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## DAPHNE IKING CANDIDLY CAPTIVATING



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## CALENDAR



- PUBLIC HOLIDAY

## MAY 2017

## SATURDAY

## 06

INDIAN WEDDING FAIR 2017 MID VALLEY EXHIBITION CENTRE KUALA LUMPUR.

MALAYSIA COFFEE FEST KUALA LUMPUR COVENTION CENTRE (KLCC)

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## KINGDOM HEARTS ORCHESTRA-WORLD TOUR 2017 PLENARY HALL, KUALA LUMPUR CONVENTION CENTRE (KLCC)



## DR. BALLOON'S SCIENCE ADVENTURE

CENTRE (KIPAC)







#### SAIL MALAYSIA RALLY PASSAGE TO THE EAST AND LANGKAWI MAY 1 - 31 PUTERI HARBOUR, SABAH

Sail Malaysia currently runs two anchor yacht rallies in Malaysia, known as Passage To Langkawi and Passage To The East with 'Discover Malaysia by Sea' as its tagline.

01-31

www.malaysiarally.com



### SHAKESPEARE DEMYSTIFIED: MACBETH

MAY 2 - 7 PENTAS 2, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAC)

A performance on the canonical speeches and scenes from Macbeth. Each comes with narration of plots and discussion of the themes. The audience is invited to join the discussion during the Q&A session.

Tickets: RM45 - RM55



## TENGKU IRFAN

#### MAY 5 - 6 DEWAN FILHARMONIK PETRONAS, PETRONAS TWIN TOWERS, KLCC

Malaysian child prodigy who is based in New York, Tengku Irfan, returns to DFP to showcase his brilliant musicianship in two collaborative concerts with the Malaysian Philharmonic Orchestra (MPO) and Malaysian Philharmonic Youth Orchestra (MPYO). Under the leadership of Harish Shankar, the MPO will perform the majestic works by Kodaly, Bartok and Respighi.

Tickets: RM60 - RM150 Telephone Bookings: 03-23317007 Email Bookings: boxoffice@dfp.com.my



#### FESTIVAL KELATE KITO MAY 5 - 6 RURAL TRANSFORMATION CENTRE (RTC), TUNJONG, KOTA BHARU, KELANTAN

"Festival Klate Kito" is a programme showcasing Kelantan's folk arts, crafts and traditions such as the well-known Mak Yong, Menora, Wayang Kulit and Rebana Ubi.

www.jkkn.gov.my



#### MALAYSIA COFFEE FEST MAY 5 - 7 KUALA LUMPUR COVENTION CENTRE (KLCC)

The inaugural Malaysia Coffee Fest will be the ideal platform for coffee lovers to come together to appreciate the best in coffee as well as to learn the latest trends.

www.mycoffeefest.com.my

N N K M fa

www.agendasuria.com



#### INDIAN WEDDING FAIR 2017 MAY 5 - 7 MID VALLEY EXHIBITION CENTRE KUALA LUMPUR.

Malaysia's premier Indian wedding fair with 100 booths showcasing fashion accessories, bridal make-up, bridal gowns and sarees, reception venues, entertainment, florists, etc.



BORNEO INTERNATIONAL MARATHON 2017 MAY 7 KOTA KINABALU, SABAH

The Borneo International Marathon will be held along the scenic coastal roads of Kota Kinabalu with three main events - 10km, 21.1km (half marathon) and 42.2km (full marathon).

www.borneomarathon.com



#### **BORNEO JAZZ FESTIVAL** MAY 12-13 PARKCITY EVERLY HOTEL MIRI, SARAWAK

The festival aims to be the leading tourism-driven music festival in the region, while promoting the city of Miri.

www.jazzborneo.com

05-07



#### **BALLET ILLUMINATIONS** MAY 5 - 7 PENTAS 1, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAC)

Singapore Dance Theatre's long-anticipated Ballet Illuminations Malaysia Tour returns with a medley of diverse and exquisite mix of classical and contemporary ballet by award-winning choreographers!

Tickets: RM25-RM38

#### MALAY OPERA MAY 12 - 14 AUDITORIUM DBKL, KUALA LUMPUR

Bangsawan which means nobleman, depicts the legends and stories of Malay nobles in the palaces of the olden days.

www.jkkn.gov.my





#### KLAS ART AUCTION EDITION XXVII MAY 14 KLAS, JALAN UTARA

Save the date for KLAS's 28th art auction. KL Lifestyle Art Space brings you coveted modern and contemporary artworks of outstanding artists from across the region such as Cheah Thean Teng, Awang Damit, Yusoff Ghani, Latiff Mohidin, Ismail Latiff and Khalil Ibrahim.





#### TERENGGANU INTERNATIONAL PARAGLIDING COMPETITION MAY 12 - 16

#### KOTA PUTERA PARAGLIDING PARK, BUKIT BUBUS, BESUT, TERENGGANU

The inaugural Terengganu International Paragliding Competition (TIPCO 2017) is held in conjunction with Visit Terengganu Year 2017, one of the state government's efforts to promote the activities of paragliding as a tourist attraction or sports tourism. It is held for five days from May 12 to 16 in Bukit Bubus, Besut. The state itself has many hills and a long coastline dotted with many beautiful islands, perfect for anyone who loves extreme sports like paragliding.

This is the biggest gliding competition ever held in Malaysia involving over 50 pilots from abroad, including from the Netherlands, Germany, France, Greece, Belarus, the Philippines, Algeria, Austria, Switzerland, Indonesia, Turkey, India, Mongolia, Vietnam, Singapore, Bulgaria, Spain, New Zealand, Thailand and Russia. Malaysia is represented by more than 40 of our best athletes who will provide stiff competition to the foreign athletes.

Don't miss the chance to meet the famous acrobatic paraglider from Spain, Pablo Andreu, and the world's youngest athlete, Kerem Dincer, aged 16. World-famous surfer, Sano Babu Sunuwar from Nepal, will be there too. He was crowned National Geographic Adventurer of the Year 2012 for successfully flying from the summit of Mount Everest, and has also flown from the top of Mount Kilimanjaro and Mount Elbrus in Europe.

Tel: 09 - 662 3100



#### KINGDOM HEARTS ORCHESTRA-WORLD TOUR 2017 MAY 13 PLENARY HALL, KUALA LUMPUR CONVENTION CENTRE (KLCC)

In celebration of their fifteenth anniversary and the upcoming release of the latest episode, the official symphonic concert of Kingdom Hearts is set to enchant the world, landing in Kuala Lumpur, Malaysia on May 13 2017 with a special appearance!

A full symphonic orchestra will perform a selection of the best and most beloved music from the original soundtrack of the whole saga. The concert will feature more than 70 musicians on stage, with amazing HD video cinematics supervised by director Tetsuya Nomura himself. Don't miss this new adventure and experience!

Tickets: RM200-RM550



#### KL TOWER INTERNATIONAL TOWERTHON CHALLENGE MAY 14 KL TOWER, KUALA LUMPUR

This staircase run has gained much popularity amongst local and international sports enthusiasts, young and old, to with an 800-metre run uphill before conquering 2,058 steps and reaching the top level at 283 metres.

www.menarakl.com.my



#### URBANSCAPES 2017 MAY 10 - 18

KL LIVE KUALA LUMPUR, THE BEE PUBLIKA

Urbanscapes 2017 Live Music and Creative Arts Festival In Kuala Lumpur is set to rock Malaysia between the months of April and May, welcoming a whole host of globally-renowned headline acts alongside some of the best local talents in live music and performing arts. Spread across three weekends, Urbanscapes 2017 kicks off with a massive food, fashion and art fiesta at the Urbanscape House in Jalan Hang Kasturi. Entrance is free of charge, where visitors can enjoy a wide range of delicacies from some of the city's most prominent cafes and bakeries. There are also numerous workshops available throughout the entire festival, such as terrarium, tote bag painting, calligraphy, and food styling and photography.



### AUBREY SUWITO & AMP; FRIENDS WITH THE MPO – A CELEBRATION OF 30 YEARS IN MUSIC

MAY 19 - 20 DEWAN FILHARMONIK PETRONAS, PETRONAS TWIN TOWERS, KLCC

The MPO will elevate the local music scene to another level when it performs Malaysian works composed by Aubrey Suwito. These concerts will feature vocalists Faizal Tahir, Dayang Nurfaizah, Sean Ghazi and Jaclyn Victor. Harish Shankar will helm the concerts and Aubrey himself will play the piano.

19-20





#### DR. BALLOON'S SCIENCE ADVENTURE MAY 20 PENTAS 1, KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAC)

Calling all little balloon scientists! Follow Dr. Balloon's Science Adventure as she takes you on one of her balloonatic days in her secret balloon lab! Join her on stage as she takes you through her top secret balloon science experiments! It's full of thrills and spills, pops and bangs and is highly interactive! Watch out for the molecules reaction! It is science that we are dealing with after all!

Making its Malaysian premiere, Dr. Balloon's Science Adventure is suitable for children aged 2 and above and will be spreading her balloon science wisdom this May 20 at The Kuala Lumpur Performing Arts Centre (klpac) and May 21 at Tech Dome Penang.

Tickets: RM65-RM135

#### PROMOSI KRAF MALAYSIA 2017

#### MAY 25 - JUNE 4 KB MALL, KOTA BHARU, KELANTAN

Enjoy a journey into the world of traditional Kelantan handicraft through craft sales, exhibitions, demonstrations, cultural performances and many more. Meet renowned handicraft designers and get the latest creations.

www.kraftangan.gov.my





#### UNLOCKED MAY 4

A female CIA interrogator is tricked into getting a terrorist to provide key information to the wrong side, causing her to be involved in a ploy that puts London at risk of a biological attack.

Genre: Action / Thriller Cast: Noomi Rapace, Orlando Bloom, Michael Douglas, John Malkovich.

#### **KEEP WATCHING** MAY 4

Two deranged serial killers break into a home and imprison a family. The family is forced to play a terrifying game of "Kill, Ór Be Killed" while it gets streamed live to riveted viewers all over the world, who do not seem to realise what they see is real. As the night unfolds, the game's mysterious rules start to become clear.

Genre: Horror / Thriller Cast: Bella Thorne, Ioan Gruffudd, Chandler Riggs, Leigh Whannell.

#### THE NUT JOB 2: NUTTY BY NATURE **MAY 18**

Following the events of the first film, Surly the Squirrel and his animal friends from Liberty Park find out that the evil mayor of Oakton City is planning to build a dysfunctional amusement park. To do so, the mayor must first bulldoze Liberty Park. Surly and his friends band together to stop the mayor before he destroys their home.

Genre: Animation Cast: Will Arnett, Gabriel Iglesias, Jeff Dunham, Katherine Heigl, Maya Rudolph, Jackie Chan.





#### BAYWATCH MAY 25

A very serious lifeguard who is focused on the job is teamed up with a young hothead They must cooperate to protect their beach from any form of harm, especially an oil tycoon who is responsible for the oil spill.

Genre: Action / Comedy Cast: Dwayne Johnson, Zac Efron, Alexandra Daddario, Kelly Rohrbach, Ilfenesh Hadera, Jon Bass, Priyanka Chopra, Hannibal Buress.

#### **ALIEN: COVENANT** MAY 11

The crew of the colony ship, Covenant, is searching for a distant planet on the far side of the galaxy. Upon arrival, the place seems like an uncharted paradise but it turns out to be a dark and dangerous who survived the doomed Prometheus expedition.

Genre: Adventure / Science Fiction / Thriller Cast: Michael Fassbender, Noomi Rapace.





#### **KING ARTHUR:** LEGEND OF THE SWORD MAY 11

Arthur only learns of his royal lineage when he manages to get the revered Excalibur into his very hands. With a powerful sword now in his possession, he joins a rebellion and a woman named Guinevere to overthrow a dictator named Vortigern who is in control of the kingdom.

Genre: Adventure / Fantasy Cast: Charlie Hunnam, Astrid Bergés-Frisbey, Jude Law, Djimon Hounsou.



When the treacherous Captain Salazar and his crew of ghost pirates escape from the Devil's Triangle, they are determined to wipe out every pirate at sea - including Captain Jack Sparrow. To escape and save himself from his old nemesis, Jack must now seek out the legendary Trident of Poseidon, a powerful artifact that gives its possessor complete control over the seas. But to do so, he must form an uneasy alliance with a brilliant and beautiful astronomer, Carina

Royal Navy, Henry.

Genre: Action / Adventure / Fantasy Cast: Johnny Depp, Javier Bardem, Orlando Bloom, Brenton Thwaites, Kaya Scodelario, Kevin McNally, Geoffrey Rush

Smyth, and a headstrong young sailor in the



Taking place one year after the events of "Dog Days", Greg convinces his family to go on a road trip to attend his great grandmother`s 90th birthday. But this is only so he can attend a nearby gaming convention. Things do not go according to plan and the Heffley family antics

Genre: Comedy Cast: Jason Drucker, Owen Asztalos, Charlie Wright, Alicia Silverstone, Tom Everett Scott.

TICKET

NE





#### EAT LOCAL **MAY 25**

Once every 50 years, Britain's vampires gather at a quiet countryside farmhouse for a meeting. Essex boy Sebastian unwittingly gets involved in the gathering when, instead of getting the night of passion promised to him by Vanessa, he gets introduced to her friends who turn out to be a group of hungry vampires. When mercenary vampire hunters crash the party, the night turns into a bloody fight.

Genre: Action / Horror Cast: Charlie Cox, Mackenzie Crook, Eve Myles, Tony Curran, Freema Agyeman, Vincent Regan.



Daphne Iking has done it all; from stand-up to theatre to acting, and now, she is a proud mother of three beautiful children. Daphne gets candid and personal with KL Lifestyle magazine about the joys and challenges of motherhood.

BY HIRANMAYII AWLI MOHANAN

Rediscovering Motherhood DAPHONE IKING.





## WHAT DOES IT MEAN TO YOU TO BE A MOTHER?

I have to admit that being a mother has its challenges. Prior to this, I have always focused on my career and left my kids under the care of the nanny. Now that I have taken over the responsibilities as a mother, like I said, it has its challenges. However, it has its wonderful moments because I now know my children better.

## WHAT WOULD BE YOUR ADVICE FOR NEW MOTHERS OUT THERE?

My advice is to be prepared because it takes not only your time, but it affects you financially and your relationship with your spouse. You now have to divide your attention with this new little being and your spouse. You tend to forget your relationship with your spouse and most of all, you tend to forget yourself. To all the mothers out there, you must remember to cut yourself a little slack. As much as you want to devote your time to your family, you must spare some time for yourself. I personally found that time by enrolling in a Yoga instructor course so I could practise Yoga at home. That little skill and present to myself is my 'me' time.

## HOW DO YOU BALANCE BETWEEN YOUR CAREER AND FAMILY?

I think I am fortunate because my husband is also my manager. He doesn't have a corporate job per se, so I am able to spend time with him almost every day. For instance, if I don't have a nanny, he can look after the kids. My kids have followed me along to photo shoots so they know how to behave. It also helps that my office and studio are at home so I am still able to spend time with them, though there are pros and cons. That's how I am able to have the balance; to be able to see my family even though I am working.

#### BIGGEST SURPRISES IN MOTHERHOOD?

All the kids were unexpected. That was the surprise. (laughter ensues) I love them to bits but they were all unexpected. I guess it is just God's will. My youngest child, Isidore, was the major surprise because both my husband and I were very careful and yet I got pregnant again. So on the third pregnancy, because of the past two pregnancies, I faced discrimination as a freelance MC and host where they did not want to hire a pregnant mother. The director for that particular gig, worried about me looking fat. That was rather disappointing because that particular show was empowering women.

## WHAT DO YOU LOVE ABOUT BEING A MOTHER?

For Easter, we did an Easter bunny egg hunt. My sister started this tradition so I took it upon myself to continue it. This year, I told myself that I would start preparing for Easter early but come Easter morning, I was unprepared. The progression of my children and to be able to share some tradition with my children is very satisfying. It feels nice to love someone other than yourself, naturally, but it is very gratifying.

#### WHAT LESSON DID YOUR MOTHER TEACH YOU THAT YOU APPLY ON YOUR KIDS?

To be honest with them. My mum is a nurse, so she is very practical and very medical. She did not tell us that babies came from kettles or from stalks. She told it as it is from the very beginning. She told us that she did not ban us from having a boyfriend at a very young age but she did warn us that there was no going back to holding hands once you kissed a boy. She was very straight with us. I was always a party animal; I drank and had a good time but I have always held back when it came to my body. My husband says he wants our kids to stay a virgin until they are 40 years old and find their own money. I told him that he can't stop them, instead, be straight with them. He then asked me whether it worked; well, it worked for me, my sister and my brothers so there must be something right about my mother's lesson. I am campaigning and championing against child sexual crimes so I believe it is vital to know things as they are. For example, when my daughter was two years old, during bath time, we would play 'sabun-sabun' and I would sing her a song to teach her about a girl's private parts to teach her what is right and wrong. We need to protect our kids by being plain honest with them, especially against pedophiles and how sick the world is.

## HOW DO YOU SPEND TIME WITH YOUR KIDS?

I spend time with my three children differently. Naturally, I spend more time with the youngest (Isidore) because he still breastfeeds. My middle child (Iman) is amazing, she has the middle child syndrome, very 'kakak' to her younger brother and trying to prove that she is mature. She is very kind and sporting. We do reading together; she is also musically gifted. That's how I spend time with her. My eldest child (Isobel) is pre-teen so she is against public affection, but when we're at home and she sees me being affectionate with her siblings, she wants it too. Isobel is into jokes at the moment so I spend time with her by placing a camera in front of her and asking her to do a stand-up. Isobel's musical inclination bloomed recently so I also play the piano and guitar with her, apart from the stand-up.

#### IF YOU WERE TO DESCRIBE MOTHERHOOD IN ONE WORD, WHAT WOULD IT BE? Dedication.

## YOUR FAVOURITE MEMORIES WITH YOUR CHILDREN?

I think it was when my father passed away very suddenly from cancer. The kids did not understand cancer, of course but again, I was very real about it. Surprisingly, my mum tried to shield it from them. She told them that my father passed away as his liver was not functioning well because he drank a lot of beer. They sort of absorbed it and when they saw my brothers drinking beer, they would naturally say 'Oh my god they are going to die now because they are drinking beer.' So I sat them down and told them it is not just about drinking beer but it's due to one's lifestyle. They understood the concept of death quite fast but still remained innocent about it. The Kadazan belief is that when you see an animal, there is a deeper meaning behind it and for us, it was the butterfly; we believe it was my father's spirit. There was once when my husband and I were fighting, coincidently there was a butterfly. Hence, they interpreted it as my father and told us not to fight because Aki (grandfather) wouldn't want us to. I realised then that I underestimated my kids on their grasp of certain matters. That was my favourite memory; to witness how child-like they were, yet so mature in the understanding of certain matters.

#### WHAT IS YOUR BIGGEST GOAL IN LIFE?

I wouldn't call it a goal per se but I always see my kids being able to complete their education and being very happy with whatever path they choose. For me, I see my husband and I in an organic farm that we have built, surrounded by chickens, and having my own garden. I just want to live in a kampung. That's how I see myself retired, not a goal per se.

## HAS ENTERTAINMENT ALWAYS BEEN YOUR PASSION?

I think so. I am a middle child and I was always the clown of the family. I always tried to ease difficult situations by making a joke, just like Isobel. Before going to university, I told my father that I wanted to pursue journalism instead of medicine; he wasn't pleased about that. I told him that USM then, offered the closest thing to journalism, which was 'Broadcasting, Radio, Television and Film'. When my father heard the word film, he was very cross because he thought I would be an actress who doesn't earn her keep. But I assured him that there was a minor paper 'Journalism' during the course. Then I met the late Nigel, who took me in and I became a cabaret dancer to pay off my fees. I also did tutoring and emceeing part time. I was always comfortable entertaining people.

## WHAT OR WHOM TRIGGERED YOUR PASSION FOR TV PRESENTING?

When I pursued the degree in Journalism and wanted to prove my dad wrong, I used to listen to Radio 4 in Sabah. Datuk Yasmin Yusuff and Patrick Teoh were the voices of Radio 4 then and I told myself I wanted to be as good as they are. I always wanted to be on par with them and now, it makes me happy that they are my peers. Thus, if I have to pin down persons who inspired my passion, it would be Datuk Yasmin Yusuff and Patrick Teoh.

#### YOU HAVE A MASTER'S DEGREE IN COMMUNICATIONS FROM USM, PENANG. WHAT INSPIRED IT?

When I finished my degree, I was doing an internship and was offered a management position in a freight forwarding company. My friend came over to Air Itam to see a fortune teller to snag herself a husband. The fortune teller looked at me and told me that I had questions for her and she told me to pose them. So, I told her that I had three choices to make, the first, to be an air stewardess for Emirates (which my father opposed), the second is a job at a freight forwarding company and lastly, to pursue my master's because I was offered a part scholarship. After doing her mumbo jumbo, she chose option three, to pursue my Master's. She explained that halfway through the Masters course, I would be on TV. Coincidently, the economy at the time was not good so I decided to pursue a Master's degree while juggling an internship at a production house in KL. When I was working in the production house, TV3 called me for an audition to be a journalist for finance.

## HOW HAVE YOUR MASTER'S AIDED YOU IN YOUR LINE OF WORK?

I learnt discipline and dedication to finish a thesis. I also learnt in journalism that at the end of the day, whoever is ruling, will govern what is said in the papers. I hope that I won't become jaded in that sense and to write only about the truth.

## YOUR PLATFORM IS INFLUENTIAL IN TODAY'S AGE. WHAT ARE YOUR THOUGHTS?

I think that you are absolutely right. I may not have as many followers as other Instagram stars or bigger names but I feel that whatever is posted on the social media does make a huge difference. I am very careful with what I post on Instagram because at the end of the day I want to make sure that my kids read it and is good for them. YouTube was something that we started dabbling with last year.

We started vlogging and used my YouTube channel as my platform to talk about certain issues such as the usage of the word 'Allah' (In Sabah everyone uses 'Allah' though not Muslims) and sensitive issues like the LGBT community. Someone came up to me before and said something along the lines of ,"What you said about being a Muslim and not wearing a 'tudung' really inspired me to rethink how I should tell my parents that I converted." It dawned on me that my channel could actually help people. I want to influence people to do better.

## TELL US ONE THING THAT PEOPLE DON'T KNOW ABOUT YOU.

I did one of those personality tests on Facebook and it proved to be accurate. I may appear loud and very extrovert-like but I am actually an introvert. I may be comfortable talking to you face-to-face like this because in my head I know that this is part of work. If I just met you for the first time, I would still be warm towards you but at the same time, reserved. You may see the loud persona, but I am very shy and reserved and I only have a few friends who know that.

#### FAVOURITE QUOTES YOU LIVE BY?

"Kind words, kind thoughts, always". You shouldn't look down on other people's weaknesses because these might be their strengths. It is important to kill any bad thought when you see others because you are also flawed.

## LASTLY, TELL US ABOUT YOUR ENTERTAINMENT BUCKET LIST.

I have done almost everything from stand-up to acting. There are two things I would like to cross off my entertainment bucket list and they are, writing a book and being a DJ on radio.

KL LIFESTYLE | 23

## MOTHERS AND DAUGHTERS

A mother is a daughter's fírst best friend.

