbing the sounds of Ella Fitzgerald, Elvis, Bobby Darin, and the artist's grandfather was credited for this precious introduction that shaped the type of singer he is today.

"My grandfather was really my best friend growing up," said Bublé, "He was the one who opened me up to a whole world of music

that seemed to have been passed over by my generation. Although I like rock & roll and modern music, the first time my granddad played me the Mills Brothers something magical happened. The lyrics were so romantic, so real - the way a song should be for me. It was like seeing my future flash before me. I wanted to be a singer and I knew that this was the music that I wanted to sing."

Bringing youthful energy to classic and timeless hits by Frank Sinatra and Dean Martin and his own compositions, there is absolutely no doubt that the man can really swing.

The date has been set for Jan 27, 2015 at the Putra Indoor Stadium, Bukit Jalil. After KL, Bublé will also be touring Singapore, Shanghai, Hong Kong, Bangkok, Manila and Tokyo. On that lovely Tuesday night - hang on to your ladies, men!

For more information, visit www.daintygroup.com or www.michaelbuble.com/tour



PECULIAR PRACTICES

THE WORLD'S STRANGEST NEW YEAR TRADITIONS

By Kathlyn Ursula D'Souza

And so we welcome the New Year, a year filled with things that have never been. It is time for some unfeasible bravado-filled New Year resolutions (kidding), hope-filled mantras and a fresh, up-to-the-minute start. Nevertheless, we all have our own normal ways of welcoming the New Year; be it a quiet gathering with the family or a night out watching the fireworks with friends. For the rest of the world though, things are done quite differently ...

1. South Africa

In Johannesburg, locals fling appliances out the window to bring in the New Year. Watch out!

2. Colombia

For Colombians who wish to have a travel-filled year ahead, they walk around with empty suitcases around their block.

3. Japan

Some wear a costume of the next year's zodiac animal (this year it's Sheep). They head to the temple in this getup and chime the bells 108 times.

4. Denmark

Hide your prized dinnerware if you happen to be in Denmark during the New Year. The Danes hurl plates and glasses against the doors of friends' and relatives' houses. Apart from that, they stand on chairs and jump off them together at midnight. The leaping act signifies the banishing of bad spirits and is supposed to bring them good luck.

5. Spain

It is customary for one to quickly eat 12 grapes at midnight on New Year's Eve (one by one, of course), as each grape is said to signify good luck for one month for the rest of the year.

6. Finland

The Finnish predict the rest of the year by casting molten tin into a container of water. They then interpret the shape the metal takes after hardening. A heart or a ring means a wedding is going to take place, a ship means travel and a pig means plenty of food.

7. Panama

While this act may seem an act of treason or resistance, effigies of well-known people (including politicians and celebrities), known as muñecos, are burned in New Year bonfires in Panama. These figures represent the old year, and burning them drives off evil spirits.

8. Philippines

Round shapes symbolise prosperity for the Filipinos, as they also represent coins. Filipino families display a large amount of round fruits on the dining table to welcome the New Year. Some eat 12 fruits at midnight, and some wear polka dots for luck.

9. Belarus

Single women play games to predict who will get married in the New Year. A pile of corn is placed in front of each woman and a rooster is let go. Depending on which pile the rooster approaches first, it would reveal who would marry that year. Another variation is that a married woman will hide certain things in her house for her single friends to find. The woman who finds bread will marry a rich husband, while the one who finds the ring will marry a handsome one.

10. Estonia

Estonians believe in food more than anything else. They used to follow a custom of attempting to eat seven times on New Year's day so that there is an abundance of food in the year. In this modern day and age, however, that particular practice has been slightly altered to revolve around alcohol as much as food.

11. Central and South America

It is supposedly considered lucky to wear special underwear on New Year's Eve. Market vendors start putting bright underwear on show before the big day. Red underpants are supposed to bring love, and yellow is supposed to bring money.

12. Scotland

First-footing is still practised all over Scotland – which means that the first person to cross the threshold of a home during New Year should carry a gift for luck (usually alcohol – whiskey, to be specific). There are also bonfire ceremonies, where men parade while slinging giant fireballs to represent the sun and to purify the coming year.

MAKAN-MAKAN PREVIEW



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UNG YIU LIN

Fashion, style and the love
for good food

By Jane Bee



Marble 8

Address: 163 Jalan Binjai, Persiaran KLCC, 50088 Kuala Lumpur

Tel: 03-2386 6030

Website: www.marble-8.com

Opening Hours: Monday to Sunday from 10am to 8pm

She is beautiful, successful and insightful when it comes to business and fashion. After all, she can be considered as Malaysia's first lady of shoes – having founded Shoes, Shoes, Shoes and later, Klutched, where both brands have fast established themselves in the fashion world. One can say she makes a good role model, particularly for young entrepreneurs and also for women.

Ung Yiu Lin is a beauty with brains.

When we met Yiu Lin at Marble 8, she left us in awe. We thought she would show up with a much more feminine or business like attire but there she was, in a military print dress that hugged her slender figure nicely and complimented her outfit with heels from Shoes, Shoes, Shoes and clutch from Klutched that has a loud and edgy design. One couldn't help but be impressed by her – her charisma and the way she engaged people.

And we loved how she never failed to surprise us, especially in her choice of food.

Ever since its opening, Marble 8 is known as a haven for steak lovers for it is the one place where the finest and best-quality of steaks are served. Not only that, it also charms the palate of its patrons with a variety of dishes and a wide range of beverages. Add in the romantic ambience and scenic view of the Petronas Twin Towers, it is easy to understand why people can't help but to rave about Marble 8.

"For someone of my size, I actually eat a lot. I don't really like vegetables, but I love meat and buffet! I like local food such as nasi lemak, chicken rice, char kway teow, fried rice and nasi padang. Banana leaf rice is a no-no – since I pretty much dislike vegetables and there's a lot of plain rice!" Yiu Lin said with a chuckle.

Yiu Lin might not be a bread person but the (bread platter name) served simply

charmed her taste buds. The Scallop cappaccio with Yuzu dressing, on the other hand, caught her by surprise. "I never had cappaccio with scallop before. The Yuzu dressing compliments it further and it is really delicious," she said.

The freshwater prawns with homemade spaghetti, garlic, chilli and Monte Verde oil hit all the green buttons when it came to taste and texture. Yiu Lin for one, is very particular when it comes to pasta – it has to be authentic and soggy pasta is a big no-no for her. "I love this. The freshwater prawns are so fresh and crispy. And the pasta is made just nice – exactly to my liking," she said.

The highlight of the meal, however, was the wet-aged beef, 180 gm Black Angus Fillet Mignon and dry-aged beef, 350 gm Tenderloin on the bone that was served with beef jus with Shiraz and Marble 8 barbeque sauce. Marble 8 certainly did not disappoint, especially the dry-aged beef where the flavour of the meat was retained and enhanced along with a tingling smokiness sensation. It is simply unforgettable and irresistible as every piece of the meat offered a slice of heaven to the taste buds.

Despite not liking vegetables, Yiu Lin enjoyed the green asparagus with egg mimosas and shaved parmesan as well as baked portabello mushrooms with garlic and chilli salsa. Turned out that these two sides caught her attention with their firm texture and flavours that pleased the taste buds.

The meal was concluded with mango and passionfruit pavlova, fresh berries, fruit jellies and passion fruit sorbet as well as salted Daquoise, seven textures of chocolate praline and warm raspberry sauce. And it were perfect as both the desserts was appealing and appetising.

Yiu Lin was certainly pleased at how Marble 8 surprised her as everything about this place simply exceeded her expectations. And it certainly won't be long before Yiu Lin is back at Marble 8 for more good food.



Mango and passionfruit pavlova, fresh berries, fruit jellies and passion fruit sorbet

We asked and Yiu Lin answered
Q: Can you share with us your upcoming project?

A: I will be launching a new shoe brand that is intended for the masses. With a click, you can change the shoes into flats or heels by detaching the base from the body of the shoes. It's really cool and ladies will definitely love it.

Q: What it takes to be a successful entrepreneur?

A: Entrepreneurship is not an easy path. You must have the tenacity to face hardship that will come one after another like waves. Also, you need to be able to adapt, foresee and work with the constant change that takes place in the industry without losing the vision of the brand. Since we started eight years ago, we do change to adapt to changes of the industry. But we ensure that we always stick to the brand vision. This is how we earn the clients' loyalty – through our honesty and value-for-money products. Also, you can't be an entrepreneur if you can't embrace risks and ambiguity.

Q: What would you be if you are not an entrepreneur?

A: I will be a corporate manager. I always like challenges, meeting people and get involved in projects. But then again, I can't see myself not doing what I'm doing now.

Q: Any resolution for 2015?

A: I never believe in resolutions. That's because, I do believe that you have to be constantly aware when it comes to improving yourself.



Dry-aged beef - 350gm Tenderloin on the bone

ITALIANNIES

Serving healthy and tasty pasta, pizza and vino

by Jane Bee



Pizza Enorme

Lot 6.01.03, Level 6, Pavilion KL, No 168 Jalan Bukit Bintang, 55100 Kuala Lumpur

Tel: 03-2141 9620

Website: www.italiannies.com.my



Seafood Cioppino



Tiramisu

The name Italiannies will always remind us as the one place where we can always get delicious Italian food without having to burn a hole in our pocket. While some western restaurants tend to be intimidating, Italiannies always leave patrons feeling comfy and cosy from the moment they step into the restaurant.

Ten years down the road in Malaysia, Italiannies has become one of the popular eateries in Malaysia. The opening of its latest outlet in Pavilion certainly highlights the positive and impressive growth and success achieved in the food and beverage industry. Considering how Italiannies takes pride in sticking to its Italian roots – where it strives to provide fresh ingredients and have most of the dishes made from scratch, it is not difficult to see how one can easily fall in love with this place.

Italiannies' latest outlet at Pavilion KL carries an entirely different essence compared to the rest of its outlets. It incorporates rustic Italian charm in the design – the brick walls, sepia-toned photographs of Italian families and prominent historical structures, wooden furniture, the use of dim yellow lighting as well as the mellow music playing in the background give a very warming and welcoming vibes without losing its romantic feel. The restaurant is filled with the aroma of food that comes from the kitchen, enticing and intriguing patrons even further. It makes one feel – this is exactly a place I wanna be after a long stressful day.

To kickstart the meal, do go for its Smoked Salmon Salad (RM33.90). Instead of using Thousand Island or another creamy sauce as the salad dressing, orange vinaigrette is used and it leaves your palate feeling refreshed. The tingling sourish taste from the orange vinaigrette opens up your appetite. Tossed together with mandarin orange, mango, tomatoes, baby spinach, romaine lettuce, cream cheese as well as generous portion of smoked salmon, it is indeed an appetising bowl of salad.

