

PHNOM PENH

032009  
ISSUE27

# ASIALIFE guide

**artists**  
**without frontiers**  
Cambodia's new breed of global artists

Sean Flynn  
Vagina Monologues  
Siem Reap Art  
Specialty Beers  
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## Editorial

THIS MONTH MARKS A new chapter in the life of AsiaLIFE Guide – we’ve gone online.

Over the last couple of years, many people have asked for back copies of the magazine, or complained about how hard it is to find a copy of the current issue in the bars and restaurants around town. The sad truth has been that your demand has surpassed our supply. The latter is determined by advertising revenue – our sole source of income. Finding a copy of the magazine at the end of the month can be as taxing as getting a politician to admit to making a mistake on a morning talk show.

With the launch of our website all that hunting around at the end of the month is behind you. Each month we will post the main articles from the current issue on the website. There, you will also find many of the past articles we’ve published over the last two-and-a-bit years. If there is a particular article you want to read and it is not yet on the website, simply email us, and we’ll put it on the website. To find out more information about the community side of the website read the interview on page 63.

I know that for many of you reading a magazine on the internet is not the same as feeling the real thing – that’s why we have always maintained the same, high print quality for the magazine. With you in mind, from next month we will be revamping our distribution and introducing a subscription list (with a small charge to cover delivery) which will allow regular readers to browse through their copy of AsiaLIFE Guide over a cup of morning coffee, or wherever it is that you choose to peruse your magazine.

But enough of the future, this issue we return to a theme we covered back in December, 2006 – the Cambodian art scene. Then we focused on Cambodian artists, both experienced and emerging. Now, we look at artists who have travelled overseas in pursuit of their creative ideals, both foreigners who have come to these shores and Cambodians who have travelled overseas. We look into how the experience of visiting a foreign land has influenced the development of their art.

Continuing this theme, we talk with Maria Stott, whose project ‘The Building,’ is bringing a new social dimension to the role of art in the country. And, in Getaway, Narisara Murray gives a very personal low-down on the art venues in the Kingdom’s main tourist destination – Siem Reap.

This month also marks a departure from our normal format as we feature an article also published in our sister magazine – AsiaLIFE HCMC. An interview with famed photojournalist Tim Page about the loss of his great friend Sean Flynn, it covers Page’s latest attempt to discover how the maverick son of Errol Flynn died nearly four decades ago.

At this stage I normally invite readers to send any comments they might have on the magazine to us by email. No more! Don’t send us an email. Instead, visit our website, and post your comments on individual articles there, or join in the nascent debate on one of our forums.

We trust that you enjoy this issue and if you don’t, get online and tell us about it.

Mark Jackson  
 Publisher – AsiaLIFE Guide

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## The Month That Was

dates, artist, getting fat



Dan and Polara at Topaz



Adelle and Prateek at Malis

### ■ BLIND DATE

AsiaLIFE came to the aid of Phnom Penh's lonely hearts on Feb. 11 by organising a Blind Date game show at Talkin to a Stranger ahead of Valentine's Day. Modelled on the famed TV show, three female and three male hopefuls vied for dates with Chicago artist Dan and Scouse teacher Adele. The evening was one of collective embarrassment, cringing and plain simple fun,

while Cilla Black was hardly missed as The Secretary's Kevin Britten stepped into her shoes to host the show.

As the competing bachelors and bachelorettes enjoyed Sol beer courtesy of AusKhmer, they were subjected to increasingly embarrassing questions.

"Some people like to scream 'Daddy, Daddy' in bed. What would you scream and why?" One lucky member of the audience

won a full-day at The Secretary's serviced offices for the most imaginative answer to this question. Talkin to a Stranger further awarded another clever spectator with a succulent lamb dinner.

With Adele and Dan relegated to the upper balcony to keep them for getting a peek at their future dates, the two had to rely on information provided by their prospective Romeos and Juliets. Thankfully, the audience helped

with the decision-making. So after careful deliberation, Adele chose the witty Prateek and Dan went for saucy Polara.

To set the couples on a happy path in anticipation of their Valentine's Day dates, Talkin further opened the bar to help them get to know each other, while the four souls untouched by Cupid's arrow found solace in a bottle of wine, courtesy of Quarto Products.

# PHNOM PENH AsiaLIFE guide

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man and an extraordinary artist. This show portrayed not only his brilliance and vision, but also the lasting, loving impression he left on his surrounding community. Svay Ken – A Tribute, curated by Bradford Edwards, will hang well into this month.

■ **MARDI GRAS** ♡

Revellers flocked to the Gym Bar on Fat Tuesday to prepare to purge themselves of all their sins before a

pious 40 days of lent... well, maybe not. But the party was a roaring success none the less. In true Louisiana style the po' boy sandwiches, Red Beans & Rice, and Cajun burgers were washed down with enough hurricane cocktails to make a Catholic priest blush. The merry-makers were adorned in masks, goofy hats, beaded necklaces, and threw painted coconuts in honour of the Krewe of Zulu's hundredth birthday. 🍻



On the big day, the two couples met for dinner dates at Topaz and Malis restaurants, lubricated with champagne provided by Quarto.

"The meal was fantastic – we had a really nice time," said Pra-teek, admitting that though he hadn't seen Adele since the meal there had been "some texting back and forth." Asked whether he'd do it again, "We'll see," was his non-committal response.

A night of fun for contestants and the audience alike, the event certainly showed there are both eligible bachelors and bachelorettes in this town – you just need to put yourself out there.

■ **BECAUSE WE LOVED HIM** ♡

Artists and patrons of the arts gathered at Java Café and Gallery early last month to pay tribute to Svay Ken, the grandfather of contemporary Khmer art who passed away in December of last year. Dana Langlois had the simple yet brilliant idea of gathering Svay Ken paintings from private collections here in Phnom Penh and sharing them with the community – Svay Ken's own community. This exhibition, in which no paintings were for sale, focused on people coming together to celebrate this remarkable man's life and work. Svay Ken was an exceptional

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# The Vagina's Second Coming

After two February screenings of the documentary 'Until The Violence Stops', depicting the rise of the V-Day Movement, the capital of Cambodia is hyped up and ready for the main event – The Vagina Monologues. By **Nora Lindstrom**

V-DAY STANDS FOR VICTORY, valentine and vagina. Now in its eleventh year, the V-Day Movement arose from performances of Eve Ensler's play *The Vagina Monologues*, to become a global phenomenon with a mission to end violence against women and girls. This year Phnom Penh has become part of the movement, although the play itself was first performed in the capital in 2005, to wide acclaim.

The *Vagina Monologues* is a celebration of female sexuality, the female body and femininity. The play features a host of women's stories about their vaginas that are riotous, sad, angry, and hilarious. The message is profound – only by speaking up about women's experiences can we end gender-based violence and give women the respect they deserve.

## ■ REAL VOICES

In compiling stories for the play, Eve Ensler interviewed over 200 women from all social classes. "At first women were reluctant to talk," the author writes in the play. "They were a little shy. But once they got going, you couldn't stop them. Women secretly love to talk about their vaginas. They get very excited, mainly because no one's ever asked them before."

The most surprising element of the play is its humour. There are the moans that will have the audience shrieking with laughter. There is the woman who before meeting Bob thought of her vagina as a mink-lined muffler or a china bowl. There are all the different things women would have their vaginas wear, from a male tuxedo, through high heels, to a pinafore.

Like everywhere around the world, all cast and crew in the Phnom Penh production



are volunteers and the V-Day events raise money for a local charity. This year's chosen charity is Women Peacemakers, a local organisation that works with both women and men to empower communities to end gender-based violence and protect the rights of women and children.

## ■ LOCAL TALENT

Isabelle Skaburskis is directing the Phnom Penh production, which has a cast of ten women including herself. "I have always been impressed by the concentration of intelligent and powerful women in Phnom Penh," says Isabelle. "The play is an opportunity to celebrate and nurture the strength of these women who work so hard for Cambodia."

The Canadian anticipates the play to be well-received.

"Many have seen it before," she says. "Even those who haven't or who are challenged by the topic of vaginas, will appreciate the message and the purpose, which is to explore and accept and think a little more deeply about how we feel – and talk – about ourselves."

In 2005, Sharon Wilkinson astounded the audience with her surprise triple orgasm moan. She is happy to be involved for a second time.

"First of all it's fun," she says. "But it's also a production that tells the story of so many women in so many different ways and packs it into approximately an hour and a half. We've heard these stories over the years, and know how women are in

the world – that there is abuse, that there is rape. We know it's there, but having it told in a way that can make the audience connect, empathise, and hear the stories – to get someone who hasn't been there to understand what it might mean, this misogyny, this structural abuse of women across the world, that's the strength of *The Vagina Monologues*."

V-Fest, a fundraising party, will be held at Rubies Wine Bar on Friday Mar. 27. The party will feature special Clitini drinks, a raffle, as well as an interactive art exhibition.

*The Vagina Monologues* will be performed on Apr. 3 & 4 at 7.30pm, and Apr. 5 at 2.30pm at Khmer Surin Restaurant. Tickets cost US\$12 for foreigners and US\$6 for Cambodians. ■



# News & Events

## saint patrick's day, players, roaming



### ■ AUDITIONS!!

The Phnom Penh Players are holding auditions for actors aged 15 and up and a call for backstage crew for their mysterious, yet-unnamed production taking place in late May. The auditions will be held at Livin-groom Café on Mar. 4 at 6.30pm. All proceeds of the production will be donated to Epic Arts' Community Arts Centre in Kampot.

### ■ UNLIMITED DATA ROAMING

HELLO has launched a daily unlimited data roaming plan for their subscribers. This will be very helpful for people who do a lot of travelling in the region and want to stay connected. For US\$6 per day subscribers can use internet and data browsing services and

incur no escalating call charges.

The plan applies when roaming with Hello's partner operators in Malaysia, Singapore, Indonesia, Sri Lanka and Bangladesh. Subscribers are advised to activate roaming and GPRS services before travelling, in order to enjoy the plan. Call 1452 or 016 810 000 for details and activation.

### ■ ST. PATRICK'S DAY

In honour of an Irishman who cleared up the confusion around the Holy Trinity, or maybe more accurately, in honour of beer and a good laugh, there will be a few good Irish parties taking place on the 17th of this month. Green Vespa is holding an all day party. The Guinness draft cans,

Jamesons, Bushmills and Baileys will flow, to be well accompanied by boiled bacon, cabbage and champ, Irish stew. Traditional Irish music, great craic and fun and games will be enjoyed all day and night. Rory's Irish Pub will also be hosting a party. Free Irish stew will be offered with any drink bought. Buy one Jameson get the second for free, baby Guinness shots and draft beer will be US\$1. Rory promises great music and craic all night. Revolution Bar will also be holding a Paddy's Day Party on the festive green Tuesday, featuring green beer, games, prizes and Celtic music. If you show up wearing green you'll be awarded with a free shot. Look out for the Irish Mistletoe! 🍀

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Date	Match	Venue	Score
30 Nov. '08	Garudas vs. Stade Khmer (I)	Old Stadium	27 – 0
14 Dec. '08	Sisowath vs. Stade Khmer (I)	Old Stadium	0 – 21
18 Jan. '09	Sisowath vs. Garudas (I)	Old Stadium	7 – 74
25 Jan. '09	Stade Khmer vs. Siem Reap (I)	Old Stadium	46 – 0
08 Feb. '09	Sisowath vs. Siem Reap (I)	Siem Reap	44 – 14
08 Feb. '09	Garudas vs. Stade Khmer (II)	Old Stadium	20 – 13
15 Feb. '09	Garudas vs. Siem Reap (I)	Old Stadium	31-14
22 Feb. '09	Sisowath vs. Siem Reap (II)	Phnom Penh	20 - 7
08 Mar. '09	Sisowath vs. Stade Khmer (II)	Phnom Penh	
15 Mar. '09	Sisowath vs. Garudas (II)	Phnom Penh	
15 Mar. '09	Siem Reap vs. Stade Khmer (II)	Siem Reap	
22 Mar. '09	Siem Reap vs. Garudas (II)	Siem Reap	
25 Mar. '09	Asian 5 Nations Cambodia vs. Brunei	Lao PDR	
28 Mar. '09	Asian 5 Nations Cambodia vs. Lao	Lao PDR	
05 Apr. '09	Finals	Phnom Penh	

For further information contact Larry at 012 976 384

THE *Vagina*

MONOLOGUES

BY EVE ENSLER

+ V-Fest: Rubies, Fri 27 Mar 9pm - Come for the 'Clitinis'!

Tickets: \$6 (Cambodian) / \$12 (Foreigner)  
from March 15th at: Java; Rubies; Garden Centre (st.57)  
Info: cambodianmonologues@gmail.com

Friday April 3rd 7.30pm  
Saturday April 4th 7.30pm  
Sunday April 5th 2.30pm

at Khmer Surin (#9, st.57)

{ VDAY }  
 2009

# Openings

new eats, salons, sentiments



■ **LE LIBAN RESTAURANT AND GARDEN**

This newly opened Lebanese restaurant is giving Le Cedre some healthy competition. The large villa and surrounding garden area seats over 500 diners. The outdoor area is perfect for romantic dining on a cool, dry evening. The restaurant also boasts a Bedouin Tent tea room, a Jazz bar and a beautiful indoor air-conditioned dining area. A bowl of rich creamy hummus will set you back US\$5 while their fresh tabouleh salad costs US\$6 and a plate of crispy flavourful falafels come in at US\$5. The mezze multi course meals range from US\$12 to US\$30. Le Liban invites you to spend an afternoon sipping mint tea in their luxurious Bedouin tea room while puffing away at a shisha pipe loaded with grape, strawberry, Apple or Rose fermented tobacco (US\$8).