BY HIRANMAYII AWLI MOHANAN

THE MOTHER-DAUGHTER RELATIONSHIP IS ONE OF THE STRONGEST AND COMPLEX BOND IN THE WORLD. IT IS CONSIDERED ONE OF THE MOST POWERFUL CONNECTIONS THAT TRANSCENDS A PHYSICAL RELATIONSHIP. IT IS SOMETHING THAT ONLY MOTHERS AND DAUGHTERS UNDERSTAND BETWEEN THEM. **REGARDLESS OF WHATEVER TYPE THE RELATIONSHIP** IS BETWEEN A MOTHER AND DAUGHTER, THERE WILL ALWAYS BE THIS SPECIAL BOND AND LAYERS OF HAPPINESS THAT SURROUND IT AND THIS RELATIONSHIP SETS THE BENCHMARK FOR ALL OTHER RELATIONSHIPS. IN THAT RESPECT, WE HAVE IDENTIFIED SEVEN CELEBRITY MOTHER-DAUGHTER DUOS THAT ARE AS TIGHT AS THIEVES.



JUSTFAB

Photo by JustFah

to her mother.

**KIMORA LEE AND** 

JOANNE PERKINS

If you watched the reality TV show,

'Kimora, Life in the Fab Lane', you

would know the close-knit relationship

she shares with her mother. After all, her

mother single-handedly raised her after

fact that she owes her modelling career

her father went to prison and also the

#### **GOLDIE HAWN** AND KATE HUDSON

Kate Hudson and her mom, Goldie Hawn knows everything about each other. In an interview, Kate Hudson revealed, "I've always had a really super open relationship with her, I talk about everything. I'm the person who comes home and can't hide anything." Hudson has always treated her mom as her confidante and friend.

Oscar winner Gwyneth Paltrow is a singer, an entrepreneur, a mother, an author, but, she is first an actress, just like her mother, Blythe Danner. The 'Meet the Parents' star is immensely proud of Gwyneth's success and accomplishments thus far. You can see them hand in hand whether it's walking Gwyneth's children or attending red carpet events together.



#### **DEMI MOORE AND RUMER WILLIS**

Musician Rumer Willis is the daughter of Brice Willis and Demi Moore. Though her relationship with mother, Demi was rocky, she and her sisters now stick like glue to their mother and boy, do they look up to her. In an interview with People magazine, Rumer revealed that she keeps her mum's advice close to heart and it keeps her bounded to reality.



Despite the endless drama and ng that goes on in the reality Up with the iner and her s have proved time and have each other's he atraumstances.



#### **GWYNETH PALTROW** AND BLYTHE DANNER





#### JADA PINKETT SMITH AND WILLOW SMITH

The Smith family in general is enviably close. But Jada Pinkett Smith and Willow Smith? They are like girlfriends; they shop together, jog together, vacation together and eat together. They share a relationship that every mother and daughter should strive for.

## **SPRING CLEANING YOUR BODY AND MIND**

## **Clutter, Be Gone**

BY HIRANMAYII AWLI MOHANAN

When we mention spring cleaning, one conjures up the back-breaking activity of literally cleaning the clutter from the closet, windows, fridge, etc. Here's a thought; let's break away from the clichéd notion of spring cleaning and focus on something vital and essential, such as spring cleaning within; our diet and the mind.

#### SPRING CLEANING YOUR DIET:

Granted, this maybe a tough one. That being said, we deserve the best and therefore, necessary changes must be made for a 'cleaner' lifestyle.

#### Be honest about your portions

Let's be honest here. Are you really eating the right amount of food? If you are frequently going for seconds and you have a mountain of rice before you without realising it, you are adding unwanted calories. Here's a tip, if you still feel hungry after eating, try drinking a glass of water and waiting 20 minutes before taking more. Alternatively, you can add more steamed vegetables to your plate so that you are not gobbling down tons more calories per meal.

#### Make changes gradually

No one says you have to wake up tomorrow and start eating a strictly vegan no-carb diet. Think about the changes you want for your health and shift to them steadily. Each week, incorporate a new good habit while tossing out an old one. Swap your white rice for brown rice for one week. Then see what other changes you can make.

#### Clean out the fridge and pantry

Those cookies and ice cream have got to go. Limit your shelf or fridge items to things like chicken breasts, brown rice and greens. Give your fridge a good cleaning and toss out the unhealthy. Then, organise it with fresh veggies, fruit, and other healthful snack options such as almonds so when you get the munchies, you will have the perfect cure.

#### **SPRING CLEANING YOUR MIND:**

With a healthy state of mind, you will be in the best position to feel truly rejuvenated and reenergised to brace what the world offers.

#### Make time to play

As adults, we tend to fill our lives with activities that almost always involve some end goal that needs to be achieved, but constantly working towards something to be attained in the future can throw our mental and emotional state out of balance. This is why it's important to make time to play. Play is all about learning and enjoying the present moment without seeking to achieve any specific goal. Pick an activity you know you enjoy, throw any goals out the window and just do it for the love of doing it.

#### Listen to your favourite music

Research has shown that music can be therapeutic, and trust me, the results can be pretty quick. Whether you could use a super upbeat pick-me-up to get you energised for the day or a soothing escape after a long, hard day, different genres of music have the power to help give Remember that you can take advantage of the spring cleaning you a mood boost or to help you wind down. Even if you only have tips mentioned above at any time. In fact, why don't you make it a time to listen to one 3 to 4-minute song, it's worth it if it helps take your regular habit to keep the clutter out of your mind all year round. mind off things. Try putting a waterproof, Bluetooth speaker in your



shower or curating a playlist for your daily commute so you can listen at convenient times of the day.

#### Do something creative

Being creative doesn't necessarily mean you have to be a contemporary Picasso or Mozart. Creativity is simply a form of selfexpression, and getting that out in whatever medium that appeals to you most is a healthy way to express your feelings and energy to the world. The brilliant thing about it is that it doesn't have to be good, it is merely to express yourself while having fun. Examples include dancing at home to the tunes of Bruno Mars, going on an adventure alone or read an intimidating book.

#### Unplug for at least a full 24 hours

Technology though wonderful, is known to cause physical problems like sleep disorders, "text neck", back pain and more. Try taking a full 24-hour detox from technology to give your mind a break. Maybe you'll like it so much that you'll consider making it a weekly habit.

## MOTHER

## **ONE PERSON WHO DOES** THE WORK OF TWENTY. FOR FREE.

BY CHEE SUE ANNE

hen we think of our mum, an image of strength does not come to mind. We underestimate the amount of courage and power that comes with raising a child. It requires one's full spirit, heart, mind and body. So this month is a tribute to all mothers. We take a look at Dr Gary Chapman's five love languages to see all the ways our mothers love us and all the ways we can love them back.

A mother's love for her child is like nothing else in the world. It knows no law, no pity. It dares all things, and crushes down remorselessly all that stands in its path. – Agatha Christie

#### **GIFT GIVING**

Not to be mistaken for materialism aift givers express their love through.. you've guessed it, presents!! If your mum is one who's constantly buying you gifts, you should give her offerings a bit more thought. Her presents convey her sacrifice of time, energy and money to bring you that extra bit of happiness. Mums who are gift givers give with intense thought and effort. So the next time you decide to nonchalantly toss aside a gift from your mum, take time to appreciate the love that comes with it and you will treasure her and her gifts a little bit more. And the best way to give back to a mum that loves through gift giving is to get something for her! It doesn't need to be expensive or extravagant, it truly is the thought behind it that counts. So take time to choose a gift that will bring her the most benefit or joy and she'll definitely be delighted.

#### QUALITY TIME

This is for the mums who are always there Nothing says, "I love you", more than full, undivided attention. They are constantly spending time with us, and planning activities to carry out together as a family. To her, these moments are precious. She yearns to sit and talk with you, get to know your day, what you're going through, and always eager to lend an ear. These are the mums who will miss you terribly when you're not there. You don't see the special effort she takes, sacrificing other

activities to spend that time with you at your convenience, being on time, and paying you the attention that is her love. So make your mum feel special by spending your precious time with her, doing something you know she'll love and putting away all distractions. Because that's what she truly appreciates and that's what she truly deserves.

#### WORDS OF AFFIRMATION

If you've grown up with your mum telling you how much she loves you and how special you are to her, your mum loves you with her words. Her words are meaningful. She packs her thoughts and emotions into what she says to you. Her unsolicited compliments are her tiny gifts to you throughout the day. If your mum shows love through words, return the favour in her language. Hearing the words "I love you," and hearing the reasons behind that love will send her spirits skyward. Spend some time showering her with some thoughtful words this Mother's Day. I guarantee that would be, to her, the loveliest present of all!

### ACTS OF SERVICE

who love through acts of service don't say much. Instead they do. Sometimes in complete silence. She'll stay up extra late to bake those delicious homemade

A predominantly Asian language, mums

cookies for you to enjoy the next morning. Vacuuming the house, helping you with your homework, folding your clothes; all these are her expressions of love. So speak her language this Mother's Day and offer your acts of service. Nothing will sound better to your mum than easing her burden and responsibilities with a "Let me do that for you." Your efforts will speak volumes to her of how much you care.

#### PHYSICAL TOUCH

If you grew up with constant hugs and kisses, your mum expresses her love through touch. Affectionate to the core, the pats on the back, the hand holding and the light touches on your arms and face are all the ways she communicates her excitement, concern, care and love. These mums are just the best when you need comfort and consolation. Mums who speak this language will definitely appreciate it if you return her affection, better still, if you initiate it. Being by her side, and close to her, giving her hugs and cuddles throughout the day; these are all the forms of "I love you" she desires to hear.

All people express love in different manners. Your mum may speak more than one love language, but that's fine, the better to find more ways to love her back with. So this Mother's Day, make that lovely lady in your life feel like you mean the world to her in the language that she understands the best.



STORE HOUR: TUESDAY-SUNDAY (11:00 - 20:00) MONDAY (DAY OFF) NO.150, JALAN MAAROF, BANGSAR, 59200 KUALA LUMPUR | 03 2201 8993 | FB: FACEBOOK.COM/SPECIALIZED.KL





## Hiranmayii Awli talks to ZHER DEEN

Get to know the bubbly and witty Zher Peen from Fly FM's crew who has a list of accomplishments and global campaigns under her belt. Adding more to the list, Zher Peen is now a digital content game changer. KL Lifestyle magazine tread still waters to find out her plans for Mother's Day and her favourite food.



#### Tell us about yourself.

I am an old soul inside who loves travelling and throwing myself into new experiences.

#### What made you fall in love with your line of work?

Being able to somehow impact and hopefully elevate the quality of media content in Malaysia and also having the option of wearing pajamas to work if I feel like it, because no one can see me on radio.

#### Tell us a little about your mother.

My mother comes from a family of 17 siblings and is a retired nurse. She is one of the most resilient, hardworking and kindest women I know.

#### Special dish mum makes and what is it?

It has got to be her Chinese New Year spread - she single-handedly makes five or more dishes such as mushroom stew dish with abalone, a whole steamed chicken, and pig stomach soup and all the trimmings.

#### What's your favourite dish by mum?

My mum cooks the meanest fish head curry but to be honest but if I had to choose my last meal on earth, it would be her fried mee hoon, with Thai chilli sauce on the side.

#### How do you celebrate Mother's Day with your mum?

My brother and I usually take her out for dinner - all of us love to eat!

#### Do you cook? Are you cooking for you mum on Mother's Day?

The extent of my cooking skills is putting a bowl of cereal together for breakfast, so no, I won't be cooking for her, unfortunately.



Best advice mum has given you? To help people wherever you can - something she has taught me by example.

What's one word that describes your personality? And one word for mum's personality? Curious (me), Selfless (mum)

How do you spend time with your mother? It always revolves around food - her making

#### What are your guilty pleasures when it comes to food?

I love baked goodies - cakes and cookies make me weak in the knees.



## it, me eating it or us going somewhere to eat

#### Favourite Malaysian dishes?

Sambal petai, banana leaf rice and anything crab-related, especially Marmite spread or salted egg crabs.

#### What do you do to unwind?

To unwind, I go for a massage or I just curl up to a good TV series.

#### How do you stay fit?

I try to do short HIIT (high-intensity interval training) routines at least three times a week, first thing in the morning.

#### And finally, what are your aspirations in life?

I aspire to never give up on achieving my goals, to constantly improve as a human being and to be the best version of myself.

## DELICIOUS

## D. is for Dining at Delicious

BY HIRANMAYII AWLI MOHANAN

elicious, One Utama recently underwent a facelift and is now back with a vengence. The interior of this establishment oozes simplicity and elegance. It reminds us of a classic English eatery that offers a fusion of Western and Asian cuisines. But above all, they offer a plethora of dishes that are not only visually appealing, but gives a delectable jolt to your taste buds. One can notice that heaps of thought have gone into making this a culinary destination for people from all walks of life to have a great time. The minute details such as the inspired batik prints that adorn the walls and the menu, as well as the recycled elements such as old biscuit tins and the lamps are the tipping point that makes Delicious One Utama a haven for comfort food

#### One in a Melon Salad

Baby, you are One in a Melon; this was the thought that played on our minds as soon as we caught sight of it, making its way to our table. This felicitous and inventive dish made for a splendid appetizer. The combination of lemon dressing, arugula, feta cheese, olives, mint, basil, pine nuts, balsamic pearls, basil oil, yoghurt ravioli and of course, watermelon was a show stealer to say the least. As easy as the dish was on the eyes, so was it in our appeasing our tummies.

#### Sawaduckka Salad

This salad comprises pomelo flesh, shredded duck confit meat, cucumber, tomato julienne, mint, Thai basil, basil, spring onions, red chillies and sesame seeds with Thai dressing. If I am being honest, duck is not my favourite meat. That being said, this salad surprised us in more ways than one. Its richness in piquancy reminded us of the delights of a traditional Thai salad with a contemporary twist, thus its name, Sawaduckka Salad. A witty and creative word play.

#### Duck Confit for a King Spaghetti

This dish is worth every calorie. It is basically spaghetti tossed with olive oil, garlic, onions, spinach, sundried tomatoes, duck confit and topped off with coriander. Do not let its humble appearance fool you. It packs a palatable punch that will knock you off your seat. We devoured this dish as soon as it arrived, leaving behind a shiny, clean plate.

#### Chef Tim's Damn Good Mee Gorena Mamak

One might have dreams about this dish. This mee goreng mamak is indubitably damn good. It made us reminisce of the food, especially the mee goreng in Penang. To put it plainly, Delicious's rendition of mee goreng mamak can certainly give many 'mamaks' out there a run for their money.

#### Sea Bass Under Wraps

We thoroughly enjoyed this dish. The fish was as fresh as day and cooked to perfection. Upon taking a bite, it just melted in our mouth, exuding a savoury aftertaste of lemon. The combination of

the local seabass fillet, candied lemon, capers, olives, sundried tomatoes, potatoes, carrots, thyme and oil complemented each other, resulting in a dish that will forever be etched to your memories.

#### Movie Date Popcorn

A small disclaimer; we love popcorns! Actually, love is an understatement to how much popcorns mean to us. Thus, it is only natural that we are picky about the popcorns we consume. It came as a surprise to us that we fell in love with the Movie Date Popcorn almost immediately. It was served warm, the aroma of the caramel teased our nostrils and its crunchy texture won us over.

#### Panna Kota Kinabalu

The tale of the Panna Kota Kinabalu was a mysterious one to us. We could not place our finger on the familiar sweet taste that filled the panna Cota. Turned out, this dessert is a traditional twist of a local drink, Bandung. No wonder it seemed so familiar in taste. It was served alongside vanilla ice cream and gelatine that brought us down memory lane to our childhood.

#### Choc-A-Block Lava Cake

There is always room for dessert though you are stuffed and what better way to end your gastronomic journey on a sweet note than ordering a Choc-A-Block Lava Cake. Digging into the cake will reveal its signature warm oozy centre, served with vanilla ice cream. The epitome of comfort food in our opinion.















A nest is a home to a family and it is where you find comfort, peace and laughter. This second home, together with a touch of nature, is a reminder to all generations that there's more out there than we have time to see. We tend to spend our busy lives around functions and responsibilitie

1 Utama Shopping Centre (Lot G316, Ground Floor), 1 Lebuh Bandar Utama, 47800 Petaling Jaya, Selangor Tel: +60 3-7724 1086

#### **DINING** IDEAS



## The Fish Bowl

### Bringing healthy back, in a Poke bowl.

BY CHEE SUE ANNE



trip to Singapore and spotting the poké culture there, was what sparked the birth of the first poké café in Malaysia. Nestled neatly in the heart of Bandar Sunway, is The Fish Bowl, with its bright and minimalistic interior design. hitting us hard with the first wave of the poké.

Stemming from Hawaiian roots, poké (pronounced poh-kay) means "chunk" in Hawaiian. It began as a fisherman's food, where they used to season the cut-offs from their catch to serve as a snack. Typically, poké is composed of any meat or seafood cut into small chunks and marinated, the staple being cubes of raw ahi tuna, tossed with green and white onions, sesame oil and soy sauce. Traditional poké seasonings have been heavily influenced by Japanese and other Asian cuisines during Japan's invasion of Hawaii during the Second World War.

Today, The Fish Bowl strives to provide a healthy and well balanced meal, all in one bowl. This guilt-free indulgence is both a treat and clean fuel for the body. A creative twist of the salad, poké is perfect for the wellness enthusiasts out there, craving for a fun alternative to a healthy meal.

With natural ingredients prepared daily, warm rice and fresh cool toppings, a Poké Bowl here will primarily have these three components: carbohydrates, in the form

of brown or Japanese white rice; protein, from a selection of salmon, tuna, shrimp and chicken; and fibres, joining the mix to provide all the vitamins your body needs, as well as to brighten up the bowl.

Once set up with all the different ingredients, the poké bowl will be a visually stunning food ensemble that avid Instagrammers will fall in love with.

After you're done with all the picture taking, time to mix the entire ensemble before you take that delicious bite! The rice, the meat and the side vegetables will dance together harmoniously in your mouth, creating a burst of flavour that'll leave you wanting more.

Shoyu Salmon is the bestseller here, and it's easy to see why. The Norwegian salmon served is immensely tender, a delectable treat to the taste buds. The Fish Bowl's rendition of sashimi is truly satisfying, that you can't help but want seconds.



Our personal favourite poké bowl, however, was the Spicy Sirracha Salmon. Deliciously coated with sirracha hot sauce, this condiment coupled with the sprinkled chilli flakes, gave the succulent salmon meat a spicy, playful kick.

The tuna here is served with Shoyu and you can opt for it to be spicy. Brought in from Japan, the meat here is soft and juicy, fresh and only slightly marinated so you can savour the natural luscious flavour of the fish.

The sides make the whole meal a little more fascinating. Matching the ingredients to the fish is like pairing food and wine together to produce a harmonious flavour. Pineapple cubes add extra sweetness to the dish



zest, the citrus adds body and flavour to the

while almonds and the fried shallots pack a crunch. Pickled ginger and radish create a fun twist to the taste of the rice and the meat, while the ebiko and wasabi infuse a little bit more of a Japanese character. So feel free to mix and match! It's all part of the dining experience at The Fish Bowl.

A standard-sized bowl, at RM 17.90 is definitely enough to fill you up. But if you need more, upsize it for an additional RM6.

After the overwhelmingly positive response from the crowd in Sunway, The Fish Bowl launched their second store in One Utama last month. Also, in celebration of Ramadhan, they are launching a Nasi Kerabu inspired poké to commemorate the occasion. So if you're looking for a delightful meal that your Instagram followers and your tummy will thank you for, head over to The Fish Bowl at One Utama, to pamper yourself with that great food that comes with zero regret.

## Shangri La's LEMON GARDEN SEAFOOD BUFFET

## Out of the sea, and into me!

BY CHEE SUE ANNE

ust like a pearl needs time and pressure to produce perfection, Lemon Garden at Shangri La Hotel, Kuala Lumpur has come a long way in creating a tantalising experience out of their seafood buffet.

Walk right into Lemon Garden by Shangri La's lobby and you'll be immediately transported into an elegantly decked space, with sophisticated contemporary designs by Japan's Bond Design Studio Inc, complete with warm cosy lighting for that perfect gastronomic experience.

Already backed by many loyal patrons, it's easy to see the allure of Shangri La's Lemon Garden seafood buffet. It has live theatre kitchens showcasing the food preparation by talented chefs, a remarkable plethora of international cuisines, and of course, the abundance of fresh seafood that will leave you spoilt for choice.

> Hosting a repertoire of fresh delicacies, the seafood selection at Lemon Garden is definitely top class. Keep an eye out for the Alaskan crabs, abbies Australian obsters, scallops, Japanese clams, sashimi and ovsters shipped in from the US the very day of the buffet itself. Fresh prawns in shades of vermillion laze away on the ice, sweet and juicy, a delectable treat. The Australian Spanner crabs are another catch. Cut boiled then flavoured with lemon and salt, this critter's natural sweetness stood out from the rest. Another must-try is the Norwegian smoked salmon. Immensely fresh, it's luscious, velvetv texture was positively mouthwaterina

Looking for an oriental touch to go with that smorgasbord of seafood indulgence? The Chinese section proudly fronts its exclusive and highly sought-after Double Boiled Black Chicken with Ginseng Soup. The culinary team of Lemon Garden is the originator of the sui generis preparation of this broth, where the soup is first boiled in individual tiny clay bowls, and then transferred into a huge clay pot and boiled the second time. The result is an aromatic, sweet and flavourful concoction, so good that people stand in line for it, hoping to grab a bowl when the gong announcing the soup's arrival is sounded from the kitchen.

Another spotlight-worthy dish is the Nyonya Curry Laksa. Prepared by a chef at its interactive station, this traditional dish sports a delicious gravy that sinks all its rich flavour into the noodles and ingredients of your choice; you cannot help but devour

The satay at the Malay theatre kitchen is a toothsome morsel of meat. Soaked in sumptuous gravy, infusing the already savoury grilled meat with a nutty note, this meat on a stick is a real treat to the taste buds.

Over at the Western counter, the Grouper Papillote dominates the scene. Baked with vegetables and wrapped with foil, the fish's natural oils ooze out, cooking and flavouring the fish in the heat, creating a sweet and appetising dish you'll find hard to leave off your plate.

The stylishly designed dessert pavilion features a decadent display of local and international desserts such as the Coconut Pandan Hot Soufflé, ais kacang, waffles, crepes, chocolate fountains and an assortment of cakes, tarts and ice creams. One of Lemon Garden's specialties, the Durian Cake, brings the fruit beloved by Malaysians to a new level. A light and smooth base, the delicious durianflavoured creamy peaks emulating the thorns of the actual fruit make these bite-sized guilty pleasures an unforgettable treat.

Shangri La's Lemon Garden Seafood Buffet. A resplendent spread of lavish cuisines, fresh seafood and tempting desserts. Only served on Fridays and Saturdays from 6.30pm-10.30pm, come enjoy this taste of opulence at RM208 nett per person (RM104 nett per child) for a night your taste buds will never forget.

For that special day with your mum, treat her to a Sunday Brunch Buffet on the 14th of May at RM168 per person. If you can't make it on that one day, there is a month long Afternoon Tea promotion running for RM90. Spoil your mum with Shangri La's gastronomical goodness. She'll be sure to thank you for it.



#### **DINING** IDEAS







**DINING** IDEAS

BOWERY METRO

### A Bowery Minute

Menara Hap Seng 2, Jalan Tengah, 50450 Kuala Lumpur.

BY HIRANMAYII AWLI MOHANAN

Care to be transported to the city where dreams are made of? What if we tell you that you can? Snugged under the roof of Menara Hap Seng and in the heart of the golden triangle is a relatively new kid on the block. Bowery Metro lets you travel to the big apple through unconventional transportation; their food. This eatery is inspired by the culinary wonders of New York city, where concrete jungles are made of (cue to Alicia Keys's New York song). The etymology of 'bowery' traces back to a section of lower Manhattan, in New York city. The menu in this restaurant mimics the melting pot of cuisines that New York city offers, but incorporating a Malaysian palate.