The Stuffed Mushroom, on the other hand, makes a perfect starter or snack for those who are looking for something light. Available in two sizes, regular (RM26.90) and abbondanza (RM35.90), it can either stand as a meal on its own for a small eater or for sharing purpose.

This one dish looks simple – the oven-roasted mushroom caps are stuffed with Italian chicken sausage, spinach, fresh herbs and three Italian cheese, but do not underestimate it. It is flavourful but you will be surprised to realise how your taste buds are not overwhelmed by the taste of the dish at all.

If you are one of those who love a variety of choices when it comes to pizza, you will definitely love its Pizza Enorme (RM55.90). This 16-inch pizza comes with four different flavours with each flavour taking up one quarter of the pizza- pepperoni, turkey ham and pineapple, shrimp and mushroom as well as roasted garlic with a pomodoro base. Despite the pizza having four different toppings, each slice of pizza carries a distinctive taste that highlights the ingredients used. Doesn't really matter if you have a craving for spicy, salty or fruity pizza topping, Pizza Enorme has everything for you. Plus, the pizza crust is neither too thin nor too thick- a perfect thickness of pizza crust that further enhances the overall taste of the pizza.

Its Seafood Cioppino (RM43.90) is a must-try, especially for pasta lovers. This plate of pasta is packed with generous amounts of ingredients such as mussels, calamari, clams and shrimp sauteed in white wine and tossed in linguine

with marinara sauce. It is not only filling, but satisfying as well. Despite the many ingredients used in preparing Seafood Cioppino, it carries a relatively mild flavour that dances harmoniously with your taste buds. You'll love how easy your stomach feels after the meal.

A hearty meal should end with dessert, which most foodies would agree for the sake of guilt-free dessert indulgence. The tiramisu (RM21.90) served at Italiannies would have you going 'Ohhhh', 'Aaahhhh' or 'Oh My God!'. Simply because, instead of having to pay a hefty minimum of RM12 for a small cup of tiramisu, Italiannies offers a relatively big chunk of delicious tiramisu where the portion can easily be shared by four people. It will definitely be hard to resist the lady's finger cookies dipped in Italiannies' secret liqueur and espresso mixed with layers of creamy mascarpone topped with dark cocoa powder.

We love how Italiannies is generous in the food portion. The big portion means almost every dish is perfect for sharing purposes. Delicious food, generous portions and lovely ambiance – to think that we can actually enjoy all this luxury at an affordable price, Italiannies certainly makes dining at a western restaurant a pleasant experience.



Smoked Salmon

CRAB FACTORY: ORIGINAL LOUISIANA BOIL

The messy love for seafood cooked the Louisiana way

By Jane Bee



Big Bang Theory Bucket Spread

21 Jalan SS2/64, Petaling Jaya
Phone: 03-7865 5850
Website: www.crabfactory.com.my

The first thing that greeted us the moment we stepped into the restaurant was the rustic ambience that was so soothing and cosy. We were expecting a big restaurant but instead, it is a small eatery that comes with communal tables that enable family and friends to enjoy the elbow-to-elbow fun feasts.

There is no hint of fancy cutlery at sight and the exposed brick wall and ceiling beams, the utilitarian wooden tables and chairs certainly give off the factory atmosphere. The wheels hung on the wall is an attention catcher as one can't help but to check out if they can actually spin the wheel. The whole restaurant was filled with the aroma of cooked seafood and sauce coming from kitchen. And that certainly left us salivating and nothing would make us happier other than the thought of indulging in the scrumptious crustacean delight.

To begin with, Crab Factory needs no introduction. And it's not hard to see why people are going gaga over Crab Factory. Given how it takes only the aroma of the food to charm our appetite, need us explain more about it?

From the menu to the ordering, everything is kept simple and systematic - choose your preferred seafood, the sauce as well as the level of spiciness and lastly, your choice of add-on bag buddies. Prices of the seafood are based on market rates and you can always refer to the prices for 500 gm and 1 kg that are listed on the board. With the crustaceans such as king crabs, lobsters, baby octopus and Japanese snails, very alive and kicking as seen from just outside the kitchen, we had the assurance that we would indeed be served with fresh seafood.

Crab Factory did not disappoint.

We tried all the recommended seafood: mussels in zesty lemon sauce, freshwater prawns in garlic butter sauce, baby octopus in jamba-jamba sauce, prawns with garlic butter sauce, yabbies in signature southern bang sauce (medium level), crabs in signature southern bang sauce (o'ly crab level) and lobster in signature southern bang sauce (death valley level).



Red Canadian Lobsters

The zesty lemon sauce carried a tingling saltiness and was savourish while the garlic butter was aromatic and appetising. The Jamba-Jamba with signature southern bang sauce was much more exciting - with four levels of spiciness to choose from. It definitely add on extra kicks, particularly for those who love spicy food.

Everything about the food, flavours and freshness passed with flying colours.

There are no plates and cutlery for everything is served in plastic bags where it will then be poured onto the table. Unlike some restaurants that serve pretty pathetic crabs, we were thrilled when we were served with huge and meaty crabs. Also, the prawns, baby octopus, prawns and freshwater prawns served were tender and succulent.

Forget about fork and spoon as we were wearing bibs and eating with our hands. Though we first felt awkward with the idea of eating with our hands - where we used only two fingers from each hand, but thanks to all the peeling and hammering needed to remove the shells, it

wasn't long before we went into an *au naturale* mode and started digging in like there was no tomorrow. Table manners did not exist at this point of time.

We also made sure to add-on some side dishes to our bag buddies. We originally intended to select only one add-on to compliment our seafood but with chicken sausages (RM4.90), potatoes (RM6.90), corn (RM4.00), button mushrooms (RM7.90), enoki mushrooms (RM6.90) and king mushrooms (RM7.90) to pick from, we failed to resist the temptation. Each bag ended up with at least two "bag buddies" - particularly corn and potatoes.

Crab Factory does not only serve seafood but delicious side dishes as well. We were surprised at the variety offered. We decided to go for Southern Coleslaw (RM11.90), Southern Chicken Wings (Cajun, RM16.90), Fried Okra (RM9.90), homemade garlic bread (RM7.90) and the southern heartwarming soup, Gumbo (RM12.90). Let's just say homemade garlic bread is a must-have add-on - what can be better to wipe up the seafood sauce other than garlic bread? And trust us when we said we wanted but nothing but Gumbo to end our meal of the day.

If you are in a group of 8 to 12 people where you simply want everything in the menu, Crab Factory's Big Bang Theory offers you a slice of everything. It comes with 500 gm of freshwater prawns, six pieces of corn, 500 gm of yabbies, six chicken sausages, 500 gm of mussels, two pieces of medium-size crabs, 16 potatoes, one king crab, button mushrooms, 500 gm of prawns and 1 kg lobster with all the seafood and bag buddies boiled in a special herb and spice broth. And it costs only RM868, definitely a total catch!



TONKATSU BY MA MAISON

All-time favourite deep-fried pork cutlet

Non-Halal

by Jane Bee



Mamebo Set



Rosu Katsu Set

A plate of excellent tonkatsu is hard to come by despite its simplicity. Even though the dish is all about breaded and deep-fried pork cutlets, top-notch ingredients and skilled techniques are required in producing a plate of excellent tonkatsu.

And that's what is offered by Tonkatsu by Ma Maison – a plate of mouth-watering tonkatsu that are sure to satisfy your craving without burning a hole in your pocket.

Originating from Tokyo, Japan, Tonkatsu by Ma Maison was founded by Akinori Terazawa in 1976. It has since made a name for itself for its specialisation in serving only perfectly cooked tonkatsu. Thus, when it finally hit the Malaysian shores last year, we were more than delighted for there is a place that we could look forward to when it comes to tonkatsu.

Tucked away in the food corner at Isetan One Utama, Tonkatsu by Ma Maison offers a glimpse of Japan from the very moment you step into the restaurant. The wooden furniture, calligraphy and the incorporation of some modern design elements create a cosy and comfy ambiance. Decorations are kept

minimal and we love how everything is so simple and straightforward.

Regulars would know what to go for. In fact, some of them are able to make their pick without even referring to the menu. But as first-timer, we decided on the suggested menu because we would normally go for the original dish before being a little adventurous. The menu focuses on tonkatsu, so, don't expect to find fancy food items such as sushi or sashimi here.

We decided to kickstart our meal with the Potato Salad (RM6.50) and Chicken Wings (RM12.50). We had no expectations but the potato salad turned out to have a very smooth texture and instead of the usual potato salad that consists of only potato, we found a generous inclusion of small chunks of tuna in the potato salad. Even the Japanese zucchini and carrot were fresh and crunchy! Meanwhile, the chicken wings just hit all the right buttons – simply savourish without overwhelming our taste buds.

We then proceeded with the Rosu Katsu Set (deep-fried pork loin 160gm, RM25.90).

Fried stuff usually put us off as more often than not, the food tend to be too greasy. But that's not the case at Tonkatsu. The pork loin, despite being deep-fried, retained the leanness and tenderness of the meat. From the first bite, we knew that it was skilfully prepared by the chef as it was neither overcooked nor had any hint of greasiness.

Pork fillet usually reminds us of chicken breast and we tend to shrug at the idea of eating it because of its coarse texture. However, much to our surprise, its Tokusen ippon Hire Katsu Set (special deep-fried pork fillet 180gm, RM30.90) tasted nothing like what we thought it would be. It was juicy, savourish and when mixed with the crunchy breadcrumbs, there was no stopping till we cleared the plate. This particular dish amazed us as we never knew that pork fillet could actually taste this good!



Chicken Wing

The Mameton Set (deep-fried prawns, pork loin and pork fillet, RM35.90) is the perfect selection for those who have difficulty in making their pick between pork loin and pork fillet. The ingredients might all be deep-fried but don't be surprised by the different textures and taste of each ingredient when you put it in your mouth.

All the set menus in Tonkatsu by Ma Maison come with free helping of of rice, tonjiru and cabbage. And no, instead of serving instant tonjiru soup, they actually prepare the soup from scratch.

If tonkatsu is not to your preference, you can try Katsu Don (deep-fried pork loin topped with egg and special soy sauce, RM26.90) and Homemade Katsu Curry (dep-fried pork loin with homemade Japanese curry sauce, RM27.90). Unlike certain places where Katsu Don is served cold, we were excited when we were served with a bowl of hot Katsu Don. Plus, they were generous with the pork loin portion.

The Homemade Katsu Curry, on the other hand, enticed our taste buds with a tingling of spiciness and creaminess. We loved how everything was made fresh from the kitchen instead of the instant one. Plus, the curry was so good even when eaten on its own.