3 Street 466, Tel: 092 261 008

■ **DE GRAN**

Opening this month is Phnom Penh's most striking and modern looking salon. De Gran is owned and run by Japanese beauty expert Jun Kikuchi and cleverly located on a quiet street in BKK. The Phnom Penh Salon is the fifth to be opened by De Gran Group and the first outside of Japan. A cut and a colour at this stylish spa will set

you back US\$70. Permanent straightening treatments range between US\$100 and US\$150. Open from 10am to 8pm. Closed holidays and Tuesdays  
19 Street 352 Tel: 023 999 707

■ **CAFÉ SENTIMENT**

Set to open early this month is Café Sentiment's second location. This sister location to the busy three storey café on Monivong Blvd. is slightly smaller but will most likely experience the same level of patronage. Owned by the Thalias Group and offering up Topaz quality desserts and coffees at a fraction of the price this café is a welcome addition to the shops on 63. Open from 7am to 11pm

Cnr. streets 63 and 278, Tel: 023 221 922

■ **LE SAFRAN RESTAURANT**

Located on the increasingly popular Street 306 in BKK this newly opened fits in quite nicely between Fresco and Living-room Café. Serving Khmer and French dishes at affordable prices, fish amok US\$7, asparagus and crab soup US\$3, salmon quiche and mix salad US\$4.50, and boasting homemade French deserts including strawberry terrine for US\$3.50, this stylish restaurant looks like it's settling in for a good long stay.

18 Street 306, Tel: 023 217 646

**FLY LOUNGE**

Riverside, #21 AEO, St. 148, Phnom Penh, Cambodia  
www.flyloungecambodia.com

# calendar

## March

quizzes, women, paddys, and clowns

### sunday

# 01

**Pontoon - One Drop Sundays**

**Salsa Sundays**

Dance at the rooftop FCC Phnom Penh every Sunday from 5.30pm

**Sunday Brunch**

Free-flowing Moët & Chandon Champagne every Sunday from 11.30am to 3pm at the InterContinental Hotel

### monday

# 02

**Revolution Poker Night**

GLBT encouraged

**Vespa Malt Monday**

Four single malts for only US\$15 at the Green Vespa

### tuesday

# 03

**Zeitgeist Film**

Opening at Meta House 6pm

**Gym Bar Quiz**

**Alley Cat Rib Night**

Full-rack for US\$8, half-rack US\$5.50 at Alley Cat Café, every Tuesday

### wednesday

# 04

**Phnom Penh Players**

Auditions at Livingroom Café

**Dimple performing Live**  
at Talkin' to a Stranger 8pm

**Vespa Wine Wednesday**

Buy one bottle of wine and get another for free at the Green Vespa

**La Croisette Live Music**

### thursday

# 05

**Glory Hole Gay Night with Cabaret Dancers - Pontoon**

**Talkin to a Stranger**  
Lamb dinner - Thursdays - \*booking essential

# 08

**International Women's Day**

5% discount for Women at La Marmite

**DJ Illest**

at Chow - 8pm - 11pm

**Pontoon - One Drop Sundays**

**Intercon Sunday Brunch**

**Salsa Sundays**

# 09

**Revolution Poker Night**

**Vespa Malt Monday**

# 10

**Banyan Tree Opening**  
at Meta House 6pm

**Talkin Head Trivia**

Pit your brains against the Quiz-Master at Talkin to a Strange

**Gym Bar Quiz**

Test your knowledge against Randal at the Gym Bar every Tuesday night from 9pm - US\$30 bar tab for the winners

**Alley Cat Rib Night**

# 11

**Swinguilin**

Performance at Meta House

**Australian Women's Connection (AWC) Lunch**

Second Wednesday each month. For info call 012 223 801

**Vespa Wine Wednesday**

**La Croisette Live Music**  
live music -Every Wednesday

# 12

**Glory Hole Gay Night with Cabaret Dancers - Pontoon**

**Patchwork Art Work**  
Opening for Maggie Bol and Lenny Bart at Gasolina 7pm

**Talkin Lamb Dinner \***

# 15

**One Drop Sundays**

Reggae Dub and Ska BBQ and US\$2.50 Mojitos at Pontoon

**African Documentaries**  
at Meta House

**Salsa Sundays**

**Intercon Sunday Brunch**

# 16

**Faces of Asia at the Centre for Friends**  
Siem Reap

**Revolution Poker Night**

**Vespa Malt Monday**

# 17

**St. Patrick's Day**

**Green Vespa St. Paddy's day Party**

**Rory's Irish Pub Paddy's Day Party**

**Revolution Paddy's Day Party**

**Alley Cat Rib Night**

**Gym Bar Quiz**

# 18

**Vespa Wine Wednesday**

**La Croisette Live Music**

# 19

**Glory Hole Gay Night with Cabaret Dancers - Pontoon**

**Talkin Lamb Dinner \***

# 22

**Pontoon - One Drop Sundays**

**Salsa Sundays**

**Intercon Sunday Brunch**

# 23

**Revolution Poker Night**

**Vespa Malt Monday**

# 24

**Talkin Head Trivia**

**Alley Cat Rib Night**

# 25

**Day Kraham film**  
at Meta House

**Vespa Wine Wednesday**

**La Croisette Live Music**

# 26

**Glory Hole Gay Night with Cabaret Dancers - Pontoon**

**Talkin Lamb Dinner \***

# 29

**Pontoon - One Drop Sundays**

**Salsa Sundays**

**Intercon Sunday Brunch**

# 30

**Revolution Poker Night**

**Vespa Malt Monday**

# 31

**The Life of the Streets Opening**  
at Meta House

**Gym Bar Quiz**

**Alley Cat Rib Night**

# 01

**Vespa Wine Wednesday**

**La Croisette Live Music**

# 02

**Glory Hole Gay Night with Cabaret Dancers - Pontoon**

**Talkin Lamb Dinner \***



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friday

06 Africa Night Live drums African Food and Music at the Club (Gasolina)
Housexy with Tim from the Pabolo Disco boys at Pontoon
Alley Cat Friday Devious Dice
The Hellhounds at Velkommen Inn
Winking Frog Live Band

13 'Mekong Pirates' Live band at Gasolina at 8pm
Primitive Souls 80's night at Talkin to a Stranger
The Hellhounds at Velkommen Inn
Winking Frog Live Band
Alley Cat Friday Devious Dice

20 Party at Rubies Wine Bar
The Hellhounds at Velkommen Inn
Winking Frog Live Band Every Friday night from 8:00pm till late
Alley Cat Friday Devious Dice US\$1 roll wins drinks and prizes at the Alley Cat Café

27 V-Fest Party at Rubies
Tini Tinou Circus show at the CCF 7pm
Velkommen Inn The Hellhounds play live every Friday from 8pm
Winking Frog Live Band
Alley Cat Friday Devious Dice

03 Winking Frog Live Band
Alley Cat Friday Devious Dice

saturday

07 Launch of the 'Twist it Up' Hip Hop Parties at Pontoon. Hosted by Hydro, Tech 12 and DJ Illest. Performance by Tiny Toones!
Winking Frog Live Band & Karaoke
Soundz of Berlin DJ Derek Risle aka Der E-Kreisel from Berlin plays La Croisette
Live Music at Revolution
Metahouse Opening - Raining at Preah Vihear

14 Twist it Up Party' Hip Hop Night at Pontoon
Live Music at Revolution
Winking Frog Live band & Karaoke at Winking Frog every Saturday night from 8pm till late

21 Green Vespa Go-Karting Championship Contact Alan for details
DJ Solo and Illest C at Pontoon
Live Music at Revolution
Twist it Up Party' Hip Hop Night at Pontoon
Winking Frog Live Band & Karaoke

28 Tini Tinou Circus Parade at 4.30pm, Show at 6.30pm
Khachao Touch Opening at Art Café
Twist it Up Party' Hip Hop Night at Pontoon
Live Music at Revolution
Winking Frog Live Band & Karaoke

Twist it Up Party' Hip Hop Night at Pontoon
Live Music at Revolution
Winking Frog Live Band & Karaoke



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Siem Reap Office #8-9, Mondul 2 Village, Svay Dangcum Commune, Siem Reap
Sihanouk Ville Office Group 1, Village 4, Sangkat 4, Mittapheap, Sihanouk Ville



# storyboard

## Streetsmart: Around Orussey Market

Hectic, unruly and genuinely Khmer, the area around Orussey Market is a real treasure trove for those hunting for fabrics and bicycles. **Nora Lindstrom** takes a look. Photos by **Conor Wall**.



Loungin' in Lace

THE STREETS AROUND Orussey teem with life. The whole area comes across as one massive bazaar as the market spills out to the adjacent buildings and beyond. Rubbish, potholes and chaotic traffic are de rigueur while goods are packed and unpacked everywhere. This is a place of business, not a tourist market. That said, some of Phnom Penh's oldest guesthouses are also to be found in the area, catering to some very seasoned budget travellers.

### ■ FANTASTIC FABRIC

In true local style, vendors of the same goods have monopolised sectors around the market. The northern end of Street 113 is lined with shop after shop selling similar textiles – most also offer

basic tailoring services. The stock includes a large amount of patterned synthetic fabrics as well as heavier cotton materials.

A tailored shirt can be yours for a mere US\$5 (fabric included) while custom-made trousers can be had for as little at US\$3. English skills are very limited, meaning that anything beyond straightforward designs might not turn out quite as anticipated. Bear in mind that while many of the patterned fabrics are simply gorgeous, as a rule they are not made from cotton and can translate into hot and sticky garments.

Running vertically on the western side of the market, Street 141 hosts a row of fabric shops. Most have a wider and better selection of textiles than their counterparts on Street 113. Here

you can find chiffon, silk and both light and heavy cotton, as well as patterned textiles for a range of prices. Not all of the shops offer tailoring services, so it's advisable to take your newly-acquired fabric to a recommended tailor to ensure the right cut.

If you are more interested in something ready-made, the streets immediately south of the market are home to several vendors of used clothing imported from overseas. Prices are rock bottom from around 2,000 riel per item, but it takes some serious sifting through to find anything wearable.

Should you fancy yourself as a tailor, head for Streets 109 and 166 in the north-eastern corner of the market for sewing machines and accessories.

### ■ THINGS FOR TWO WHEELS

Get on your bike to Street 107, and adjoining streets, if it is bicycles or bike accessories that you are after. Here used bikes, ranging from the typical Japanese silver model to colourful kids' wheels and more expensive mountain bike look-a-likes, are sold in vast numbers. Perfectly decent city bikes cost around US\$30. It's worth haggling and looking around. Once you've settled on both bike and price, make sure all accessories – functioning bell and lights, pedals, metal basket (the plastic ones break very easily) and lock – are added free of charge. Also note that some bikes considered less stylish can be cheaper simply because they don't fit current fashion standards for two-wheelers. Don't forget to purchase a helmet!



**Wheels for Everyone**

Should you be going further a-field, the Mekong Express bus station is located in the southwest corner of the market, by the flower vendors.

**■ OLD-FASHIONED CHARM**

Capitol Guesthouse, at the corner of bike street and Orussey Market is a famed old-timer. Opened in 1991, the guesthouse seems a relic from the era when Phnom Penh was still 'Off the Rails'. Rooms start at US\$3. Despite the bargain basement price they are relatively clean on the backpacker scale, while the restaurant serves basic, if unremarkable, Khmer fare. Capitol also organises a variety of day trips that are good value for lone travellers. All trips require a minimum amount of participants and the sign-up sheets at the guesthouse are empty most of the time. Groups are generally better off organising trips for themselves – the 'sunset on the Tonle Sap' cruise costs US\$6 per person for a minimum of six. Capitol also operates reasonably priced buses to several destinations in Cambodia and beyond.

A stone's throw south of Capitol, Bites Restaurant stands out from most of the others in the Orussey area, with its table cloths and pretty lights. Serving

US\$2-US\$3 Malaysian, Khmer, western and halal food from 7am to 10pm, this is the classiest place to eat in the neighbourhood.

Next door is Dragon Guesthouse with rooms from US\$6, as well as a balcony restaurant with a comprehensive menu of inexpensive Asian and western dishes.

**■ HEALTH AND HAPPINESS**

Running horizontally north of the market, Street 166 is the place to head for your fix of Khmer traditional medicine. Lush-smelling selections of roots, powders, bark, dried shells and starfish are sold out of big hampers to cure all ailments. You can also get ready-made mixes sold in packages featuring smiling, happy couples – perhaps these are meant to sort your love-life out? It's difficult to know as the vendors regard you with suspicion and don't speak any English.

Finally, Sing Veng Her Café Special, at 64 Street 182, sells freshly ground coffee beans from Cambodia, Laos, Vietnam and Brazil. A kilo of these butter-roasted beans is yours from US\$5/kg for Mondulkiri coffee. Add a large Vietnamese-style coffee drip (2,000 riel) and you are set for that essential early morning caffeine kick. **■**



**Cures for what ails you**



**Go ahead, Mocha my day**

## Phnom Penh Life: Maria Stott

The camera may never lie, but it can perpetuate prevailing western preconceptions, **Johan Smits** talks with **Maria Stott**, the Polish-born photographer who through her organisation, On Photography Cambodia, is helping develop a local vision of Cambodian photography.



**Maria and her Crew**

“AS LONG AS THERE IS space, Cambodian photography can develop into something of its own,” says Polish-born photographer Maria Stott. She knows a bit about photography, too. Coming from a family of journalists, Maria was given her first camera when she was seven years old.

“Our house was always full with the most distinguished writers, journalists, film makers and photographers - I loved what the last ones did most!” she recalls. Once the World Press Photo Exhibitions arrived in Poland, her family would take her to it every year without fail.

### ■ TAKING PHOTOGRAPHY SERIOUSLY

Then, after experimenting with documentary photography – and every so often with fashion – Maria decided to study sociology in

the U.K. and Poland so she could land a ‘serious’ job some day. But she soon discovered she was only deluding herself.

“I very much enjoyed my studies and I think it gives me a solid basis for what I am doing today,” she says. “However, after being introduced to the concept of visual sociology by one of my professors, I realised that photography could be taken, done and analysed seriously.”

Since then, Maria has worked as a photographer, teacher and photographic researcher in Eastern Europe, Southeast Asia, the U.K., and Holland for over nine years.

“It led me to the conclusion that in order to make sense out of photography – especially documentary – there are a few major things that make a great difference in contemporary pho-

tography,” she says. These include a lot of research, a cultural and ethical awareness, an inclusion of and collaboration with local photographers, and professionally conducted participatory processes. “Otherwise you usually see, do and promote the same things over and over again, only in a different geographical context.”

### ■ ON PHOTOGRAPHY CAMBODIA

Taking heed of her own words, Maria founded a project called ‘On Photography Cambodia’ shortly after arriving here a year ago. The aim of the project is to collaborate with aspiring Cambodian photographers in order to establish a professional photographic education and association programme. “Unfortunately there is no solid consistent photographic programme,” she says. “Occasional workshops, that

are run here and there, do not fill the gap.”