What I love about Bowery Metro's interior is its simplicity. The unique paintings that embellish the walls and the scattered-like tables and chairs emanate a sense of cheerfulness and comfort. The reason this eatery is located in the middle of bustling Kuala Lumpur is to cater to the white-collared demographic. In that respect, tit is open as early as 8 am for you to get a fresh, hot cuppa and a bagel to go. For lunch, it has special set lunches that is value for money and delectable too.

The best part of Bowery Metro is the fact that most of their food here are homemade, down to the bread and fries. Bowery Metro's tag line is break the monotony and with good reason. The people behind Bowery Metro ai to break the monotony that it is a place to visit only when one receives their salary. To put it simply, it is an affordable restaurant that serves good food.

#### New York Hot Dog

The hot dog is a New York city staple street food. So it is only natural that Bowery Metro serves its own rendition of the renowned dish. Its New York Hot Dog comprises a jumbo-sized chicken bratwurst sausage, enveloped by caramelised onions and topped off with a drizzle of truffle hot sauce. It is served alongside a heap of homemade fries. I was pleasantly surprised to find greens in the hot dog such as purple cabbage, carrots and lettuce; a healthy addition to the gluttony.

Roasted Tomato Soup

The aroma of the Roasted Tomato Soup reached my nostrils before it reached the table. The make of a good tomato soup is all in the quality of the tomatoes and the process of slow-cooking the tomatoes to result in a thick, juicy broth. Bowery's

New York Hot Dog

40 KI LIFEST

Softshell Crab Tempura Brioche Burger

#### **DINING** IDEAS

Roasted Tomato Soup was impeccable in taste. It had a rich tomato base and a tinge of flavour from the basil. This dish is served with a side of homemade and freshly baked garlic Foccacia bread. The Roasted Tomato Soup should be consumed while it is still warm and you should dip the bread in the soup to truly experience this dish.

#### Softshell Crab Tempura Brioche Burger

If I could live with a burger forever, this would be it. The homemade buns were firm on the outside yet soft on the inside, playing well with the soft shell crab. It was like biting into a well-worth, crispy guilty pleasure. The cherry on the ice cream (in this case, the soft shell crab) was the guacamole and tartare sauce. You can taste that fresh avocadoes were used to make the guacamole. I certainly did not pay heed to the amount of calories because believe me, it is worth every single bite.

#### **Buttermilk Pancakes**

Pancakes in my opinion are little drops of heaven on a plate. Bowery Metro met my pancake expectations because I am always in search of good pancakes. The presentation of the Buttermilk Pancake won me over as soon as I laid eyes on it. Three layers of pancake stood proudly, garnished by a generous drizzle of not only maple syrup, but caramel too. On top of the pancakes perched a big spoonful of cream cheese and lastly, bountiful blueberries scattered all over the pancake. My oh my, I am proud to say that I was personally responsible for demolishing the majority of the pancake.

Buttermilk Pancakes

FOOD HUNT

## Variants of ROTI CANAI Comfort food around every corner

Ahh roti... Malaysia's ultimate comfort food. This Malaysian staple dish gets full marks across the board for its delectable flavour when accompanied by curry. The roti is so versatile that you can consume it at any time of the day, with any curry and it is still delicious. Not only is it a delicacy, it is fun to watch the process of making it too, especially when the anneh flips the dough in the air. It is a feast for the eyes and palate.

BY HIRANMAYII AWLI MOHANAN

### Roti Kosong

It all began with this bad boy. Our favourite way of eating 'roti kosong'? Well, firstly, it should be eaten while it's warm and the texture of the roti should be 'garing' (crispy). Finally, flood the roti canai with dhal curry and add a hint of chicken curry too. Alternatively, you can dip into sambal. Many love the dhal-sambal combo to accompany roti kosong. Let's be honest, everything pairs well with this dish. It's the perfect breakfast or tea-time dish.

Valentine Roti, Stor No. 1, Jalan Semarak, opposite Menara Celcom, 54000 Kuala Lumpur.

### Roti Telur Bawang

The ingredients of this roti variant is self-explanatory. It is basically eggs and onions folded into the roti canai. You would think that the onions will overpower the dish with its strong and spicy flavour but believe us when we say that you will be surprised. The egg and onions blend so well that they neutralises each other's overpowering flavours, resulting in a dish that is equivalent to a big-warm hug.

Devi's Corner Restaurant, 14, Jalan Telawi 4, Bangsar Baru, 59100 Kuala Lumpur.

## Roti Pisang

Everyone is an artist in his or her own manner. We believe that the creative genius behind the 'Roti Pisang' is an artist. Only an artist could have envisioned that a fruit goes harmoniously with a type of bread. Boy oh boy, the outcome is sweet and it just melts in the mouth. It should be eaten alone to truly appreciate its taste and form.

Nasi Kandar Pelita No. 1, Jalan SS 2/64, SS 2, 47300 Petaling Jaya, Selangor.

### Roti Telur Fujima

It is essentially a fancier roti pisang that is topped off with two scoops of corn-flavoured ice cream. This dish reminds us of Katy Perry's 'Hot and Cold' song because it is exactly that, a mixture of hot and cold.

Restaurant Murni Discovery, 53, Jalan SS 2/75, SS 2, 47300 Petaling Jaya, Selangor.

### Roti Tissue

A personal favourite, this dish is as tall as it is big. Every time someone orders this at the mamak eatery, eyes widen in awe and heads turn to find out which table is it dancing its way to. It is presented in a paper-thin swirl that resembles a pointy hat. This scrumptious goodness is served with condensed milk. You can opt to drizzle it down the roti itself too if you are feeling adventurous.

#### Original Penang Kayu Nasi Kandar

No. 64, Jalan ŠS 2/10, SS 2, 47300 Petaling Jaya, Selangor.

### Roti Jepun

This is new to our roti dictionary. Don't bother counting the calories that go into this roti because its piquancy certainly overshadows it. Roti Jepun is made of eggs, cheese, margerine and condensed milk (the make of best-tasting meals). You can expect a blend of creamy and savoury flavours.

Restaurant Murni Discovery SS2, 53, Jalan SS 2/75, SS 2, 47300 Petaling Jaya, Selangor.



## JALAN TELAWI, BANGSAR

The streets of Telawi beckon. Come explore this charming mini metropolis nestled in the heart of Bangsar. From the shopping malls, salons, boutiques and rows and rows of food outlets, the Telawi area is not a place that you will leave empty-handed or hungry. There's always something for everyone. See what street food gems are here for you to have a quick, hearty meal.

CHEE SUE ANNE



### CRAB CURRY @ DEVI'S CORNER

Come to Devi's if you're truly hungry. The Indian spices and aroma will set the mood for you, perfect for devouring their best seller here. The crab curry. Ladies and gentlemen, taste crab like you've never tasted before. Perfectly cooked, the crab shell softens, easy enough to break apart to reveal the tender, velvety meat underneath. Soaked with curry cooked to perfection, the crab curry with the side dishes are definitely a catch in Jalan Telawi.

14, Jalan Telawi 4, Bangsar Baru, 59100 Kuala Lumpur +60 12-267 6714



PRAWN MEE @ ROCKY RESTAURANT non-halal

You will smell Rocky's famous prawn noodles before you see it. Then you'll be begging for a taste. Perfect for breakfast, this warm and comforting bowl of goodness will wake your taste buds up for the day. The noodles are soft and smooth, the perfect texture if you get a mix of mee and mee hoon. The flavour of the prawn soup is just unbelievable, and it sells like hot cakes. It's no wonder Rocky closes at 2pm daily. So be sure to grab some delicious prawn mee before it sells out for the day!

15, Jalan Telawi 5, Bangsar Baru, 59100 Kuala Lumpur +60 17-882 1648

## All you can eat, on just one street!





#### STRAWBERRY HEAVEN SWEET WAFFLE @ WAFFLEMEISTER

Fun music, comfy seating and bright lighting, this cosy avenue has one of the best waffles around Jalan Telawi. Producing a secret family recipe from Belgium since the 1950s, Wafflemeister prides itself on having the freshest of ingredients. Masters of the liege waffles, this is the only place in KL serving all natural, handmade Belgium dough combined with pearl sugar, giving their waffles a unique texture and taste. Waffles here have a crispy outer coat with their signature sweet, bread-like texture on the inside, finished with premium toppings. Loyal customers will be pleased to find that Wafflemeister has move from KLCC to open up a gorgeous café in Telawi. And if you go on Wednesdays you'll enjoy 30% off on all waffles! So, if you're yearning for an authentic taste of Belgium, head on over to the Wafflemeister and you will not be disappointed.

7, Jalan Telawi 3, Bangsar Baru, 59100 Kuala Lumpur +60 3-2202 1817

### RAINBOW PIE @ MIKEY'S ORIGINAL NEW YORK PIZZA

Lift, fold, bite! The mantra for Mikey's Pizza. This formidable pizza chain has a lot to boast about. For one, their slices are totally addictive. A recipe that has been perfected over four years, the pizzas served here are as New Yorker as they get! Not to mention the abundance of creative flavours the outlet provides. Want to try them all? Get the Rainbow Pie! A slice of each flavour will be sure to give you guaranteed satisfaction. The best of comfort food lying around Jalan Telawi, Mikey's pizzas not only taste phenomenal, they're all about convenience. You can also get them delivered quick to your home around the Klang Valley, rain or shine.

17, Jalan Telawi 2, Bangsar Baru, 59100 Kuala Lumpur +60 3-2202 0080

## **MILKSHAKES**

### Life is not perfect without a milkshake in hand

BY HIRANMAYII AWLI MOHANAN & CHEE SUE ANNE

## CRAZY SHAKES **@ Bowery Petit**

Bowery Petit's line of Crazy Shakes take milkshakes to a whole new level. Old-time flavours like 'Lollipop Funfetti' and 'Cookies & Cream' are sure to bring you back to the sweetness of your childhood. However, if you are looking for a dose of gourmet, try out their 'Sweet & Salty' and 'Oreo Cream Cheese' for a perfect marriage of sweet and salty notes.

48, Persiaran Zaaba, Taman Tun Dr Ismail, 60000 Kuala Lumpur. Tel: +60 3-7710 0295





## GULAB JAMUN MILKSHAKE AND COCO LOCO MILKSHAKE **@ THE MILKSHAKE FACTORY**

If you visit Nu Sentral often, especially for movies, the Milkshake Factory should be a stop. Not only is it conveniently located on the same floor as the cinema, but it offers a range of milky way in a cup. We tried the curious case of the Gulab Jamun milkshake. Gulab Jamun is a milk-solid-based Indian dessert. The jury is out on the milkshake and we love it! We love how distinct and creative it is compared to other milkshakes out there. The Coco Loco is also a favourite for its delicious blend of coconut and Snickers chocolate.

L5.13, Level 5, Nu Sentral Shopping Mall, Jalan Stesen Sentral 5, Brickfields, 50470 Kuala Lumpur. Tel: +60 17-611 1519



## THE OTT FREAKSHAKE @ QUIVO

This milkshake at Quivo Restaurant in Pavilion Kuala Lumpur is a serious contender in the milkshake game. For starters, the consistency of the milkshake is frothy and milky, the perfect density one looks for in a milkshake. Secondly, the presentation of the milkshake is divine; it appeals to all the chocolate lovers for its abundance of chocolate assortment such as Kit Kat and Oreos, pretzel and fresh whipped cream. Finally, its taste is beyond palatable. It will result in you closing your eyes in appreciation and exhaling in sheer contentment.

Pavilion Kl, 168, Jalan Bukit Bintang, 55100 Kuala Lumpur. Tel: +603-2141 7711



#### **SWEET** INDULGENCE

## THE ORIGINAL VANILLA AND LIÉGE CLASSIC MILKSHAKES **@ WAFFLEMEISTER**

The epitome of a perfect milkshake takes its form at the unsuspecting doors of Wafflemeister. Their glasses of milkshakes here are simply divine. We were loss for words when we tried their best sellers, The Original Vanilla Milkshake and the Liége Classic. The Original Vanilla was fresh and rich with a tad bit of frothy texture. Its simplicity and perfect proportions of cream and sweetness was enough to make us moan with satisfaction. The Liége Classic was definitely sui generis. This one-of-a-kind milkshake has Wafflemeister's exclusive liége waffles blended into the milky goodness. The tiny chunks of waffle swimming in the milkshake spiked the entire ensemble up, giving us bite-sized surprises that were delightfully crunchy and chewy at the same time. Don't forget to scoop up a taste of their fresh, homemade whipped cream. Feels almost like soft clouds melting in your mouth. A heavenly treat so good, you won't even feel the guilt after.

#### 7, Jalan Telawi 3, Bangsar Baru, 59100 Kuala Lumpur. Tel: +60 3-2202 1817



## NUTZEL AND FRUITYLICIOUS **@ BRIQS**

Turn down the heat with BRIQS' glorious milkshakes. They really know how to put on a show when it comes to garnishing their mugs of frosty goodness. Be sure to try their best seller, the Nutzel, driving chocolate lovers in KL crazy since its opening. A Nutella-based milkshake with crushed salty pretzels and whipped vanilla mousse, this luxurious treat is a sweet, salty and creamy indulgence you'll only regret after slurping up its final bits at the bottom of your mug. If you're craving something light and fruity, Briqs has just the thing, Fruitylicious. A fresh, cold and crisp watermelon and strawberry shake, complete with housemade raspberry gel, whipped vanilla mousse and a strawberry watermelon sorbet pop-slide. The perfect tonic for a hot, humid day.

#### 42, Jalan Telawi, Bangsar Baru, 59100 Kuala Lumpur. Tel: +60 3-2202 2999



## **PS**]50

## Explore one of the most fascinating bars in Chinatown.

BY CHEE SUE ANNE

150, Jalan Petaling, 50000 Kuala Lumpur Tel: +603 20222888 Open: Mondays to Saturdays (6pm - 2am), Sundays (2pm - 10pm)

manating a contemporary fusion of east-meets-west, PS150 presents an intoxicating journey for those who venture through its many doors. Inspired by the history of bar evolution from pre-prohibition to the Tiki era, PS150 presents a predominantly south-east Asian vibe with a raw and rusty element, revealing a fascinating story to visitors who enter its premises.

#### EMBARK ON THE JOURNEY PS150 HAS TO OFFER

PS 150 carefully crafts out a trip snaking through the bar designed to encourage visitors to reminisce about their past. A hidden bar, its entrance camouflaged as a 1960s toy shop, your journey begins here. The childhood toy action figures, dolls and educational posters evoke nostalgia of our primary school years. Back to a time when we would run around in our navy blue uniforms playing tag during those forty minutes of recess.

When you swing open the door to enter PS150, you'll be greeted with the abrupt darkness of an empty room. Adorned with just and we're comfortable in our own skin. a cracked mirror and a bare manneguin, the aura of the room reflects our adolescent years of uncertainty and self-discovery. Continue on and you'll walk into the Opium Den inspired by the pre-prohibition era; a narrow hallway exuding a mysterious vibe, complete with oriental hanging beads and high-backed private chairs. The smell of cigarette smoke will cling to you as you precariously venture to the end of the corridor, to enter the bar's next phase; young adulthood.

Open the next door and be welcomed by an abundance of natural light and fresh air! You're now standing in the Tiki erainspired Courtyard section of PS150. Gone are the dim, smoky and confusing days of juvenescence! You've made it, and live to tell the tale. Life is clearer, brighter. So head on over to The Bar, behind door number four,

the setting for your 30s, modelled after the Contemporary Era. It's where old meets new This is where life happens. Time to grab that drink, acknowledge our past and look forward eagerly to what the future holds.

#### SOUTH-EAST ASIAN COCKTAILS WITH A MODERN TWIST

PS 150 has created its own unique collection of cocktails, with a contemporary edge. Stand by the bar and watch as skilful bartenders dish out their creations. Borrowing the elements of generic cocktails and creating its own concoctions, PS 150 prides itself on its own editions of top sellers; Lychee No. 3, Salty Chinaman and Asam Boi-Rita. But we took a closer look at three of their unsung heroes.

The Trippity Trip fully encapsulates the vibe of PS150, creating an experience that'll bemuse visitors to this unusual enclave. This

Borneo rice wine to the next level, blending seamlessly with the gin and the lime, leaving a pleasant citrus aftertaste.

All cocktails are priced affordably at RM40 nett, and with a portion of the drinks using local ingredients, there's something here for everyone. In terms of setting, there are both indoor and outdoor smoking areas, as well as an indoor non-smoking one.

Don't miss out on the short eats here: The PS150 signature popiah. These bite-size snacks pack a punch. Crispy coating with succulent fillings, there is an array of flavours to try, with dessert popiah launching in May! Try out the new ketayap popiah and peanut popiah when you're there.

So, if you're out on a Friday night in KL, looking for a place that provides more than just drinks, but also a creative atmosphere and top-notch customer service, make an adventure out of your drinking experience by swinging by PS 150. Its texture, sights, sounds, smells, and tastes will stimulate your senses like none other.

FEATURES

## Evoke the Confidence Within With Dictoria Secret's

New Arrivals

#### BY CHEE SUE ANNE



Rocking a detailed and edgy design complete with soft, stretchy lace to create a smooth, seamless fit, this panty perfection harmonises well with Victoria's Secret Paris, imbuing notes of French cypress and night blooming jasmine. A perfect pair, for a perfect night.

#### COTTON COMFY - RM49 BOMBSHELL EAU DE PARFUM 100ML - RM379

Breathable, stretchy cotton adorned with playful prints and trimmed in super soft lace. This fun piece synchronises with Victoria's Secret Bombshell, its vibrant and exotic ingredients creating a fruity, floral aroma that'll be sure to set the mood.



Alluring and sensual, this bombshell of a panty will blow you away. With high-quality fabric and delicate lace assuring comfort amidst sexy, you can wear this edgy piece alongside the provocative, warm and passionate scent of Noir Intense, a guaranteed head-turner.

#### SILKY ELEGANCE - RM69 TEASE EAU DE PARFUM 50ML - RM299

With slide-off-your-skin, silky-soft fabric, this sophisticated piece oozes tasteful elegance. Naturally comfy, while the little lace hints sexy, this addition ensures your lingerie drawer is anything but ordinary. Pair it with Noir Tease's surprising twist of juicy fruit and flirtatious flowers.

Look absolutely lovely in lace with this delicate piece of utmost comfort, letting your skin breathe whilst flaunting those natural curves. Pair it with the floral notes of XO Victoria, where petally Victoria Rose meets Twilight Orchid, a rare scent that can only be captured at nightfall

#### **FEATURES**

## PARIS BOMBSHELL EAU DE PARFUM 100ML - RM399





#### PLAYFUL CROCHET - RM119 XO VICTORIA EAU DE PARFUM 100ML - RM399

## LET'S GET **SHIRTY**

Make the shirt-dress your go-to apparel



STELLA MCCARTNEY Leile fluted cotton-twill mini dress RM666



VALENTINO Lock medium leather shoulder bag RM1,894



CHARLOTTE OLYMPIA Mid Century Kitty embroidered velvet point-toe flats RM445

## OUTFIT ELEVATORS



DANNIJO Beacon silver-tone crystal ring RM184



JENNIFER BEHR Margaux gold-plated Swarovski crystal headband RM360



PAMELA LOVE 5 Spike silver earrings RM157



ADAM LIPPES Embroidered cotton-poplin midi dress RM1,119



GUCCI Bamboo Shopper mini printed texturedleather tote RM1,272



MIU MIU Canvas-trimmed leather pumps RM779



CAMOSHITA Slim-fit grandad-collar cotton oxford shirt RM1,063



ACNE STUDIOS Ari slim-fit wool and mohair-blend drawstring trousers RM1,304



O'KEEFFE Felix suede wingtip brogues RM1,909

## **OUTFIT ELEVATORS**



SAINT LAURENT D-frame acetate and gunmetal-tone sunglasses RM1,450



LOEWE Goya leather holdall Approx. RM10,996.01





ORIS Big crown propilot day-date 45mm stainless steel and canvas watch RM5,123

#### HOTPICKS MEN

## HUES OF **PINK**

### A man who is bold enough to add pink to their apparel is sexy



CMMN SWDN Camp-collar garment-dyed slub cotton shirt RM942



NORSE PROJECTS Regin cotton-blend shell shorts RM749



HENDER SCHEME Mip-12 leather sneakers RM3,673





PRADA Metallic leather sandals RM810

ANN DEMEULEMEESTER Asymmetric cape-effect cotton-gauze shirt RM587



GOEN J Crepe wide-leg pants RM379



SUNDAY SOMEWHERE Kurt oval-frame acetate mirrored sunglasses RM214



MERCEDES CASTILLO Izar Mida leather mules RM349

## **ASYMMETRY**

Work the cut like it is meant to be

#### OUTFIT ELEVATORS



JENNIFER FISHER Large Root gold-plated cuff RM612



JENNIFER FISHER XL Mixed Multi Hoop silver-plated earrings RM1,938



Chloé Drew small textured-leather shoulder bag RM1,952

#### **SIGMA BEAUTY** Baking and Strobing Brush Set RM366

The Baking & Strobing Brush Set features five unique brushes designed to set and highlight the face for a full perfected-skin finish. Use with cream, liquid or powder products to apply, blend, set and highlight your complexion. Each brush is designed with a specific use in mind, however, each is multifunctional and can be used to create any look you wish.



#### MARC JACOBS BEAUTY The Face I - Liquid Foundation Brush No. 1 RM295

Marc Jacobs is known for its quality products and now, its quality brushes. This brush is specially designed for optimal use with a liquid-based foundation. The oversized brush head with tapered bristles allows for expert application with an airbrushed finish.

KAT VON D Lock-It Precision Powder Brush RM195

After applying concealer, use the Lock-It Precision Powder Brush (the first of its kind) by Kat Von D to set it all into place. This brush is an essential for everyone's brush collection. This brush features an exclusive design for unprecedented control. The rounded silhouette and flat profile gives you the precise angles and edges to focus product exactly where you want it, in areas other brushes can't reach. Alternatively, it can be paired with your favourite highlighter to strobe.

**BEAUTY** PRODUCT



A Girl's Best Friend

By Hiranmayii Awli Mohanan



#### .....

#### MAKE UP FOR EVER 274 Anglend Eyebrow & Lash Brush RM140

Part of a revolution in brush craftsmanship, this practical brush is your partner for quick eyebrow grooming. One end of the brush is used to separate the eyebrow hairs. When you flip it, the angled brush can be paired with any gel or powder pigments to fill in your eyebrows or liner. Whether idle or on the go, you'll never have to be conscious of your lashes and brows anymore.



The Luxe Sheer Cheek brush is angled to fit the mould and curve of your cheeks so you can contour and shape them perfectly. Its natural bristles are soft and gentle on the skin, best used with powder products. A perfect brush to enhance your God-given features.

#### **HEALTH & BEAUTY**



## DAISUKE SALON DE COIFFURE

## Add some colour to your life (and hair)

BY HIRANMAYII AWLI MOHANAN

ale or female, hair is an extension of one's personality and identity. Thus, we are bound to yearn for a fitting salon that can accommodate our hair aspirations, whatever that may be. That salon for me is Daisuke Salon de Coiffure

Diving into a little history behind this salon's namesake, coiffure derives from the French verb 'coiffer', which can mean "to arrange (hair)" or "to cover with a coif (any of various close-fitting caps, such as that worn under a veil by a nun)." The word is now used as a somewhat fancy way of saying "hairdo".