It was indeed an eye-opening dining experience at Tonkatsu by Ma Maison. Now that we've tasted how good tonkatsu can be, we definitely won't shrug at deep-fried pork again – provided it's from Tonkatsu by Ma Maison.



Katsudon

NOOK @ ALOFT

Ultramodern with a taste of Malaysian traditional flavours

by Siti Wajihah Kholil



Silver Cod cooked in Asam Pedas

No. 5, Jalan Stesen Sentral, Kuala Lumpur Sentral
50470 Kuala Lumpur



Spinach Sambal with Crispy Tempe



Rainbow Sago Gula Melaka

It is clear that the area around KL Sentral is becoming a hot spot with the continuous opening of various eateries that are capturing the attention of Kuala Lumpur dwellers and visitors. With an innovative concept and unique dishes, Nook at Aloft is no exception. Complete with captivating flavours and fresh ingredients, not to mention a very entrancing setting, Nook is a venue not to be missed.

Nook offers a variety of dishes from oriental to western. However, its prime specialty is Malay cuisine where the image of each dish has been revamped and modernised to suit the urban culture, yet, it still retains the authentic traditional flavours of Malay cuisine. The many favourites include the traditional nasi lemak, which is rice cooked in coconut milk and spices, served with accompaniments such as spicy sambal, boiled egg, roasted peanuts and crispy anchovies. Other items include Chicken Rice, and if you opt for something more western, Nook's Beef Burger is also available in the menu. Its succulent patty that is grilled to perfection is a must-try.

At Nook, dinner is set buffet style with a spread of food from diverse cuisines for your indulgence at RM78++. The dishes vary from cold seafood assortment of mussels, prawns and salmon to a selection of your preferred salads, to savoury items such as milk-roasted chicken, briyani gam Johor and pan-fried orange-soy snow fish. Not to forget an array of delicious desserts also awaits you.

Despite the items on the ala carte menu and the expansive buffet spread, the star of Nook is actually the special modern Malaysian tasting menu, which features 8 courses to showcase Nook's best dishes in one sitting. The starter begins with a playful taste of cured salmon kerabu served with compressed apple. The dish gives off a strong tangy taste that entices your palate, prepping you for what is to come in the next course. The dish is then followed by a soothing soup dish, the Chicken Soto Consomme. Its beautiful presentation reminds

you of a floral pond, as not only does the dish include the usual shredded chicken bits, nasi himpit (rice cakes), roasted peanuts and other ingredients, it also has purple and pink floral petals to add an elegant touch to the dish.

The third course is the entrée which is spinach sambal with crispy tempe. This dish is the one to definitely anticipate. The spinach is rich and slightly creamy-like in texture. Mix it with the savoury, spicy sambal and crispy tempe, it becomes a killer combination that overwhelms your palate with a burst of luscious flavours. The course is followed by a break from the continuous savoury dishes by serving lime sorbet. Cool and vibrant with its lime taste, it sure will refresh your taste buds for next courses coming your way.

As you reach the fifth course, you will be surprised at how amazing Nook's silver cod cooked in asam pedas is the texture of the cod is tender in the mouth and the crispiness of its skin adds the perfect saltiness to the dish. With the asam pedas gravy being mildly spicy, tasty and rich in consistency, any newbie to the dish, especially those who are foreign to it, will enjoy the Malay cuisine experience. This is then followed by a noodle dish which is the scallop Sarawak laksa and also a rice dish which is the turmeric nasi lemak with Wagyu beef cheek to offer a comprehensive feel to what Malay cuisine is all about.

End your meal with one of Malaysia's proud guilty pleasures, rainbow sago gula Melaka. The rainbow sago is served in a jar, accompanied by coconut milk and gula Melaka in a syringe. This gives you the choice to add in the accompaniments based on your preference. This traditional Malaccan dessert is the ideal sweet ending that will surely satisfy your sweet craving. As you wait for your food to digest, the last on the list that you must make room for is the ais batu kopi or the coffee cubes. Your glass is filled with frozen coffee cubes and is served with milk and sugar on the side, to add according to your liking. It is undoubtedly refreshing, cool and frothy. Coffee enthusiasts will love this. At Nook, you are able to enjoy all these eight courses, at only RM108nett (without beverage) or RM188nett (with wine and cocktail).

Nook's interior is indeed clean, spacious and intriguing to the eye. With natural light and a futuristic feel, the interior includes transparent pods to replicate the first class pods of a jet. The pandan and kaffir lime green with white setting in the premises provides a peaceful and serene ambience that is comforting to the sight. The two giant paintings of the Rafflesia add a local touch of exotica to the overall scene. Nook is highly recommended, especially for those who would like to explore and are new to Malay delicacies. The locals will also enjoy it just as much.



Sunday Brunch

Not wanting to spend your Sunday in a typical boring way? If that's the case, why don't you treat yourself and loved ones for a Sunday brunch? There's nothing like spending the day, chilling out with good food and drinks, amid a cosy ambiance with a scenic view. In this issue, we share with you our pick of some of the best spots when it comes to Sunday brunch.

by Jane Bee



Thirty8

What can be better than dining with your family with the scenery of Kuala Lumpur city as the background? Located at Level 38 on the Grand Hyatt Kuala Lumpur, Thirty8 offers more than city view – its Sunday brunch serves an array of tantalising Chinese, Western and Japanese cuisine. Choose from the refreshing appetisers, sumptuous seafood, succulent meat, sweet delights and many more. You can also enjoy unlimited chilled juices, homemade lemonade, lychee iced tea and healthy juices. If you want something fancy, you can even opt for a glass of champagne or wine such as Viuve Clicquot Champagne (RM280++ per bottle) or Torralta Prosecco sparkling wine (RM150++ per bottle) as accompaniment.

Grand Hyatt Hotel

Address: 12 Jalan Pinang 50450 Kuala Lumpur

Tel: 03-2182 1234

Website: www.kualalumpur.grand.hyatt.com

Available every Sunday from 12.30pm to 3.00pm

Price: Adult (RM190++) and Children (RM95++)

Bubbalicious @ Prego

Doesn't really matter if you are young or old, brunch at Bubbalicious will always be a delightful affair for many of us. Not only we get to indulge in the Italian-style buffet brunch that features unlimited servings such as Italian antipastos and salads, fresh seafood, handpicked collection of international cheese and charcuterie and homemade Italian breads, you get to kickstart the celebratory weekend mood with free-flowing Moët Champagne, wines and beers. You will never have to worry about taking care of your kids – the lower lobby will be transformed into a kids' club area where they will be kept busy with activities manned by trained nannies. And this is definitely a total plus point!

The Westin Kuala Lumpur

Address: 199 Jalan Bukit Bintang 55100 Kuala Lumpur

Tel: 03-2773 8338

Website: www.thewestinkualalumpur.com

Available from 11.30am to 2.30pm

Packages: Food & Champagne (RM338.00++), Food & Beverage (RM276.00++) and Food only (RM148.00++)



Serena Brasserie

Serena Brasserie is the place to go to if you look forward to spending the day with your family. Aside from the classic brunch favourites and refined international cuisine, you'll get to enjoy its elaborate menu that features live interactive stations like 'seafood on ice' that features Fine de Claire oysters, Canadian king crab legs and East Coast tropical lobsters, pasta, Peking duck, chicken rice and ikan bakar (grilled fish). Children will be treated with a spread of children's menu that consists of cheese sandwich, chocolate brownies, cookies and candies as well as being kept entertained with fun activities.

Intercontinental Kuala Lumpur

Address: 165 Jalan Ampang 50450 Kuala Lumpur

Tel: 03-2782 6228

Website: www.intercontinental-kl.com.my

Available every Sunday from 12.00pm to 3.00pm

Prices: Adult (RM120++) and Child (RM60++), Adult (RM228++ with an upgrade to the drink package with wine of the week and standard pour liquors such as rum, whiskey, vodka, gin and bourbon)



Shook!

If you are looking for something unique, be sure to visit Shook!, formerly known for its popular thematic Masquerade Champagne brunch. Shook! is launching its brand new Mad Hatter's Champagne Brunch, a theme derived from 'Alice in Wonderland'. The entire restaurant will be transformed into a one-of-a-kind wonderland and that includes the giant clock archway, life-sized props of staked cakes, teapots and books as well as water fountain garden area and the Mad Hatter himself! You can definitely look forward to a quirky buffet menu that will see collaboration among the four kitchens: Japanese, Chinese, Western Grill and Italian. No way you can say no to the brunch in a wonderland with a glass of champagne, right?

Shook!

Address: 181 Jalan Bukit Bintang 55100 Kuala Lumpur

Tel: 03-2719 8535

Available from Jan 11 onwards,

from 12.00pm to 4.00pm

Prices: Food only (RM168++) & Champagne brunch with free-flowing Moët&Chandon Champagne (RM268++)



Damansara Utama

Klang Valley is undeniably never short of good food. In this issue, we decided to explore Damansara Utama, or known as Damansara Uptown, in search of some good, delicious food. Turns out, this place does hold a lot of gems that serve food that would have us going gaga over it. We like how this place has so many hidden surprises hidden and after a tricky consideration, here's our favourite picks from Damansara Utama.

By Jane Bee

Norwegian RM21.90

While some say this is the perfect dish to kickstart the day, we would be more than happy to eat Norwegian at any time of the day! Packed with smoked salmon, capsicum and onion confit, homemade lemon infused Hollandaise sauce and a pair of perfectly poached eggs, there is no way you can say no to this plate of wholesome goodness. The runny egg yolk and smoked salmon that introduced a hint of creaminess and tingling saltiness to our taste buds felt so heavenly, satisfying and savourish that we ended up going for a second or third plate!

*The Good Batch
53 Jalan SS21/1A, Damansara Utama, 47400 Selangor*



B.L.O.G Salad RM13.90 for full size, RM8.90 for half size

This plate of salad is probably what kept us interested in eating healthy. B.L.O.G Salad consists of olives, apricot, raisins, orange, onion, tofu and Asian dressing. With the colourful and playful presentation, it certainly introduced excitement to the usual boring salad. Also, be sure to add avocados in your bowl of salad – pay an extra RM7.90 and you'll get a whole avocado. Plus, the salad comes in a generous portion.

*The Salad Bar
No 41 Jalan SS21/60, Damansara Utama,
44100 Selangor*





'C'riously

RM11.90

Looking for something to quench your thirst other than the normal carbonated drinks? Hop on to Juicyfy Juice Bar for a glass of refreshing fruit juice or smoothie. All the juices are prepared on the spot and with fresh ingredients – you get to pick your mix of fruits in the drink as well. Our pick was 'C'riously that consists of kiwi, starfruit, banana, lemon and yogurt smoothies. Now, that's seriously a glass of juice packed with loads of vitamin C!