She also finds that the photographic scene in Cambodia tends to cater to the international crowd while marginalising Cambodian photographers. “Those events promote a western vision of photography which hardly brings anything new to the photographic debate, to perceptions about Cambodia through photography, or to Cambodian photographers,” she says.

With ‘On Photography Cambodia’, Maria hopes to explore and promote a vision of local photography and the potential of local photographers. That vision includes the use of different types of research, different functions and uses of photography, and cultural awareness and ethics. “I believe Cambodian photography has great potential,” she claims.



"I am and will be more than thrilled to continue to assist and promote these processes."

■ **THE BUILDING**

Maria sounds like a driven person, and her achievements so far illustrate this. Together with Cambodian photographer Vandy Rattana she recently returned from the International Photography Festival in Bangladesh where the works of eight Cambodian members of her programme were shown. June will see the launch of an international exhibition titled 'The Building' at the Bophana Audiovisual Resource Centre in Phnom Penh.

A photographic art project, this exhibition will focus on the municipal apartments at the Bassac riverfront. The project has become all the more topical since the recent destruction of part of the housing by a large development company, and the forced eviction of the community that were living in it.

"Photography can be potentially very powerful here," Maria says. "I find that working with photography as a research tool can become a great way of

educating and communicating, and of exploring culture where education is still quite limited."

Using The Building as a representation of Cambodia's past, present and future, the project juxtaposes different photographic perspectives to explore contemporary issues of land dispossession and marginalisation. Students from The Building were taught basic camera techniques in order to document their lives. The resulting films can be seen as part of the international exhibition in June.

■ **THE FUTURE**

After collaborating with about 30 young aspiring photographers for over a year, On Photography Cambodia now counts 24 strongly committed Cambodian photographers, but Maria is still looking for funding partners.

"On Photography Cambodia is the main focus of my stay in Cambodia, which I plan to continue for the next two to three years," Maria explains. "After that time I hope to be just an advisor to the project and go elsewhere."

Maria is positive about the future for Cambodian photography.



"In recent years things have started spinning around photography in Cambodia," she says. "Some of the best photographers have been incorporated by global agencies – such as Reuters, Associated French Press, Associated Press, etc. – and even though they work extremely hard, they are very motivated and generous in collaborating with the younger generation, whom I hope will take Cambodia and Cambodian photography to a different level."

And what does the future hold for the photographer herself? The list is, again, ambitious. She mentions continuing working with local photographers, starting her own photographic projects, writing about photography and trying to join academic debates about photography in contemporary cultures. "Maybe I'll even consider taking up a PhD in the subject," she adds.

For more information visit: [www.onphotographycambodia.com](http://www.onphotographycambodia.com)

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# The Last Search for Sean Flynn

It's been nearly four decades since photojournalists Sean Flynn and Dana Stone went missing in Cambodia. Now, as witnesses pass away and contacts whither, photographer **Tim Page** is launching one last search for his good friend, Sean Flynn. All photos © IMMF degree south.

## ■ ON APRIL 6, 1970,

Two American photographers, Sean Flynn, 28, and Dana Stone, 30, drove their rented Honda motorcycles towards a military blockade on Route One in eastern Cambodia, a few miles from the Vietnam border.

Something big was going on. Armed conflict had erupted in Cambodia while Vietnam and the United States were in the midst of war, and the two friends, always among the most daring of the war correspondents, headed straight for the front lines in the neighbouring country.

This time, Flynn and Stone would not be coming back. Once across the border, they were held by North Vietnamese forces. Some imply that Flynn and Stone meant to be intercepted in order to capture the story, as it would have been impossible for them — or any foreign civilians — to pass through the border area without permission or oversight. Whatever the case, Flynn and Stone were never seen nor heard from again.

What exactly happened to Dana Stone and Sean Flynn has remained one of the war's lingering mysteries for nearly 40 years.

That mystery is finally on the verge of being solved. New information and new sources have been found, and a major new attempt spearheaded by Flynn's friend and fellow war correspondent Tim Page to retrace the final days and months of the two men is underway.

## ■ SON OF ROBIN HOOD IN VIETNAM

The war in Vietnam has been called the first media war, and the journalists and photographers who covered it — Robert Capa, David Halberstam, Peter Arnett, Seymour Hersh, Larry Burrows, Neil Davis and dozens of others — became larger-than-life figures.

But none were quite like Sean Flynn. Six feet three inches (1.91



Driven to find the real story while in harms way

metres) tall, with the matinee idol looks and Hollywood glow of his legendary father Errol, he cut an unforgettable figure across the war zone. Flynn “blew minds all over Vietnam,” as Michael Herr writes in his classic memoir *Dispatches*.

Sean Flynn arrived in Vietnam in January 1966 as a freelance photojournalist for the French magazine *Paris Match*. The magazine itself treated his arrival as a celebrity stunt, trumpeting it with the headline “Son of Robin Hood in Vietnam.”

Up until this point, Sean Flynn had more or less done the things expected of the son of a Hollywood icon. He had lived a playboy lifestyle, begun an acting career of his own (in B-movies such as *Sign of Zorro* and *Son of Captain Blood*), and had even tried his hand at big-game hunting in Africa.

But in Vietnam, Flynn quickly established himself as much more than a sightseeing dilettante. He was deeply drawn to the war, driven by some kind of impulse into its darkest corners.

“Sean Flynn could look more incredibly beautiful than even his father, Errol, had thirty years before as *Captain Blood*,” wrote Herr. “But sometimes he looked more like Artaud coming out of some heavy heart-of-darkness trip, overloaded on the information, the input!”

Maybe Flynn was trying to get out of his father's shadow, maybe he was trying to prove something to his old man. But whatever motivated him, Flynn was willing to take the risks that few other photographers would, to disappear for long stretches at a time into the heaviest fighting, to live out in real life the danger and the adventure that his father had only lived on screen.

## ■ THE LAST SHOT

Flynn found a band of like-minded members of the press

**This is my brother.  
It's a hard thing  
to describe what  
happens in war  
between men.**

corps in Saigon. Among them were Michael Herr, who was writing for *Esquire*; UPI's Joe Galloway; Dana Stone, a logger in Vermont before becoming a war photographer in Vietnam; and perhaps Flynn's closest friend in Vietnam, the wild, reckless, unfettered Tim Page. Page was an adopted child who grew up in Kent, England and left home at 17 to make his way across Europe and India, eventually landing in Laos and then Vietnam where he too became a photojournalist.

It was Page who was supposed to have been the unlucky one. While Flynn and Dana Stone had each suffered hardly a scratch during the war, Page had an uncanny knack for getting severely wounded. In April 1969, he took so much shrapnel from a mine explosion that he was declared dead on arrival at hospital, and spent the next year recovering in New York and Los Angeles.

And yet, it is Page who is now back in Ho Chi Minh City four decades after Flynn and Stone disappeared, sitting in a small French restaurant on downtown Ngo Duc Ke Street, talking about his best friend.

"This is my brother," he says, trying to describe a bond that remains unbreakable even after all this time. "It's a hard thing to describe what happens in war between men."

With the help of friends and colleagues, like Dave Mac-Millan, who operates the Dogma propaganda art and fashion shop in Ho Chi Minh City, Page has launched the first new search for Flynn in years. He is following up old leads, acting on new information and trying to catch those who still may remember what happened to his friends.

"I think it's patently obvious that a lot of the leads — the human intelligence — are dying off," says Page. "This is the last shot."

**■ A FALSE ASSUMPTION**

It may be the last shot, but this isn't the first time Page has tried to find out what happened to Flynn and Stone.



In 1990, Page went to Cambodia and conducted a search, featured in his book *Derailed in Uncle Ho's Victory Garden* and in the British television programme *Danger on the Edge of Town*.

Page's investigation led him to the town of Sangke Kaong, where Stone and Flynn were held for a period of time before being turned over to the Khmer Rouge when Vietnamese forces left the area. From there, the trail leads

to the town of Bei Met, where eyewitness accounts told of two western prisoners being killed in early 1971, and where a grave containing teeth and fillings was uncovered. Forensic tests indicated the teeth belonged to a tall man and a short man and that both had died violently.

Advanced DNA testing was still in its infancy at this point, and without any known samples to test against, it was impossible to

say with certainty that these were the remains of Flynn and Stone.

Page, however, felt that he had found his friends. "I was pretty sure in 1990-91, but there was still so much missing from the jigsaw puzzle," Page says. "I made — I'll cop to it — false presumptions. Obviously, I wanted resolution."

After his search, Page went on to create *Requiem*, a photo essay book and exhibition with a permanent display at the Ho



Chi Minh City War Remnants Museum that pays tribute to the combat photographers from every nation that died in Indochina.

#### ■ NEW INFORMATION

Page's original conclusion, however, didn't stand up to the test of time. Earlier this decade, the Joint Task Force-Full Accounting, the Hawaii-based U.S. organization that handles POW/MIA issues, was able to conclude that the teeth matched a different pair of western prisoners — Larry Humphrey and Clyde McKay.

Humphrey had been a U.S. Army deserter, and McKay was one of a pair of mutineers who overtook the *Columbia Eagle*, a merchant vessel carrying napalm to the U.S. air bases in Thailand. McKay and his partner Alvin Glatkowski (later extradited to the United States) took control of the ship as an anti-war protest and brought it to Cambodia.

They expected to be welcomed as heroes, but were instead arrested by U.S.-backed forces loyal to Lon Nol days after they arrived. McKay escaped imprisonment and sought out the Khmer Rouge. He was never seen again.

Based on the DNA samples and other evidence, Humphrey and Mc-

Kay were taken off the MIA list by the Joint Task Force (which is now known as JPAC, the Joint POW-MIA Accounting Command).

The organization further concluded that one of the samples may in fact belong to Dana Stone, based on the DNA supplied by his brother Tom, a U.S. Army medic killed by friendly fire in Afghanistan in 2006. The match was not conclusive, but it has been enough to have Stone removed from the priority list of MIAs. Sean Flynn remains on the list.

In 2001, Zalin Grant, an army officer and a *Time* and *New Republic* correspondent during the war, conducted his own search for Flynn and Stone. He concluded that the two were most likely kept alive until 1975, and were executed in Kratie.

In 2002, another theory saw the light of day. In Jeffrey Meyer's dual biography *Inherited Risk: Errol and Sean Flynn in Hollywood and Vietnam*, the author puts forward the suggestion that Flynn was in fact suffering from malaria and had been taken to a hospital in June 1971, where he was given a lethal injection. Meyer did not know where the hospital was.

This theory is based on a never-published 1974 interview

of a Khmer Rouge cadre who was present at the alleged execution, by AP reporter Matt Franjola. Tim Page was given a transcript of the interview in the late 1990s by Franjola, but did not follow up on it at the time.

#### ■ PUTTING SPIRITS TO REST

Page couldn't leave the case alone, however. Or perhaps the memories of Sean Flynn wouldn't leave Tim Page alone. Last year, after having surgery to treat old war injuries, the photographer said that images of Flynn started coming to him.

"I had a dream about him," says Page. "He's sitting on my shoulder, waiting to be found."

Page started digging into this last theory — that Flynn had in fact come down with a serious case of malaria, and was killed by an injection at a hospital, either in an attempt to save his life or as a means of execution.

Page and his colleagues in Cambodia and Vietnam have since come across numerous promising leads, from newly-uncovered documents from the international NGO Document Centre of Cambodia to insider "Deep Throat" tips to Vietnamese and Cambodians with relevant information.

The group is now convinced that they have found the coordinates of the former hospital, in Kampong Cham.

The information is so promising that British television and film production house Wall to Wall is sending a team to Cambodia this month to start work on a documentary film about Page's search. It's scheduled to be shot by cinematographer Roger Deakins (Kundun, *The Reader*, *Revolutionary Road*).

Page is also working on a book about his new search, tentatively called "Bones of Contention." He says he's motivated not just to find Flynn's remains, but to piece as much of the story together as possible.

"What was it like to have been a POW under the Khmer Rouge for over a year, underneath the heaviest bombing campaign in history?" Page says. "What was it like to be living on a handful of rice and a chicken bone under a B-52 bomb strike? What's it like on the ground when you've lost your hearing and you're stumbling around with blood coming out of your ears?"

Just as this issue of *AsiaLIFE Guide* was going to press, Page and his researchers came across



a document that is the strongest piece of evidence yet to support the lethal injection theory — a Khmer Rouge official report on the killing which lists heretofore unknown details. It could well be the key to unlock the entire mystery of Sean Flynn.