Daisuke salon was established all those years ago due to Daisuke Suzuki's (owner) passion for hairstyling and the hairdressing segment. An experienced stylist himself, he wanted a place to unleash his passion and to magnify our beautiful, God-given hair. The interior of this establishment is vast, surrounded by massive mirrors and brick-adorned walls, giving you an insight to the transformation going on. Let's be honest, it is the ultimate setting for the perfect Instagram shot. I appreciate the usage of white curtains as partitions between the salon chairs, exuding an organic feel to the salon

The two leading ladies apart from the coowner, are senior hair stylists Amanda and Renee. They are well-versed with everything to do with hair. Amanda and Renee are able to impart their wisdom on your hair with merely one look. They are able to envision a hairstyle that would complement the shape of your face and your features. I was in admiration of their skills to be able to transform an individual (mostly myself) and to revolutionise one's hair to a chic, contemporary glamour. Talk about a confidence booster. So ladies and gentlemen, if you want a change of pace or a different bounce to your hair, just walk over to Daisuke for a convivial transformation you will love.



After what seemed like days at the salon. the result blew me away. It felt as if I was staring at a different person in the mirror. My hair was significantly shorter and fell strategically around my face. The colour of my hair was the highlight (pun intended). The highlight of soft purple and ash brown was a perfect interfusion of colours. I would have never envisioned myself looking like this. The best thing is, I now carry my hair like an accessory along with a significantly heightened confidence.

While most salons do offer Japanese perm, Daisuke salon is equipped with the proper techniques needed to make perfect perms. The stylists in this establishment are





common, creep is fairly new to the perm game. Far from being creepy, creep perm offers perming services but in the most natural way possible.

Creep perm is different from a digital perm which uses intense amount of heat in order to get perfect neat curls like what we seen on those red carpet celebrities or magazine models. That being said, what is not known is that having frequent heated Meanwhile, creep perm uses cold method

perm is not good for the hair in the long run.





(Watering Perm Lotion) to set the curls. It is a relatively safer option to create naturallooking waves or curls without using high heat. Those of you who have very fine hair texture are recommend to try this service in order to add some volume to your tresses.

Apart from the usual suspects of hair colouring and perming, they also offer a plethora of hair treatments, their bestseller being the Brazilian Keratin Treatment. To put it simply, this treatment is designed for those who suffer from frizzy hair. The keratin in the treatment is known to shorten your blow dry time and tame the frizz, making it more manageable on a daily basis. Lion's mane, no more. If you suffer from hair loss, worry not because Daisuke salon has you on their thoughts. The Zoumou hair extension does wonders to cover up bald spots and the thinning of one's hair.

## "LIFE ISN'T PERFECT, BUI YOUR HAIR CAN BE."

# The KLSky<sub>Clinic</sub>

## Revolutionising health care, for the better

BY CHEE SUE ANNE

Challenging the norms of conventional heath care, The KL Sky Clinic is Malaysia's pioneer of lifestyle medicine. Creating a unique avenue for people to better their health naturally, this clinic is not just for the sick. It advocates strongly, treatments and services that strengthen and heal the body internally, so that it can fight better another day.

A name inspired by the location of its office on the 36th floor of the SOHO Suites in KL, its fundamental purpose since 2014, is to gather young doctors to work together. Stepping into the Sky Clinic feels akin to stepping into a spa. It's comfortable, it's cosy, and the doctors are open and approachable. Already, it does not emanate a typical hospital atmosphere. You will get up close and personal with one

of the friendly doctors here for a consultation at iust RM50 and a health screening if necessary. And after running the appropriate lab analysis, you'll have a custom-made treatment plan, tailored to improve your wellbeing.

We asked the doctors about some of the noteworthy treatments and services they provide and got some interesting answers.







#### PLATELET-RICH PLASMA FACIAL (PRP)

We at KL Lifestyle gave this treatment a try. Also known as the 'vampire facial' made popular by Kim Kardashian, PRP is a way to rejuvenate your skin, giving back your face that natural glow. This procedure sounds rather alarming at first, what with needing to extract some blood from the patient to begin the treatment. But rest assured, it does not look, or feel, as bad as it sounds. The blood taken will be placed in a centrifuge to separate the plasma from the red and white blood cells. And this concentrated plasma, rich in platelets containing an abundance of growth factors, is then injected into the face using micro needles. Don't worry, numbing cream will be applied to your face beforehand so you won't be in pain. What the micro-needling does, is that it creates tiny punctures in the skin's top layer. This 'controlled injury' triggers the body to create new collagen and elastin, a key part of our skin that begins to reduce as we age. This micro-needling, coupled with the growth factor rich plasma stimulates our

own skin's healing powers that will translate into healthier skin. So if you're looking to reduce those pigmentations, scars and fine lines, have a natural face lift and even out that skin tone, come to KL Sky Clinic and the doctors here will carry out this procedure for you safely and effectively. What's more, there'll be a 50% off all skin procedures during the Ramadhan period. Great time to pretty yourself up!

#### **IV VITAMIN COCKTAILS**

Often times, only 15% of the nutrients in the food we eat gets absorbed by our bodies. So it's no surprise that we lack certain nutrients, and that shows itself in certain symptoms, like fatigue, hair fall, dull skin and falling sick easily. Fortunately, there is now a way to introduce water soluble vitamins and minerals directly into the bloodstream for maximum absorption. Through an intravenous (IV) vitamin drip. This treatment allows the nutrients to reach your body instantly, at a cellular level, to maintain optimum wellness. At The KL Sky Clinic, there are a range of



#### **HEALTH & BEAUTY**



multivitamin 'cocktails' whose contents vary according to the needs. It could have an array of benefits from improved skin tone and energy levels, to remedial ones like a boost to the immune system and slowing down of the ageing process, all the way to being a natural alternative to post-cancer treatment. Contact the doctors here to find out the right 'cocktail' for you.

#### A PERSONAL SWAT TEAM OF DOCTORS

Currently the only clinic in Malaysia that delivers doctors to your doorstep, The KL Sky Clinic currently gives 24-hour hotel visitation service to all 4 and 5-star hotels around the Klang Valley and including Petaling Jaya. You can contact them through your hotel's concierge, and in no time, very capable doctors will arrive at your room, armed with their extensive medical kit, to tend to your emergency.

#### TRAVEL WORRY-FREE!

For the adventurers out there, before your next trip, head on over to The KL Sky Clinic. They will provide you the A to Zs on how to get your body ready for the country you're about to visit. You will be receiving all the pre- and post-travel preventive care necessary. The doctors here will provide consultation on which vaccines to take, perform a health screen pre- and post-travel, and advise you on any medication to take with you on your trip. That way, you can take on that adventure full force and with minimal health risk. Not just for avid travellers, this service provided is extremely worthwhile for those going on business trips as well as on religious pilgrimages. Know how to avoid a bug, and what to do if you do catch one.

"Prevention is better than cure" is the mantra at The KL Sky Clinic. Even if you are not sick, it does not mean that you're completely healthy. Health is a scale that you should constantly keep in check. So give your body that care and attention it deserves so that it will be able to take you through the roughest of times, unharmed. You can do so with competent guidance from the doctors at The KL Sky Clinic, a health haven of the modern age.

## Bring that SPARKLE Back

### Learn to care for your precious vision

CHEE SUE ANNE

eeing is so paramount in our lives that it requires about half the brain to get involved, so much so, that out of all the muscles in our body, the muscles that control our eyes are the most active.

Sight itself is such a powerful sense. It collects the highest amount of information compared to the rest of the senses. Undoubtedly one of the most crucial features in our body, but we spend an insignificant amount of time caring for it. So here are some ways you can start looking after those gorgeous browns.

#### 1. EAT WELL

There's no running away from this. Good eye health starts with the food on your plate because your eyes need nutrients to heal and repair themselves. Age-related vision problems like macular degeneration and cataracts can be warded off with nutrients like omega-3 fatty acids, lutein, zinc, and vitamins C and E. So fill your plate with: - Green leafy vegetables (spinach, kale and collards)

- Salmon, tuna and other oily fish - Eggs, nuts, beans and other non-meat protein sources

Oranges and other citrus fruits or juices - Oysters and pork

A well-balanced diet also lowers your odds of developing type 2 diabetes, which is the leading cause of blindness in adults.

#### 2. QUIT SMOKING

If you smoke, your chances of getting cataracts, damage to your optic nerve, and macular degeneration significantly increases. So, make your eyes another reason for you to call it quits. If you've tried to kick the habit only to start again, keep at it. The more times you try to quit, the higher your chances are of succeeding.

#### **3. WEAR SUNGLASSES**

Too much exposure to the sun's UV rays will increase your risk of developing cataracts and macular degeneration. Not to worry, you can easily prevent it. With sunglasses! The right pair of shades which blocks 99% to 100% of UVA and UVB rays will delay the development of cataracts, since direct sunlight hastens

their formation. If you want to protect the delicate skin around your eyelids to prevent wrinkles and skin cancer, sunglasses help.

#### 4. LOOK AWAY FROM THE **COMPUTER SCREEN**

In this day and age, we can't help but be glued to our screens. It can be work, or browsing through interesting content, we all spend a substantial amount of time on our gadgets. And there are without a doubt, some side effects. Eyestrain, blurry vision, dry eyes and headaches to name a few. To reduce the strain we put on our eyes, blink more when you're using a screen. And stop work every 20 minutes to look at an object 20 feet away for 20 seconds. Our tech is here to stay but not at the expense of our vision. So take care of those windows to your soul before it's too late!

#### **5. VISIT YOUR EYE DOCTOR** REGULARLY

We cannot stress the importance of this. Many eye diseases, like glaucoma, are non-symptomatic and if spotted early on, are way easier to treat. This is especially the case for those 40 years and above. That's when age-related eye diseases start to kick in and if identified early would save your precious vision. One important thing to note about eve diseases is that they are closely linked to genetics. So if someone in your family has an eye disease, get regular check-ups to have early prevention.

#### 6. CONTACT LENS CARE

If you wear contact lenses, hygiene is of utmost importance! Follow strictly your

doctor's instructions because you do not want to know what it's like to have an eye infection. Don't sleep with contacts that are not approved for overnight wear, use the correct cleaning solutions, and ensure that all the products you use are not expired. All this for the sake of preventing corneal ulcers, severe pain and even vision loss.

Your eyes are priceless. Not just because they constantly feed you information to keep you safe, they are also your connection to the outside world. They convey your genuine emotions to help you bond with others. So take care of your valuable vision and it will take care of you



# EXCLUSIVELY IN ANAGEA

Hair Extension 100% Human Hair \* "U" Shape Glue 100 strands





After



## CONTENTS - MAY 2017

#### Airport Talk

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TAKAMATSU

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#### AIRLINK



Formerly the CEO of the Multimedia Development Corporation of Malaysia (MDeC), where he helped spearbead the development of the National ICT Initiatives for Malaysia, Managing Director of Malaysia Airports Holdings Berhad, Datuk Badlisham Ghazali has gained considerable recognition in the global aviation world. A speaker at the World Routes Strategy Summit in Chicago in 2014 and the Global Airport Development Conference in 2015 and 2016, he is also a Director of Airports Council International Asia-Pacific.

*This month, Datuk Badlisham shares* some thoughts about one of the world's first Digital Free Trade Zones.



## **AIRPORT MD SPEAKS**

"Are you among the avid cyber-shoppers who just love to shop till you drop? As a lady once explained, "It's so convenient and so much fun! Just a click and I have things delivered to my doorstep!" Or are you simply one of the growing number of people who use your computer to do your banking, grab a cab, or order a meal? Alternatively, you could be a smart new entrepreneur selling products on the Internet!

MEMORANDUM OF UNDERSTANDING **EXCHANGE CEREMONY** 





#### **AIRPORT TALK**



"Whatever your awareness of e-commerce, did you know that Malaysia Airports figured prominently when our Prime Minister Dato' Sri Mohd Najib Tun Abdul Razak recently launched the world's first Digital Free Trade Zone (DFTZ) outside of China? It's true! At the event, Malaysia Airports signed a Memorandum of Understanding (MoU) with Cainiao Network to explore the potential for developing a regional e-commerce and logistics hub in KLIA Aeropolis.

"Under the MoU, we'll jointly explore the establishment of a regional e-commerce and logistics hub in KLIA Aeropolis to cater to the business-to-consumer (B2C) and businessto-business (B2B) segments. Among the proposed co-operations, Cainiao and Lazada will lead other Alibaba's subsidiaries and affiliates to work with Malaysia Airports for the development of the e-fulfillment hub. I can almost see many eyes light up at the mention these names, because you know that they mean great value shopping and possible great business opportunities for you as well!

"I'm really happy that KLIA Aeropolis has been selected to be the site of the initial phase for this exciting and innovative DFTZ. Our aspiration is to position KLIA Aeropolis as the regional e-commerce Hub anchored by alobal e-commerce leaders such as Alibaba. We hope this will unlock the value of the South East Asia's e-commerce market, and make buying and selling easier for people all across the region – and this includes you, too!"





#### **AIRPORT TALK**

AIRLINK

#### **AiR**LINK



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## MARKETING OUTREACH AT OKINAWA

Malaysia Airports communicates key messages at Routes Asia 2017





With 2017 being its 15th year, Routes Asia brought together airlines, airports, tourism authorities and governments to plan new flights and increase existing services. Over 930 route-development professionals from 110 airlines, 170 airports and 20 tourism authorities attended this year's event at Okinawa Convention Centre. The Okinawa Prefectural Government and Okinawa Convention & Visitors Bureau hosted the Routes Asia 2017 aviation conference over three days.

Noting that it was the first time Routes Asia has ever taken place in Japan, Takeshi Onaga, Governor, Okinawa Prefectural Government said: "As the host of Routes Asia 2017, Okinawa Prefecture is excited and proud to show our guests around these beautiful islands, and showcase Okinawa as a world-class destination." Steven Small, brand director of Routes, said: "Being the first year that Routes Asia is held in Japan, 2017 is an exciting landmark for us. The event will



help Okinawa Prefecture to reach its target of 10 million tourists a year by 2021."

The conference element of the event, the Strategy Summit, gave delegates the chance to hear from industry leaders. The high-profile speakers included the CEO of Hong Kong Express Andrew Cowen, and Etihad Airways' Vice President International Affairs Vijay Poonoosamy.

At the core of Routes Asia are prescheduled one-to-one meetings between airports, airlines and tour operators. Malaysia Airports General Manager Airline Marketing Mohamed Sallauddin Haji Mat Sah led the MAHB team which included Manager Airline & Market Development Sarjanisham Darus, Senior Executive Marketing Communication and Services Mohd Faizal Md Haris, Executive Airline & Market Development Muhammad Shaznin Azhar, Executive Airline & Market Development Mahathir Yusof and Executive Business Strategy Salmi Fatiha Mohd Hilmey.





Although its own booth was relatively modest, Malaysia Airports commanded a significant presence in the Airline Networking Village, as it had the support of Sarawak Tourism Board and Sabah Tourism, both of whom were promoting the airports and tourism attractions in their respective states. The state of Sarawak was represented by Assistant Minister for Tourism (Sarawak) Datuk Lee Lim Shin, Permanent Secretary for Ministry of Tourism, Arts and Culture (Sarawak) Datu Ik Pahon Joyik and Director of Marketing Division (Sarawak Tourism Board) Benedict Jimbau while Sabah Tourism was represented by Senior Research Manager Angeline Eng Chuan and Marketing Manager Josephine Chai.

The Malaysia Airports team had the additional presence of Turkish partners; namely Aviation Marketing Manager Aytun Demiral and Key Account Executive Levent Sansever from Istanbul Sabiha Gokcen International Airport (ISGIA); one of the international facilities managed by Malaysia Airports Holdings Berhad. ISGIA, Istanbul's premier airport at the crossroads of Europe and Asia was boldly highlighted at the booth. Also present at the Malaysia Airports booth were POS Aviation CEO Woo Kam Weng and COO Mohd



Sarley Adle Sarkum. According to Woo Kam Weng, Routes Asia 2017 was well organised, and the time spent at the event was good and productive.

Three days of solid networking, scheduled meetings, and numerous informal connections gave the Malaysia Airports marketing team the opportunity to showcase KLIA and our other international gateways into Malaysia. The delegates from the Sarawak Tourism Board and Sabah Tourism also managed to conduct a few fruitful meetings to attract new connectivity into their respective states.

In total, the Malaysia Airports marketing team met with delegates from about three



dozen regional and international airlines, several who are planning to commence flights into one or more of the five international airports in this country. The team was also particularly encouraged by the number of new carriers who expressed their interest in Malaysia.

According to Mohamed Sallauddin, one of the notable achievements for KL International Airport at the event, was to be among Asia's leading airports short-listed for the Routes Asia Marketing Award 2017 in the 'Over 20 million passengers' Category. All in all, he said, Routes 2017 was an excellent opportunity for input, networking and solid marketing progress, with the MAHB team successfully communicating key messages with selected airlines.



#### **AVIATION NEWS**

## A320neo for SRI LANKAN

Srilankan Airlines has taken delivery of its first A320neo, says Country Manager Malaysia Dilshan Kudahetty, adding that this makes the airline one of the most recent operators of this innovative aircraft. The delivery from Airbus' facilities in Hamburg is the first of a fleet that will grow to six A320neo aircraft.

SriLankan's A320neo is configured for 150 passengers in a two-class cabin layout with 12 business class seats and 138 economy class seats. Srilankan Airlines and Airbus embarked upon a long term, strategic partnership in 1993 when the airline began operating the A320 and A340. It has since grown to be an all



Airbus operator with a fleet of 24 Airbus aircraft.

Malaysia General Manager Malkit Singh says that the national flag-carrier of Sri Lankan has just increased capacity on its Kuala Lumpur route with the use of larger Airbus 330 aircraft for one of its

double-daily flights. A second A330 will be added in coming months to cope with the encouraging seat take-up from Malaysia. For ticketing and enquiries, please contact 03-2697 2100.

**AiRLINK** 

#### **AIRLINK**

## **CHINA AIRLINES** awards Travel Agents





It was a time of fine dining, elegant surroundings, convivial conversation, and an outstanding time of fun and celebration when China Airlines hosted its Travel Agents Award Dinner Night at the stylish New Shanghai Restaurant Holiday Inn Express in Kuala Lumpur recently.

A series of short videos were screened, showcasing China Airlines' new Airbus A350-900 aircraft, its Business Class product, as well as some lively promotional jingles and presentations that had the audience tapping their feet and singing along. The 'musical mood' continued into the night with a fun-filled karaoke session that showcased the amazing 'hidden talents' of several guests present, as well as those of the host as well.

Malaysia Branch General Manager Robert Chin thanked the guests for their strong support throughout the year, and said that it was due to their contributions that the Taiwan-based carrier recently introduced



rilankan www.srilankan.com

## **PRIMA AIR** signs with Berjaya

Prima Air, a member of diversified Halim Mazmin Group, has entered into a partnership with Berjaya Hotel & Resorts (BHR) to provide charter-flights between Subang Airport and Redang Island.

Under the partnership, BHR will be able to charter flights for its guests to The Taaras Beach & Spa Resort, under special travelpackages. Guests will be able to make bookings online either from BHR or Prima Air. They will be flown to the island using Prima Air's Cessna Grand Caravan EX

208B turboprop aircraft, which can seat up to 10 persons.

"We are proud to be a part of this venture. In the past, Berjava Air used to provide flights to Redang Island. We are now filling in the void to provide vital air-connectivity to this beautiful island," said Prima Air Director of Business Development Irman Abdul Shukor.

He explained that Prima Air offers pointto-point air-travel to destinations that

commercial airlines do not serve, and charter-services for individuals or small groups who want to fly on their own schedules.

Hanley Chew, CEO of BHR, added that they are in talks with Prima Air to provide additional charter-flights to other BHR resorts, and potentially between Singapore's Seletar airport and BHR's resort in Tioman.

For more information on Prima Air, please visit www.primaair.com.my for more details.



additional morning flights from KLIA. He added that this year, China Airlines celebrates its 50th year in Malaysia; consolidating its position as one of the most

It flies to 141 destinations in 29 countries around the world, and provides the highest state of comfort, especially for its Premium Economy Class passengers. For ticketing and more information on China Airlines' 12 weekly flights from KLIA, please visit www. china-airlines.com or call 03-2142 7344.





established foreign airlines in this country.









## **QANTAS** new Brisbane lounges popular

After the opening of the International Lounge in October 2016, Qantas Airways new Domestic Business Lounge and Premium Lounge Entry facility at Brisbane Airport are also becoming increasingly popular with airtravellers, says Kathy Kamala of H Travel, the airline's Malaysian GSA.

Premium Lounge Entry offers top-tier Frequent Flyers an exclusive check-in area, bag drop, security screening and escalator with direct access to the new Lounge Precinct. The Domestic Business Lounge is 30% bigger than the previous facility with a luxurious design inspired by the beauty of Queensland's landscape. It also boasts a number of dining features including a



cantina serving fresh Mexican dishes, unique to the Brisbane Domestic Business Lounge.

"This investment is all about offering Qantas passengers a premium experience from the moment they arrive at the airport, when travelling to or from Queensland's capital",





she said. "Customers can enjoy a relaxing space with top-quality food and wine prior to flying. Premium Lounge Entry is a first for Qantas and will streamline the departure process, so our top tier Frequent Flyers

The lounge features a work-zone with wireless printing, power and data outlets throughout, Wi-Fi, TVs with Foxtel, shower suites with ASPAR by Aurora skincare products and an AccorHotels service experience. The Brisbane Domestic Business Lounge is open to Qantas customers travelling in Business, Platinum and Platinum One Frequent Flyers and eligible oneworld Emerald members. Qantas currently operates five Business Lounges in Brisbane, Sydney, Melbourne, Canberra and Perth. For ticketing and reservations, please call 03-2713 3911.

can move through the terminal quickly and

maximise their time in the lounge.

## Malaysia Airports hosts SABAH TOURISM

The Airline Marketing Division of Malaysia Airports had the privilege of hosting leaders from the Sabah Tourism Board at its office at KLIA Main recently. Malaysia Airports was represented by General Manager Mohamed Sallauddin Haji Mat Sah, Manager Business Strategy Desmond Yeoh and Executive Business Strategy Hyziereza Daud while the Sabah Tourism Board guests were by Deputy General Manager Suzaini Datuk Sabdin Ghani and Senior Marketing Manager Tay Shu Lan

Among matters discussed were various matters pertaining to the on-going collaboration on the Sabah International Tourism Fund that was established to attract more international tourists into Sabah by way of marketing and promotional activities by the relevant industry stakeholders such as airlines, charterer and tour operators. The meeting also covered 2017's direction for the new ramp-up plan which will further develop Sabah into a prominent tourism destination in Southeast Asia.



## EVA AIR launches Bad Badtz-Maru jet

EVA Air latest 'Travel Fun Jet' is getting rave reviews from happy passengers, says Eva Air General Manager Malaysia Joe Huang, who explains that the trendy airline is introducing more characters and creating a new edition of its popular Sanrio-family aircraft. The aircraft is the world's first starring the naughtily charming Sanrio character, Bad Badtz-Maru on international routes

AIRLINK

The airline is flying the latest in its collection of specially-painted planes on Taipei-Fukuoka and Taipei-Seoul routes, with Bad Badtz-Maru liveried aircraft soon scheduled for wider international service. EVA's Badtz-Maru Travel Fun Jet is an Airbus A330-300 configured for 309 passengers, 30 in Business Class and 279 in Economy.

Bad Badtz-Maru is one of the Sanrio family's most popular characters. Different from

Hello Kitty's sweet image, Badtz-Maru is naughty in a charming kind of way. The new livery captures Bad Badtz-Maru in action, wearing his backpack and sprinting to the nose of the plane, ahead of his best friends. With hats, a camera, snacks and other holiday necessities, Bad Badtz-Maru and friends are ready for a relaxing, laughter-filled vacation aboard EVA.

Complementing its new Sanrio-family livery, EVA has designed more than 30 inflight service items and cabin amenities, including Bad Badtz-Maru pillows, slippers, headrest covers, playing cards, meal boxes, postcards, safety-cards and disposable hand-towels. All items are part of the airline's dedicated program to make the flying experience fun for passengers.