Juicyfy Juice Bar
No 13, SS21/1A, Damansara Utama,
47400 Petaling Jaya

O BBQ

RM10.50

If you are looking for something new and healthy, you'll definitely love O BBQ. The freshly baked baguette served with BBQ pork, sunny side-up egg, homemade mayonnaise, pickled carrot and daikon as well as Vietnamese chilli sauce is not only refreshing but savourish as well. This O BBQ is not to be underestimated for it can be really filling. This is also perfect for take away for those who are always on the go.

Obanhmi Shop
No 33 Jalan SS21/56b, Damansara Uptown, Selangor



Onigiri

Price varies

Japanese food is not all about sushi, sashimi, tonkatsu, teppanyaki and udon. For those who yearn for a taste of Japanese cuisine but are restricted by their budget, you can always go for a simpler treat – onigiri (rice balls). In times when we are too broke for fancy Japanese food, we would always go for ebikko (shrimp roe) riceball (RM3.30), unagi riceball (RM4.80) and jellyfish riceball (RM3.80), which are all slightly bigger than a tennis ball. At the very least, we still get our Japanese food without having to break the bank. And we feel happy and satisfied about it.

Niko Niko Onigiri
No 66 Jalan SS21/39, Damansara Utama 47300 Petaling
Jaya, Selangor



Pancakes, waffles and crepes

What began as breakfast dishes are now the world's favourite desserts. Be they pancakes, waffles or crepes, people love them. These flour-based desserts are yummy on the tummy because they are often served with a variety of toppings such as ice cream, fruits, chocolate or whipped cream, so it gets your mouth watering. We have wandered around the city in search of delicious pancakes, waffles and crepes just for you.

By Siti Wajihah Kholil



Chocolate Waffle Stick

RM10

Chocolate lovers should definitely drop by Dip N Dip to have a go at its chocolate waffle stick. The name itself is self-explanatory. It is basically a long stick of waffle covered in delicious Belgian chocolate. The waffle has a slight crunch as you bite, but it is soft inside. You can tell the chocolate is so smooth and rich, that it melts away the waffle as you munch away. Easy to eat and simple in creation, it is ideal for those who would like to enjoy their dessert effortlessly.

*Dip N Dip - Chocolate Sweets & Coffee House
Lot LB-2, Level 1, e@Curve,
No.2A, Jalan PJU 7/3, Mutiara Damansara
47810 Petaling Jaya, Selangor*



Love Bites - Choco Strawberry

RM8

Here is a unique pancake from JC's Pancakes that has an Asian touch due to its apam-like feature and is shaped like a shell. Unlike the regular pancakes, this one is crispy in texture. The inside is filled with strawberries, dark chocolate and crunchy roasted almond flakes. The combination altogether creates a burst of sourness and sweetness from the strawberries and chocolate. Delectable, one piece is not enough..

*JC's Pancakes
G-K05, Citta Mall,
Jalan PJU 1A/48, Ara Damansara,
47301 Petaling Jaya, Selangor*



Ynez's Blueberry Cheese Roll Pancake

RM18

If you are ever hanging around KLIA2, be sure to make a stop at Nanny's Pavillon where you will discover yummy pancakes and waffles. Its Ynez's blueberry cheese roll pancake is a delight. The cheese roll pancake with Nanny's special blueberry sauce and ice cream is pure delish and simply melts in your mouth. There are also many other selections such original pancake, which is two pieces of pancakes served with whipped cream and maple syrup, and Bryce's crazy chocolate pancake, which is a chocolate waffle served with chocolate sauce and chocolate ice cream. Do note that for these dishes, you can choose whether you would like them with pancakes or waffles.

*Nanny's Pavillon
L2M-23, Gateway at KLIA2
Terminal KLIA2, KL International Airport*

Will You Berry Me

RM17

Not only does it look good, it also tastes amazing. Presentable, to the eye and delicious in the mouth, Will You Berry Me from Nosh café is one that will totally fulfil your sweet-tooth craving. The dessert consists of four medium-sized pancakes made in fluffy perfection, served with Nosh's refreshing berry compote and delicious mascarpone cream. This is a dessert sufficient for two people due to its generous serving. So share your special dessert time with Nosh's Will You Berry Me and indulge your palate with this exquisite sweet delicacy.

*NOSH
7, Jalan Telawi 3
Bangsar Baru 59100
Kuala Lumpur*



SHOPPING PREVIEW



TOD'S Spring/Summer 2015 Collection

- 48 Hotpicks Women
- 49 Hotpicks Theme
- 50 Hotpicks Men

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3



1. Shine Bright

It's the New Year, so why not go all out with your clothing? Sparkle, mesmerise and hypnotise as you step out in a glorious, shiny dress that shows that you are still celebrating the New Year.

Sequined Dress by ZARA, RM319

2. Shiny & Leggy

It might be part of your New Year resolution to hit the gym and get in shape, but that does not mean you have to look drab and nondescript as you work out. Try bright and metallic hues instead. While wearing makeup at the gym might look a little off, why not just wear something bold and vivacious? Chuck the safe and normal look, which was all last year – and dare to be eye-catching this year.

AMERICAN APPAREL, RM232

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3. Hands Up

Put your hands up on the dance floor and watch them glitter with radiant, glowing accessories. After all, a person's accessories say a lot about the person, so why not make a loud statement while you are at it?

ALDO, RM88

4. This Time, This Year

It seems very significant for a person to buy a new watch at the start of the year. It seems like starting a new diary, as a new watch will now be responsible for keeping track of time this year. Time is priceless and very important, so make sure your watch this year is as priceless and as important. It is also a symbol of time passed and the exciting time you are now entering this year.

THOMAS EARNSHAW, RM1311

5



5. New Year, New Sole

Your shoes would want to be part of the celebration, too. Since you might still be in a celebratory mood, do not keep the shoes low key but go all out. Equip your feet with something bold, shiny and glittery to showcase your enthusiasm about your continuing journey this year.

STEVE MADDEN, RM650

Blast FROM THE PAST

It is the New Year, so why not rebel a little? Instead of going for fresh, new getups, why not take your cues from your parents' and grandparents' time and kick it old school. That means going back to the Bee Gees, John Travolta, Grease, hippie and the disco era. Here are a couple of ideas that will most definitely look eye-catching, unique, and may make your parents, grandparents (or you) feel very nostalgic. Also, you must not forget the afro.

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1. Hippie Hour

Remember the hippies in the 70s, where everything they wore had fringes on them? Fringes were a big thing back then, and they are slowly coming back in style, on boots, purses and dresses like this one by **CPS**, **RM159**.

2. Flower Power

Men those days most certainly did not shy away from colour, let alone flowers. Remember "That 70s Show"? Exactly. In fact, the louder, the better. The same goes to trousers. Match your bellbottoms (no 70s look is complete without bellbottoms), and throw a whimsical, retro shirt on. FMS by **RADIOACTIVE**, **RM119**

3. Looking Back

This type of sunglasses is a dead giveaway that you are sporting the retro look. Worn by many famous artists from the 70s, most notably John Lennon who was never spotted without these on him, this look would instantly bring you back the 70s. Throw in round shades such as these cool ones by **RAY-BANS**, **RM1,066**.

4. Step Onto The Platform

Disco lovers – both men and women – loved their high-heeled platform sandals and shoes. These most certainly made them stand out on the dance floor, especially when they danced on stage. In fact, some were determined to outshine the others and installed light bulbs on them. These days though, while they are more subdued, they most certainly are considered classic and old-fashioned.

MANGO Platform Peep-Toe Sandals, **RM259**

Adjustable ankle strap and block heel. Platform shoes were the thing.

5. Heads Up

Scarves were a big thing too, except they did not quite go around the neck they would now. Choose a lovely scarf and instead of wrapping it around your neck, tie it around your head and you would instantly get that hippie vibe to your entire look. Just add a bunch of accessories and earrings, and you are good to go. Floral Scarf by **PARFOIS**, **RM49**.



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1. Motif Mania

It seems that pattern is in, even for men, as there is a deluge of patterned suits in the market these days. It is the current height of sophistication and the go-to style for those who are in tune with modern designs. The jacquard suit for example, is a fine example of how pattern can easily look stylish and fashionable.

Black Jacquard Suit by **ZARA, RM499**

2. Watch

A man's watch can tell a lot about his personality – whether you are refined or more outdoorsy. It is also the single most important accessory a man can own. Pick a new one this year that suits your lifestyle and taste (apart from being eye candy) and watch out for the year ahead.

SWISS EAGLE, RM1, 910

3. Wallet

It is supposedly good feng shui to get a new wallet for the New Year, for it ensures prosperity, luck and success. If that is what you aim for, then off you go to find a nice, classy wallet to suit your personality.

LEVI'S, RM229

4. Jacket

While the rugged look is still in, grab this chance to purchase one of those rough-looking yet tasteful jackets. It works well when you are out with your friends or on a casual date. Throw that on for a boost to fashionable masculinity.

ESCLUSIVI, RM675

5. Fitness & Fashion

You are already starting a new year, so why not rock something futuristic while at the gym? While once it was only fashionable for men to walk around with suitcases, they now have a bit of leeway, branching out to something that is a must-have for men lately. Who says women are the only ones now who can own multiple bags for different types of occasions?

NIKE, RM349

ART & LIVING PREVIEW



YUSOF GHANI (B. Johor, 1950), Biring LXX, 2007, Oil on canvas 183 x 183 cm RM 110,000 - RM 160,000

KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART



SUNDAY, JANUARY 18, 2015 | 1.00 PM | CONNEXION@NEXUS, BANGSAR SOUTH

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART



SUNDAY, JANUARY 18, 2015 | 1.00 PM | CONNEXION@NEXUS

KLAS Art Auction will be held on January 18, 2015 at Nexus 3 Ballroom, Level 3A, Connexion@Nexus, No 7, Jalan Kerinchi, Bangsar South City, 59200 Kuala Lumpur. For those who like to have a sneak peek of the artworks, they may do so during the full preview at KL Lifestyle Art Space from January 7 to 17 at 150 Jalan Maarof, Bukit Bandaraya, Kuala Lumpur. The gallery opens daily from 10am to 7pm. Interested bidders or for further enquiries on the auction, contact Lydia Teoh +6019 260 9668 or Shamila +6019 333 7668.