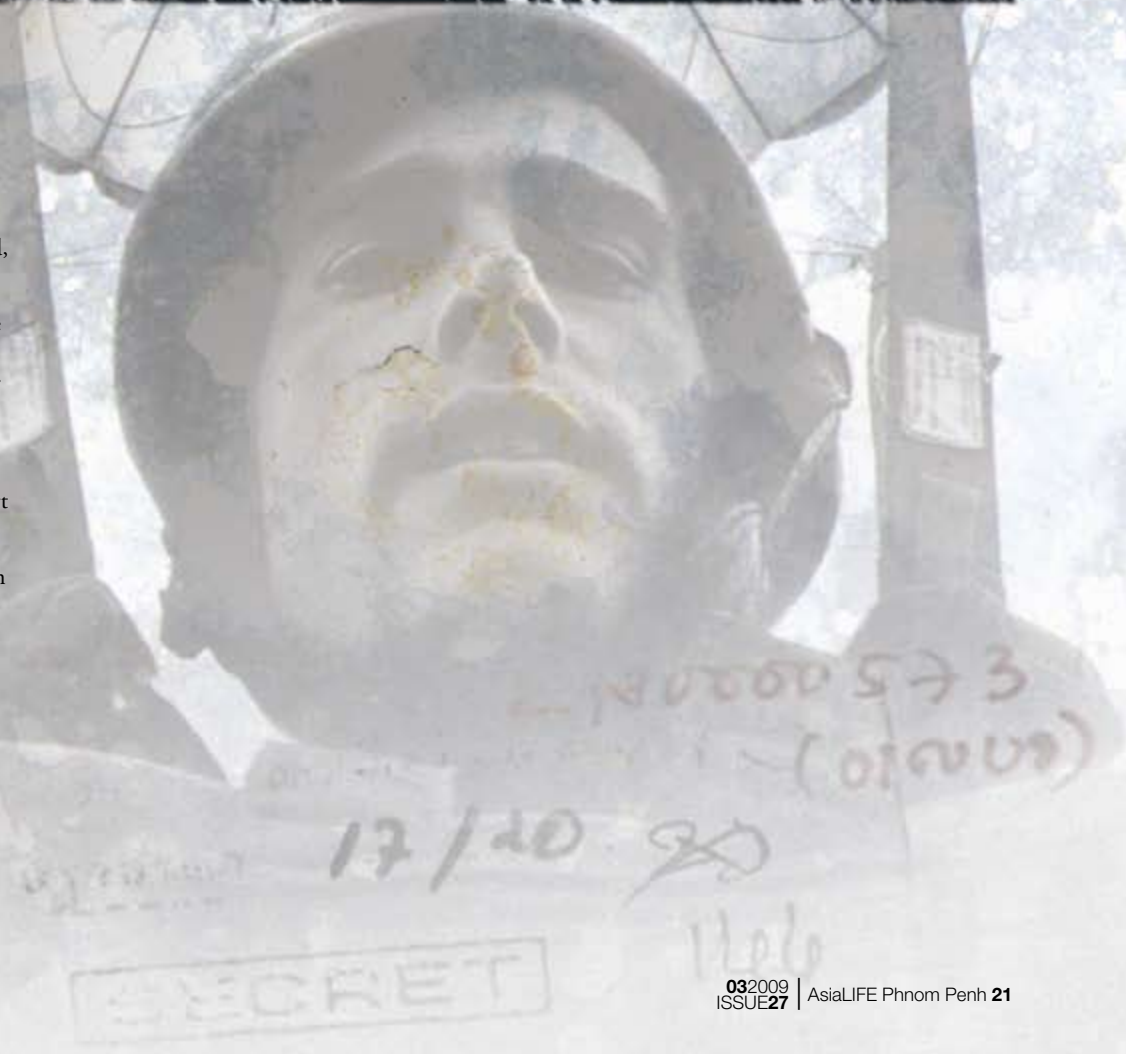
And for Sean Flynn's best friend, Tim Page, it will mean something more than just solving a mystery.

"I was about to die here in the hospital," he says at the French restaurant in Ho Chi Minh City. "Sean came all the way from Laos and brought me a Buddha. I can't quantifiably say that that helped save my life, but I think there is a bearing therein. It's part of that payback."

Page goes on: "When I drive [in Cambodia], I'm in tears, I can feel him. He's calling out, 'Come and find me.' It makes me feel almost stupid saying it like that. But a spirit needs a shrine, it needs a place to come home to."

Tim Page is on the verge of finding that place one that may put both his and Sean Flynn's spirits to rest.

AsiaLIFE Guide will be following the story of Tim Page's search for the truth about what happened to Sean Flynn in an upcoming issue. **A**





A world map is the background, showing continents in various colors. In the top left, two tubes of Marie's Oil Colour paint are lying horizontally. The tube in the foreground is white with a green cap and has the brand name 'Marie's' and 'OIL COLOUR' printed on it. The tube behind it is white with an orange cap. The map shows parts of Asia, including China, Thailand, Cambodia, and Japan, as well as Australia and the Philippines. The text 'The World's a Canvas' is printed in a large, bold, blue serif font across the middle of the map.

# The World's a Canvas

After a long dormant period, the past few years have seen steady growth in the development of Cambodian visual contemporary art. The Kingdom not only attracts international artists from different corners of the world but its own sons and daughters are increasingly entering the international art community. Johan Smits talked to some of Cambodia's globetrotting creative minds – both Khmers and expats – about their international experiences, their work and the Cambodian art scene.

"THERE IS NO DIFFERENCE IN being an artist in a developing country from being an artist anywhere else," says Nicolas Grey. "There are some practical differences though, things like the cost of living, materials, framing, etc, which can lend any artist more freedom," he says referring to the need to compromise artistic principles for financial reality that many young artists face in the West.

Nicolas has been an artist on and off for the past twenty years. His work is mainly drawings with pen and ink and some mixed media. His style is very much

influenced by his background as a self-confessed "underground comic artist."

The self-taught Brit thinks the art community in Cambodia is more enjoyable, intimate and accessible than in his native London, which he finds somewhat pretentious and alienating. "I feel Cambodia is a great place to be an artist," he claims. "It's a young culture and has many possibilities."

Italian-born Margherita del Balzo also loves being an artist in Cambodia. She first came here in 2004. Although she has worked with different art media, like Nicolas, she concentrates on drawing

"The country inspires me in many different ways," she says. "Living far from my country in different cultures enriches my experiences and develops my critical thinking. I owe Africa and Asia a lot for that."

Does that mean that travelling to other countries is a must for an artist to develop herself? Not so for Margherita who finds that there are as many kinds of artists as there are kinds of lives.

"I have artist friends in Europe that did not move – they travelled only in their imagination and with intelligence," she says. "Being an artist is living in an intense way wherever you are."



Vollaik Kong

■ **CAMBODIAN ARTISTS OVERSEAS**

Cambodian contemporary artists who have been abroad, seem unanimous in believing that travel has broadened their minds and inspired their art.

Vollaik Kong graduated from RUFA (Royal University of Fine Arts) in 2006 where he studied sculpture. Although he predominantly produces drawings and paintings, he had some sculptures exhibited in Sri Lanka last year.

“I think Cambodian contemporary art is reaching the same level as foreign contemporary art but Cambodian artists need more exposure,” he says. According to Vollaik they need more opportunity to travel and expose themselves to foreign contemporary art. “At the moment they often can only do this through the internet,” he says.

To Leang Seckon, going abroad has certainly boosted his self-confidence. After he finished studying art and decoration at RUFA, aged twenty-eight, he didn't really feel that he was ready. For one year he joined a performance group as a singer before he started painting. His first public show at Java Café and Gallery in 2002 proved a great success. It helped to increase his self-confidence but it was his first exhibition abroad, a year later in the U.S., that made him really believe in himself.

This exhibition owed a lot to an American artist who saw Seckon's work at Java and was instrumental in making the American exhibition happen. Seckon is indebted to him for more than just this.

“I learned a lot from his way of thinking and his worldview, which was more impor-

After I come back from travel I feel enriched. Some elements of what I saw I may then put into my work

tant to me than any technical knowledge,” he says about his American artist-friend. “I learned a lot about community, sharing and collaboration,” he says.

Since then his art has been shown in Singapore, Hong Kong, Norway, Vietnam, Thailand, Laos, Myanmar and Austria. “Cambodian contemporary art only started to emerge a few years ago,” he says. “But I think it has a bright future ahead.”

■ **CAMBODIAN ART SCENE**

So does that indicate that the Cambodian art market is booming?

According to Margherita it is certainly progressing thanks to new galleries and art spaces, but it is not a real Cambodian market because Cambodians do not buy art. “They prefer to invest in things that are easier to understand,” she says.

Margherita believes there will be a real Cambodian art market when Cambodians show their work abroad in quality galleries, and when Cambodians buy art from their own country.

“As long as ‘foreign art amateurs’ are the ones promoting local art, it will remain a

local folkloristic event, not a cultural one,” she says.

Despite this, she believes some Cambodian artists have reached a high level of work. “I am thinking of Sopheap Pich and Linda Saphan,” she says. “They have shows in other parts of Asia and are recognised worldwide.”

■ **ART OF SURVIVAL**

The upcoming travelling exhibition, ‘The Art of Survival,’ initially conceived of in 2007 by Nico Mesterharm and Lydia Parusol of Meta House, might be just the right initiative to help Cambodian artists establish themselves overseas.

“This group exhibition will be the first ever world-class Cambodian contemporary art exhibition to be shown in other countries,” says Bradford Edwards, another foreign artist working in Cambodia. Bradford has an ongoing supportive role as co-curator, catalogue art director and project manager for the project. It will have a comprehensive international-quality catalogue. “Another first for the Cambodian art community,” he claims.

Describing himself as “a fairly typical ‘mixed-media-anything-goes-any-scale-needed’ contemporary artist,” he divides his time between Phnom Penh, Vietnam and Santa Barbara, California. In these places he has established a series of what he calls “migrant studios” where he makes artwork for pending exhibitions.

He believes ‘The Art of Survival’ exhibition is a unique situation for most of the Khmer artists who have never shown abroad or had much contact with the wider art world, outside Cambodia.





Margherita del Balzo

“It has been fascinating and wonderful to see Khmer master artists interact and exchange ideas with the younger emerging artists,” he says. “For the further development of the Khmer art community, the value of this kind of personal contact between trans-generational artists cannot be overestimated.”

#### ■ INTERNATIONAL ACCLAIM

Forty-seven year-old Vannara Soeung is one of the Cambodian artists participating in “The Art of Survival” project. He studied for seven years at the Academy of Fine Arts in Warsaw and before that, in the early 1980s, at Phnom Penh’s RUF where he is now a lecturer in painting at the Faculty of Plastic Arts. His art medium is mainly abstract paintings in oil and acrylic, but also installations.

Vannara’s first public exhibition abroad was in Malaysia in 1999 where his work, about old Khmer music instruments, was shown at the Asian Arts Awards. Three years later he received the regional award in Indonesia. He too believes that his art has benefited from travel.

“After I come back from travelling I feel enriched,” he says. “Some elements of what I saw I may then put into my work.” Although he has received critical acclaim abroad, Vannara says that on the domestic front the journey has proved more difficult.

“For Cambodian people, my paintings are too abstract,” he says. “Only foreigners buy this kind of art.” At his first exhibition at Reyum Gallery in 1998, his friends criticised him because his paintings “were too close to the European style,” he recalls. However, he

still feels motivated because of the positive feedback and encouragement from foreigners.

#### ■ THE HUNGRY YOUNG ARTIST

Encouragement is exactly what the twenty-six year-old Sophon Phe is looking for. His little studio is located on the outskirts of Phnom Penh along a bumpy dirt road that is too narrow to let cars pass. The very modest space also doubles up as his living quarters. When the wind blows in the wrong direction, he can smell the nearby public rubbish dump.

Originally from Kampong Thom, Sophon studied at the Reyum Art School for five years before starting his artistic endeavours in 2006. He recently came back from Shanghai where he had his first exhibition outside of Cambodia. The young artist uses different media including drawings, sculptures, abstract and traditional paintings and installations. Sophon is also a dancer who has performed in the U.S. and Mexico. He thinks that the Cambodian contemporary art scene is slowly developing but there’s insufficient interest yet.

“More help is needed for artists, not just in monetary terms, but especially moral support,” he says. “There’s not enough understanding and appreciation of art.”

Sophon thinks that the presence of foreign artists in Cambodia is great. To him, it’s all about sharing different cultures. “We need to share with Thais, with Vietnamese, to understand each other better,” he says. “We have to keep in touch, keep contact, so that we’re not interested in fighting.”

In a couple of months, some of his sculptures will be exhibited at a gallery in Hong Kong.

**We need to share with Thais, with Vietnamese, to understand each other better. We have to keep in touch, keep contact, so that we’re not interested in fighting**

He’s also eyeing the possibility of travelling to Taiwan to take part in a dance performance.

For his sculptures, Sophon often likes to use day-to-day Khmer utensils such as metal and clay pots, spoons, nails, wine bottles and so on, which he then transforms into a themed unity. And as far as Sophon is concerned, Cambodia is the ideal place for picking up interesting objects. “You still need the idea, the concept, but there’s easy access to materials. We have a lot of rubbish that can be recycled into materials for my sculptures,” he says.

#### ■ RECYCLING ART

Recycling is also the order of the day for Charlotte Venet who collects sea objects from the beach and recycled goods to use for her sculptures.

“I love recycling things, finding new meaning to objects that are thrown away,” she says.

Like Nicolas Grey, Charlotte is self-taught. She started creating art in 2003, after twenty-five years of working in television. Using all sorts of sea objects that she scavenges on the



Charlotte Venet

In 2007 she participated in the group exhibition “Mean rup mean tuk”, organised by Linda Saphan at the Ministry of Culture’s Department of Plastic Arts. That same year she also had a show at Water Lily in Street 240. Charlotte noticed during these shows that young Khmer women especially were intrigued by what they saw. “It sometimes shocked them,” she recalls.

■ CINDERELLA OF CAMBODIAN PHOTOGRAPHY

Charlotte is not alone in shocking people. Moniroth “Chiart” Chan is a twenty-eight year-old Cambodian from Phnom Penh who started learning art photography in 2006 when the late Welsh Magnum-photographer Philip Jones Griffiths put her into a workshop in Siem Reap. That was her first contact with photography, subsequently she also benefited from a workshop from another British photographer, Nathan Horton.

One of Chiart’s first projects, called “Cinderella”, was a series of transformation portrait pictures of Cambodian street children that showed, through dress, the transformation from an outcast street child to a Cinderella princess.

“When I, as a Cambodian woman, go and take pictures of other Cambodians, it’s quite difficult,” she explains. “More difficult than for foreigners, because it is expected of a foreign woman – they think she’s a tourist and it’s alright – but Cambodian women are not supposed to do that.”

As a Cambodian female photographer, she always has a lot of explaining to do. She finds that by the time she’s gone through this rigmarole the moment has often gone.

Chiart has participated in the Angkor Photo Festivals of 2006 and 2007 through workshops and slide shows. More recently her work was on display at “La Bodega” where, she claims, she was the only participating Cambodian woman. That event was organised by the photo agency Melon Rouge as part of the Phnom Penh Photo Festival. Her work was also shown at the recent International Festival of Photography in Bangladesh alongside eight other participating Cambodian photographers.

“To me photography is not about making a living but is art for art’s sake,” Chiart says. She also hopes that she’s helping to give

beaches in Kep and Sihanoukville, Charlotte attaches them to empty containers and jerry cans, transforming the objects into masks.

She thinks that the many years she worked with African subjects for French TV might have

rubbed off on her art. “When I exhibited in 2004 in France, in the popular Barbès district in Paris, there were many Africans who thought that I was African too and were surprised when they found out that I wasn’t,” she laughs.



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Moniroth Chan

Cambodia more exposure to the wider world. "I think it's good that I can do this, both as a Cambodian and as a woman."