EVA and its Sanrio family jets have been popular among passengers all over the

## New Business Class for QATAR AIRWAYS



Qatar Airways recently unveiled its highlyanticipated and revolutionary new Business Class experience, says Country Manager Malaysia and Brunei, Dato' Muzammil Mohamad. Ushering in a never-beforeseen standard in Business Class travel, the customisable private suites, named QSuite, introduce a host of firsts to Premium Class travel, reshaping expectations for global travellers.



The new seat-design has been two years in the making. Each seat is crafted with thoughtful and luxurious details such as hand-stitched Italian leather and satin rose gold finishing, bringing an unprecedented level of luxury, privacy and style to Qatar Airways' Business Class offering.

QSuite features the industry's first-ever double-bed available in Business Class, with privacy panels that stow away, allowing passengers in adjoining seats to create their own private room. Adjustable panels and movable TV monitors on the centre four seats allow colleagues, friends or families travelling together to transform their space into a private suite, allowing them to work, dine and socialise together. These new features provide the ultimate customisable travel experience that enables passengers to create an environment that suits their own unique needs. Guests have the choice to make their own cabin-within-acabin, creating double QSuites or quadrants.





world since it launched its first generation of Hello Kitty Jets in 2005. In 2016, the Daily Mail recognized EVA's speciallypainted aircraft among the world's best liveries and Global Traveler Magazine awarded the carrier a special "Leisure Lifestyle Award for Outstanding Customized Service," recognizing it for "going beyond what is expected" and "doing something extraordinary."

For more information about this and EVA's other Sanrio-family aircraft, please log-on to www.evakitty.evaair.com/en/ or call Eva Air at 03-2162 2981

"We are proud to stay true to the title of World's Best Business Class as awarded by Skytrax in 2016 and we will continue to provide additional service enhancements and an array of special touches for our passengers," shared Dato' Muzammil.

To further complement the personalised onboard seating experience, Qatar Airways is also launching a new food and beverage concept, introducing a menu that offers a host of new dining choices. In addition to the existing decadent 'dine on demand' service, the new Business Class menu will now offer a selection of snack 'sharing dishes' available throughout the flight, allowing travellers to turn inflight dining into a social experience. A wakeup Express Breakfast will also be available for those who choose to sleep a little longer by making the most of the 'Do Not Disturb' option available on the door of their private QSuite.

Qatar Airways, known as one of the fastest growing airlines, operates one of the youngest fleets in the world to more than 150 destinations in Asia Pacific, Europe, the Americas, Middle East, Africa and Australasia. Passengers can enjoy seamless connectivity with three flights a day between Kuala Lumpur and Qatar Airways' state-of-the-art home and hub, Hamad International Airport in Doha. From there, passengers can enjoy a world-class transit experience before their connecting flight.

For more information, visit www.gatarairways. com or call **03-2118 6100**.


#### **AVIATION NEWS**

#### **AiR**LINK

#### **UZBEKISTAN AIRWAYS** Dreamliner arrives at KLIA









There was a special welcome-ceremony at KLIA to welcome the inaugural flight of Uzbekistan Airway's Boeing 787-8 Dreamliner which will service the Tashkent - Kuala Lumpur route twice a week. As the aircraft approached the Satellite Building, the traditional water-turret salute by Malaysia Airports' Airport Fire and Rescue Services (AFRS) launched the celebration.

The event was attended by the Trade Consular of the Embassy of Uzbekistan to Malaysia Ulugbek Yunusov, and Uzbekistan Airlines' Deputy Commercial Director Davronbek Niyazov, the airline's Head of



FLYKLIA

Tourism Division Azizkhon Mukhamedjanov, Head of the airline's Representative Office in Malaysia (Kuala Lumpur) Sherzod Akmalov, and other dignitaries.

Davronbek Niyazov mentioned that it was a special occasion for him and everybody in Uzbekistan Airways since they were celebrating two significant occasions in KLIA; the 25th anniversary of the airline's operations connecting the two great countries Uzbekistan and Malaysia, and also the introduction of the new Boeing-787 Dreamliner for its TAS-KUL route.

"25 years ago, Uzbekistan Airways launched its very first international routes; but today we are represented in 25 countries, connecting more than 45 cities around the world. We now have a modern fleet of Boeing and Airbus aircraft with an average age of just nine years. We received two brandnew Boeing-787 Dreamliners in August and November 2016 and another four Dreamliners will be delivered in 2019," he added. New Drealiner Boeing 787-8 with C24/Y222 seats will operate twice a week (Wednesday and Friday) between Tashkent and Kuala Lumpur with connections to CIS and Europe countries.

The large Malaysian delegation present to welcome the aircraft was led by Malaysia Airports Senior General Manager Zainol Mohd Isa and Tourism Malaysia Senior Director International Promotion Division (Americas/Europe/Oceania) Wan Zawawi Mohammed. Sharing his delight on the inaugural flight, Zainol Mohd Isa said "This year marks a special milestone for both our organisations. While Malaysia Airports is celebrating our silver jubilee, Uzbekistan Airways has also reached its 25th year in connecting Malaysia and Uzbekistan. I am confident that Uzbekistan's flag-carrier will grow even further thus benefiting our two countries in terms of mutual economic cooperation, as well as expanding cultural and humanitarian ties."

For more information and ticket-reservations, please call **03-2166 3439**.



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#### AIRLINK —

#### MALINDO AIR Goes to Brisbane

Malindo Air CEO Chandran Rama Muthy says that the recently-launched daily flights to Brisbane are doing well. "We are greatly encouraged by the response to this route, our second destination into Australia after Perth", he said. "We are delighted to launch the only service between Kuala Lumpur and Brisbane with a stop at the famous island of Bali."

"There are immense opportunities for growth associated with this new connectivity as Brisbane is a significant commercial business hub and tourism gateway to one of Australia's UNESCO World Heritage Sites, the Great Barrier Reef, and the beautiful Gold Coast. We will certainly work on building beneficial relationships with Malaysian and Australian tourism-players and Brisbane Airport authorities, to ensure the continued success of this new route." Tourism and Events Queensland International Director (South and South-East Asia) Lim Mui Khim welcomed the new flight-connection. "Queensland is an amazing tourism destination that has been described as 'the best address on earth'. Made up of numerous captivating destinations, Queensland is like no other destination. From our endless coastlines, great shopping and fresh produce to the great outback expanses, the worldfamous Great Barrier Reef and world-heritage listed Fraser Island as well as lush rainforests, our home state is a giant living and breathing postcard waiting to be explored!"

malindo

Malindo Air, CAPA 2016 Asia Pacific Regional Airline of the Year, launched its daily flight from Kuala Lumpur International Airport (KLIA) to Brisbane International Airport using state-of-the-art Boeing 737 Next-Generation aircraft, which have 12 Business Class and 168 Economy Class seats.









For bookings and enquiries, call **603-7841 5388** from 8am to 10pm daily, visit www. malindoair.com, or write in to Customer Care at customer\_care@malindoair.com. For purchases through mobile phones, use mobile.malindoair.com or download the Malindo Air App on Google Play and App Store.



**AIRLINK** 

#### **ERAMAN** launches EXpress





Malaysia Airports (Niaga) Sdn Bhd, also known as Eraman Malaysia, recently opened its newly-renovated and re-branded store in KLIA; called EXpress. Located at Level 3 at the Domestic Arrival area of the Main Terminal Building, the store has a modern concept of a convenience-store designed to meet the varied needs of diverse customers from the airport community, airlines passengers, and other airport-users.

"Changes in modern lifestyle and shopping patterns have influenced customer's purchases and shopping preferences. In our business environment and with the current economic situation, it is increasingly difficult to ensure business viability. One has to be very

innovative to survive and stay ahead of competition. So for us at Eraman, the direction is to capitalize on our own strengths and core capabilities in order to succeed and remain relevant" said Eraman General Manager Zulhikam Ahmad.

"We took a step to develop a new and modern convenience-store with an inviting and friendly atmosphere that welcomes the customers to explore and enjoy a broad range of products. The store provides airport-users with excellent options and convenience. Since there is demand at the airport for daily essentials, we ensure that the store is stocked with the daily necessities from beverages, confectioneries, toiletries, frozen items,





travelling kits, as well as travel essentials" added Zulhikam at the launch of EXpress. "We have also introduced a new section, the food and beverage or deli section; to further enhance the total airport shopping experience."

"Our set meals at the deli's corner area are very affordable and provide value for money. Customers can purchase a breakfast setmeal comprising of a choice of nasi lemak, fried meehoon or fried mee combined with Americano coffee at only RM4.00. This setmeal is available from 4am to 11am daily. In addition to this, we also offer an all-day combo meal where customers can choose to buy hot coffee with a Pau or assorted puff at RM4.00", explains Zulhikam. "At EXpress, our mantra is to ensure that our product-offerings meet our customer's preferences and include value-packs and special convenience exclusives which are useful and competitively-priced in a completely refurbished store."







#### Healthy Convenience at FLIGHT CLUB GRAB N' GO

Located at KLIA Main's Satellite Building, Flight Club Grab n' Go is an exciting new dining concept unique to the airport environment. An extension of the unique Flight Club concept of a 'herbs and seeds inspired' menu, this trendy outlet offers a sumptuous variety of quick and healthy food plus a selection of cold-pressed juices and piping-hot drinks to help travellers to keep fresh and alert while travelling.

Flight Club Grab n' Go features quick-bite healthy dining for busy airport-users and airtravellers who are always in a rush. Located on the Mezzanine Floor of the Centre Hub, it provides quality food with the freshest local ingredients, served in handy take-away packaging for convenience. Now, you have the options of eating-in, taking away, or enjoying your healthy bites up in the air while you fly!

From healthy Tortilla Wraps, Ciabatta Sandwiches, Panini, Gnocchi, Pasta Spirals in Minced Chicken with Tomato and Thyme, and Penne with Ratatouille Sauce to tasty quick snacks like Spring Rolls, Samosas, Chicken Popcorn, Potato Wedges and Cheesy Fries, or a delicious variety of rice-based dishes; there's something for everyone – all carefully prepared by chefs trained in healthy cuisine. The next time you are at KLIA, stop over at Flight Club Grab n' Go - and grab some healthy convenient food before you go!

















#### **AiRLINK**

**AIRLINK** 

#### Happy Happenings with **HERSHEY's**







The new Hershey's Promotion is currently generating happiness at Choc Stop International's award-winning chocolate-shop at the Satellite Building, KLIA.

The dynamic promotion offers generous sampling of America's No. 1 chocolate -Hershey's. There are many attractive offers coupled with a range of useful and attractive bags ranging from Hershey Kisses Tote Bags to Hershey Backpacks. Airport-users simply cannot resist such incredible offers!

Hershey's wide varieties of chocolate innovations ranging from Kisses, Nuggets, Miniatures, Special Dark Sugar-Free, and Symphony to the all-time favourite Reese's, have made the brand one of the best-selling chocolate names in duty-free Malaysia. The



strong Hershey brand was introduced to the world in 1894 and today it is one of Choc Stop International's top chocolate brands. Hershey's is currently making people happy in 90 countries around the world.

The Hershey's promotional happenings at the Satellite Building are pleasing hordes of happy customers who find the inviting Hershey Kisses and Nuggets really irresistible. You just have to buy 3 packs of Hershey Family Bags and you will get 1 absolutely free! The lovely Hershey's Hostess and multi-lingual promoters will help you make the right choice in chocolate, as Hershey's spreads happiness at KLIA!

Airport-users are winners at Choc Stop International because America's No. 1 Chocolate, Hershey, is making travellers very happy with their generous offers! Just buy 3 packs of Brookside Dark Chocolate 5oz or 7oz and get1 absolutely free! If you buy any 3 of Hershey's Family or Classic Pouches, you get another one for FREE, too! Hershey has a wide variety of quality Chocolates - Kisses, Nuggets, Miniatures, Bars Symphony and Reeses with popular flavours such as "Extra Creamy Almond"

Don't miss the happy happenings with Hershey's at Choc Stop International!



#### "A JOB I WAS MEANT TO DO, AND THE PLACE WHERE I BELONG!"

A globe-trotting airline manager returns to his roots.



Saudi Arabian Äirlines "Aminuddin was precise in his expectations, had a good knowledge of the local aviation market and excelled in marketing skills", states an Airline General Sales Agent in Jakarta. "He was respected in the Indonesian travel-industry." An Australian Travel Agent has a different perspective. "Gregarious, amiable, out-going!

You could have mistaken him for a true-blue

chaps down here. A real fun guy!"

Aussie salesman - he got on very well with the

The opposite view comes from Malaysian Tour-Operators. "Aminuddin Ab Hamid? He is a sincere professional whom we trust with our pilgrimage packages. He is a good family man with a great respect for the Arab Islamic culture", says a Bumiputra manager. A female industry-colleague in another company agrees. "That man is very loyal to Saudia airline and his airline boss; he is also very enthusiastic about Saudi Arabia as a destination - not just for religious pilgrimage, but also for business and leisure.

When met in person, Aminuddin Ab Hamid seems to embody all these different and seemingly contradictory characteristics in one effusive bundle of energy. He does come across as a strongly sociable and genial character, intense and vivacious. His professional resume' is certainly impressive. With stints in international airlines, a tourism board, an airline GSA and an advertising agency, he holds certificates in aviation from courses he has attended in places as diverse

as London, Miami, Rome, Cairo, Singapore, Jakarta and Kuala Lumpur.

He is most enthusiastic, however, when talking about his current employer, Saudi Arabian Airlines, where he has worked for nearly eight years. Also known as Saudia, the national flag-carrier of the Kingdom of Saudi Arabia is based in Jeddah, with secondary hubs in Riyadh and Dammam. The airline is the thirdlargest in the Middle East in terms of revenue, and operates domestic and international scheduled flights to over 120 destinations in the Middle East, Africa, Asia, Europe and North America.

Saudia is a member of the Arab Air Carriers Oragnization. It joined the globally-renown SkyTeam airline-alliance in 2012. Saudia is one of the world's leading Sharia-compliant carriers, with no alcohol or non-halal items served and all crew dressed in stylish uniforms in accordance with Islamic standards. It has a modern fleet of 129 aircraft, including some of the most advanced wide-bodied Boeing and Airbus jets available.

An intriguing facet of this award-winning airline is that, among the glittering phalanx of awards and accolades it has garnered over the years, are awards given in recognition of its compassionate and caring efforts towards its passengers with Special Needs. In keeping with the gentle side of its religious identity, Saudia has won awards for its special amenities for autistic, deaf, and visuallyimpaired passengers, as well as those with specific dietary requirements due to medical conditions.

"See? That's the beauty of this airline and this country! exclaims Aminuddin. "There is so much more than meets the eye. Saudi Arabia is globallyfamous as a pilgrimage destination, but most folk aren't aware that it is also a very attractive commercial nation abounding with business opportunities, and a gorgeous tourism destination with centuries of rich culture, and amazing places of stunning natural beauty. You have to see it to believe it!"

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He gets even more animated as the conversation reverts back to the airline he works for. "Many people don't realise that Saudia is an excellent choice for world-class travel to destinations across the Middle East as well as to Europe. Connectivity is excellent and transit times are convenient. I believe it is high time for Malaysian business leaders and leisure-travellers to take a fresh look at this airline!"

He continues his enthusiastic spiel, his tone softening with respect when he mentions his current County Manager. "You know, my boss is one of those wonderful Saudis with a rich spiritual and cultural ancestry. It reflects in the way he does business and conducts himself. The people are another reason why I really enjoy working with this airline. Of course, I have always loved the aviation industry; it matches my personality and skills-set so ideally, it almost seems this is a job I was meant to do."

"I am especially grateful to Saudia for posting me back to Malaysia. I have been globetrotting for much of my professional life, and it is so good to be back in my homeland. Working in various parts of Australasia and the Middle East has been excellent, but there is really no place like home. It is wonderful to meet old friends again, and to have my family with me. I guess I am truly blessed. I work for an airline I really love, I am in a job I was meant to do, and I am in the place where I belong!"



ZEMALAYSIA 77

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## A TASTE OF NATURE

### IN YOUR CITY





## DAVID BROMLEY

#### "Paint was my saviour." - David Bromley

BY CHEE SUE ANNE

#### BACKGROUND

Born in 1960, in Sheffield, England, to a Dutch mother and an English father, Bromley went to Australia in 1964, a Dutch English boy in a new frontier.

"I was always an outsider, yet I loved it and still do. It was the sun, the surf, and my rough and tumble crew of mates that built the rebel in me," Bromley stated.

After many years in the twilight zone – out of work and out of reality – David, in his mid-twenties found art through clay, and then through paint.

"Paint was my saviour and art is (apart from love of my family) my passion," he said.

And his fervour has garnered him profound success, from granting him the opportunity to re-imagine and recreate key works of the venerable master artist, Charles Blackman, one of Bromley's childhood heroes, to being one of Australia's most eminent and commercially popular artists. His artworks are among the most saleable in the country, a notable accomplishment by this prolific artist.

For Bromley, it has always been ART, LOVE, family, and work, work, work.

"At 56, I am young and have a determination to grow, to seek, to challenge," he added.





David Bromley's portrait KL LIFESTYLE | 81

#### ARTWORK

Over the past 20 years, Bromley's artworks have garnered widespread acclaim and notoriety in Australia and internationally. He has exhibited on nearly every continent including Asia, Europe, Africa and America.

Bromley's artworks revolve around three distinct themes: the first, being nude female portraits, the second, his children series, and third, his exploration of the world as we know it. His artworks portray his unique style of painting where he explores various mediums that result in whimsical fruition. Bromley's work is enduringly figurative, daringly coloured and executed with a graphic intention that is both striking and memorable.

Images of childhood thrive in Bromley's collection, carrying us back to the land of lost content, to a world of action, dreams, of energy and reverie, of present pains and future hopes. They are direct and immediate in their appeal – like children. They are mysterious and allusive and indirect – like children.

Bromley's routine has extended to significant work in sculpture, creating in both bronze and resin to bring to life the characters imbued within his paintings. Through most of his sculptures, Bromley captures the playful and carefree essence of being children and their spirited shenanigans.







#### **KLAS ART AUCTION** MALAYSIAN MODERN & CONTEMPORARY ART



#### **EDITION XXVII** AUCTION DAY : SUNDAY, 14 MAY 2017 . 1 PM . KLAS @ JALAN UTARA



ISMAIL ABDUL LATIFF Mystery Tour... Into the Wild Night, 2014 Acrylic on canvas 90 x 71 cm RM 9,000 - RM 16,000



SYED AHMAD JAMAL, DATUK Study for Public Sculpture, 1999 Ink and colour on paper 28 x 40 cm RM 8,000 - RM 16,000



KHALIL IBRAHIM Pantai Irama, 1970 Acrylic on canvas 92 x 120 cm RM 30,000 - RM 50,000



NORMA ABBAS, PUAN SRI Untitled, 1991 Mixed media collage on paper 102 x 76 cm RM 15,000 - RM 35,000



NIZAR KAMAL ARIFFIN Siri Pohon Beringin - Daerah #10, 2012 Acrylic on canvas 167 x 137 cm RM 5,000 - RM 12,000



RAFIEE GHANI Water Below, 1998 Mixed media on canvas 71 x 100 cm RM 9,000 - RM 14,000

SEAH KIM JOO

Batik 60 x 47 cm

RM 5,000 - RM 12,000

Two Women with Dove, 1970s



ABDUL MULTHALIB MUSA Maquette for FOCI, 2013 Stainless steel 30 cm (Height) RM 3,800 - RM 7,000



DAVID BROMLEY I Think Butterflies Are Beautiful I, 2015 Mixed media and gold leaf on canvas 55 x 82 cm RM 5,500 - RM 7,000





### AUCTION DAY : SUNDAY, 14 MAY 2017 . 1 PM . KLAS @ JALAN UTARA



ENG TAY Companions, 2007 Oil on canvas 132 x 177 cm RM 90,000 - RM 200,000

SAMSUDIN WAHAB Goddess of Justice, 2008 RM 14,000 - RM 26,000



FADILAH KARIM Mysterious Faces, 2013 Oil on canvas 152 x 183 cm RM 10,000 - RM 24,000

AFFANDI



Oil and acrylic on canvas 91 x 91 cm RM 18,000 - RM 36,000

KHALIL IBRAHIM Cucu Kesayangan (Dearest Grandchild), 1977 Two Figures, 1986 Ink on paper 37 x 39 cm RM 24,000 - RM 50,000 Batik with newsprint 90 x 60 cm RM 35,000 - RM 75,000



MOHD ZAIN IDRIS Tebing Sungai, 1960s Oil on canvas 38 x 58 cm RM 2,500 - RM 5,000

**KLAS** ART AUCTION

#### **EDITION XXVII**



Mixed media on canvas 152 x 183 cm



LYE YAU FATT Chattering, 1983 Mixed media on canvas 81 x 63.5 cm RM 12,000 - RM 20,000





ARIE SMIT Red Sunset Temple, Bali, 2001 Acrylic on canvas 45 x 55 cm RM 8,000 - RM 14,000



ISMAIL MAT HUSSIN Trishaw, 1974 Batik 57 x 50 cm RM 3,500 - RM 8,000



YUSOF GHANI Siri Tari 1989, 1989 Mixed media on canvas 122 x 122 cm RM 45,000 - RM 90,000

Celebrating 19 Years Of F1 in Mala Azman Yahya - SIC Chairman, Y.B Datuk Seri Johari Bin Abdul an Zahariah Abd Rahman - Senior General Manager - Group Strategic Comm Izlan Ahmad Razali - SIC CEO at the official Launch of F1NALE at KLCC.

2017 FORMULA 1 PETRONAS MALAYSIA

## F1'S FINAL LAP

#### Malaysia's F1 grand F1NALE. Be a part of race history.

his is it, all you F1 and motorsports fans! Don't miss your date with history! In this final year of the Formula 1 PETRONAS Malaysia Grand Prix, Sepang International Circuit (SIC) is launching its latest campaign for the race in Malaysia - themed 'F1NALE'.

The Malaysia Grand Prix, first held in 1999, was the birth point of SIC's history as the now worldwide famous Sepang circuit was initially and specifically built to enable Malaysia to host the world's premier four-wheel championship. From that point on, there has always been on-track action that kept racing fans coming back for more

Chairman of SIC, Tan Sri Azman Yahya, said at the official F1NALE launch at

KLCC, "Make no mistake – the F1 event has been a success. F1 has been instrumental in the development not just of Sepang Circuit, but also the Malaysian motorsports industry and the sports tourism sector. The impact of the races has been felt and will continue to be felt in the years to come as it has placed Malaysia prominently on the global map.'

Along with title sponsor PETRONAS, SIC has also gone above and beyond just hosting races at a circuit. It has helped nurture young local talents as can be seen with the introduction of Jazeman Jaafar in GT racing and Nabil Jeffri in the GP2 Series.

"PETRONAS is honoured to have the opportunity to host the PETRONAS



Celebrating 19 Years Of FX





Malaysia Grand Prix and a rewarding partnership with SIC. On behalf of PETRONAS, I wish SIC the best in chartering your next move and in ushering new milestones for our beloved country, Malaysia," said Zahariah (Liza) Abdul Rahman, Senior General Manager, Group Strategic Communications PETRONAS.

For this finale, Malaysia will be hosting the 15th leg of the F1 races this year - a breakaway that started last year from its customary second race in the calendar. There is a packed schedule of activities to pay homage to Formula 1 in Malaysia and prep the public for exciting times beyond the race.

To celebrate the F1NALE, fans will have one last opportunity to meet their favourite F1 drivers! This includes a special fan forum in the city before the race weekend. Eighteen lucky mini fans, -kidswill have the chance to interview the F1 drivers. There will also be an F1 School Invasion organised in collaboration with iM4U, where the F1 experience is brought to schools in a bid to educate and give them the opportunity to be up close and personal with the F1 car, for one last time.