YUSOF GHANI (B. Johor, 1950)
Biring LXX, 2007
Oil on canvas 183 x 183 cm
RM 110,000 - RM 160,000



TAJUDDIN ISMAIL (B. N. Sembilan, 1949)
Interior Still Life - The Veranda, 1988
Acrylic and oil pastel on canvas 122 x 122 cm
RM 10,000 - RM 22,000



ZULKIFLI YUSOFF (B. Kedah, 1962)
Razak Series - Green Book Planning, 2014
Mixed media installation 125 x 125 cm
RM 12,000 - RM 24,000



KHOO SUI HOE (B. Kedah, 1939)
Wind Dance, 2003
Oil on canvas 80 x 80 cm
RM 24,000 - RM 32,000



ISMAIL LATIFF (B. Melaka, 1955)
Wajah Damai Rupawan... Mimpi Lautan Bumi, 2013
Acrylic on canvas 152 x 200 cm
RM 25,000 - RM 42,000



AWANG DAMIT AHMAD (B. Sabah, 1956)
Marista -Imajan Dari Pedalaman, 1997
Mixed media on canvas 136 x 120 cm
RM 15,000 - RM 28,000



CHUAH THEAN TENG, DATO' (B. China, 1912-2008)
Kampung Life - Abstract, 1970s
Batik 86.5 x 63 cm
RM 55,000 - RM 85,000



KHALIL IBRAHIM (B. Kelantan, 1934)
Vivacity IV, 2003
Acrylic on canvas 59 x 69 cm
RM 6,000 - RM 12,000



ISMAIL MAT HUSSIN (B. Kelantan, 1938)
Pantai Sabak Fishing Village, 2011
Batik 118 x 143 cm
RM 18,000 - RM 32,000



ABDUL LATIFF MOHIDIN (B. N. Sembilan, 1941)
Road Pago Pago Series, 1972
Ink and colour on paper 15 x 14 cm
RM 17,000 - RM 28,000



TAN CHOON GHEE (B. Penang, 1930-2010)
Fishing Boats, 1978
Watercolour on paper 43 x 51.5 cm
RM 7,500 - RM 12,500



MOHD RADUAN MAN (B. Pahang, 1978)
Dragon Ball 3, 2004
Woodcut on canvas 61 x 61 cm
RM 3,500 - RM 5,500



JOLLY KOH (B. Singapore, 1941)
Reflection III, 1996
Acrylic and oil on canvas
122 x 91 cm
RM 20,000 - RM 35,000



RAFIEE GHANI (B. Kedah, 1962)
Sungai Mas, 2014
Oil on canvas 158 x 183 cm
RM 14,000 - RM 22,000



RAPHAEL SCOTT AHBENG (B. Sarawak, 1939)
Kuching South, 2011
Oil on board 61 x 91 cm
RM 5,000 - RM 8,000

ASIAN ARTWORKS

The KLAS Art Auction Malaysian Modern & Contemporary Art will feature art pieces not only by Malaysian masters but also Singaporean and Indonesian artists.



HENDRA GUNAWAN (B. Indonesia, 1918-1983)
Main Layangan, 1961
Oil on canvas 100 x 202 cm
RM 200,000 - RM 320,000



CHEONG SOO PIENG
(B. CHINA, 1917-1983)
Fishing Village, 1961
Ink and colour on paper
92 x 41 cm
RM 26,000 - RM 42,000



ONG KIM SENG (B. Singapore, 1945)
Mountains, 1980s
Watercolour on paper 53 x 73.5 cm
RM 10,000 - RM 19,000



TAY BAK KOI (B. Singapore, 1939-2005)
Under the Tree, Undated
Acrylic on rice paper 30 x 30 cm
RM 5,000 - RM 8,000



TONG CHIN SYE (B. Singapore, 1939)
Reflecting, 1983
Watercolour on paper 27.5 x 27.5 cm
RM 3,000 - RM 5,000



WAN SOON KAM
(B. Singapore, 1943)
Singapore Street Scene
(Cavenagh Bridge), 1970s
Ink and acrylic on board 75 x 53 cm
RM 7,000 - RM 10,000



LEE CHOON KEE (B. Singapore, 1944)
Singapore Causeway, 1972
Watercolour on paper 51.5 x 75 cm
RM 10,000 - RM 16,000



THOMAS YEO (B. Singapore, 1936)
Magic Trees, 1980
Mixed media on paper 76 x 42.5 cm
RM 5,000 - RM 9,000



ONG KIM SENG
(B. Singapore, 1945)
Heritage Buildings
- Nepal Series, 2008
Watercolour on paper 38 x 28 cm
RM 4,000 - RM 7,000



SEAH KIM JOO
Back from the Market, Undated
Batik 86 x 57 cm
RM 5,500 - RM 8,000



JEIHAN SUKMANTORO
(B. Indonesia, 1938)
Si Penari, 2009
Oil on canvas 90 x 70 cm
RM 9,000 - RM 15,000



KOEMPOEL SUJATNO (B. Indonesia, 1912-1987)
Ox Cart in Chinatown, Undated
Oil on canvas 40 x 50 cm
RM 2,500 - RM 5,000



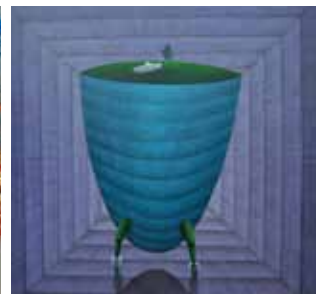
HASIM (B. Indonesia,
1921-1982)
Balinese Lady, Undated
Oil on canvas 87 x 59 cm
RM 8,000 - RM 12,000



HAJI WIDAYAT (B. Indonesia, 1919-2002)
Pohon Flamboyan, 1991
Oil on canvas 150 x 224 cm
RM 100,000 - RM 160,000



DEDY SUFRIADI (B. Indonesia, 1976)
Humanist Theory, 2013
Mixed media on canvas 145 x 200 cm
RM 11,000 - RM 16,000



RIDUAN (B. Indonesia)
The Island Hope, 2009
Acrylic on canvas 150 x 150 cm
RM 5,500 - RM 8,500

PEUGEOT IS PAR EXCELLENCE

French Car Brand Nabs NST-Maybank 'Car of the Year' 2014 Award

By Kathlyn Ursula D'Souza

Nasim Sdn Bhd and the Peugeot brand emerged as winners at the New Straits Times (NST) – Maybank Car of the Year 2014 Awards presentation on Nov 27, 2014.

Chief operating officer of Nasim Sdn Bhd, Datuk Samson Anand George said that the win was very gratifying, especially since the two cars were poles apart.

"The Peugeot 2008 Urban SUV was designed to appeal to a wide demographic audience while the Peugeot 208 GTi has amassed a devoted following in the niche market. What they do have in common is that both cars have received critical acclaim in Europe. Now, we are on our way to matching the success locally," he added.

The Peugeot 2008 Urban SUV first burst onto the scene in Malaysia in early 2014, and the car has nearly 10 international awards to its name, won in Ireland, Italy, Spain, France, Poland and Turkey. The 2008 Urban SUV also triumphed in a number of international awards event including the 'European Car of The Year 2014' by Italy's Auto Europa, and 'Top SUV/Crossover Vehicle' by Poland's Golden Steering Wheel. In October 2014, Peugeot's Mulhouse plant produced the 200,000th unit since the Peugeot 2008 Urban SUV's European launch in 2013.

The Peugeot 208 GTi on the other hand, was brought in by Nasim in October 2013. Less than a year after its sales launch in Europe, the 10,000th Peugeot 208 GTi came off the production line, proving that the reinterpretation of the GTi legend was indeed a success.

Peugeot has also just celebrated 30 years since the original 205 GTi and reissued a more radical version of the 208 GTi for its anniversary.

All Peugeot models come with five-year warranty with unlimited mileage together with Nasim's 24-hour Peugeot Assistance service, complimentary access to the Peugeot Lounge at Subang Airport and Peugeot Privilege membership, all to provide the best ownership experience for its customers.

Nasim Sdn Bhd is the official distributor for Automobiles Peugeot in Malaysia. For more information on Peugeot Malaysia, visit <http://www.peugeot.com.my>. Like the Peugeot Malaysia page at <http://www.facebook.com/peugeotmalaysia>, follow the Twitter handle @peugeotmalaysia at <http://twitter.com/peugeotmalaysia> and follow on Instagram @peugeotmalaysia at <http://instagram.com/peugeotmalaysia>.



PETER DE KRETSER

Feeling at home in Malaysia

By Siti Wajihah Kholil



Charismatic and such an eloquent speaker, it is no wonder that Peter de Kretser is the chief operating officer and co-founder of GO Communications who has notched major success in the public relations (PR) field. Having parents who are both in the business, clearly the apple did not fall far from the tree. "I realised that communication and public relations was something that was always in the blood. After all that I had done, I guess it was only natural to come back into this field in full circle," said de Kretser. Let us get to know his story and his experience as an expat in Malaysia.

1. Where are you from? Tell us about your upbringing.

My background is somewhat mixed. I am Australian by heritage and citizenship, but I was born in Singapore and lived the first 13 years of my life there. Those were the good old days. I had a lot of fun growing up there.

2. Tell us about yourself.

At the age of 13, I went to a boarding school in Melbourne, Australia and finished my schooling there. In my final year, I started playing professional football at the age of 18, where I actually signed a contract with a Melbourne club. For me, that was the passion and dream at the time. I did that for a couple of years until I had a knee injury, so I had to become an academic. I went to study for a business degree in entrepreneurship business at the Royal Melbourne Institute of Technology (RMIT).

3. What did you do before GO Communications and how did the company start?

After my studies, I was working at a few entrepreneurial-style companies around Asia. After a while, I dived into the advertising world. I came to Malaysia in 2003 as my father was based here and he was running

a PR company called MDK. At the time, he was in the process of selling it. I remember we were having 'teh tarik' and my father said to me, "Pete, we can do two things. We can either go to Bali and drink ourselves to death, or we can start something fresh and we can do it our way and have fun doing it." That really appealed to me. He sold off MDK and then we both embarked on a journey of this company, GO Communications. Now 11 years on, having evolved and built the brand as well as expanded geographically. It has been a lot of fun and a terrific learning experience for an entrepreneur who would like to go down this road.

4. What is GO Communications all about?

GO Communications is a public relations communication company. We focus on amplifying brands through different media platforms. We have operated for 10 years now and slowly built up our profile by taking in many different clients ranging from lifestyle to property to tourism to airlines, etc. In the last three years we have expanded regionally into most major cities under the GO Group, in countries like Japan, Sri Lanka, Cambodia and Laos. It has been great. We hope in the next two years, we will expand the network even further.

5. What do you think of Malaysia?

I have been in Malaysia for 11 years now. I think this is a fantastic place. I feel fortunate that I have come to the right place at the right time. Being an expat and having lived in Singapore, Australia, Malaysia as well as travelling around the region, I see that Malaysia is a land of great opportunities, especially for business. It really can compete with other major cities of the world. Sometimes I feel that we do not give it enough credit for what it is and what it can be. Having seen the markets of various countries, I realise that Malaysia has potential.