**FUTURE DIRECTION**

Would there be any role for the government to help put Cambodia on the world map of contemporary art? Sophon thinks that the government is not so interested in contemporary art. "They want to promote Apsara dancing and so on. Sometimes they want to help, but there's no money," he says.

Also Bradford feels this is hardly high on its list of priorities. "With the city of Phnom Penh currently struggling to adequately deal with flooding, housing and medical care, I doubt that they [the government] will be able to fund artistic cultural activity any time soon," he says.

Margherita sees things differently. "The government should develop art training, en-

**It has been fascinating and wonderful to see Khmer master artists interact and exchange ideas with the younger emerging artists**

courage exchanges with other countries with scholarships, invite artists from Asia to have exhibitions in official places in Cambodia, and buy local art to develop the market and push artists to create," she says.

Nicolas too thinks that the government could buy and house a permanent collection of Cambodian contemporary art. "Otherwise there is a danger that it will all wind up in foreign hands,"

he says. He thinks that the evolution of Cambodian art will depend on the freedom given to the artists to show what they want.

"I personally feel an artist has no responsibility to the public and should exist outside of the opinion of the society he finds himself in," he claims. "But the fact is that, to be able to show your work and make a living, you need to be aware of the cultural and political sensitivities of the place you find yourself."

*Nicolas Grey's work will be on display at Java Café and Gallery in October.*

*Margherita del Balzo's work is currently showing at Le Lezard Bleu on Street 240.*

*Leang Seckon's next show in Cambodia will be at the Bophana Centre in Phnom Penh as part of a group exhibition in early April.*

*Vollak Kong will have two exhibitions showing sculpture and drawings – at the French Cultural Centre in May and at Java Café and Gallery in September. 📍*

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# food corner

## Taking the Healthy Route

From Asian to Greek, and organic to mayonnaise, several of Phnom Penh's cafés and restaurants offer delectable green dishes that help you stick to a healthy lifestyle. **Nora Lindstrom** tucks in.

### ■ PACHARAN

389 Sisowath Quay

It's better in Spanish. Even the word *ensalada* sounds better than your English salad and the green dishes at Pacharan are without doubt some of the best in town. The seafood *ensalada* (US\$10.25) is a tasty, hot mix of squid, mussels, and crayfish with a fresh lollo rosso and rocket mixed salad on the side. Alternatively, the fresh fish in the tuna and artichoke salad (US\$10.50) is seared to perfection. Those who prefer their salad more tapas-sized should opt for the grilled goat's cheese salad (US\$6).

### ■ KHMER SURIN

9 Street 57

The menu at Khmer Surin features Asian-style salads including som tam, laab and yam. The som tam, or papaya salad (US\$2.50), is small for the price, though it is sold as a starter. Incredibly hot, this will either make or break the dish depending on your ability to tolerate chilli. The catfish laab (US\$6), traditionally eaten with sticky rice, looks interesting but fails to impress as the minced fish mix is full of bones. The traditional minced meat version might be more appealing, but as with the som tam, beware of the chilli. Some of the salads are also available in vegetarian versions.

### ■ FIZZ

42 Street 178

Lime green Fizz serves a handful of inventive Asian salads using basic local ingredients at reasonable prices. The papaya salad at US\$2 is a good size and tasty without being too spicy. It becomes rather soggy towards the end of the meal and the salty crabs are an unnecessary addition as they are not peeled and difficult to eat. A more appealing option is the Chinese broccoli salad (US\$2.75), with chicken and large amounts of garlic and



Pacharan

shallots. Served with a vinaigrette, this represents good value for money. Unfortunately the service was unforgivably slow given that the place was all but empty.

### ■ THE GARDEN CENTRE CAFÉ

60-61 Street 108

Offering a wide choice of bases, salads at the Garden Centre start from around US\$5 for a full portion, with most doubling up as side dishes. At US\$6.50, the vegetarian salad is a monster of a plate. Choose between a mayonnaise-heavy meal with coleslaw and potato salad, or a lighter variation featuring avocado, pasta and pineapple. Regardless of which one you opt for, your plate will be full, as a range of vegetables and cheese are added, and a bread roll and pickled vegetables are served on the side. It certainly fills you up – in fact, you've done well if you manage to finish it all.

### ■ THE SHOP

39 Street 240

Without doubt one of the places to be seen in Phnom Penh, The Shop draws a crowd every lunchtime. The menu offers a handful of salads in small and medium sizes for US\$3.50-US\$5.50. Despite looking appetising, they fail to astonish. The beetroot, feta, apple and walnut salad is made of excellent ingredients, but the lack of dressing means the salad never quite comes together as a whole. The baby potato salad is saved by the blue-cheese dressing, while the roasted pumpkin in the eponymous salad is somewhat dry. However, all are tasty and filling and this is certainly one of the most popular options for expats looking for a healthy lunch.

### ■ JAVA CAFÉ

56 Sihanouk Blvd.

Both the lunch and dinner menu at Java offer a choice of eight salads for US\$3.50-US\$4.75, with



**The Shop**

half-portions available at half-price. The tuna and beans salad (US\$4.50) is a colourful bowl of greens, fish, egg and pulses that is perfect for a light but filling lunch, but beware of the olives as they are not necessarily pitted. The garden salad (US\$3.75) has crisp, fresh vegetables. Spruce it up with some extra smoked salmon for an additional US\$1.50. The salads come in attractive bowls that are great for mixing the ingredients, but have a tendency to topple over.

■ **NATURE AND SEA**

*Cnr, Streets 51 & 278 (top floor)*  
Brandishing itself as a promoter of health foods and organic produce, Nature and Sea offers a variety of salads created from a base of mixed greens. Choose between four different cheeses and three types of meat to create your very own dish (US\$2 to US\$6.50). All come with fresh

bread, a pungent balsamic vinaigrette and Dijon mustard dressing, thankfully served on the side. The beetroot and goat's cheese salad (US\$4.80) looks appetising and the vegetables are fresh and crunchy, though the onion leaves a strong aftertaste.

■ **CAFÉ LIVING ROOM**

*9 Street 306*  
Long overdue for a revamp of the menu, this popular café nevertheless does a decent job on the salad-side. The Caesar Salad (US\$4/US\$4.50), featuring parmesan shavings, croutons and crispy bacon on a bed of iceberg and classic lettuce, is crunchy and fresh, though not filling. The Italian salad (US\$4/US\$4.50) on the other hand, with roasted vegetables, tuna, anchovy, eggs and lettuce is a delicious full meal. Unless you're keen on vinegar, you might want to ask for the wine vinaigrette to be served separately.



**Fizz**

All salads are served with fresh bread, and there is a choice of four home-made dressings.

■ **BODDHI TREE UMMA**

*50 Street 113*  
For great, value-for-money salads look no further. The green plates, available with and without meat, are made using organic produce wherever possible (US\$3-US\$5). The grilled artichoke and baby potato salad (US\$4.50) is a fantastic mix, though one of the lettuce varieties used has a bitter, overpowering taste. The beetroot and Asian pear salad (US\$4.25) is a less conventional dish, but the flavours go together surprisingly well. All salads come with garlic bread on the side. Located opposite Tuol Sleng, the place can be packed with tourists during the day making for slow service, but as Umma stays open until 9pm, there is

no reason not to pop back later for your fix of greens.

■ **MADELEINE'S**

*19C Street 228*  
Pretty in pink, the light and airy feel of this café makes it the perfect setting for a pleasant and light organic lunch. "If it's not organic, and if it's not fresh, I don't buy it," says its owner Karen. The menu varies slightly according to availability, but at least you know everything on your plate is top quality. There is also no chance of you getting bored with the ever-changing selection. Salads cost around US\$4.50-US\$6.50 depending on size and ingredients. The Greek salad is presented with organic mint and parsley giving it an extra bolt from Zeus. The beetroot, green bean and cheddar salad also features cottage cheese and lettuce creating an appealing and tasty whole. Don't forget to grab a Madeleine cake for afters. 🍰

## Comme à la Maison

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# Food Talk: The Culinary Gladiator

With a new à la carte menu, special degustation menus, a weekly lunch menu and daily suggestions, AsiaLIFE thought it time to talk with the Papa behind Topaz. Words by Johan Smits.

“WHAT LAST MEAL WOULD you choose if you were about to be thrown to the lions in the amphitheatre in ancient Rome?” I ask veteran French Chef, Alain Darc, across the table at his exclusive restaurant, Topaz.

“I’d eat the lion,” he replies quick-as-a-flash.

The sixty year-old executive chef, better known to his staff as ‘Papa’, does not beat about the bush when talking about his biggest passion in life – food. Perhaps that’s not so surprising.

The first cook in the family was a chef at the French royal court of Louis-Philippe around 1830. Since then, the art of cooking has been handed down from generation to generation without interruption.

“You know, I hardly had any choice,” he says. “As a kid I wore out my shorts in a kitchen, so to speak. I was lucky to grow up in an environment of big chefs, whether it was my father or grandfather.”

Coming from the Southwest of France – a region known for its foie gras, asparagus and truffles – might have helped too. “I have benefited much from my situation,” Alain admits. “Being the son of a renowned chef, I have met and worked with pretty much all the French Grands Chefs from the previous generation.”

## ■ A CULINARY JOURNEY

Alain’s passion for food is not limited to the final stages of preparation. He shows a keen interest in the route the food takes before it ends up served on a dish.

“Like how to treat a raw fish,” he cites as an example. “The work of a fishmonger is not the same as that of a cook. Learning about the details of emptying a fish is interesting in order to understand the transformation of the product.”

He learnt how to work with white fish from the Japanese. Some Chileans taught him how to make empanadas. A baker showed him how to make bread and to understand its fermenta-



Cooken’ with gas

tion, and a butcher taught him how to cut a leg of beef.

“I’ve always wanted to understand the entire journey of a product, because I’ve come to realise that the way the food has been treated, can determine whether the end product is good or bad,” he explains.

## ■ TECHNIQUE, TECHNIQUE, TECHNIQUE

Taking this idea a step further ‘Papa’ demonstrates to the young cooks in Topaz’s kitchen how different working procedures on identical recipes can create contrasting results.

“Technique is very important in food preparation,” he says.

A chef should not aim so much to produce a standardised taste, but to “regularise” it.

“If, by coincidence, you prepare something excellent and next time the client comes again and the same dish is kind

of similar to what he tasted before, that cannot pass,” he says.

“That’s why, with my staff, I’m very demanding about technique.” To Alain, the actual taste of the dish – making it sweeter, saltier, more bitter – that’s just a suggestion.

“But, on the other hand always using the same sugar, that’s technique!” he explains.

All the talk about food makes us hungry and before long Alain offers me some dishes from Topaz’s new menu. First come roasted scallops with caviar and basil flavoured butterfly pasta, together with a glass of Château de Fongrave – a crisp and dry white Bordeaux Entre-Deux-Mers.

“The amount of caviar is important,” Alain explains. “If you add too much, you will actually taste the caviar but that’s not really the objective. On the contrary, the smoky flavour of

the caviar should accentuate the flavour of the scallops.”

## ■ DON’T USE THE F-WORD...

Alain hates even talking about fusion food. “It makes me sick!” he says. For him food is universal. “It’s up to you to call it à la Cambodgienne, à la Française, à la Danoise or à la Topaz – I just use a Cambodian stuffing,” he uses his stuffed rabbit (râble de lapin) as an example. His intention is not to use a Cambodian stuffing, but a stuffing that can be married with and do justice to the rabbit.

He extends his argument further over sweet bread and foie gras ravioli with Périgueux sauce.

“What am I looking for as a make-up man, as a perfumer, as a beautician – what is my objective?” he asks. “It’s not to change the personality of the person, but to make that personality stand out.” The sweet bread and foie gras ravioli makes the point perfectly for him.

Not that all Alain’s food is foie gras and caviar. For him, Khmer cuisine is one of the subtlest in Asia due to the variety of herbs used, but it is caught in a time warp.

“It deserves to be ‘updated’,” he says. “Today we have fridges and many tools to conserve food – there’s an evolution in products and we should apply that to Khmer food too,” he explains.

What does dining at Topaz mean to the chef?

The answer comes quickly – to him it is people who spontaneously identify a product to a dish, and who remember the dishes they eat.

“I love it when people tell me ‘Ah, this reminds me of so and so,’” he says. “We convey something with our food. If people remain cold towards its taste, it means that we have not succeeded in our job. Cooking is like that, and Topaz is like that too.”

*Topaz Restaurant and Piano Bar, 182 Norodom Blvd., Tel. 023 221 622. 📍*



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# restaurant guide

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### cambodian

#### Boat Noodle

8B Street 294, Tel: 012 774 287  
Khmer and Thai restaurant with excellent, well-priced food, set in a beautiful, traditional wooden house. Open 4pm to 10pm. **01**

#### Frizz Café

67 Street 240, Tel: 023 220 953  
Dutch-run, restaurant specialising in authentic Khmer cuisine. Serves very good amok. Also runs its own cookery classes. **02**

#### Green Pepper

6F Sotheros Blvd, Tel: 012 776 679  
Serving Khmer and Thai food in an elegant setting near the riverfront. Open from 10am to 2pm - 4pm to 10pm **02**

#### K'NYAY

25K Suramarit Blvd., Tel: 023 225 225  
[www.knyay.com](http://www.knyay.com)  
A modern Khmer restaurant that is tucked away down an alley off of Sihanouk Blvd. The menu includes a selection of freshly prepared, vegan dishes, along with more traditional Cambodian specialities. K'NYAY also offers a selection of cakes, ice-creams and sorbets, using all vegan ingredients. **02**

#### Malis

136 Norodom Blvd., Tel: 023 221 022  
[www.malisrestaurant.com](http://www.malisrestaurant.com)  
Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

#### Pon Loc

319 Sisowath Quay, Tel: 023 212 025  
Large, multi-storied restaurant serving Khmer food on the riverfront. Always seems to be filled out with locals and tourists alike. Open 10am to 12am. **02**

### Romdeng

74 Street 174, Tel: 092 219 565  
Recently moved to new location on Street 174 and run by the same NGO as Friends, this non-profit training school restaurant specialises in Khmer cuisine. Food has an appropriately fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to late. **02**

### chinese

#### Hua Nam

753 Monivong Bvd.,  
Tel: 016 899 555  
Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Has VIP rooms. **03**

#### Man Han Lou Restaurant

456 Monivong Blvd., Tel: 023 721 966  
Cambodia's only micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as dim sum breakfasts and excellent seafood. Features traditional Khmer dance performances nightly. **03**

#### Mekong Village

290 Monivong Bvd.  
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. **02**

#### Sam Doo

56-58 Street 128, Tel: 023 218 773  
The place for dim sum in Phnom Penh, baskets of steamed prawn dumplings, pork buns and more go for a mere US\$1.20. In addition wonton soup and other tasty meals are a steal. **01**

#### Xiang Palace

Intercontinental Hotel, 296 Mao Tse Tung  
Upmarket restaurant with possibly the best range of Cantonese cuisine in town, served in opulent surroundings. **04 A/C**

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# Bargain Bucket



PHOTO BY CONOR WALL

## ■ FAMOUS BEEF AND NOODLE SOUP

Unpretentious and modest to the extent that it lacks a proper name, 'Famous Beef and Noodle Soup' is a long-time favourite among Phnom Penh's urbanites. Located on Street 178, just off the riverside, this small establishment could easily go unnoticed by your average street prowler, which is a blessing as otherwise it would probably get packed out all the time.