Three exciting roadshows were drawn up to whet the appetites of F1 fans before

LIFE &

the race. The first being at KLCC from April 12 to 16, and the other two in Penang and Johor Bahru in August and September respectively. The attractions will include PETRONAS F1 cars from over the years and a memory lane exhibition for visitors to stroll through for a nostalgic recap of the Formula One races since 1999

On-track, SIC is collaborating with the Royal Malaysian Air Force for a special tribute to the Malaysia Grand Prix FINALE, an air-show not to be missed. Also, fans will be given a behind-thescenes treat with the pit lane walk and to get up close and personal with the drivers through the drivers' introduction parade, fan forum and autograph sessions.

The campaign for the race, taking place from this September 29 to October 1 will feature exciting activities and products to celebrate the 19 Years of F1 in Malaysia. And with the all-time low ticket prices starting at RM58.68 (Hillstand K2) and RM613.68 (Main Grandstand) for those three days, now everyone can experience the F1!

In short, the time has never been better than this year to witness the hottest race on earth. A long-standing monumental impact on racing history here, reaching its grand finale. You'll want to be there.



#### CHEE SUE ANNE SPEAKS TO

## **KEVIN VAN DE VEN**

From Windmills and Tulips to Palm Trees and Hor Fun

#### Tell us about your home country and what do vou miss about it.

I was born and raised in the Netherlands, a country of 17 million people and famous for its windmills and tulips. It is a very liberal and tolerant country, perhaps a bit too openminded at times. What I miss are the dairy products such as yoghurt and cheese, and the bread which are so cheap and fresh compared to that in Malaysia. Whenever I go back for my holiday, I'll enjoy these as much as I can.

#### What made you decide to start your life in Malaysia?

My decision to move here was to venture out to Malaysia while starting up a family as I am married to a Malaysian. i have always wanted to live somewhere abroad and thus, marrying an Asian has given me this chance.



#### What was your first impression about this country? Did you experience any culture shock?

My first impression here was as a tourist, where I enjoyed visiting many places of interest all over Malaysia and experiencing the culture as an observer. But when reality kicked in that I would actually be making this my new home and becoming part of this environment, there was a culture shock as I had to let go of some of the habits and practices I had from living in Europe and adopt new behavioural practices here. Of course there was the heat to get used to and the spicy food! Luckily I had great support from my wife, who helped me adjust to the many practices and habits that the Malaysian Chinese culture has.

#### What was your transition like? Did you face any major difficulties?

There was a language barrier when I first came here, as not everyone in my direct environment spoke English very well and I could not understand any of the local languages. For example, simply communicating with my mother-in-law about household chores was a struggle. Over time, I picked up some Mandarin and a few words of Malay, which made it easier to start a simple conversation.

#### What is it you love about what you do for a livina?

I am a consumer insights consultant. What I like about the company I work for is the flexibility and the informal culture we

have. People are respected for what they achieve and not for where they are from. There is the great opportunity to work from home or other locations and we have regular company activities outside work as well, which create a pleasant working environment.

#### Tell us about your family.

My wife and I have been blessed with two wonderful children, one girl and one boy, both in primary school now. Children grow up so fast, so as a parent you really have to treasure every small step in the process and make sure to be around for the important moments.

We try to make at least one trip to the Netherlands each year to visit my parents and siblings and spend some time with them. We then also visit my grandmother, aged 88, who makes the best apple pie in the world.

#### What is your typical weekend like in Malavsia?

Weekends are usually reserved for family, friends and church activities. On Saturdays our children have their sports activities and we spend time with friends or family members. Sundays start off at church and then playing badminton in the afternoons. We love Malaysia's favourite sparetime activities as well, such as (window) shopping in one of the many malls and dining with friends and family. There are always new eateries to explore.

#### What would be your favourite Malaysian food?

My favourite Malaysian food are two home-cooked dishes. My mother-in-law makes fantastic Red Wine Chicken, which is noodles with chicken cooked in her home, using rice wine, and it's a traditional Hock Chew dish. My wife cooks the best Ipoh Hor Fun, one of my all-time favourite street food.

#### Have you had funny or interesting experiences while in Malaysia?

One of the interesting experiences so far has been visiting a community of the Batek people, the Orang Asli at Taman Negara. Although they have taken on some aspects of a more modern lifestyle, such as that many of them wear jeans and T-shirts, they still largely hunt and gather their own food in the forest using blowpipes and bow and arrow. It is fascinating to see how they live, although tourism has affected their culture.

#### What are your favourite holiday destinations around Malaysia?

We love to visit Pulau Pangkor Laut, which has a fantastic resort. The villas are comfortable, food is good, service is personalised and every visit is just pure relaxation. To us, it is the best location to fully unwind from daily life. Penang is also one of my favourite destinations for its many famous local delicacies.

#### What would your advice be for those making a decision to venture into something or somewhere completely new?

My advice would be to first analyse what you aim to achieve and then aet informed. There are many useful resources available online nowadays. Surround yourself with people who you can rely on for their support and honest advice.

#### What is your favourite quote in life?

My favourite quote is one from the Bible:

"If God is for us, who can be against us?" – Romans 8:31

It explains that as long as we realise God is omnipresent, all-knowing and almighty and nothing can match His grace, love and glory, we have nothing or nobody to fear in this world.



## **PULLMAN PUTRAJAYA LAKESIDE**

Relieve stress with a lakeside resort stay

BY CHEE SUE ANNE

So much more than just a room and board, Pullman Putrajaya Lakeside creates the perfect weekend getaway for the busy metropolitan.

This resort-like hotel is enormous! An abundance of space and verdure, this mesmerising place exudes a formal yet relaxing vibe. Offering a tranquil and serene ambience, with first-class customer service, it scores high on our charts for top hotels around KL.

#### INDULGE IN PULLMAN'S OPULENT AND CULTURALLY INSPIRED ROOMS

One of Pullman Putrajaya Lakeside's unique features is its incorporation of cultural elements into its architectural designs, giving this majestic hotel a lot more character. There are four wings within its premises, each uniquely designed, complete with its own open-air courtyard.

We begin with the Lotus wing, a delicate Chinese-inspired block with an oriental touch. Each room is designed like an apartment, having its own king-size bed, kitchen and spacious sitting room. Some rooms come with a Jacuzzi, so be sure to enquire upon booking.



Then there is the Indian-inspired Jasmine wing, donning the iconic dome design. Intricate patterns adorn the four walls of the room, giving it a very cultural tone. If you choose to stay in one of the Jasmine rooms, you'll be pleased to know that it comes with its own bathtub.

The Rafflesia wing was our absolute favourite. This Borneo-inspired block boasts an abundance of wooden structures and traditional tribal markings throughout the wing. So if you prefer open space, fresh air and lots of greenery, ask for a Rafflesia room, because your door will open up directly into the gorgeous courtyard outside. Rooms here have ample space with their own kitchen, bathtub and sitting room, along with a balcony overlooking Putrajaya Lake. An absolute haven for those who've been cramped up in the city for far too long.

#### SPOIL YOURSELF WITH EXQUISITE FOOD PREPARED BY PULLMAN'S 5-STAR CHEFS

The chefs at B's do not disappoint. You'll be tempted to sit here for hours just savouring their food. Presenting an extensive menu for their international buffet, prized at RM138, some of the dinner highlights are the Prawns with Ginger and Chinese Herbal Soup, Indian Lamb Curry, Malay Asam Pedas Fish Curry and the Western Baked Pumpkin. But truly, the highlight of the ensemble is the dessert bar, complete with selections of Italian gelato and an ABC station. Here is where the talented Chef Zam showcases his chocolate tempering skills. Some of his creations like the Chocolate Cheese Cake and Chocolate Hazelnut Cheese Cake will blow your mind. Fantastically rich, the different flavours blend harmoniously together, creating mouthwatering masterpieces of absolute perfection.

What's more, B's has outdoor seating overlooking the lake, the perfect spot for a hot cup of tea during those cold early mornings.

In the evenings, grab a cold glass of beer at Shimmer Bar, and lie back on the comfy chairs facing the infinity pool to enjoy that gorgeous view of Putrajaya Lake. For those with Platinum card membership, one of your many benefits include a daily invitation for evening cocktails and tapas from 6pm to 8pm. These delicious bite-sized treats will whet your appetite for the scrumptious dinner ahead.

#### FEATURES

#### LET PULLMAN'S MAGICAL RAMADHAN NIGHTS PUT A SPELL ON YOU

Ramadhan is coming! And you all know what that means: buka puasa buffets galore! And Pullman has just the thing that will hit that spot. Perfect for that special dinner with friends and family, explore food from all over the world at the beautiful Pullman Putrajaya Lakeside during its Magical Ramadhan Nights from May 27 to June 24 at RM169 per person (RM100 per child). A feast for all your senses, this extravagant buffet offers over 300 dishes.

A massive selection for you to explore, the seven stations of glorious food are guaranteed to leave you satisfied and stuffed. Some favourites to look forward to are the fresh seafood, the all-you-can-eat durian station, Turkish ice cream along with a whole symphony of delectable desserts, non-stop live performances and exciting entertainment for the kids! Grab a seat around the open courtyards of Pullman with the majestic Clock Tower in full view, pile your plates up with the exquisite cuisine and enjoy your dinner amidst the green and grandeur of Pullman Putrajaya Lakeside.

## SUNWAY PYRAMID HOTEL

#### I could easily escape to a hotel for a weekend and do absolutely nothing - David Boreanaz (actor, movie producer and director)

Persiaran Lagoon, Bandar Sunway, 47500 Petaling Jaya, Selangor Tel: +60 3-7492 8000

BY HIRANMAYII AWLII MOHANAN





ne Sunway Pyramid Hotel (formerly known as Sunway Pyramid Hotel East) is back and better than ever. It recently underwent a long overdue renovation exercise to offer patrons a breath of fresh air and for them to create new memories.

When we asked the Group Director of Brand Marketing and Communications, Farizal B. Jaafar to describe Sunway Pyramid Hotel in one word, he answered, convenience. He explained that guests may not see the need to leave Sunway

City because it has everything that tourists as well as locals look for, under one big umbrella. Sunway Pyramid Hotel is conveniently tucked between Sunway Resort Hotel and Spa and Sunway Clio Hotel, forming a triad of Sunway's leading hotels.

#### ACCOMODATION

Post-renovation, the rooms emanate grandeur amid simplicity. The management of this establishment took into account that the majority of their patrons travel with families and sometimes extended families and voilà, The Family

Suite. This suite comprises 3 beds - one king and two queen beds plus two bathrooms, perfect for a Full House-like family. This way, family members can spend precious time with each other, without being confined by connecting rooms.

Sunway Pyramid Hotel presently offers four room variants for clients to choose from, the Deluxe room, Deluxe Park View Room, Deluxe Executive Room and Family Suite. This hotel will soon offer the Family room which is scheduled to open its doors in May.

Breaking from the yardstick of cool tones in hotels, the interior of the rooms at Sunway Pyramid Hotel portrays bold, vibrant colours of red and orange on its carpet and walls, complemented by hues of grey for a dash of warmth and comfort. The fearless look is varnished by enhanced in-room facilities and technology upgrades for a convenient and fuss-free stay. Above all, our stay in Sunway Pyramid Hotel was a haven from our hectic cosmopolitan lives.

We will let you in on a secret; the perks of staying at Sunway Pyramid Hotel is that it shares facilities such as the swimming pool and gym with Sunway Resort Hotel and Spa. To paint you a picture, patrons pay for a 4.5-star hotel and enjoy the facilities of a 5-star hotel. Need we say more?

#### DINING

Look no further for a dining experience that will knock your palate off. Strategically nestled between Sunway Pyramid mall and Sunway Resort Hotel and Spa, your eyes will sparkle with excitement from the extensive food and

beverage outlets that besiege you. The diverse food and beverage outlets offer guests an array of local and international favourites. At Sunway Pyramid Hotel, Taste Enclave, located at the lobby level of the hotel, offers an exciting culinary landscape of 11 specially-selected eateries and three mini restaurants. The myriad of offerings is pledged to keep you satiated throughout your stay.

Throughout our stay, The Resort Café, situated comfortably under the Sunway Resort Hotel and Spa's roof became our favourite culinary destination in the Sunway City township. It is an all-day dining restaurant under the wings of esteemed Chef Parthiban, that presents a wide range of a la carte specialities, chefs' signatures and buffet spreads of flavourful Malaysian, Asian and regional favourites. The international selection includes Middle Eastern and Western dishes. We took a special liking towards the Middle Eastern cuisine from Chef Ala'a Ali's culinary skills. Subsequently, to end the day on a sweet note, we walked over to The Lobby Lounge for a selection of libations, snacks and light entertainment; a splendid way to end a night, in our opinion.



#### **FEATURES**

#### MANDARA SPA

Transcend into a world of ultimate relaxation at the Mandara Spa. It offers a sundry of treatments, including Mandara aromatherapy massages, wraps, facials, scrubs and baths using the purest and highest-quality essential oils and ingredients, topped off with leading skincare technologies from Elemis spa therapies. Go ahead and take your pick on the treatments that would suit your mood. Let's be honest, only a fool won't appreciate a day at the spa. Take the opportunity to pamper yourself and alleviate the stress and all the negativity that surrounds you with a day at this established spa. Relaxing is an ordinary word to describe how we felt at the Mandara Spa. Their impeccable service was a tranquillising experience that left us rejuvenated and as light as a feather.

To experience an all-inclusive convenience at Sunway Pyramid Hotel, book direct and save at www. sunwayhotels.com. The hotel has a special WOW! rates starting from RM338++ per room per night. Offer is valid for stays until 28 June 2017.





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#### **RETAIL THERAPY**





#### the Curve

Mutiara Damansara, PJ Tel: 03-7710 6868 Situated in PJ's golden triangle, this open-air mall boasts 700,000 sq ft of space spreading over 3 floors and accommodating 270 specialty shops. It is connected to Ikea, Ikano Power Centre and Tesco. • 10am-10pm daily.

#### **Bangsar Village**

Jalan Ara, Bangsar • 🗯 Bangsar Tel · 03-2282 1808 Located in happening Banasar, this neighbourhood mall is vastly popular due to its individual specialist shops offering fashion wear, toys, jewellery, hardware, beauty salons and F&B. Anchor tenants include The Village Grocer. The newer and bigger Bangsar Village II that's connected to this mall offers more local and international brands.

#### Alamanda Putrajaya

Jalan Alamanda, Precinct 1, Putrajaya Tel: 03-8888 8882 Accessibility: ERL Putrajaya & Nadi Putra (bus service) Located at the heart of Putrajaya, Álamanda offers a new resort-style shopping to suit the needs of all - with Parkson & Carrefour as anchor tenants, FOS, Somerset Bay, MPH and Toycity tagged with ARL Bowl.

#### CapSquare

Jalan Munshi Abdullah • 🕫 M Tuanku 👮 Dang Wangi Tel: 03-26912036 Strategically located in the heart of KL's midtown area. CapSauare is an eclectic mix of signature offices. Manhattaninspired residences, a shopping centre and a vibrant 300-metre retail boulevard It also houses intimate eateries, chill-out spots and a TGV cinema. • D6

#### Bata

 Sunway Pyramid 
 LG14 Subang Parade • One Utama PHS 2 • KLCC • Mid Valley Megamall • Alamanda Putrajaya • Pavilion KL • Jusco Bukit Tinggi

#### fahrenheit88

179, Jalan Bukit Bintang 🛚 🖥 B Bintang Tel: 03-2148 5488 A hot spot for Fashion, Food, Gadgets and Entertainment with 200 retails stores over 7 levels of shopping space. Shop at South East Asia's largest Uniqlo store, the latest Shoes, Bags, Accessories on First Floor, or buy aifts and souvenirs, Discover new concept cafes and restaurant or

entertain at CEO Karaoke Box and Club

Vellin. • 10am-10pm daily

#### 1 Utama

1 Lebuh Bandar Utama, Bandar Utama, P.I Tel: 03-7710 8118 A new generation shopping centre which satisfies all shopping needs under one roof. The old wing has Jusco as the main anchor tenant while the new extension houses many designer brands and has U Parkson, MPH & Jusco asanchor tenants • 10am - 10pm daily.

#### Berjaya Times Square

Tel: 03-2143 2386 1 Jalan Imbi • 🕫 Imbi The biggest in Southeast Asia, this mall which measures 7.5 million sq ft, is an integrated shopping-cum-entertainment centre with a hotel, the region's biggest indoor theme park and bowling centre. • 10am - 10pm daily. • F8

**KLIA Shopping** KL International Airport, Sepang 🖾 KLIA Ekspres-KLIA Tel: 03-8777 8888 One of airports with value-for-money shopping, it offers an excellent selection of goods like souvenirs, tobacco, liquors, perfume, chocolates and designer brands.

#### **Publika Shopping Gallery**

Tel: 03-62079426 No 1, Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur Tel · 03-621107877 www.publika.com.mv www.facebook.com/ publikashoppinggallery

#### Suria KLCC

Petronas Twin Towers • 🗯 KLCC Tel: 03-2382 2828 Located at the base of the Petronas Twin Towers, Suria KLCC is the premier shopping centre in KL. It offers unique shopping, dining & entertainment experience. It houses exclusive designer brands and provides an abundant choices of goods and services for everyone. • 10am - 10pm daily. • D8

#### **Sunway Pyramid**

Bandar Sunway Tel : 03-74943100 Impressive gight sphinx statue greets you at the entrance of this Egyptian-themed shopping centre situated next to Sunway Hotel and the Sunway Lagoon theme park,. The mall has a variety of shops and restaurants, an indoor ice-skating rink and a cineplex. • 10am-10pm daily.

#### Pavilion KL

168, Jalan Bukit Bintang 🔹 🖶 B Bintana Tel: 03-2118 8833 The shopping centre blends the best of the international retail world with 450 stores – ranging from fashion to home deco and leisure to culinary delights - over its 7 levels and 6 themed precincts. 20% of its tenants represent debut brands in Malaysia. Anchor departmental stores are Parkson Pavilion and Tangs. • 10am to 10pm

#### Bangsar Shopping Centre Jalan Maarof, Bangsar Tel: 03-2094 7700

Located in the affluent Bangsar suburb, this mall buzzes with a trendy crowd and houses an array of individual specialist shops for every need. Jasons Food Hall is a favourite with shoppers, as it offers an extensive range of fresh and international food brands. 10am - 10pm daily.

#### Maju Junction Mall

1001 Jalan Sultan Ismail 🛛 🗟 M Tuanku 🛛 📓 Ismail Tel: 03-27728500 Located at the junction of Jalan Tuanku Abdul Rahman and Jalan Sultan Ismail. the five-storey mall has 101 outlets with Giant, Wh by British India, FOS, Nichii Fashion City being the anchor tenants. The mall provides concierge service and has an indoor archery centre, Big-Shot Archery. • 10am - 10pm daily

#### Bukit Bintang Plaza

111 Jalan Bukit Bintang • 🗑 B Bintang Tel: 03-2148 7411 Extending into Sungei Wang Plaza, BB Plaza offers an interesting variety of stores selling jewellery, fashion wear, books, AV equipment, etc. Metrojaya department store is the anchor tenant. 10am - 10pm daily. • F8



#### Pertama Complex

Jalan Tuanku Abdul Rahman 🛛 🗑 M Tuanku 🛚 🖪 Bandaraya • 🖛 Bank Negara Tel: 03-2691 6599 One of the earliest shopping complexes in KL, this mall consists of many small shops selling an astonishing variety of goods and services appealing to the masses, including sports goods, leatherware, clothes, shoes and stationery. • 9am -9pm daily. • D5

#### Sogo KL Jalan Tuanku Abdul Rahman 🗑 M Tuanku

• Bandaraya • 🛲 Bank Negara Tel: 03-2698 2111 This 10-storey shopping mall is well patronised for its quality goods (local and international) ranging from apparel, home furnishing to daily need items. It also has an international restaurant floor on the 6th floor • 11am-9pm daily • D5

#### **Starhill Gallery** 181 Jln Bkt Bintang • 🖶 B Bintang

Tel: 03-2782 3800 Connected to JW Marriott Hotel and Ritz Carlton Hotel, Starhill houses the largest retail watch floor and a host of top fashion designer boutiques. An exclusive mall with excellent eateries and high-end shops. •10am -1 0pm daily • E9

#### Sungei Wang Plaza

Jalan Sultan Ismail • 🖶 B Bintang Tel: 03-2117 0288 Sungei Wang remains one of the busiest shopping centres for the last 2 decades. Linked directly to the Monorail, it has over 500 retail outlets and eateries. A great place to hunt for electrical and electronic products. mobile phones, fashionable street wear, shoes & accessories. The hip T-Hop zone at the 6th floor caters to trendy teenagers • 10am - 10pm daily • F8

Subang Parade Subang Jaya • 🖅 Subang Tel: 03-5633 2530 This suburban mall offers an interesting mix of stores with goods ranging from apparels to antiques, and music to jewellery. Anchor tenants include Toy 'R' Us and Parkson. Carrefour hypermarket is located next door. 10am - 10pm daily

#### Great Eastern Mall

303 Jalan Ampang Tel: 03-4259 8090 Located along busy Jalan Ampang, this 6-storey mall has a host of shops including a pet shop. Aussino, British India and eateries like Starbucks and Alexis. It has Cold Storage as its anchor supermarket. • 11am - 9pm daily.

#### IPC Shopping Centre (Formerly Ikano) 2, Jalan PJU 7/2, Damansara Mutiara, PJ

Tel: 03-2141 0500 Located near 1 Utama and linked to IKEA, this centre only has XXL size stores. The 11 anchor tenants includes Harvey

#### Hartamas Shopping Centre Plaza Damas, 60 Jalan Sri Hartamas 1

Tel: 03-6211 0611 Integrated with Plaza Damas & situated among retail shops, offices, serviced apartments and alfresco boulevards. Features Citi Super, SenQ and many other speciality retailers.

#### Lot 10

50 Jalan Sultan Ismail • 🖶 B Bintang Tel:03-2143 6092 Linked to the Bukit Bintang Monorail station and Sungei Wang Plaza by an overhead bridge, Lot 10 offers an upmarket and wide selection of fashion wear. It has Isetan as anchor tenant • 10am - 9.30pm daily • F8

#### Low Yat Plaza

Off Jalan Bukit Bintang • 🖶 B Bintang Tel: 03-2148 3651 Located next to the Federal Hotel, it has 250 tenants offering goods as varied as cameras, mobile phones, apparel, fashion accessories and antiques. This largest IT centre provides for all your computing needs. BB Park, located across the plaza and consisting of trendy restaurants and alfresco cafes, sees a hive of activities at night. • 10am - 10pm daily • F8

#### **MINES Shopping Fair**

Seri Kembangan • Grm Serdang Tel: 03-8949 6288 Cruise into the heart of a busy shopping mall with a vibrant mix of more than 300 retailers, fashion boutiques, F&B outlets, canal guay alfresco dining, IT & mobile aadaets and also leisure and entertainment facilities like a cinema, bowling alley and snooker centre. 10am - 10pm daily.

Mid Valley Megamall Lingkaran Syed Putra • 🕼 Mid Valley Tel: 03-2938 3333 The shops go on and on in this mall strategically located between KL and PJ. It has Metrojaya, Jusco, Carrefour, Golden Screen Cinemas and MPH as anchor tenants, over 300 specialty stores and 70 F&B outlets under one roof. Adjacent to the mall are Cititel Mid Valley Hotel and Boulevard Hotel • 10am - 10pm daily.