6. Tell us about your family.

I work only with my father. We are both based here. My mother, however, is running another PR company in Singapore. I am an only child, so there is just the three of us. We are all very close and occasionally we work on projects together. We try to see each other whenever we can.

7. Where do you consider home?

Well it is now where I am, Malaysia. You know, home is where the heart is. I notice that what is happening now is that more people are coming to this part of the world, because the region is emerging in various aspects. Another reason is because people just want to

experience and see new things at a cost-effective budget, which helps.

8. Obviously you have tried local food, what is your favourite?

I have eaten local food since birth so it's nothing new to me. I can do a roti canai breakfast, have a wan tan mee for lunch and end the day with briyani and curry. This is one of the reasons you never leave Asia. Malaysians in general know that they are blessed with many different types of food and they appreciate it, which is great. You can see that over a meal, that is, when Malaysians are most jovial, happy and laughing with their family or friends. It's certainly not taken for granted.

9. Do you have any funny stories to share throughout your living in Malaysia?

I thought this was classic PR. Either that or just great service. I was in Perhentian Island for a getaway with some friends and was staying at one of the resorts there. I remember going for a drink at sunset. I was just waiting for them to come along. I was sitting there looking at the beach and it started to rain. There were droplets of rain on me. I called the waiter over and asked if I could move to a different table since it was drizzling. Then he said to me, "Sir, you are not going to believe this, but this is an absolute blessing that this is happening to you." The way he put it to me and explained it, he could have made it all up. But the way he made something that could have been in a negative manner to a positive way made me think, "It's okay, never mind, I'll just stay here, collect my blessings and have another drink". I thought that was really clever and he totally psyched me out.

10. Who is your biggest inspiration?

For me, I think it is important to have someone who inspires you in your life. For me, first is great entrepreneurs, be they on a local or global scale like Tony Fernandes or Richard Branson. I also look up to sports stars. If you check our website, we often quote Muhammad Ali, who is a great storyteller and a fantastic icon. Since football is still close to me, there is also Dennis Law and other footballing icons around the world who are inspiration to me.

11. What is your secret to success?

This is a little clichéd but it is true. You have to have two things. First is passion, the desire to want to do something. Then you have to actualise it. There are many people who have great ideas but these ideas only sit in the mind. You have to dare to fly and take the plunge, which is always the hardest part.



Together with Tunku Pete Imran launching the Breast Cancer Charity Cricket Match

Invito Hotel Suites

Offering the best of both worlds between home and travel

By Jane Bee

There's so much more that one can gain from travelling such as the joy in meeting new people as well as encountering new cultures and traditions. However, most of us tend to feel homesick at one point of time, missing the comfort and security that are offered only in our own home.

But what if we tell you there isn't a need for you to sacrifice the comfort of home for the sake of wanting to travel or a change of environment for a while?

Located in the heart of the city, Invito Hotel Suites offers travellers the homey and comfy feeling sought by many. It is a place that suits all occasions – doesn't matter if you are there for a business talk, leisure or staycation, Invito offers an exceptional hotel suite style that is able to cater to the needs of any traveller.

Stepping into the lobby of the hotel for the first time, we found ourselves automatically switched to zen mode – the simple yet sleek interior with a pinch of turquoise emitted waves

of calmness that soothed our tired minds and souls. Checking in was a breeze as the staff were simply efficient.

The moment we stepped into our assigned room, the Studio Executive room, we were in awe as we found it hard to believe what we saw. The room looked nothing like a hotel room. Instead, it felt like a studio apartment for us. The king size bed was placed just right beside the balcony – offering a scenic view as well as the different façade of the

Pool and gym overlooking the night city view



city throughout the day. What can be better than ending the day or waking up to the picturesque city as the backdrop?

Our room is equipped with kitchenette that comes with cutlery, cooking utensils as well as dinnerware. Gone are the days where we can't have any food other than instant noodles in the room. Also, we were given the privilege to prepare or reheat the food at our own pace. And oh, Invito actually furnished each room with a microwave as well. Can it get anymore convenient than this?

Located between our bed and the kitchenette is what we considered the living room. The edgy yet comfy sofa can sit two persons comfortably, as we munched on our food while enjoying the movies on television. And yes, at this point of time, we felt so comfy and cosy that there wasn't a need to leave the room at all.

Invito's strategic location in the heart of the city means one can enjoy a slice of Kuala Lumpur without having to worry about transport or enduring the massive traffic jam. Famous tourist spots and shopping malls such as Sungai Wang Plaza and Jalan Alor where one can get plenty of local street food are just a stone's throw away. Also, there are many restaurants that serve top-notch food within the vicinity of the hotel – food is never a problem here. Ask any of the staff for food recommendations or directions and they will be more than happy to throw in suggestions or assist you. Plus, since we are avid foodies, we were thrilled at the thought of being able to pack some local specialties to be enjoyed in our own room.

Our stay in Invito was an idyllic one – it was either we were out to explore a slice of

Kuala Lumpur in the evening or spending our day lazing by the poolside and working out in the gym. Located at level 9, the entire floor where the swimming pool, gym and lounge are located, is always cool and breezy despite the scorching sun in the afternoon. There is also a self-service launderette as well as a living room that is equipped with sofa and beanie bags on that floor as well. We loved how this one simple space offered so much relaxing possibilities for us.

Spending our time at Invito Hotel Suites was simply so perfect that we were reluctant to leave this place at the end of our stay. We felt so much at home and yet, we also felt

the excitement of travelling. And not often we got to experience this kind of mixed feelings.

And yes, we definitely gonna be back here again, soon.

Address: No 1 Lorong Ceylon, Bukit Ceylon, 50200 Kuala Lumpur
Phone: +603-2386 9288
Website: www.invitosuites.com.my
Email: enquiries.invito@uoahospitality.com.my



Studio Executive Room



Meeting Room

Earth Hour 2015 Kicks Off in Penang for the Second Time



(From left) Lavanya Rama Iyer, WWF-Malaysia Head of Policy and Climate Change, YB Tuan Chow Kon Yeow, Penang State Executive Councillor for Local Government, Traffic Management and Flood Mitigation, Carl Ooi, 1st Avenue Mall A&P Manager and Yeap Chong Wei, WWF-Malaysia General Manager of Marketing at the media event announcing Earth Hour 2015 in Penang

Earth Hour will take place for the second time in Penang. This time around, it will be a 3km Earth Hour Night Walk, which will start and end at Lebuhraya, next to 1st Avenue Mall, Penang on March 28, 2015, from 8.30pm to 9.30pm.

For Earth Hour 2015, Penang state executive councillor for Local Government, Traffic Management and Flood Mitigation, Chow Kon Yeow has pledged to join the Earth Hour Night 2015 Walk with the people, if 1,500 participants register for the walk on <https://www.pandashop.my/earthhour2015/>

“Earth Hour is not just about going dark for a single hour every year. I hope that the strong message of Earth Hour is adopted by everyone to make some small everyday lifestyle changes that will, collectively make an impact on

climate change, as solutions must come from community participation,” said Chow.

“The message is clear: We should protect and conserve nature and biodiversity as part of our developmental agenda at all levels: sub-national, national and international.

The sooner we move into the Age of Sustainability, with conservation at the very heart, the better prepared we will be to face impacts of a changing climate and in fact, harness the opportunities brought about by it as well,” said Lavanya Rama Iyer, WWF-Malaysia’s head of Policy and Climate Change.

Beside the Penang State Local Government, Traffic Management and Flood Mitigation committees, PAAA and MPPP, Earth Hour 2015 Night Walk is jointly organised by 1st Avenue Mall.

“We are honoured and glad to work together with WWF-Malaysia on this

exciting event and serve as a platform to create awareness among the younger generation on the importance of conserving the world's biological diversity and the sustainable use of our natural resources," said Carl Ooi, A&P manager for 1st Avenue Mall.

In March 2014, more than 2,000 people participated in the inaugural Earth Hour Night Walk along the Penang Heritage Trail. Joining the walkers were Chow and WWF-Malaysia conservation director Dr Sundari Ramakrishna. The walkers were welcomed back by Penang Chief Minister Lim Guan Eng, who switched the lights back on at 9.30pm.

As part of the Earth Hour movement and the "Cleaner, Greener, Safer & Healthier Penang" initiative, Chow, on behalf of the Penang Island Municipal Council (MPPP), then planted 60 trees of endangered species at the Queensbay Interchange on April, 3 2014.

WWF-Malaysia hopes that with this heightened awareness, the Malaysian public will continue to demonstrate their concern about climate change by conserving and using energy efficiently and generally avoiding wasteful consumption.

Everyone is invited to take part in the Earth Hour 2015 Night Walk. The registration fee of RM60 per person, to be paid an online payment, will entitle each participant to an "Earth Hour 2015" T-shirt, a car sticker, an e-certificate of participation and a 10% Pandashop.my voucher. The Penang Amateur Athletic Association (PAAA) serves as the technical advisor of the walk. All funds raised from the sale of walk packs will be channelled to WWF-Malaysia's conservation efforts.

About Earth Hour

Earth Hour is a global environmental initiative in partnership with WWF. Individuals, businesses, governments and communities are invited to turn off their

lights for one hour on Saturday, March 28, 2015 at 8.30pm (local time) to show their support for environmentally sustainable actions.

The event began in 2007 in Sydney, Australia when 2.2 million individuals and more than 2,000 businesses turned off their lights for one hour to take a stand against climate change. Earth Hour 2014 took place in more than 7,000 cities and towns in 162 countries and territories across all seven continents, becoming the world's largest mass participation event in history.

Earth Hour is an important first step to generate awareness, interest and concern over the global threat of climate change. With this, WWF expects to instigate effective changes in behaviour to reduce human activities causing climate change.

To join the Earth Hour 2015 Night Walk in Penang or Selangor, visit <https://www.pandashop.my/earthhour2015/>

Photo by: ©WWF-Malaysia/ Suan Tan



(At podium) Susan Chong, WWF-Malaysia Major Donor and Corporate Engagement (Northern Region) Manager welcoming participants to the media event. (Seated from left) Thiagarajan a/I Nadeson, WWF-Malaysia Head of Education and Public Sector Partnership; Lavanya Rama Iyer, WWF-Malaysia Head of Policy and Climate Change; YB Tuan Chow Kon Yeow, Penang State Executive Councilor for Local Government, Traffic Management and Flood Mitigation; Carl Ooi, 1st Avenue Mall A&P Manager; Saw Hong Keat, 1st Avenue Mall Operations Executive and Yeap Chong Wei, WWF-Malaysia General Manager of Marketing.