With solid wood tables and stools, as well as some Japanese art on the walls, the place is plain enough. More the atmosphere of an eatery than a restaurant, this is not the place to linger over a bottle of vino – there isn't even any wine on the menu. The staff are however very friendly, and speak good English. The short menu features beef, chicken, and

vegetarian pho at US\$2.50 per bowl, as well as a few other dishes, including, somewhat bizarrely, tortellini al formaggio for US\$4.50. This pasta dish is similar to simple macaroni and cheese, but the kitchen staff manage to marry the two ingredients into a tasty whole.

As the name of the place declares, it is the noodle soup, or pho, that you come here for. This traditional Hanoian dish is served in a large bowl and can be enjoyed for breakfast, lunch or dinner. It is essentially a broth-based soup with thick rice noodles, vegetables and your choice of meat. Beef pho is the most common variety. In addition to the bowl of soup, your pho comes with a separate plate of fresh condiments, such as chilli, onion, bean sprouts, and basil, which you can add to taste. On the table, there are a variety of sauces

and spices so you can prepare your pho just the way you like it. The soup is tasty enough, but those accustomed to eating pho on the streets of the Vietnamese capital might find the broth too sanitised. For the price, it's an absolute steal that certainly fills you up. There is no shame in raising the bowl to your mouth and drinking the broth.

With only a handful of tables, this is not a place for big parties, but service is generally pretty swift and the pho arrives at your table hot and steamy. Unfortunately there is no air-con and drinking water is not complimentary, but apart from that Famous Beef and Noodle Soup thoroughly deserves its spot as one of the capital's favourite bargain eateries.

*Famous Beef and Noodle Soup, Street 178 (opposite Rising Sun) Open 8am-9pm* 🍴

**Yi Sang Chinese Restaurant**  
128F Sothearos Blvd., Tel: 023 220 822  
www.almondhotel.com.kh  
Restaurant specialising in Cantonese food and dim sum that fuses the traditional with the contemporary, set on the ground floor of the Almond Hotel. Serves some of the best dim sum in town. Open from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm – dim sum not served in the evening. **03 A/C**

## french

**Atmosphere**  
141C Norodom Blvd., Tel: 023 994 224  
Well-established aircon restaurant serves fine French food in an elegant yet tastefully decorated setting. Close to Independence Monument. Open from 11am to 2pm and 6pm to 10.30pm. Closed Sundays. **03 A/C**

**Bougainvillier**  
277G Sisowath Quay, Tel: 023 220 528  
Elegant, riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and excellent French wines. Three course set lunches are also available. Open from 6am to 10.30pm. Also has rooms upstairs. **03 A/C**

**Comme à la Maison**  
13 Street 57, Tel: 023 360 801  
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03 🍷**

**Elsewhere**  
175 Street 51, Tel: 023 211 348  
A beautiful garden with palm trees, bath-sized swimming pool and luxurious reclining couches makes you feel anywhere else than in the centre of town. A separate restaurant has a simple menu, although dining Romano-style is far cooler. Open 10am to late. Closed Tuesdays. **02**

**La Croisette**  
241 Sisowath Quay, Tel: 023 220 554  
Riverfront restaurant with an ample outside dining area screened off by trees. Good, reasonably-priced, French cuisine with excellent barbecues, as well as Asian and Khmer food. Newly redecorated with more indoor air-con space. Open 7am to late. **02 A/C**

**La Marmite**  
80 Street 108, Tel: 012 391 746  
This small, reasonably priced French bistro has two adjoining rooms, one non-smoking. Relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, but no Marmite! Open 11am to 2.30pm & 6pm to 11pm. **02 A/C**

**La Residence Restaurant**  
22/24 Street 214, Tel: 023 224 582  
Fine dining on an international scale in this sophisticated restaurant, where French classics meet gourmet, modern cuisine. Open for lunch and dinner

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### Le Jardin

16 Street 360, Tel: 011 723 399

Beautiful shaded restaurant with large garden and spacious outdoor play area for kids. Serves excellent ice cream. Open 7am to 6pm. **02**

### Tamarind

31 Street 240, Tel: 012 830 139

Bold Mediterranean / North African restaurant set on three floors which serves couscous, tagines, chawarma, tapas and mezze. Small bar with pool table downstairs denies the elegance upstairs, especially the roof terrace, which opens after sunset. Open 10am to 12pm. **03 A/C**

### The Wine Restaurant

219 Street 19, Tel: 023 223 527

Excellent fine dining restaurant in the same grounds as Open Wine. The fresh food and extensive selection of wines make this one of the more exclusive places to dine in town. **04 A/C**

### Topaz

182 Norodom Bvd. Tel: 012 333 276

Sophisticated, aircon restaurant with outside dining, upstairs bar, wine shop, cigar room and private rooms. One of Phnom Penh's finest restaurants. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

### Van's Restaurant

5 Street 102, Tel: 023 722 067

French fine-dining in a grand setting awaits at Van's, located on the second floor of a well preserved colonial era building near the city's Post Office. Open every day from 11.30am to 2.30pm and 5pm to 10.30pm. **04 A/C**

## Indian sub-continent

### Annam

1C Street 282, Tel: 023 726 661

Beautiful terracotta terrace and garden Indian restaurant, offering north and south Indian cuisine, with open kitchen, separate aircon restaurant and kids' playpen. Separate north and south Indian menus. Open from 11am to 3pm & 6pm to 11pm. Closed Tuesdays. Free home delivery. **03 A/C**

### Dosa Corner

15 Street 51, Tel: 012 673 276 Street

This small south Indian restaurant opened in January. True to its name it has a wide range of very good value dosa (US\$1 to US\$2) as well as thali and biryani dishes (US\$2.50 to US\$4). Air-conditioned, it's open from 7.30am to 11pm. **02 A/C**

### East India

9 Street 114, Tel: 023 992 007

Predominantly South Indian cuisine in this pristine restaurant. Excellent breads including 9 types of dosa. All-you-can-eat vegetarian Sunday special for US\$4. **02 A/C**

### Flavours of India

158 Street 63,

Tel: 012 886 374

Relaxing Indian and Nepalese restaurant with friendly staff and a good range of dishes. Both the vegetarian and meat thalis are good value. Open 10am to 10pm. **02 A/C**

### Saffron

11 Street 278, Tel: 012 247 832

Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C**

### Shiva Shakti

70 Sihanouk Bvd., Tel: 012 813 817

Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C**

## international

### Art Café

84 Street 108, Tel: 012 834 517

Elegant bistro and art gallery in the style of a European coffee house. German flame cakes and eau de vie as specialties. Features art exhibitions and classical music performance. Open from 11am to 11pm. **02 A/C**

### Billabong

5 Street 158, Tel: 023 223 703

Excellent western and Asian food which comes with a dip in the hotel's beautiful pool. Open from 6am to 9pm. **02**

### Bodhi Tree

50 Street 113

Relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 9am to late. **02**

### Cadillac Bar & Grill

219E Sisowath Quay, Tel: 011 713 567

Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **03 A/C**

### Café Living Room

9 Street 306, Tel: 023 726 139

Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great tea and coffee menu. Has a kid's playroom and baby changeroom. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

### Del Gusto

43 Street 95

Beautiful colonial setting makes a perfect setting for the Mediterranean-inspired menu. Run by the same people as Bodhi Tree. Open 7am to 9pm. **02**

### Edelwiess Restaurant

375 Sisowath Quay, Tel: 092 341 329

This open-air restaurant specialising in German and Khmer food offers the perfect spot to enjoy an Erdinger beer while watching life go by on the riverfront. **02**

### FCC Phnom Penh

363 Sisowath Quay, Tel: 023 724 014

Phnom Penh's landmark restaurant, with sumptuous views across the river on one

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side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. **03**

**Flavours**

**Cnr. Street 51 & 278, Tel: 012 175 896**  
Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs falling onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late. **02**

**Freebird**

**69 Street 240, Tel: 023 224 712**  
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **02 A/C** 🍷 🍻 🍸

**Friends**

**215 Street 13, Tel: 012 802 072**  
Non-profit training restaurant where all the proceeds go to the neighbouring street-kid school. Food is a reliable mix of Mediterranean and Asian with tapas thrown in if you are not feeling too hungry. Great juices. Another one of Phnom Penh's places designed to take it easy, but this time with a clear conscience. Open 11am to 9pm. **01** 🍷

**Garden Center Café**

**Street 108, Tel: 023 997 850**  
**Garden Center Café 2**  
[www.gardencentercfe.com](http://www.gardencentercfe.com)

Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02** 🍷

**Garden Center Café 2**

**23 Street 57, Tel: 023 363 002**  
[www.gardencentercfe.com](http://www.gardencentercfe.com)

More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am

to 10pm. Closed Mondays. **02** 🍷

**Gasolina**

**56/58 Street 57, Tel: 012 373 009**  
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 7am to 12.30am Closed Mondays. **02**

**Green Mango**

**Cnr. 63 & 278, Tel: 016 821 303**  
Very green décor for this corner plot that used to be Tom's Bar. Serving a mix of Khmer and western dishes in a relaxing atmosphere, it's open from 7am to midnight. **02**

**Green Vespa**

**95 Sisowath Quay, Tel: 012 887 228**  
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6pm till late. **02 A/C**

**Gym Bar**

**42 Street 178, Tel: 012 815 884**  
The best sports bar in town also has reasonable food. Good burgers, curries and an ignominiously named Joel Garner hot dog. Open 11am to late. **02 A/C**

**Huxleys**

**Cnr. of Streets 136 & 5, Tel: 023 986 602**  
Wood-panelled traditional English pub downstairs serving pub grub, international restaurant located on the first floor. Abundance of water features creates a soothing place to dine out. **03 A/C**

**Irina Russian Restaurant**

**15 Street 352, Tel: 012 833 524**  
Russian restaurant of iconic Phnom Penh status. If you can walk out of the restaurant after hitting the vodkas then you are doing well. Open 12pm until the vodka runs out. **02**

**Jaan**

**Cnr. of Sisowath Quay & Street 106**  
Latest venture from the owners of the popular Flavours Restaurant and Liquid

Bar on Street 276, this river-fronted restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. **02**

**Java Cafe & Gallery**

**56 Sihanouk Blvd., Tel: 023 987 420**  
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while away your afternoon. The relaxed inside dining area has a small gallery attached to it with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C** 🍷 🍻 🍸

**K West**

**1 Street 154 (Cnr. Sisowath Quay) Tel: 023 214 747**

Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. Now has a brasserie menu with daily specials. Also has free Wifi. Open 6.30am to midnight. **03 A/C** 🍷

**Le Liban**

**3 Street 466, Tel: 092 483 759**  
New Lebanese restaurant – with beautiful indoor and outdoor seating. Authentic middle-eastern cuisine served in an elegant atmosphere. Open from 11am to 2pm and 6pm till late. **03 A/C**

**Le Quay Café**

**Cnr. Sisowath Quay & Street 110, Tel: 023 213 582**

[www.amaraspahotelcara.com](http://www.amaraspahotelcara.com)  
The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on the menu. Le Quay is a very healthy additional to the riverside scene. Open from 9am to 8pm. **02 A/C**

**Le Rit's**

**14 Street 310, Tel: 023 213 160**

Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden, the restaurant specialises in Asian and European cuisine. Open from 7am to 5pm, closed Sundays. **02**

**Madeleines Bakery**

**19 Street 228, Tel: 012 988 432**  
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm. **02**

**Metro Café**

**Cnr. Sisowath Quay & Street 148 Tel: 023 222 275**

Stylish Metro has much more than cool décor and changing light boxes. Contemporary Asian and western dishes on a manageable menu divided into small plates, grills, salads, soups and large plates. Also has reasonably priced Tiger, house wines and a great range of Martinis. try the Espresso and you'll never look back. Free Wifi. Open 7:30am to 01am. **03 A/C** 🍷

**Nature & Sea**

**Cnr. Street 51 & 278 Tel: 012 195 3810**

Laid back eatery overlooking Wat Langka. Serves many types of fish dishes as well as some great crepes. Also sells some take home organic produce. Open from 8am to 10pm. **02**