#### The Gardens

Mid Valley City • GRTM Mid Valley Tel: 03-2297 0288 10am - 10pm dayly

#### Sunway Putra Mall

(Formerly The Mall) 100 Jalan Putra, KL • 🕅 PWTC Tel: 03-2786 9333 Located across the Seri Pacific Hotel and Putra World Trade Centre, the Mall has anchor tenant Parkson Grand together with a host of retailers, offering a full range of products, services, food & amusement to shoppers • 10am -10pm daily • B5

#### DINE



#### DELICIOUS

1 Utama Shopping Centre (Lot G316, Ground Floor), 1 Lebuh Bandar Utama, 47800 Petaling Jaya, Selangor

#### Chinese

#### **Celestial** Court

03-2717 9988 🕫 M Tuanku 🖣 Sheraton Imperial Hotel • Halal • Casual Dining • C6

Chynna 03-2264 2264 € KL Sentral • Hilton KL Halal • Casual Dining • H3

#### Dynasty

03-2162 2233 # B Nanas • East Wing, Renaissance Hotel Non-Halal 
 Casual Dining 
 D7

#### Dynasty Dragon

03-2145 1628 # B Bintang • Time Square Non-Halal 
 Casual Dining 
 F8

#### Hakka

03-21431907 
Raia Chulan 6 Jalan Kia Peng • Non-Halal • Casual Dining • E9 Imbi Palace

03-2145 4822 🖷 Imbi • Jalan Barat, off Jalan Imbi• Non-Halal • Casual Dining • F8 Kim Ma

03-8946 2333 • Palace of the Golden Horses • The Mines Resort City • Halal Fine Dining • Cantonese cuisine

#### Lai Po Heen

03-2179 8885 👷 KLCC • Mandarin Oriental Hotel • Halal • Casual Dining • Cantonese • D8

#### Lee Wong Kee

🛚 Bandaraya • 239 Jin Tuanku Abdul Rahman • Non-Halal • Casual Dinina • Cantonese • D5 • 03-2692 2685

#### Li Yen

03-2782 9033 🖷 B Bintang • The Ritz Carlton Hotel • Non-Halal • Casual Dining • F9

#### Maiu Palace

03-2691 8822 # M Tuanku S Ismail • Level 5, Maju Junction Mall • Halal • Casual Dining • C5

### FASHION DESIGNER

#### MAKEUP ARTIST



THE FISH BOWL 77, Jalan PJS 11/9, Bandar Sunway, 46150 Petaling Jaya, Selangor

#### **Mandarin Palace**

03-2148 9166 🖷 B Bintang • 2/F, Federal Hotel • Non-Halal • Casual Dining • F8

Marco Polo

03-2141 2233 🖩 Raja Chulan • 1/F, Wisma Lim Foo Yong, Jalan Raja Chulan • Non-Halal • Casual Dinina • E8

03-2693 9233 🖪 Bandaraya • Quality Hotel City Centre • Jalan Raia Laut Halal 
 Casual Dining 
 Szechuan cuisine

Mina Palace

03-2161 8888 单 Ampang Park • Corus Hotel, Jln Ampana • Casual Dinina

#### Ming Room

03-2284 8822 € Bangsar• Bangsar Shopping Centre • Non-Halal • Casual Dinina

#### **Oriental Noble House**

03-2145 8822 🖶 Imbi• 19 Jalan Delima, Off Jalan Imbi • Non-Halal • Casual Dining • F10

#### Overseas

03-2144 9911 # B Bintana • 84-88 Jalan Imbi • Non-Halal • Casual Dining • F8

#### **Purple Cane**

03-2272 3090 🖷 Maharajalela • Selangor Chinese Assembly Hall, 1 Jln Maharajalela • Halal • Casual Dining • G6

#### Xin Cuisine 03-2144 2200 # B Nanas • Concorde Hotel • Non-Halal • Private Dining D7

French

Café Café 03-2141 8141 Maharajalela • 175 Jalan Maharajalela • Halal • Fine Dining • Fr & Italian • H7

#### Fusion

Cilantro

03-2179 8082 • MiCasa All Suite Hotel, 368B Jalan Tun Razak • Pork-Free • Halal • Fine Dining • D10

#### **Etoile Bistro**

03-2161 7777 # R Chulan • Hotel Equatorial • Halal • Casual Dinina • E8

#### Francipan

03-2144 3001 • B Bintang • 25, Changkat Bkt Bintang • Halal • Fine Dining

03-2282 8112 • Mid Valley • G/F, Northpoint, Mid Valley City • Thai & Nyonya • Pork-Free • Casual Dining • F8

#### Shooki

03-2719 8535 # B Bintana • Lower G/F. Starhill Gallery • Halal • Fine Dining • E9

#### Indian

#### Estana Curry House 03-2141 1958 🖷 Raja Chulan • 23D, Jln Sultan Ismail • Halal • Casual Dining • C6

Khaana Peena 03-6201 3355 • E-01-04, Plaza Mont Kiara North Indian • Halal • Casual Dining

Passage Thru' India 03-2145 0366 • 4. Jln Delima.kl Halal • Casual Dining • E10

**Spice Garden Imperial** 03-2142 2220 # B. Bintang • 205 Jln Bkt Bintang.

#### Indonesia

House of Sundanese Sari Ratu 03-2166 2272 🛱 4th Floor KLCC

#### International

03-2717 9900 # M Tuanku • Sheraton Imperial • Halal • Casual Dining • C6

#### The Resort Cafe

03 - 7495 2009 . Lobby Level, Sunway Resort Hotel & Spa \*Pork-Free Restaurant

#### **Eight Gourmets Gala (EGG)**

017 948 8684 . Suite G-01, Ground Floor, Pinnacle Annexe, Persiaran Lagoon, Bandar Sunway, 47500, Selangor

#### NIC CHUNG

#### PHOTOGRAPHY

WWW.FACEBOOK.COM/NICCHUNGPHOTOGRAPHY contact@nicchung.com +6016 826 3131

#### Mava Brasserie 03- 2711 8866 B Nangs KICC Hotel Maya KL • Halal • Casual Dining • Nyonya & International • D8

**Melting Pot** 03-2144 2200 # B NanasConcorde Hotel, 2 Jin Sultan Ismail • Halal • 24hour • Casual Dining • D7

#### **Still Water Restaurant**

03-27118866 ₪ B Nanas 🗟 KLCC • Hotel Mava KL • Halal • Casual Dining • Japanese & Western • D8

#### The Voque 03-2162 2233 # B Nanas

Renaissance Hotel • Halal Casual Dinina

#### **PNB Darby Cafe**

03-7490 3838 😂 Ampang Park • G/F, PNB Darby Park, Executive Suites, 10 Jalan Binjai • Halal • Casual Dining •D9

#### Italian

Cellini's 03-2715 1000 B Bintang • Dorsett Regency Hotel • 172 Jalan Imbi • Halal • Casual Dining • F9

il Tempio 03-4256 9300 • Tamarind Springs Restaurant • Halal • Fine Dining

La Risata 03-4252 6269 • 26, Persiaran Ampang Halal 
 Casual Dining

#### Prego 03-2773 8338 B Bintang • The Westin

Villa Danieli 03-2717 9922 # M Tuanku • Sheraton Imperial Hotel • Halal • Italian • Fine Dining • C6

#### Japanese

Benkay 03-2782 6118 👷 Ampang Park • Hotel Nikko • Halal • Casual Dining • C9

Hotel • Halal • Casual Dining • B5

#### Hotel • Halal • Fine Dining • E9

03-2162 2233 # B Nanas • Renaissance Hotel • Halal • Casual Dining

#### Korean Da On

03-2141 2100 # B Bintang • Pavilion KL • Halal • Fine Dining • Korean • E8

Ko Hiang 03-4251 0492 • 314 Jalan Ampana Non-Halal
 Casual Dinina

Koong Jung 03-2166 7181 🕏 Ampang Park • PNB Darby Park • Halal • D9

Korvo Won 03-2143 2189 🖶 Bukit Bintang • Starhill Gallery • Halal • Casual Dining • E8

#### Thai Rama V Fine Thai Cuisine

Ozeki Tokyo Cuizine 03-2166 4263 # B Nanas • Menara TA One • Halal • Fine Dining • D8

03-2143 2428 / 03-2143 2663 5. Jalan U-Thant, 55000 Kuala Lumpur • Halal • Fine Dinina

#### **HOTEL & RESORT** \*\*\*\* Ascott KL

03-2718 6868 9, Jalan Pinang • # R Chulan • From RM380-RM790

#### Berjaya Times Square Hotel & tionCentre

03-2117 8000 • 1 Jalan Imbi • 🖬 Imbi • Big Apple Restaurant (Fusion) Broadway Lounge. The Cafe. The Bar. • From RM245-RM700 • F8 • www.timesquarekl. com

#### Seri Pacific Hotel Kuala Lumpur 03-4042 5555 • Jalan Putra 🖪 PWTC Zende (Int'I), Kokufu (Jap), lounge to Cher

From RM198++ to RM3.000 • B5 www.seripacifichotel.com

#### **Grand Hyatt Kuala Lumpur** 03-2182 1234 • Jalan Pinang

KLCC • JP Teres (Malaysian) THIRTY8 (International), Poolside From RM550 - RM5610 www.kualalumpur.grand.hyatt.com

#### The Westin KL

03-2731 8333 199 • Jalan Bukit Bintang B Bintang • Prego (Ita), Living Room (Int'I), Qbg (Bar & Grill), Treats (gourmet bakery), Eest (Pan Asian) • From RM480-RM7,000 • E9 • www.westin.com

#### **Grand Millennium KL**

03-2117 4888 • 160, Jalan Bukit Bintang • Bukit Bintang
Zing (Chi), The Mill (Int'l)
From RM300-RM5,600 www.millenniumhotel.com

#### Hilton KL

03-2264 2264 • 3, Jin Stesen • Sentral, KL Sentral • 🗑 😌 Grave KL Sentral • Chynna(Chi), Senses (Fusion), Noodle Room, Sudu, Zeta Bar, Vintage Bank • From RM385-RM605 • G3 www1.hilton.com

#### Hilton PJ

03-7955 9122 • 2 Jalan Barat, PJ • 🔶 Asia Jaya • Toh Yuen (Chi), Paya Serai Coffee House, Genii (Jap), Caffè Cino, Uncle Chilli's . From RM220-RM1685

#### Holiday Inn Kuala Lumpu

98 I KL LIFESTYLE

03-7802 5200 • 1 Jalan Usahawan U1/8, Shah Alam •Fu-Rin (Jap), Kites (Int'I), The Mix Restaurant & Bar • From RM290 • www.holidavinn.com/alenmarie



#### KL Tower 03-2020 5499

Istana Negara, Jalan Duta

Located along Jalan Duta, it is the of-

Nov 11, 2011. Influenced by both Is-

to the country's architectural wonders.

ficial residence of Malaysia's king since

this unique structure is the latest addition

nic and traditional Malay architecture,

Bukit Nanas • Jalan Punchak, off Jalan P Ramlee. • The KL Tower stands at 421 metres. The tower houses a revolving restaurant and an observation deck which takes 58 seconds to reach. Catch the sunset or experience sky jumping from the tower roof. • Opens 9am 10pm daily • E7



03-4042 9888 PWTC • Sunway Putra

KLCC • Halal • Casual Dinina

03-2264 2264 🗟 Stesen Sentral KL

Lumpur • Halal • Fine Dinina

Casual Dinina
 C9

03-2166 6220 2 KLCC • 428 Level 4, Suria

Hilton Kuala Lumpur, 3 Jln Stesen Sentral

Kampachi 03-2148 9608 🗑 Raja Chulan • Pavilion KL

03-4049 4412 PWTC • Pan Pacific Kuala

03-2161 8888 👷 Ampang Park Corus Hotel

Genki Sushi

Kokufu

#### Jalan Tugu, off Jalan Parlimen

• Designed by American artist, Felix Weldon and cast in Italy, the immense bronze structure was built to commemorate the servicemen who lost their lives during the struggle against the communist insurgency in the 1950's. The 7 soldiers symbolise unity, strength, leadership, sacrifice, courage, suffering and vigilance • E3



#### National Museum

03-2267 1111 • 29 Jalan Raia • Displays a unique permanent collection of artifacts and materials showcasing the history and heritage of Malaysia • Opens 9am to 6pm daily • Admission RM1. Free for <12 vrs & students



#### Little India

Masjid Jamek • Jalan Masjid India is a colourful street with numerous wholesale and retail Indian traders who sell everything from Indian brass, jewellery, sarees, Indian handicrafts to perfumes & spices. • E5



#### Jamek Mosaue

Jalan Tun Perak • Situated at the confluence of the Klang and Gombak rivers, this grand old mosque was designed by British architect AB Hubbock in 1909. It incorporates many features of Moghul architecture a • Opens 8am-1:30pm & 2:30pm-6pm.

#### Sheraton Imperial KL

03-2717 9900 • Jin Sultan Ismail • 🖶 M Tuanku • Essence (Int'I), Villa Danieli (Ita), Celestial Court (Chi) • From RM300-RM5.825 • D6

#### Hotel Istana

03-2141 9988 • 73, Jalan Raja Chulan • 🗑 R Chulan • Peach Garden (Chi), Urban Bistro (Aus), Taman Sari (Int'I) • From RM299-RM5000 • E8 • www.hotelistana. com.my

Hotel Maya KL 03-2711 8866 • Jalan Ampang • 🗑 Bukit Nanas 🖻 KLCC • Still Waters, Maya Brasserie, Ramah Tamah • From RM325-RM1.800 • D8 www.hotelmaya.com.my

InterContinental KL 03-2161 1111 • 165, Jalan Ampang • ≘ Ampana Park • Serena Brasserie Tao (chi), Tatsu (Jap), Bentley's Pub, Lobby Lounge & The Deli • From RM330-RM12.500 • C9 www.intercontinental.com

#### JW Marriott Hotel KL

03-2715 9000 • 183 Jalan Bukit Bintang • # B Bintang • 3rd Floor (Int'I), Marriot Café, Shanghai (Chi), JW Marriott Gourmet (Int'I), Havana Club • From RM400- RM8.000 • E9 www.marriott.com

#### Le Meridien KL

03-2263 7888 • 2, Jin Stesen Sentral 5, KL Sentral • 🖬 🖯 Grow KI Sentral • One On One (Asian Fusion), Al Nafourah (Middle Eastern). The Conservatory (Lounge & Bar) • From RM 328- RM5.500 • H3 ww.lemeridienkualalumpur.com

#### Mandarin Oriental Hotel

03-2380 8888 • KL City Centre • 9 KLCC •Lai Po Heen (Ch), Mandarin Grill and Mo Bar (Bar & Grill), Mosaic (Buffet), The Mandarin Cake Shop, Cascades (Int'I), Wasabi Bistro (Jap) • From RM409(internet)/RM499(phone) • D8 www.mandarinoriental.com

#### Palace Beach and Spa

03-8943 6688 • Jalan Dulana, Mines Resort City, Seri Kembangan, Selangor • GRTM Serdang • Abdul and Charlie's (local), Cheng Ho Court (Chi), Beach Hut and Sunset Lounge (drinks and snacks) • From RM200-RM2000

#### Sama-Sama Hotel KLIA

03-8787 3333 • Kuala Lumpur International Airport • SKLIA Degrees (Int), Traveller's Bar & Grill, Palmz Lounge (Wn) • From RM570++

#### Parkroyal Kuala Lumpur

03-2147 0088 Jln Sultan Ismail • 🗑 B Bintang • Chatz Brasserie (Wn), Bossa Nova (Wn), Hot Gossip, Si Chuan Dou Hua (Chi), Klix Lounge • From RM270 • www.parkroyalhotels.com

#### **PNB Darby Park Executive Suites**

03-7490 3333 • 10, Jln Binjai • 👷 Ampang Park •The 39 Restaurant, Minmax (Chi). Koong Jung (Jap/Korean) • From RM350-RM686 • D9 www.pnbdarbyparksuites-kl.com

#### Pullman Kuala Lumpur

03-2170 8888 • 4, Jalan Conlay • 🕫 Raja Chulan •Tai Zi Heen (Chi), Eccucino (Café), Enju (Jap) • From RM270-RM670 • E9• www.princehotelkl.com

#### Renaissance KL

03-2162 2233 • Corner of Jin S. Ismail/ Jin Ampang • 🕫 B Nanas •Sagano(Jap), MED@Marche(Med), Vogue (Int'l) • East Wing: Dynasty (Chi), TEMPTationS (Int'l) • From RM215-RM6,000 • D7

#### Shanari-La Hotel KL

03-2032 2388 • 11 Jalan Sultan Ismail • 🗑 B Nanas • Shang Palace (Chi), Zipangu (Jap), Lafite (Fr), Lemon Garden Café (Int'l). The Pub • From RM364-RM12.000 D7 • www.shanari-la.com

#### Sheraton Imperial Hotel

03-2717 9900 Jin Sultan Ismail • 🗑 M Tuanku • Essence (Int'I), Villa Danieli (Ita), Calestial Court (Chi) • From RM300-RM5.8250 • D6

com

Seri Bukit Ceylon 03-2724 0408• No 8, Lorong Ceylon off Jalan Raja Chulan • NeroTeca (Ita) • From RM250-RM480 • E7

The Gardens Hotel & Residences

03-2268 1188 • Mid Valley City • GKTM

Mid Valley • The Soread (Int'l), Sage

RM600-RM2,600 • www.gardenshtires.

Sunway Putra Hotel (Formerly The Legend Hotel)

03-4042 9888 • Putra Place, 100 Jalan

Brasserie (Int'I), Gen (Jap), Monkey

03-2142 8000 • 168, Jalan Imbi • 🗑 B

The Ritz-Carlton Residences

03-2142 9000 • 🗑 B Bintang • From

03-2688 9688 • Jalan Conlay • # R

(Mas), L'Heritage (Fr) • F6 • www.

Chulan • Deli Cafe (Ita), Bunga Emas

Bintang • Li Yen (Chi), Rossini's (Ita) •

From RM418 • F9 • www.ritz-carlton.com

legendhotelkl.com

The Ritz-Carlton KL

RM950-RM1,330 • F9

The Royal Chulan

therovalchulan.com.mv

Aloft Kuala Lumpur Sentral 03-2723 1000

Jalan Stesen Sentral KL Sentral • 🗑 🔶 🕼 साम्ब

Nook (International), MAI Bar (Bar Menu), w xyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388

03-2026 6060 • Jin Tun Tan Cheng Lock

and BabaReebal • Ancasa Spa • From

RM165-RM416 • www.ancasa-hotel.com

03-2295 8111/2295 8000 Grow Mid Valley

City, Lingkgran Sved Putra • Mid Valley

RM420Nett • www.blvhotel.com

03-2144 2200 • 2 Jalan Sultan Ismail •

B Nanas • Spices (Western), Melting

Pot (Int'l), Xin (Chi) • From RM178++-

03-2148 6888 • Jalan Walter Grenier, Bkt

Bintang • 🖶 B Bintang • Makan-Makan

Lounge. • From RM208- RM500 • F8

03-2161 8888 • Jalan Ampang • 🤶

Ampana Park • Mina Palace(Chi),

• From RM185-RM390 • C9 • www.

03-2716 1000 • 172, Jalan Imbi • 🖷 B

Bintang • Checker's (Café), Cellini's(Ita),

Windows Lounge (Wn) • From RM200

Dondana Sayana (Int'I), Komura (Jap)

(Local & Int'l), The Kasturi (Malay), Lobby

•Wild Rice (Int'l) • Rates from RM290Net

• Plaza Rakyat • Saffron Brasserie

Ancasa Hotel KL

**Boulevard Hotel** 

Concorde Hotel

RM320++ • D7

Coronade Hotel KL

www.coronade.com

Corus Hotel KL

corushotelkl.com

**Dorsett Regency** 

\*\*\*\*

Bar • From RM188-RM388 • B5 • www.

Putra • PWTC • Museum (Chi), Di-Atas



onwards • F9 www.dorsettregency-kl.com

#### Federal Hotel

03-2148 9166 • 35, Jalan Bukit Bintang • 🖥 B Bintana 🔹 Mandarin Palace (Chi). The Verandah (Int'I) Revolving Bintang (European) • From RM170-RM600 • F8 www.fhihotels.com

#### **Grand Seasons**

03-2697 8888 • 72, Jalan Pahana • 🗑 Chow Kit 👷 KLCC • Season (Café), O'Las (Indian), Lobby Lounge (Wn), Kas Bah Bar (Wn) • From RM150-RM348 • B6

#### Impiana KLCC Hotel & Spa

03-2147 1111 • 13 Jin Pinang • 🖶 R Chulan Tonka Bean Cafe (Int'l) • From RM219-RM368 • D8 • www.impiana.com

#### Novotel City Centre KL

03-2147 0888 • 2 Jln Kia Peng • # R Chulan

• Qing Zhen (Chi Muslim), The Square (Int'I), Fun Pub, Al Fresco • From RM260-RM660 • F8 www.novotel.com

#### **Pacific Regency Hotel Suites**

03-2332 7777 • Menara PanGlobal, Jalan Punchak • 🖶 B Nanas • Soi 23. Luna, Olive & Geo Café • From RM290-RM500 • D7

www.pacific-reaency.com

#### Sunway Resort Hotel & Spa 03-7492 8000 • Persiaran Lagoon Bandar Sunway Petaling Jaya

#### **Quality Hotel City Centre**

03-2614 8000 • Jalan Raja Laut • 🛽 DBKL Benteng Coffee House (Int'I), Meisan Szechuan (Chi), Club 300 • From RM150-RM550 • C5 • www.qualiti.com.my

#### Swiss Garden Hotel

03-2141 3333 • 117, Jin Pudu • 🕫 Hang Tuah • Blue Chip Lounge (Int'I), Flavours Restaurant (Int'I), Green Treats Delicatessen (Int'I), T@ste 6 Restaurant (Int'l) . From470+

#### The Royale Bintang KL

03-2143 9898 17-21 Jalan Bukit Bintang • B Bintang • Sunflowers Brasserie, Cafe Royale & Bar, Rimba Spa • From RM208 F8 • www.royale-bintang-hotel.com.my

#### The Royale Bintang Damansara 03-7843 1111 • 6, Jalan PJU 7/3, Mutiara

Damansara • The Restaurant (Int'I). Mystery Pub & Café • From RM195 www.royalebintang.com.my

#### The ZON All Suites Residences on the Park

03-2164 8000 • 161D Jalan Ampang • 🗟 Ampang Park • Terracotta Restaurant & Lounge • From RM253-RM396 • D8 www.zonhotel.com.my

#### Traders Hotel

03-2332 9888 • Kuala Lumpur City Centre

€ KLCC • Gobo Chit Chat, Gobo Upstairs, Sky Bar, Lounge & Grill • From RM270 • This hotel is located in the vicinity of KL Convention Centre • D8

#### Vistana KL

03-4042 8000 • 9 Jalan Lumut, off Jalan Ipoh, Kuala Lumpur • 🖶 Titiwangsa • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com



Alpha Genesis 03-2141 2000 • 45 Tengkat Tong Shin • ₩ B Bintang • Tee Box Café • From RM150-RM380 • F7 • www. alphagenesishotel.com

#### **Cititel Mid Valley**

03-2296 1188 • Mid Valley, Lingkaran Syed Putra • Grow Mid Valley • Citi Café Rates from RM205Nett – RM320Nett

#### Corona Inn

03-2144 3888 • 22, Jalan Tong Shin • 🖷 B Bintang • Corona Café • From RM130-RM180 • F8 • www.coronainn-kuala lumpur.com

#### **Grand Continental**

03-2693 9333 • JIn Belia/JIn Raja Laut • PWTC M Tuanku • Grand Star (Chi) . Lai Marble Coffeehouse • From RM135-RM800 • C5 www.ghihotels.com.my

#### First World Hotel

03-6101 1118 • Genting Highlands • istorante Torcello's (Italian), Lakeview Seafood Restaurant (Seafood), The Patio (Wn) • From RM85 - RM460

#### Hotel Malaya

03-2072 7722 • 162, Jalan Hang Lekir • 🖻 Pasar Seni • Malaya Café • From RM120-RM250 • F5 • www.hotelmalaya. com.mv

#### Midah KL

03-2273 9999 • 8, Jalan Kampung Attap Maharajalela • Attapia Coffee House (Int'I), Rolling Good Times Café • From RM145-RM250 • G5

#### Prescott Inn

03-2713 7887 • 23 Lrg Medan Tuanku 1,off Jln Sultan Ismail • 🗑 M Tuanku • Makana Restaurant • From RM110-RM170 • C5

#### Swiss-Inn KL

03-2072 3333 • 62, Jin Sultan • 🕫 Maharajalela Café Petaling • From RM130-RM175 • G6

#### The Plaza Hotel

03-2698 2255 • Jalan Raja Laut • 🛽 Sultan Ismail • Pago-Pago Café (Continental), Plaza Court (Chi) • From RM110-RM178

#### SIGHTSEEING

Aquaria KLCC 03-2333 1888 • 🗟 Raja Chulan 🌈 KLCC • All 60,000 sq ft of Aquaria encompasses Evolution, Jewels of the Jungle, Deep Forest, The Coasts and Touch Pool, The Livingb Oceans and The Living Reef, with over 5000 aquatic and land-bound animals representing over 150 different species. Don't miss the 90-metre underwater tunnel. Opens daily from 11am-8pm. (Including weekends, school and public holidays) Last admission at 7pm. Entry RM38 (adult), RM26 (children) • D8

#### **Batu Caves**

03-6189 6284 • This popular Hindu temple draws hundreds of thousand of visitors during Thaipusam. It

consists of three grand caves: the Dark Cave, the Museum Cave and the Temple Cave with brilliant rock formations. The Museum Cave at the foothills has interesting display of Indian mythology. To reach the main Temple Cave, one has to climb 272 steps.