About WWF-Malaysia:

WWF-Malaysia (World Wide Fund for Nature-Malaysia) was established in Malaysia in 1972. It currently runs more than 90 projects covering a diverse range of environmental conservation and protection work, from saving endangered species such as tigers and turtles, to protecting our highland forests, rivers and seas. The national conservation organization also undertakes environmental education and advocacy work to achieve its conservation goals. Its mission is to stop the degradation of the earth's natural environment and to build a future in which humans live in harmony with nature, by conserving the nation's biological diversity, ensuring that the use of renewable natural resources is sustainable, and promoting the reduction of pollution and wasteful consumption.



HEALTH & BEAUTY
PREVIEW

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WAXXZILLIAN

Feeling your best makes you look better

By Siti Wajihah Kholil



The very idea of 'waxing' can be a scary thought, which might be the reason why there are those who opt not to do so. Instead, many shave, which is worse because it promotes ingrown hair and makes the hair grow faster, thicker and coarser. In truth, waxing is the way to go because it weakens the hair follicles, resulting in slower, lighter and thinner growth of the unwanted hair, making it easier and less painful to remove later.

Whether waxing hurts or not is also subjective as it depends on the individual's hair type and skin sensitivity. It also depends on the technique and product used for waxing, therefore do bear in mind that it is important to refer to an expert. Waxxzillian is a recommended beauty centre that one should go to as the

employees are professionals and the centre itself is known for its speedy hair removal technique, making your waxing experience as painless as possible. They cater their services according to what is suitable and relaxing to you.

The most popular service is of course the Brazilian Sexy (RM98). Beforehand, the staff will inform you to drink lots of water and to scrub and exfoliate. Drinking lots of water will keep the skin hydrated, while exfoliation opens up the follicles. Both preparations prior to your waxing session are necessary to ease the hair removal process, making it less painful.

Upon arrival, you will notice that the reception is small in size but yet it gives off a cosy and intimate feeling. Friendly

and all full of smiles, the staff will ask you to fill out a form, providing personal and general dermatological details for their reference. Once completed, you will be escorted to your room and change into their in-house garb. The waxing treatment room is intended to provide a great sense of privacy, function and comfort, with custom-designed waxing beds of the ideal width, length and height.

The staff works professionally and swiftly. The pre and post-depilatory products are used when needed. Waxxzillian uses an all-natural ingredient for its hair removal wax. It is then heated to a sufficient temperature which does not over heat the skin, but it is hot enough for easy waxing so that the pulling process is quick. Pressure is then immediately applied.

If you have great endurance for pain, the Brazilian waxing process will go really quick and will not hurt as much as anticipated. It is advisable to relax during the waxing session because apparently if you are in a tense state and position, it will be more painful. So it really helps to dive yourself into a conversation with the staff while you are being waxed. Before you know it, you are all done. Your skin feels free and breathable.

If you prefer not to go all the way Brazilian, there are other waxing services as well. Be it eyebrows, full face, upper lip, chin, full hands, full legs, underarms, side burns, nasal hair, cheeks or bikini line, Waxxillian does it all. There are also other non-waxing services provided at Waxxillian such as express manicure and pedicure (RM55), classic manicure & pedicure (RM68), cooling cucumber manicure & pedicure (RM168) and another highlight of Waxxillian, the V-Polish (RM198).

Do note that waxing is not gender-specific to only women. Men too are able to groom themselves at Waxxillian. You can eliminate daily shaving by waxing your facial hair or simply sharpen your features by ridding yourself of the uni-brow. For a more clean-cut look with a silky, smooth body and abs, you can even wax off the hair on your chest and abs. Waxing is a very hygienic method of clean self-maintenance without having to constantly shave again and again.



Address: L2-15, Level 2,
Avenue K, 156 Jalan Ampang,
50450 Kuala Lumpur.
Website: www.waxxillian.com

Allow your
SKIN TO FEEL FREE
AND BREATHE.

It is vital that you are in the hands of a true professional when it comes to waxing because it can be a painful ordeal if not conducted correctly. At Waxxillian, you are guaranteed to be in safe hands. All the wax therapists have undergone a rigorous training programme which qualifies them as an educated licensed hair removal specialist. Each and every staff is certified waxing specialist who has mastered the exclusive technique of Waxxillian. It is not only about the hair removal technique, but also they are well

versed in antiseptics and asepsis; the principles of cleanliness and disinfection; the functionality and physiology of the body's largest organ, the skin; contraindications and adverse reactions; hair growth patterns; pre and post-depilatory care and professional customer interaction.

Allow your skin to feel free and breathe. Groom and boost your image by booking yourself an appointment at Waxxillian today.



CYBERJAYA PAINTBALL PARK

The one activity that spells fun, thrill, excitement and.....pain

by Jane Bee



Paintball. Some might mistakenly think that it as an activity where one just paint balls with colours. First timers would be left clueless and anxious before the game for they wouldn't know what to expect. But for those who played paintball before, it is the one place that enables them to have all the fun in the world while exerting their very own sweet revenge on their friends.

It isn't hard to see why it takes only the first try to turn someone into a paintball fan. After all, it is the one activity where one get to 'shoot' and colour their friends in pain while, perhaps, leaving a few bruises behind, reminding one for weeks probably, of the fun that one have had.

One thing for sure, we are a big fan of paintball. While there are several paintball centres in the Klang Valley, most of them offer only one or two types of field. There is also

the restriction where we would probably be stuck at the same field from the beginning to the end of the game. We will still have fun, but the excitement doesn't really stay.

Thus, when we discovered Cyberjaya Paintball Park, we were on cloud nine.

Established by a group of skilled paintballers, Cyberjaya Paintball Park is a well-equipped park with the facilities that would leave most paintball fans in awe. Its location in Cyberjaya Park means one would be able to enjoy facilities that include a well-equipped bathroom and cafeteria. That is to say, it doesn't matter if you come with family or friends, there is always something to keep everyone occupied other than paintball.

The highlight of Cyberjaya Paintball Park, however, is its fields. It is perhaps the one place that offers three kinds of field specially

for speedball and recball. Plus, we were at ease as we were in an open space with the nature without being surrounded by skyscrapers. After all, this is one of the things that attract us to this place in the first place.

We arrived at the paintball park in a group of six. Briefing on the do's and don'ts as well as the preparation took less than 10 minutes. As there were six of us in the group, we were offered the opportunity to play with the owner's team and it certainly left us feeling thrilled. After all, paintball is also about "the more the merrier".

We started off with the speedball field. This field has air-filled bunkers with variation of field layouts whose locations mirror each side. This field is all about speed and precision. Plus, it is also the one place where you either get the chance to 'shoot' at your friends from head to toe or risked



Recball field



Urban assault field



Paintball equipment

being the one getting shot from all directions for there is hardly any place for you to hide. This was where most of us ended up with bruises all over our body, making it a perfect warm-up spot.

Simply because, it left us more determined than ever in exerting our sweet-yet-painful revenge in the next round of the game.

We settled for two rounds of game in the speedball field before moving to the urban-assault field. Instead of air-billed bunkers, this field is filled with mirror-like bunkers made from planks and steel drums. It is the best of both worlds for it offers you the best of speedball and recball fields at the same time. Unlike speedball that involves speed and precision, urban assault field requires you to strategise your moves as well as staying alert at the same time.

Recball, on the other hand, offers an entirely different kind of pace. Speedball and urban assault require one to be fast, precise and to form strategies within a short time. But not for recball. Recball field requires players to play in the jungle that is equipped with terrains, vegetation and shades made of man-made bunkers. The thicker jungle also means low visibility. This is the place where we were required to camouflage and minimise the impact of our movements while picking up even the slightest movement by the rivals as well. This is pretty much a game of patience aside from strategy and precision.

We ended up spending two hours on the field. But for many of us, it felt like a few minutes. This whole game left us feeling so happy and satisfied that we didn't mind all the bruises at all. Plus, you can't say you play paintball without a little "souvenir" on your body.

We finally found a place that offered us the freedom we were looking for. While they are very strict about safety, we were not restricted when it came to changing the field every now and then. Plus, there is no time constraint – the game continues as long as there's leftover of the pellets purchased before the start of the game.

We would definitely come back for more action and bruises again that we wouldn't mind the 40 minutes' drive to the park.



Speedball field

Cyberjaya Paintball Park @ Kelab Komuniti

Taman Tasik Cyberjaya, Jalan Kelab Off Persiaran Semarak Api, 63000 Cyberjaya, Selangor
 Website: www.cyberjayapaintball.com
 Email: info@cyberjayapaintball.com
 Contact: 019-301 7001 (Jamil)

ELDERLY DEPRESSION

Associate Professor Datin Dr Sharmilla, a psychiatrist in the Klang Valley, talks about signs and symptoms of elderly depression

Clinical depression is present in about 15%-20% of the elderly. However, only a small minority receive treatment for depression. The reason for this is that the elderly often display symptoms of depression differently.

The common signs and symptoms of depression are low mood, loss of interest, reduced energy and concentration, early morning and multiple awakenings from sleep, decreased appetite and weight loss. In fact, many of the elderly with depression often don't feel sad but show other symptoms like unexplained body aches and pains, sudden lack of motivation or energy to tackle daily life events or familiar aches and pains that have worsened. Depression in the elderly can also take the form of excessive nervousness and anxiety. Often, some of the other more common symptoms are present, too, but in the absence of a real feeling of sadness. Depression in the elderly is also frequently confused with the presence of multiple medical illnesses and the drugs used to treat them.

Advancing age accompanied by loss of social support due to the death of a spouse or sibling, retirement, or relocation of residence are contributory factors. Due to these changes in an elderly person's circumstances, doctors and family may miss the signs of depression. As a result, effective treatment gets delayed. Many elderly people find themselves trying to cope with symptoms that could have been easily treated with medication.

Depression tends to last longer in elderly adults. It doubles their risk of cardiac diseases and increases their risk of death from cardiac as well as other illness. Depression may predispose to increased cardiac disease by affecting physiological and behavioural factors. Physiologically, depressed patients experience elevated platelet activation, thus giving rise to thromboembolic events. Behaviourally, depression is associated with higher incidence of treatment nonadherence and maintenance of unhealthy lifestyle habits such as poor diet compliance. At the same time, depression reduces an elderly person's ability to rehabilitate. This is because of their loss of motivation or their feelings of hopelessness that the situation cannot improve, anyway. It has been found that following a heart attack, there is an increased risk of death if the person is depressed. Studies of

geriatric patients with physical illnesses have shown that the presence of untreated depression substantially increases the likelihood of death from those illnesses. For that reason, make sure that an elderly person you are concerned about is evaluated and treated, even if the depression is mild. Also the suicide rate in the elderly is more than twice that of the general population.

Insomnia or the inability to fall asleep, maintain the sleep and waking up too early may frequently be a symptom of depression. Studies reveal that insomnia is also a risk factor for the onset and recurrence of depression. To treat insomnia, the experts recommend the newer "hypnotic" drugs that are safe and effective in elderly people. A psychiatrist may prescribe medications and advise methods to improve sleep hygiene.