**Ocean**

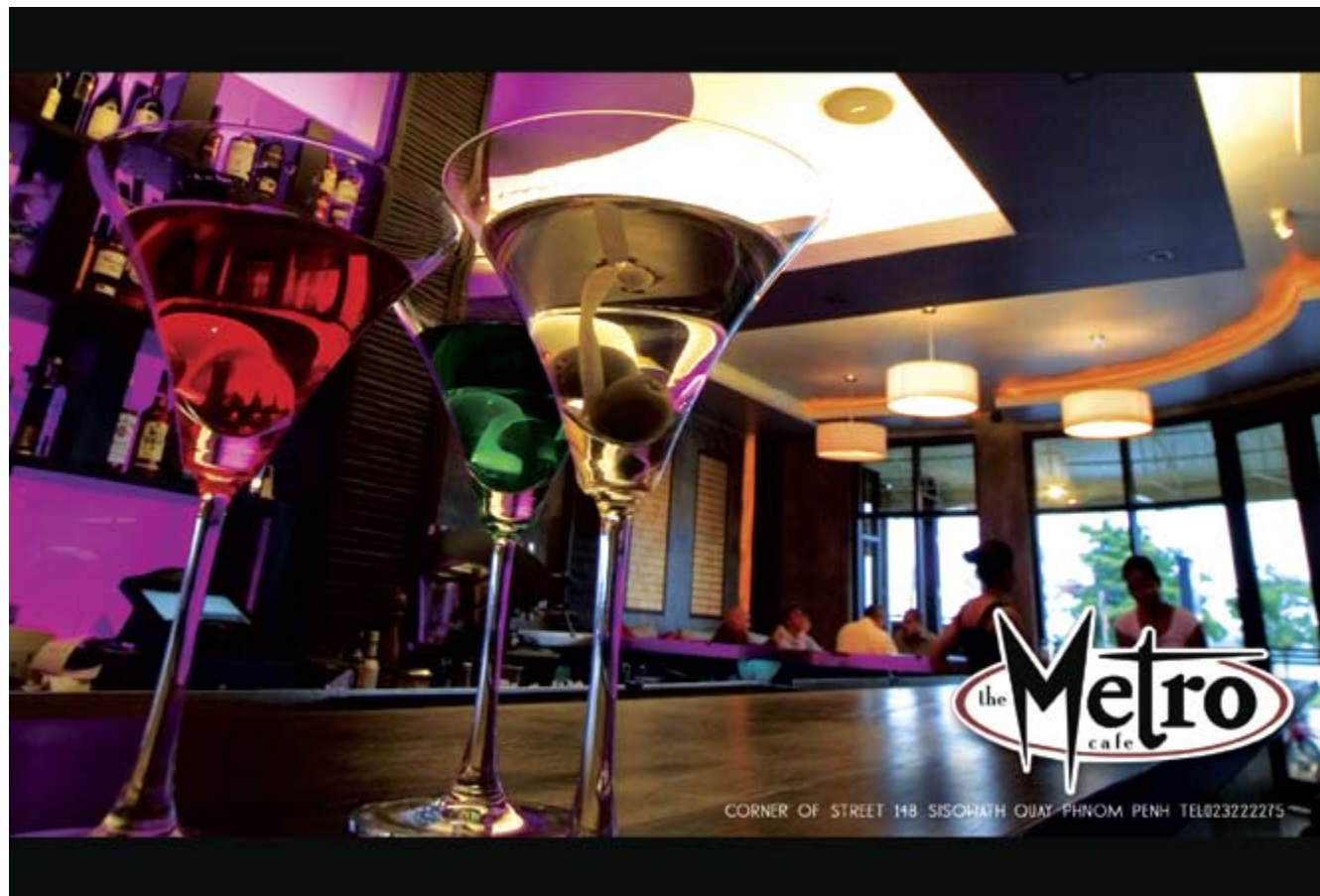
**11 Street 288, Tel: 012 176 6690**

European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. **03**

**One More Pub**

**16E Street 294, Tel: 017 327 378**

English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Open from 5pm to late, happy hour from 5pm to 7pm, closed Tuesdays. **03 A/C** 🍷



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**Pacharan**  
389 Sisowath Quay, Tel: 023 224 394  
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Aircon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, Pacharan is one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 11pm. **02 A/C**

**Pickled Parrot**  
4-6 Street 104, Tel: 012 633 779  
[www.toniesapguethouse.com](http://www.toniesapguethouse.com)  
Aircon bar with an excellent 9-ball pool table. 24-hour satellite sports channel. Reliable international and Khmer cuisine is available at the bar. Open 24 hours with free WiFi. **02 A/C**

**Restaurant Tell**  
73 Street 90, Tel: 023 430 650  
Up-market eatery that re-creates the genuine feel of an Alpine chalet. Older sister to its namesake restaurant in Saigon's District 1, it has a spacious indoor restaurant and outdoor terrace with rotisserie and bar. European menu with imported steaks, fondue, raclette and an extensive wine list. **03 A/C**

**Rising Sun**  
20 Street 178, Tel: 012 970 719  
English-style pub with good breakfast, meat pies and hamburgers. Has a regular following at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to 10pm. **02**

**Riverhouse Restaurant**  
6 Street 110, Tel: 012 766 743  
Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food, including couscous. Has a nightclub upstairs. **03 A/C**

**Riverside Bistro**  
Cnr. Sisowath Quay & Street 148, Tel: 012 277 882  
Popular restaurant with expats and tourists alike mainly due to its large outdoor terrace area to view the river. Serves a mixture of Asian and western food with an emphasis on German cuisine. Has rock music videos and a pool table in the Mata Hari pub at the back. Open from 7am to 2am. **02**

**Sarika**  
69 Street 566, Tel: 017 456 116  
Set in the most beautiful traditional wooden house in Tuol Kork, Sarika has an aura of elegance. Spacious gardens provide an excellent setting for the range of BBQs. Specialises in skewers, seafood steak and Asian cuisine. VIP rooms upstairs. **03 A/C**

**Scoop Bistro Bar**  
2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 424 457  
Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Wonderfully conceived menu with homemade pasta and varied selection of vegetarian dishes. Slightly

raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am to midnight, closed Sundays. Reservations recommended. **04 A/C**

**Steve's Steakhouse**  
20 Street 51, cnr. Street 282, Tel: 023 987 320  
Longstanding restaurant specialising in local grain-fed beef as well as a large variety of imported steaks, hamburgers, ribs and Greek cuisine. Has a terraced lounge with pool tables upstairs as well as a sports bar with large screen TV. Happy Hour from 12pm to 7:30pm. **02 A/C**

**Talkin to a Stranger**  
21B Street 294  
Cosy garden restaurant cum bar using imported Australian and local products. Menu changes regularly and Thursday night is special roast lamb night. Excellent cocktails menu. Open 5pm to late. **02**

**The Kitchen**  
17 Street 148, Tel: 092 986 951  
With a simple décor, this restaurant specialises in exotic meats - ostrich, crocodile and kangaroo. The Khmer set including beef, chicken, pork, squid and crocodile is US\$8, the half-ribs are US\$5 and full-ribs are US\$8. There's also a BBQ every day at 6pm with ribs, kebabs and brochettes. Open from 8am to 2am. **02**

**The Shop**  
39 Street 240, Tel: 092 955 963  
Stylish café, with a wide range of fresh bread, tempting patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday. **02**

**Velkommen Inn**  
23 Street 104, Tel: 092 177 710  
Comfortable hotel restaurant and bar, the Velkommen Inn, just off the riverfront, offers a wide selection of western dishes as well as several Scandinavian specialties with a full bar, draught beer, wine and sprits. Open 7am till late. **02**

**Wine Garden**  
219 Street 19, Tel: 023 223 527  
Outdoor garden restaurant at the front of Open Wine. BBQ meat, fish and seafood as well as Fanny ice-cream. Excellent wines by the glass or bottle. Open 9am to 11pm ever day. **02**

**The Winking Frog**  
128 Sotheaors Blvd., Tel: 023 356 399  
Large air con British-run pub with live band and DJs at weekends. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **02 A/C**

**italian**  
**La Volpaia**  
20-22 Street 13, Tel: 023 992 739  
Part of a global pizzeria chain that includes Florence, Tokyo, Seoul and Phnom Penh. Good terrace area and inside



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# Review: Bopha Devi

*Coinciding with our website launch, AsiaLIFE Guide has decided to sample some of the restaurants offering Khmer food around the globe. This month we go down under. Words by Adam Fitzgerald.*



THOSE OF YOU FROM Melbourne wanting to find Khmer food back home, try out Bopha Devi. This Aus-Khmer mini-chain has two up-market locations – one in Yarraville and the other in the ‘emerging’ Docklands.

The latter venue is deceptively small and intimate though it still manages to seat around sixty. With only three waiters on hand there is a sense of intimacy. The décor is tasteful and minimalist, with subtle hints of Khmer art hung on striking walls. The furniture though is not inspired by Cambodian styles – it’s comfortable and isn’t made of plastic or rattan! There is also a lack of paper serviettes and toothpicks on the table.

The pork spare ribs AU\$13.90 made for an excellent starter. They arrived coated in caramelised palm sugar with shredded ginger on the side, and had a slight smell of Phnom Penh meat to them (think pork leg at 3am). The K’dom AU\$12.90 – a chicken and crab meat roll of sorts – was not as satisfying, lacking any real flavour. The pumpkin filled parcels AU\$9.90 are a sweet treat to start off your meal, consisting of creamy pumpkin wrapped in a wanton style pastry.

As for the mains, there was the ubiquitous fish amok. At AU\$27.90, this is the most expensive item on the menu and one of the smallest. Though nicely presented in the traditional banana leaf, it didn’t hit the spot. The texture seemed to be slightly off – more pasty than curry.

The Kari Khmer (Khmer curry) AU\$19.90 however was excellent – hot while retaining all the flavour of the fresh vegetables. The K’nyei stir fry (beef with ginger) AU\$22.90 was equally as good, loads of fresh vegetables and just the right amount of ginger, thus not overpowering any of the other flavours in this subtle dish. The beef was tender and juicy – no bony Khmer cows here. The Lort Char AU\$18.90, a stir fry with vegetables and chicken with noodles was quite run-of-the-mill but, satisfying nevertheless.

As for desserts, the black rice crumble AU\$10.90, a concoction of black, sticky rice topped with toasted coconut and caramelised palm sugar with ice cream on the side, was the perfect end to the meal.

Bopha Devi offers a range of beers and spirits – no Angkor though – starting from AU\$6, and a very long wine list with prices by the glass starting at AU\$6.50.

The only Khmer restaurant in Melbourne, with great food and warm staff, Bopha Devi is more than enough for those who need a hit of Khmer food when they visit or return to Melbourne.

*Bopha Devi, 27 Rakaia Way, Docklands 3008, Tel: 9600 1887; 27 Ballarat Street, Yarraville 3013, Tel: 9362 0941, [www.bophadevi.com](http://www.bophadevi.com)*

*If you want to comment on this article or post a review of any restaurant in Cambodia, or Khmer restaurant overseas, visit our website: [www.asialifeguide.com](http://www.asialifeguide.com)*



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Eo 18 Shihanouk Blvd, Phnom penh, 012 601 095

aircon room. The cuisine is excellent with pizza and pasta cooked fresh in front of your eyes. **03 A/C**

**Le Duo**  
17 Street 228, Tel: 012 342 921  
This beautiful restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas and pasta. Friendly Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm & 6.15pm to 10.15pm. **02 A/C**

**Luna d'Autunno**  
6C Street 29, Tel: 023 220 895  
Beautiful courtyard or stylish interior air-con restaurant, whichever you choose, Luna has more classical pizzas, both red and white, to choose from than most restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm and 5.30pm to 10.30pm. **03 A/C**

**Pop Café**  
371 Sisowath Quay, Tel: 012 562 892  
A sophisticated, small Italian restaurant located next to the FCC that serves light, contemporary Italian cuisine including fresh pasta and pizzas. Extremely popular with expats. Open for lunch from 11.30am to 2.30pm and 6pm to 10pm for dinner. **02 A/C**

### Japanese & Korean

**Fusion Sushi**  
18 Street 47, Tel: 023 986 114  
Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves excellent quality Japanese and Korean sushi. **04 A/C**

**Le Seoul**  
62 Monivong Blvd.  
Popular up-market South Korean restaurant specialising in BBQ. Each table is equipped with its own charcoal burner. All beef is imported from the U.S.. Open from 11am to 2.30pm and 5pm to 10pm. **03 A/C**

**Mr. Sushi & Ko Ko Ro**  
18 Sihanouk Bvd., Tel: 012 601 095  
Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

**Origami**  
88 Sotheaeros Bvd., Tel: 012 968 095  
Up-market, contemporary Japanese restaurant with a spacious air-con area downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm and 5.30pm to 9.30pm. **03 A/C**

**Pyongyang**  
400 Monivong Bvd., Tel: 023 993 765  
Phnom Penh's only North Korean restaurant has cultural shows starting at 8pm each night. The kim chi is excellent too. Unforgettable experience. Open from 11am to 11pm. **03 A/C**

### mexican & tex-mex

**Alley Cat Café**  
Cnr. of Streets 19, 178, Tel: 012 306 845  
Small, friendly patio café serving good Mexican food and claiming to have the biggest burgers in town. Hard to find, Alley Cat is tucked down an alley at the back of the National Museum, the first on the right if you are coming from Street 178. **02**

**Cantina**  
347 Sisowath Quay, Tel: 023 222 502  
A mainstay of the riverside scene, this is a popular meeting place for local expats. Serves good Mexican fare and features photographs that capture the changing face of Cambodia. Open 3pm to late, closed on Saturdays. **02**

**Sharky Bar**  
126 Street 130, Tel: 023 211 825  
www.sharkysofcambodia.com  
Not just a pretty face, the biggest and most famous of Phnom Penh's bars has one of the best bar menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02**

### thai & pan-asian

**Anise Terrace**  
2C Street 278, Tel: 023 222 522  
Beautiful terrace restaurant serving up South-East Asian cuisine. Does excellent value breakfasts and also sells New Zealand ice cream. Open 6am to 11pm. **02**

**Bua Thai**  
Ground Floor, Phnom Penh Hotel, Monivong Blvd. Tel: 023 990 098  
Over 200 dishes provide a wide range of delights in this surprisingly good Thai restaurant. The sauteed prawns with chuchee chilli paste are divine. **03 A/C**

**Chow**  
277 Sisowath Quay, Tel: 023 224 894  
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and lily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

**Lemongrass**  
14 Street 130, Tel: 012 996 707  
Elegantly designed Thai-managed restaurant that serves Thai and Khmer cuisine. Aircon with stylish use of heavy wood and artefacts to create a far more luxurious ambience than the reasonable prices would suggest. **02 A/C**

**Le Wok**  
33 Street 178, Tel: 092 821 857  
Light and modern pan-Asian and French eatery with dishes such as prawns with lime and wasabi and Mekong lobster thermidor. Comprehensive wine list and cocktails. Open Daily from 9am to 11pm. **03**

**Mt. Manaslu Muraa's Café**  
1a Street 282, Tel: 012 176 0740 or 023 996 514  
Serving up great Nepalese and Indian food at affordable prices with both open air and air conditioned dining areas.