#### Bird Park

03-2272 1010 • Located at the Lake Gardens, this 8.4ha bird park is the world's largest free-flight walk-in aviary. It is home to more than 3,000 birds from approximately 200 species. Opens daily from 9am-6.00pm . F4

#### **Butterfly Park**

03-2693 4799 • Over 120 species of butterflies can be found in this park located at the Lake Gardens' vicinity. Admission is RM9 for adults and RM2 for children. Camera: RM3. Opens 9am to 6pm daily. • F4



#### 03-2306 3421 / 2064 4741 • 🖶 Bukit Nanas • Nestled in the heart of KL, the virgin

forest-clad hill is a 10.5 ha park offering a 10-minute & a 20-minute walk trails from the Forest Information Centre at Jalan Raia Chulan to KL Tower. • E7

#### **Central Market**

03-2274 6542 • Pasar Seni Once the city's biggest wet market, it is now a centre for food and cultural activities. Cultural performances are staged during weekends at the riverside amphitheatre. Handicraft, souvenirs, art & portrait paintings are sold at bargain prices. The Annexe Gallery at CM is a progressive art centre. • Opens 10am to 10pm daily. • E5

#### Deer Park

03-2693 6661 • Enclosed within a 2-ha around at the Lake Gardens, the deer. fawns and does roam freely in a cool and peaceful habitat with lush trees and shrubs and ponds. • F3

A 22 22 23 323 321

**Sultan Abdul Samad Building** 

🟴 Masjid Jamek • Jln Sultan

#### Istana Neaara

Official residence of Malaysia's King, visitors can witness the changing of the royal guards daily. The Rulers Conference, various royal and national ceremonies, investitures and official banquets are held at this palace. • H5

#### Little India

Aasjid Jamek • Jalan Masjid India is a colourful street with numerous wholesale and retail Indian traders who sell everything from Indian brass jewellery, sarees, Indian handicrafts to perfumes & spices. • E5

#### Jamek Mosque

Aasjid Jamek • Jalan Tun Perak Situated at the confluence of the Klang and Gombak rivers, this grand old mosque was designed by British architect AB Hubbock in 1909. It incorporates many features of Moghul architecture a • Opens 8am-1:30pm & 2:30pm-6pm. E5



**PETRONAS Twin Towers** 03-26158188

KLCC • KL City Centre • The 88-storey Petronas Twin Towers stand at 451.9 metres. Seated in the heart of KL and amidst a 50-hectare landscaped park, a skybridge on the 41st floor is open to visitors between 9am-7pm daily, closed on Monday • D8

#### **Royal Selangor Visitor's Centre**

03-4145 6000 • 4, Jalan Usahawan Enam, Setapak Jaya • Located 15 minutes from the city centre, the Royal Selangor which is internationally known for its fine designs and craftsmanship, offers a complete visitor experience, enabling them to see. hear, touch and learn how pewter is made. • Opens daily from 9am-5pm.

#### **Royal Selangor Club**

03-2692 7166 • 🜈 Masjid Jamek • Jalan Raja • Once nicknamed 'The Spotted Dog' during the colonial days, this club which features Mock Tudor architecture. is one of the oldest membership clubs in KL. • E5

#### Thean Hou Temple

03-2274 7088 • 65 Persiaran Endah, off Jalan Syed Putra • A beautiful blend of Chinese and contemporary architecture, this is one of the largest and most ornate Buddhist temples in the region and a venue for major religious festivals. Also check out the herbs garden, wishing well and souvenir stall • Opens 9am to 9pm daily.

#### **MUSEUMS**

#### Asian Arts Museum Universiti Malaya

03-7967 3805 • Uni. of Malaya • A unique collection of Asian art & sculptures, ceramics, including Islamic & Malay art and textiles • Opens Mon - Sat. Closed on Sunday & public hols.

#### Forest Research Institute Malaysia

03-62797 000 • Kepong • Located within the 1,500 hectares of natural land reserve, the institute showcases Malaysia's rich forest heritage. • Opens 8am-4pm. Fri 9am- 12pm.

#### Heritage Centre

03-2144 9273 • 2 Jin Stonor • Showcases Malaysia's architectural heritage, the centre also conducts 2 guided tours a day (11am & 3pm) of the Rumah Penghulu or Village Head's abode which has been furnished to reflect a house in the early thirties • E10

#### **Islamic Arts Museum**

03-2274 2020 • Jalan Lembah Perdana Opened in 1998, the museum focuses on the rich diversity of Islamic arts and culture. Miniature replicas of Taj Mahal and other islamic architectural wonders are on display • Tickets at RM12 (adults) RM6 (under 18, students & senior citizens) Opens 10am to 6pm daily. 
 G4

Museum Orang Asli 03-6189 2122 • Km 24 Gombak • Displays a collection of over 3,000 artifacts showcasing the history, culture & lifestyle of indigenous tribes of Peninsular Malaysia. • Opens 9am-5pm. Closed Fri FRFF

#### National Museum

03-2267 1111• 29 Jalan Raja • Displays a unique permanent collection of artifacts and materials showcasing the history and heritage of Malaysia • Opens 9am to 6pm daily • Admission RM1. Free for <12 yrs & students

#### **ARTS & CULTURE**

National Library 03-2687 1700 • 232 Jalan Tun Razak. • This 7-storey building which blends traditional design with modern architectural elements houses more than 1.5 million books, some of them extremely rare. • Opens daily except Monday • A8 FREE

#### **Galeri** Petronas

03-2051 7770 • FKLCC • Level 3 Suria KLCC. • Exhibits artworks by local and international artists. Opens 10am to 8pm. Closed on Monday. • D8 FREE

#### National Theatre (Istana Budaya)

03-4026 5555 • Jalan Tun Razak • Designed by Malaysian architect Muhammad Kamar Ya'akub, this modern theatre is one of the world's most sophisticated theatres with state-of-the-art stage equipment. It holds drama, dance and musical performances regularly. • A7

OTHER FUN-TASTIC **THRILLS & SPILLS** Casina 03-2718 1118 • Genting Highlands Hotel

Petronas Philharmonic Hall

03-2331 7007• PKLCC • Located within the Petronas Twin Towers, it is home to

the Malaysian Philharmonic Orchestra

orchestras and world-renowned soloists,

now ranks among the top orchestras in

besides performances by the MPO which

and the National Choir. It features

#### D'Paradise

the region • D8

063, Jalan Solok Uban, Kampung Brisu Lubok China, 78100 Melaka. 06-552 8010/0611 (Resort),

03-4251 8199 (KL Sales Office) www.d-paradise.com.my

03-2141 1934 • Royal Selangor Flying Club

#### Horse Racing 03-9058 3888 • Selangor Turf Club, Jin Sungai Besi

Horse Riding 03-4256 4531 • Royal Selangor Polo Club, Jin Ampana Hilir

03-2094 1222 · Bukit Kiara Equestrian Club, JIn Bukit Kiara, Kuala Lumpur

#### Theme Parks

09-288 8890 • Colmar Tropicale, Bkt Tinggi

03-71188338 • Desa Water Park, Tmn Desa

03-8942 5021 • The Mines Wonderland



National Mosque 03-2693 7784 • 🛲 KL • Jalan Perdana 3 to 12 years old

• G5

• Opens 9am to 12noon; 3pm to 4pm; 5:30pm to 6:30pm daily. • F4

#### National Planetarium

03-2273 4303 • Lot 54 Jalan Perdana • Located close to the National Mosaue. the attractions include space science and astronomy exhibits, a theatre screening 3-Dimensional movies, a viewing gallery and an observatory • Admission is RM1 for adults and children over 12 years [extra charges for all shows]. Opens 9:30am to 4:15pm daily Closed on Monday except public & school holidays • G4



#### Telekom Museun 03-2031 9966 🗑 Raja Chulan • Jalan Raja Chulan Displays interesting exhibits of telephones and evolution of their printing and pottery from the 13 states of Malaysia. • Opens 9am- 6pm daily. desians over the years.

Opens 9am-5pm. Closed on Mondays • E6 FREE

#### Lake Gardens

**Craft Complex** 

03-2164 8344

• E9 FREE

Jalan Parlimen • Located near the city centre, this 9.2ha landscaped garden is built around a lake. Several attractions are found within the park including an Orchid Garden, Hibiscus Garden, Butterfly Park, Bird Park, Deer Park, National Monument and the Asean Sculpture Garden • F3

🗑 Raja Chulan • 63, Jalan Conlay. •

Showcases ethnic handicrafts, batik

#### Malaysian Tourism Centre

03-9235 4848 • # B Nanas • 109 Jalan Ampang • This is a one-stop tourist service centre comprising the information counter (7am-10pm) Transnasional Executive Coach counter. domestic tour booking counter, money changer, restaurant and craft demo centre. Built in 1935, the building was the home of wealthy tin-miner and planter, Eu Tong Seng. Cultural shows are on Tues Thur, Sat & Sun 2-2.30pm. • D7

#### Merdeka Square

Masjid Jamek • Jalan Raja • Opposite the Sultan Abdul Samad Building, this is the site where the independence of Malaya was declared on 31 August, 1957. The 100m high flagpole is the tallest in the world. Live entertainment and cultural shows are staged here on festive occasions. The Royal Selangor Club and St. Mary's Cathedral are located nearby. • E5

#### National Science Centre 03-2092 1150 • Persiaran Bukit Kiara • Houses 9 galleries with different scientific

themes. Offers interesting interactive displays for learning and entertainment. Opens 10am-5pm. Closed on Friday.

 This mosque embodies contemporary designs, together with traditional Islamic art, calligraphy and ornamentation. The main dome with its 18-point star. represents the 13 states of Malaysia unified by the Five Pillars of Islam. Visitors must dress conservatively and remove their shoes before entering the mosque



hub for Malaysian rail transport until it was replaced by the new KL Sentral Station. It remains a landmark and the refurbished Heritage Hotel is still open for business. Across the road, the Malavsian Railway administrative building is also a breathtaking architectural showpiece

Petrosains, The Discovery Centre 03-2331 8181 • FLCC • Petronas Twin Towers, Level 4 Suria KLCC • Focusing on Malaysia's oil and gas industry, it offers an interactive approach to learning. It takes you through a unique voyage of discovery of science. • Opens daily 9.30am to 6pm. Last admission 4.30pm. Closed on Monday • D8

100 | KL LIFESTYLE



Court. • E5 National Zoo 03-4108 3427 / 4108 3422 • Located in Hulu Kelang, 12km from the city centre, the zoo is home to 400 species of local

#### **ART** GALLERIES



Bank Negara Malaysia Museum and Art Gallery Sasana Kijana No. 2, Jalan Dato Onn, 50480 Kuala Lumpur Opening Hours: 10am to 6pm daily For Enquiries Call: 03-9179 2784



University of Malaya Art Gallery (UMAG) Tingkat 5, Bangunan Canseleri, Universiti Malaya, Petaling Jaya Tel: 03-79671061 Opening Hours: 9.00am to 4.00pm Closed on: Saturday and Sunday



**Galeri Tenaga** Wisma TNB, Jalan Timur, Petaling Jaya Tel : +603-2296 556 Fax: +603-2282 3274 Opening Hours: Monday - Friday : 10 am - 3 pm.

31 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

Tel: +603 2093 2668, +603 2094 2668 Email: info@mediate.com.mv

Open Monday - Friday, 10am - 7pm (Closed on Weekends and Public Holidays)



EREST	1D	Hibiscus Garden	1E	National Museum
ire Garden		Istana Negara (National Palace)		National Planetarium
		Kompleks Budaya Kraf	3A	National Theatre
	2C	Masjid Jamek	1D	Orchid Garden
	3D	Maybank Numismatic Museum	1D	Panggung Anniversari
	3C	Menara Kuala Lumpur	2C	Selangor Club
		National Art Gallery		Stadium Merdeka
		National Heritage Trust		Stadium Negara
ka		National History Museum		Sultan Abdul Samad Building
nplex		National Library		Tun Abdul Razak Memorial Tunku Abdul Rahman Putra
heatre		National Monument	2C	Tunku Abdul Ranman Putra Memorial
liedue	20	National Mosque		Memoria
	5R	Galleriwan	5A	Royal Malaysian Air Force Museum
es		Islamic Arts Museum Malaysia		Royal Malaysian Police Museum
es		Islamic Exhibition Centre		Telekom Museum
loney Museum		Malaysian Armed Forces Museum		Tun Abdul Razak Memorial
seum	5C	MISC Museum		
	5B	France	4C	New Zealand
	5D	Indonesia	3B	Pakistan
	5C	Japan	5C	Philippines
	5D	Kuwait		Singapore
	3C	Mexico	5B	United States of America
NT/SHOPPING		Imbi Plaza	5E	Pudu Plaza
Complex		S & M Plaza	2A	Putra World Trade Centre (PWTC)
	4D	Shaw Parade	2C	Sogo
Square	4D	Kuala Lumpur Plaza	5E	Star Cinema
rket	3D	Kota Raya	4D	Star Hill
Plaza	4D	Lot 10	4D	Sun Complex
ping Complex	3D	Mydin Emporium	4D	Sungei Wang Plaza
	4D	Pavilion Cinema	4B	Suria KLCC
aurant	2B	Pertama Complex	2A	The Mall
orium	4D	Pudu Cinema	4C	The Weld
WAY	2D	Klang Bus Station	2A	Putra Bus Stand
TOFFICE	2E	Kuala Lumpur Railway Station	2D	Traffic Polis HQ
bile Association	4C	Malaysia Airlines		STAR LRT Station
	2B	Medan Mara Bus Station		PUTRA LRT Station
ffice	2A	Pekeliling Bus Station		
in transport terminal)	3D	Puduraya Bus & Taxi Station		
		Grand Pacific Hotel **		Palace Hotel **
*		Grand Plaza Parkroyal * * * *		Paradise B&B
Hotel		Grand Seasons Hotel ****		Prescott Inn **
Square Hotel		Hotel Champagne		Puduraya Hotel **
n Hotel ★	4C	Hotel Equatorial		Quality Hotel City Centre ***
egara ★★★★★	/R	Kuala Lumpur ★★★★★ Hotel Grand Maya ★★★★		Renaissance Kuala Lumpur * * * * Residence Hotel
cyala 🗙 🗮 🗮		Hotel Grand Olympic		Royale Bintang ****
Apartments	50	Kuala Lumpur		Shangri-La Hotel
	4C	Hotel Istana ****		Kuala Lumpur *****
		Hotel Malaya ***	3B	Sheraton Imperial
ı		Hotel Maluri ***		Kuala Lumpur ★★★★★
Lumpur ***		Hotel Midah ★★★	3B	Stanford Hotel Kuala Lumpur ★ 🖈
2	5B	Hotel Nikko Kuala Lumpur ★ ★ ★ ★	5B	Sucasa Service Apartments
****	4D	Hotel Nova ★ ★	3D	Swiss-Garden Hotel
ala Lumpur	2A	Hotel Putra		Kuala Lumpur ★★★★
ala Lumpur ★★★★	4D	JW Marriott Hotel		Swiss-Inn Kuala Lumpur ★ 🖈
utiara Hotel ★★★★★		Kuala Lumpur ★ 🛧 🛧	4D	The Coronade Hotel
s Kuala Lumpur		Katari Hotel ★		Kuala Lumpur ***
cy		KL Lodge Hotel **		The Heritage Station Hotel **
****		Kowloon Hotel ★		The Legend Hotel ****
Kuala Lumpur ★★★★		Kuala Lumpur Hilton *****	ZA	The Pan Pacific Hotel
		Kuala Lumpur International Hotel ★★★ Le Meridien ★★★★★	ΣР	Kuala Lumpur ★★★★★ The Plaza Hotel Kuala Lumpur ★★
		Malaysia		The Regent Kuala Lumpur ***
(uala Lumpur ★★★★		Mandarin Court Kuala Lumpur		The Ritz-Carlton ****
nn **		Mandarin Oriental		Vistana Hotel Kuala Lumpur ***
**	.0	Kuala Lumpur ****		Wenworth Hotel ***
**	3D	Mandarin Pacific Hotel ★★★		Westin Hotel ****
		Melia Kuala Lumpur ★ ★★		Wira Hotel Kuala Lumpur **
Hotel		Micasa Hotel		Wisma YMCA
oint Hotel ***		Mirama Hotel ★		YWCA
ntal Hotel ★ ★	4D	Orkid Hotel ★		
	3A	Kuala Lumpur Hospital	2D	Tanglin Dispensary
nity Hospital		National Heart Institute		Tung Shin Hospital
RMATION CENTRES				

2A Putra World Trade Centre, Level 2, 45, Jalan Tun Ismail, 50480 Kuala Lumpur. Tel: 03-4041 1295 4C Malaysia Tourism Centre (MTC), 109 Jalan Ampang, 50450 Kuala Lumpur.

2E Stesen Sentral Kuala Lumpur, Lot 21, Level 2, Arrival Hall, Kuala Lumpur City Terminal, Stesen KL Sentral, 50050 Kuala Lumpur. Tel: 03-2274 3135

Road / Jalan ...... J. Lane / Lorong ...... L. River / Sungai ...... Sg. Village / Kampung ... Kg.

#### Getting around in Kuala Lumpur is easy. The transit systems are efficient, taxis are plenty and buses are cheap. The public transportation usage peak hours are from 7am to 9am and 4.30pm to 6.30pm during the working days.

#### By Transit systems

The KL monorail and LRT coaches are air-conditioned and comfortable and run from 6am to midnight. The systems are connected to each other at several points and the network covers most parts of the city. Fares range from RMO.90 to RM2.80 per single journey.

#### By Taxis

Taxis are easily available at hotels or at taxi stands. Fares start at RM3 for the first kilometre and RMO.25 for every 115 metres thereon. There is a 50% surcharge on the metered fare from midnight to 6am and a baggage charge of RM2 per piece stored in the boot. There is also an additional RM1 for 3rd passenger (maximum 4 in a car). For an extra charge of RM2, you can book a taxi by phone.

#### By Ecovans

Ecovans can accommodate up to 5 passengers. They serve mainly guests at major hotels and follow the fare structure of taxis but charge RM4 instead of RM2 for the first kilometre.

#### By Buses

Buses serve all parts of Kuala Lumpur with fares beginning from RM1. Some hotels also offer free bus shuttle services to major shopping malls in the city.

KL Hop-on/Hop-off Bus Service

Links you to 40 attractions around the city with 22 designated stops. 8.30am to 8.30pm. Ticket: RM38 with discounts for locals, senior citizens, students and children. 03-2691 1382

#### **GETTING TO THE AIRPORT**

KLIA Ekspres: The journey takes about 30 minutes from KL Sentral and the fare is RM35 per person per way. There is also check-in facility at KL Sentral for some airlines.

Taxi: The fare from the city centre to the airport is RM90 – RM120 per taxi.

Eco Transit: Eco Transit can accommodate up to 5 adults and has a fixed fare of RM130/ trip.

Limousine: Can be arranged with the hotel concierge and fare range from RM100 – RM200.

#### COACHES TO KLIA AND/OR LCCT

- Airport Coach +603-6203 3067
- Sky Bus +6016-217 6950 • Aerobus - +603-3344 8828
- The Star Shuttle +603-4043 881

Klang Valley Rail Transit Map



#### TRANSPORTATION

- Air Travel • Kuala Lumpur International Airport
- +603-8776 2000 • Domestic Airport - Subang
- +603-7845 3245
- Kuala Lumpur City Air Terminal +603-2267 8000

#### Domestic Airlines

- MAS +603-2161 0555 MAS Reservation Number
- +603-8890 3702
- AirAsia +603-2171 9333
- Berjaya Air +603-7847 1338
- FireFly +603-7845 4543
- Malindo Air +603-7841 5388

🖂 Rail

KL Sentral 03-2274 7435
KLIA Ekspres 03-2267 8000

• KL Monorail 03-2273 1888

• Galaxy Asia 012-368 0117 • AVIS +603-5885 2300

• ORIX Auto +603-9284 7799

• Eazy Peezy +6011-1166 6545

• WS Rent-A-Car 03-4256 6999

• Sunlight Cab +603-9200 1166

• Public Cab +603-6259 2929

• MyTeksi +601-300-80-5858

• KTM 03-2267 1200

合 Car Rental

Taxis

• Rapid KL 03-7885 2585

• Saujana Teksi +6011-1929 0976 • Grab Malaysia +601-300-80-5858

#### **Emergency Services**

#### • KL Tourist Police (24 hours)

- 03-2166 8322 • Police & Ambulance
- 999 or 112 (mobile phones)
- Fire & Rescue 994
- KL City Council 03-2691 6011

#### **Tourism Offices**

- Ministry Of Tourism Malaysia +60 3-2161 5161
- Pusat Pelancongan Malaysia (MATIC) +60 3-9235 4827
- Tourism Malaysia +603-8891 8000
- Melaka +60 6-288 1549
- Putrajaya Tourism Malaysia State Office +60 3-2615 8188

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# ORMATION $\overline{\mathbf{A}}$

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YUSOF GHANI Siri Tari 1989, 1989 Mixed media on canvas 122 x 122 cm RM 45,000 - RM 90,000

## SAVE the DATE sunday, 14 may 2017. 1PM . Auction venue: Klas @ Jalan Utara



**SEAH KIM JOO** Two Women with Dove, 1970s Batik 60 x 47 cm **RM 5,000 - RM 12,000** 



JOLLY KOH, DR Philosopher's Garden, 2004 Oil and acrylic on canvas 91 x 91 cm RM 18,000 - RM 36,000



ISMAIL ABDUL LATIFF Mystery Tour... Into the Wild Night, 2014 Acrylic on canvas 90 x 71 cm RM 9,000 - RM 16,000

For enquiries: LYDIA TEOH +60192609668 SHAMILA +60193337668 info@mediate.com.my KLAS, 31 Jalan Utara, 46200 Petaling Jaya, Selangor