Factors that increase the risk of depression in the elderly include being female, being unmarried (especially if widowed), lack of a supportive social network and stressful life events.

Associated physical conditions like stroke, especially those that result in speech impairment and right sided weakness, hypertension, diabetes, cancer and dementia may further increase the risk of being depressed. Additionally, the following risk factors for depression are often seen in the elderly - usage of certain drugs, a family history of major depressive disorder, fear of death, living alone, social isolation, past suicidal attempts, presence of chronic and severe pain, previous history of depression and recent bereavement.

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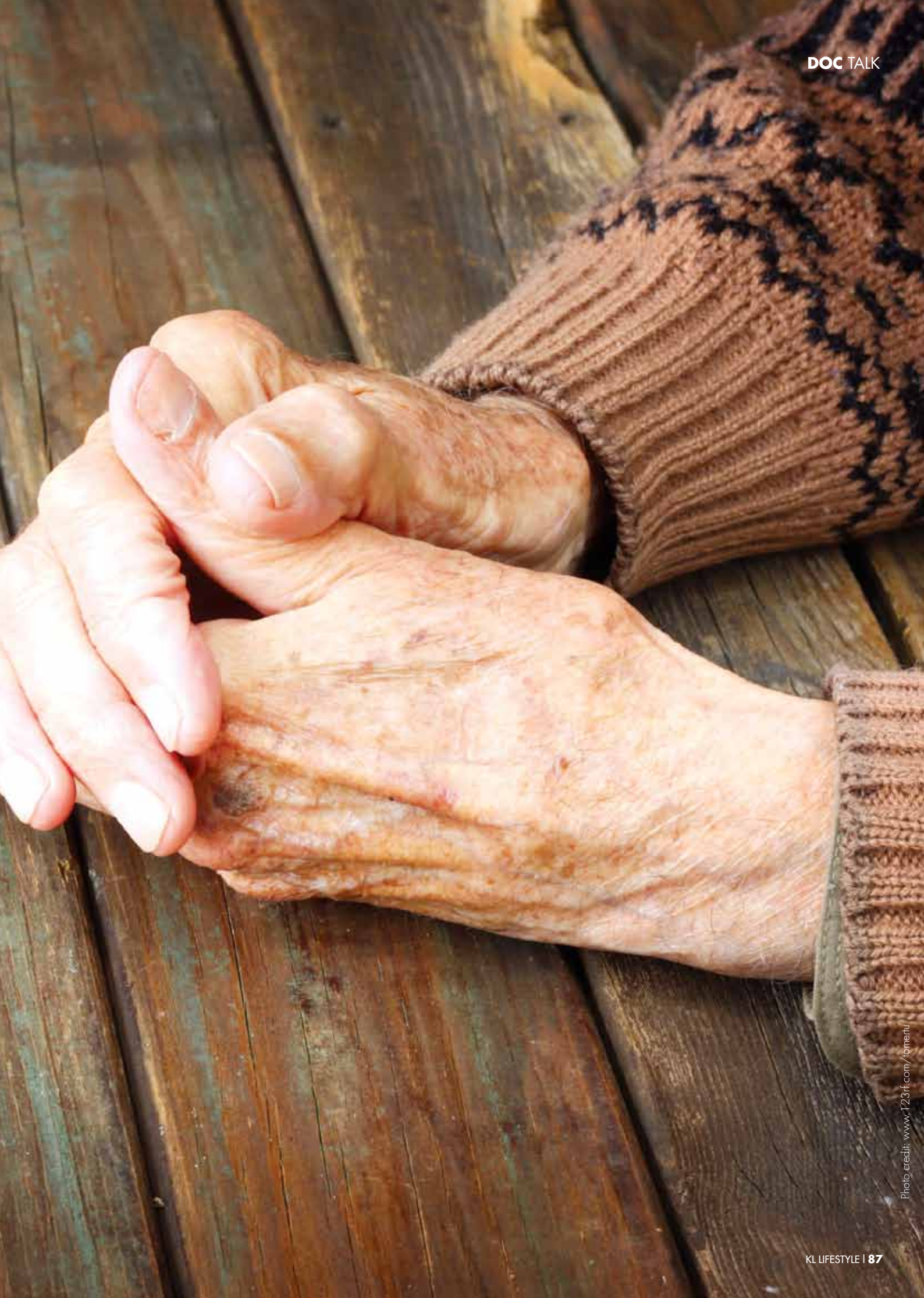


Photo credit: www.123rf.com/to mentu

It's All About Pretty Nails

The Bling

The Don't Speak Pure 18k Gold Top Coat from OPI is all about sophistication and edge. Inspired by Gwen Stefani's chic style, it features gold leaf flakes that are dusted with iridescent glitter. Nothing makes us happier than a touch of gold glitter top coat on our nails. **Price: RM179**



Glittery Delights

Now, fragrance and bling-bling are ladies' best friends. And that explains why we are so in love with Candy Cane House by Ciate London. This collection carries four fragranced glitter polishes with scents from gingerbread to candy cane, besides sparkling nails! Nothing beats than welcoming the New Year with energetic, yet playful coloured nails.

Price: RM90

Flawless And Lasting

Gel nail polish does wonders – nails remain flawless despite all the laundry and dish washing. That's why Nails Inc's Autumn Winter Mini Gel Collection is pretty much our new love. After all, who can resist the bright playful colours? Plus, since this collection comes in six mini gel effect polish, it certainly offers us a variety of colours and the styles we can pull with it.

Price: RM131



Unleashing Your Creativity

Thinking of giving your nails a little makeover? Be sure to get yourself Sephora's Creative Nail Art set that consists of six essential tools for nail customisation. Doesn't really matter whether you want polka dots, stripes or cartoons, Sephora's nail set got it sorted out for you. Dressing up your nails is indeed a fun affair.

Price: RM83



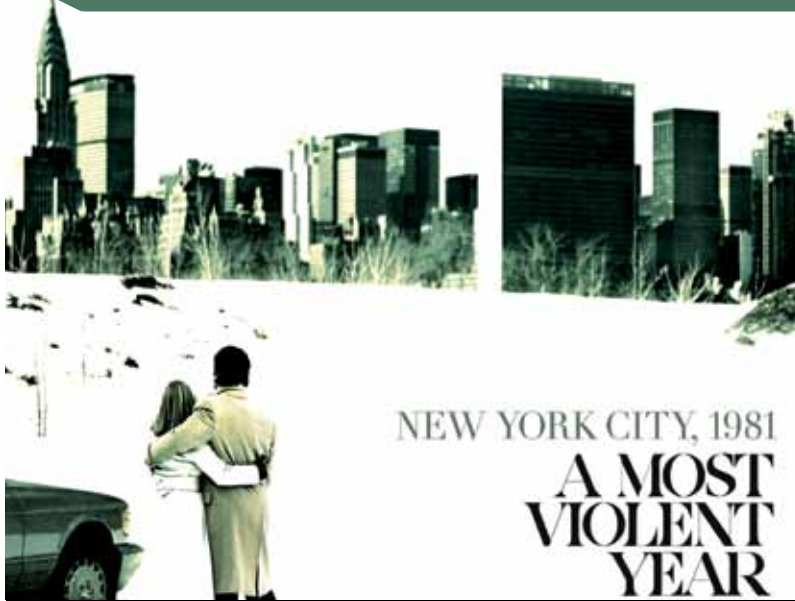
Tender, Loving, Care

Let's admit it: we are guilty of the lack of attention given to our nails. It's a hassle for most of us, simply because nailcare products are hard to come by. That's it, until Butter London introduced The Apothecary Treatment Set that contains all the nail-loving products. Now, there's no reason for you to neglect your nails.

Price: RM145



A Most Violent Year



Opening: January 8

Named best film by the National Board of Review, the story takes place in New York during the winter of 1981. It is statistically one of the most violent years in the city's history. The film centres on the life of an immigrant (a fuel supplier) who tries to stick to his own moralities in the midst of all the violence, corruption and decay that threaten his family and his business.

Cast: Oscar Isaac, Jessica Chastain, David Oyelowo, Alessandro Nivola, Albert Brooks, Peter Gerety.

Into The Woods

Opening: January 15

Set in a world of Grimm fairy tales, this is a story of a witch who conspires to teach important lessons to various characters of those popular children's stories – and that includes Little Red Riding Hood, Cinderella, Jack and the Beanstalk, Rapunzel and Cinderella. When a baker and his wife learn that they have been cursed to be childless by the witch, they embark into the woods to find out ways to break the spell and finally begin a family. It begins as a fantasy musical but eventually becomes a meaningful tale about responsibility, consequences and legacies left to children.

Cast: Johnny Depp, Emily Blunt, Anna Kendrick, Chris Pine, Meryl Streep, James Corden, Mackenzie Mauzy, Daniel Huttleston.



Big Eyes



Opening: January 15

Tim Burton directs this biopic film focusing on American artist Margaret Keane. She was an artist whose works became extremely famous and successful in the 1950s, but was given no recognition for it. Her husband, Walter Keane, claimed to be the artist and after pioneering the mass production of prints of big-eyed children, he consecutively became a national celebrity and talk show star in the 1950s. Margaret created these paintings while Walter's only contribution was his signature at the bottom. Walter's treachery broke up the marriage, and while she tried to make it known that she was the true author of the paintings they ended up in a dramatic court battle.

Cast: Amy Adams, Christoph Waltz, Krysten Ritter, Danny Huston, Terence Stamp, Jason Schwartzman, Jon Polito.

Mortdecai

Opening: January 22

Armed with only his good looks and special charm, art dealer Charlie Mortdecai travels the world to find a stolen painting that is rumoured to contain the code to a bank account filled with Nazi gold whilst juggling some angry Russians, the MI5, his wife and an international terrorist.

Cast: Johnny Depp, Gwyneth Paltrow, Ewan McGregor, Paul Bettany, Olivia Munn, Jeff Goldblum, Aubrey Plaza.



The Water Diviner



Opening: January 22

This historical drama film tells the story of an Australian farmer, who, after the Battle of Gallipoli in 1919, travels to Turkey to find his missing three sons.

Cast: Olga Kurylenko, Russell Crowe, Jai Courtney, Isabel Lucas, Jacqueline Mackenzie, Cem Yilmaz.

Macbeth

Opening: January 22

Spurred on by an eerie prophecy of the power he could gain if he were King, Macbeth, an army general, murders Duncan, the King of Scotland, and takes the throne. However, his guilt, and that of his wife, may prove to be their undoing.

Cast: Michael Fassbender, Marion Cotillard, Jack Reynor, David Thewlis, Sean Harris.