**Regent Park Hotel**  
58 Sotheaeros Blvd., Tel: 023 427 131



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**Annam**  
The Indian food place  
1C St. 282, Phnom Penh

For enquiry & reservations  
Tel: 023 726661 Mobile: 099 926661

Little known but excellent Thai restaurant that serves well prepared and wonderfully spicy dishes. A subdued elegant setting and reasonable prices make this a real find. **02 A/C**

**Singapore Kitchen**  
110 Street 360,  
Tel: 092 201 304, 017 821 480  
Specialising in classic Singapore hawk food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Try the laksa – full of wholesome ingredients and with a great spicy, creamy sauce – those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. Open from 11am to 9.30pm, does delivery. **02 A/C**

**The Winking Frog**  
128 Sothearos Blvd., Tel: 023 356 399  
Large air con British-run pub with live band and DJs at weekends. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **02 A/C**

ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **A/C**

**Corner 33**  
33E2 Sothearos Blvd., Tel: 092 998 850  
First-floor café overlooking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C**

**Fizz**  
42 Street, 178, Tel: 015 609 909  
Possibly the first authentic juice bar in town. An excellent range of original juices is on offer as well as some Khmer and Thai dishes. Also has coffee and ice cream.

**Java Café & Gallery**  
56 Sihanouk Boulevard, Tel: 023 987 420  
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The relaxed inside dining area has a small gallery attached to it. Open 7am to 10pm. **A/C**

**cafés**

**Art Café**  
84 Street 108, Tel: 012 834 517  
Elegant bistro and art gallery in the style of an European coffee house that opened early January. German flame cakes and eau de vie as specialties. Open from 11am to 11pm. **A/C**

**Café Fresco I**  
363 Sisowath Quay, Tel: 023 217 041  
This outlet at the base of the FCC sells strong Illy coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **A/C**

**Café Fresco II**  
Cnr. Streets 51 & 306, Tel: 023 224 891  
Second outlet of the popular riverside café is in BKK. Has a similar feel and menu to its fore-runner including the same excellent coffee. Open 7am to 7pm. **A/C**

**Café Fresco III**  
58 Street 53, Tel: 023 214 984  
The third outlet on the chain has the same mix of sandwiches, cakes, coffee and smoothies is close to the Central Market, making an ideal location to take a break from all that shopping. Open 7am to 6pm. **A/C**

**Café Living Room**  
9 Street 306, Tel: 023 726 139  
Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great coffee menu. Has a kid's playroom and baby changeroom. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

**Café Yeji**  
170 Street 450, (near the Russian Market), Tel: 012 543 360  
Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and fabulous cheesecake make this an

**Java Tea Room**  
Monument Books, 111 Norodom Blvd.  
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

**La Gourmandise Bleue Patisserie**  
159 St 278, Tel: 023 994 019  
Delightful French patisserie with a touch of the middle-east, offering chocolates, macarons, pastries, baklava along with coffee and tea. The menu now includes breakfast, salad and couscous (order one day in advance). Open from 7am to 8pm. **02 A/C**

**Madeleine's Café & Bakery**  
19 street 228, Tel: 012 988 432  
Bakery and restaurant offering a variety of baked goods, organic lunches and catering services. Open Monday to Saturday 8am to 5pm

**The Coffee Maker**  
50 Sihanouk Blvd., Tel: 023 987 721  
Recently opened, modern café overlooking Hun Sen Park, serves coffee, juices and light refreshments. Already popular with middle-class Khmers, this is a great place to watch the early evening exercises.

**The Melting Pot**  
168 Street 155, Tel: 092 223 301  
Cute, cosy café with Parisian owners located diagonally across from the Russian Market's NYEMO. Good coffee and lunch spot specialising in French crepes. Open 8am to 5.30pm.

**The Deli**  
13 Street 178, Tel: 012 851 234  
Chic delicatessen, bakery and small restaurant serving excellent bread and pastries. Take-away menu includes sandwiches from US\$2.50 and salads from US\$3. Open from 6.30am to 10pm (closed Sundays). **A/C**

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# bar stool

## Specialty Beers: part 1

**AsiaLIFE** selected over thirty brands from eleven different countries spread over four continents – then we got **Johan Smits** to try them out. This month we look at the European brands and toss in one lone Mexican. In our next issue we'll get up close with our Asian and Australian friends. Cheers...



Properly Irish at Green Vespa

ACCORDING TO ONE PHNOM Penh bar owner, hundreds of different types of beer were available in Cambodia during the UNTAC days thanks to merry peacekeepers that brought over cases of their own country's finest brew. That's just one way to keep the peace.

Although there may not be hundreds of different brands available today, you don't need to wear a blue helmet any longer to find special or unusual beers in Phnom Penh.

### ■ THE BLACK STUFF

Our journey starts in Ireland. Ireland's national treasure is

best enjoyed in a proper setting and poured accordingly – with pride. Both Green Vespa and Huxley's serve the widget-can Guinness at US\$6. In an emergency you can try finding them at Friend Mart on Street 63, or still cheaper at Veggies on Street 240. The Malaysian alternative can be found all over town but is hardly comparable to the real thing. With its blacker than black colour, the smell of Guinness is surprisingly faint. But the nice creamy head and dense texture is a good precursor to its velvety



Straight from the Garden of Eden

taste. Remember this one for St. Patrick's Day (Mar. 17).

### ■ BELGIUM'S BIBLICAL BEERS

Ever wondered why there are no famous Belgians anymore? Well, it's because they are all far too busy making great beer. We found no less than nine Belgian brews in Phnom Penh, but only one place where you can get them all – and each of them poured in its proper glass! The owner of La Patate in Street 5 hand-carried the glasses from Belgium and yes, like drinking a good wine, it does make a difference.

The hardest one to find in town is the suitably named Forbidden Fruit. Its dark, opaque colour is reminiscent of cedars, and the smell is sweet with a hint of fruit. A well-balanced beer, like many Belgians, it has a thick, rich body with a low level of carbonation. The two-finger head keeps a good retention. At 8.5 percent the alcohol is surprisingly well hidden but still comes through in the finish. The added bonus is the biblically inspired label, which resulted in a temporary export ban to the U.S. Well worth the hunt –

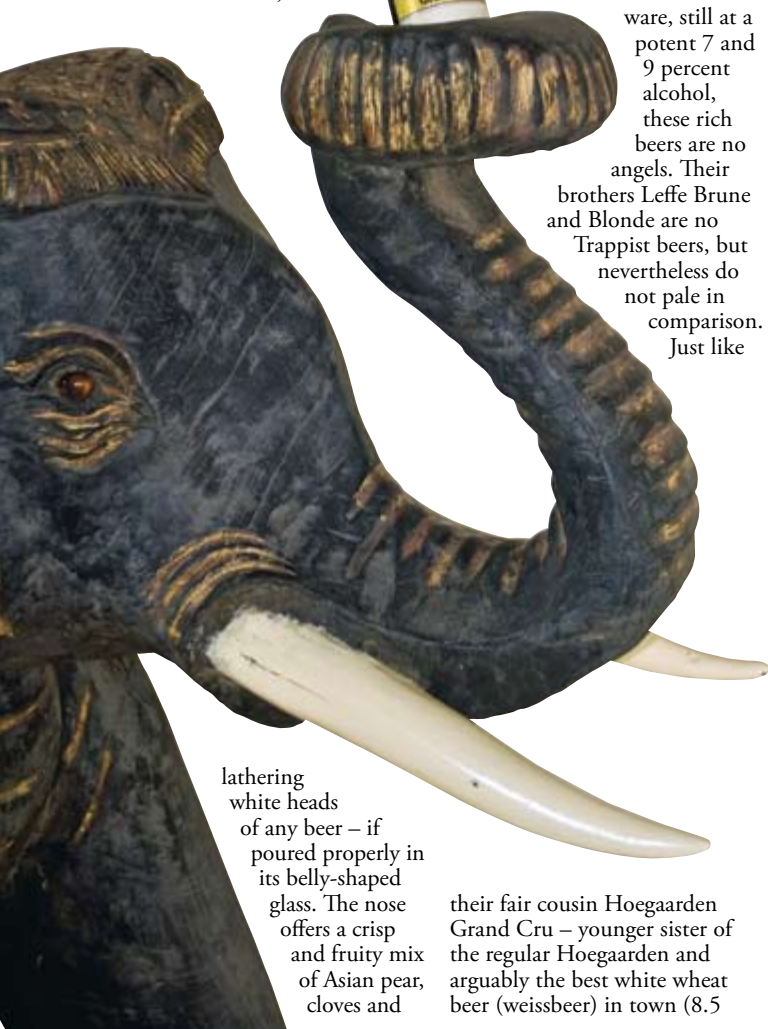


Gasolina is one of the rare bars that serves it.

A little easier to find, though still rare, is the equally aptly named Duvel – ‘devil’ in Flemish. This beauty pours a bright gold with a steady stream of bubbles. Thanks to the secondary fermentation in the bottle, it has one of the most dense,

yeast with a hint of caramel and flowers. This Devil tastes great and fills your soul with heavenly delight. At 8.5 percent, it’s strong enough to keep you very happy for the rest of the night.

More available across town are the other Belgians – Chimay Red and Blue labels. Brewed by the order of Trappist monks in Belgium, this is as close as you can get to heaven. But beware, still at a potent 7 and 9 percent alcohol, these rich beers are no angels. Their brothers Leffe Brune and Blonde are no Trappist beers, but nevertheless do not pale in comparison. Just like



lathering white heads of any beer – if poured properly in its belly-shaped glass. The nose offers a crisp and fruity mix of Asian pear, cloves and

their fair cousin Hoegaarden Grand Cru – younger sister of the regular Hoegaarden and arguably the best white wheat beer (weissbeer) in town (8.5



Edelweiss specialty

percent) – these brands are now to be savoured in several bars and available at some shops.

Finally, there still is that black duck of Belgian beers, Stella Artois. Not fit for comparison with the ones above but at US\$1.5 at La Patate, this remains a palatable alternative to Heineken or Bud.

■ DON'T MENTION THE BEER

Moving to Germany, one name immediately comes out on top – Erdinger. This weissbeer has a straw-yellow, cloudy colour, reminiscent of German summers in the Alps, darting around in lederhosen and chasing Heidi in the fields. With a nice head and a

floral taste this weissbeer certainly goes down easily enough, perhaps too easily.

At Edelweiss on Sisowath Quay, the smiling Srey Lux can also pour you a Russen Mass in a one-litre stein that weighs no less than 2kg when filled with half a litre of Erdinger and a can of sprite – Germany’s version of a shandy. Just lifting the monster-drink and bringing it to your lips is a far more pleasant alternative to those boring workouts in the gym. At a mere 4.5 percent, this is a great thirst-quencher without having to worry about how you will get back home afterwards. As

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9

4

14



The taste of Mexico at Cantina

with most weissbeers, drinking it with a wedge of lemon adds a zest of freshness.

Harder to find is Erdinger Kristallklar. Similar to its blonde sister but filtered and lighter in taste, it is popular with Cambodian drinkers. There's also a brunette version. Being gentlemen, we prefer the blonde.

#### ■ DOWN MEXICO WAY

After putting on our sombreros we walked down the riverfront to Mexico. Hurley, Cantina's American bar-owner, tells us that Mexican beer dates back to before the arrival of European conquistadors in America. But it was some German immigrants who helped cement the

art of brewing as an all-Mexican endeavour. Apparently, Maximilian, the Austro-German emperor who briefly ruled Mexico in the middle of the 19th century, never travelled without his brew-masters.

The best-known brands, Corona and Sol, are available in many bars and shops around town, but we found Pacifico Clara only at Cantina. At less than 5 percent, Pacifico is not just another thirst-quencher but this crisp Mexican also tastes great.

No talking about Mexican beer without mentioning the lime. Our charming waitress San Paula served Pacifico with a slice of lime sticking out of the

bottle, but in Mexico it is done primarily for tourists. We definitely preferred it with the lime but then, we're not Mexican...

Many bar owners admit that the availability of special beers is not always a given, but if your favourite brew is out of stock, come back in a couple of weeks.

#### ■ NEARLY EXTINCT

**Pacifico:** Cantina

**Verboden Vrucht:** Gasolina, La Patate

**Erdinger Krystallklar:** Tell

**Erdinger Dark:** One More Pub, Tell

**Guinness (draught widget-can):** Green Vespa, Huxley's, Veggie's, Friend Mart

#### ■ ENDANGERED

**Hoegaarden Grand Cru:** Gasolina, Equinox, La Patate

**Chimay Rouge and Chimay Bleu:** Gasolina, La Patate, Veggie's, Friend Mart

**Leffe Blonde and Leffe Brune:** Gasolina, Equinox, La Patate, Friend Mart

**Duvel:** Gasolina, Equinox, La Patate, Veggie's, Friend Mart

#### ■ EASIER TO SPOT

**Erdinger Blonde:** Huxley's, One More Pub, La Croisette, Edelweiss, Tell, Steve's Steakhouse and some other restaurants in town

**Stella Artois:** Green Vespa, Gym Bar, La Patate, some beer gardens across town. 🍷



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# bar stool guide

## key to symbols

**A/C** Air Conditioning

**WiFi** Free Wireless Internet Service

 Tiger Super Cold

 Live Music and DJs

**Cadillac Bar & Grill**  
219E Sisowath Quay,  
Tel: 011 713 567

Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **A/C**

**Cathouse Tavern**  
4 Street 51

The longest standing of Phnom Penh's bars, which was the only bar in town during the U.N. days. The large curved bar invites you to sit and chat with the welcoming barstaff. Open 4pm to midnight. **A/C**

**Chow**

277 Sisowath Quay,  
Tel: 023 224 894

Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and lily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **A/C**

**Diplomat's Bar**

69 Street 566,  
Tel: 017 456 116

Set in a beautiful 1960s wooden Khmer house directly above Sarika Restaurant, the Diplomat's Bar exudes the elegance of Asian colonial times, yet has a refreshingly chilled out atmosphere. Has two VIP rooms and live music is played Thursdays to Sundays from 7pm to 11pm. **A/C**

**Dodo Rhum House**

42C Street 178,  
Tel: 012 549 373

Bar named after an extinct bird, which is brave considering the turnover rate in town. Nicely decorated with strong, wooden bar and chill-out room at the back. Has a good specials menu and tapas as well as over 20 different flavoured rums created by bar's owner. Open 5pm to late.

**Elephant Bar**

Raffles Hotel Le Royal, Street 92  
Tel: 023 981 888

Pleasant bar, popular with expats especially during the two-for-one happy hours (4pm to 8pm). A flamboyant carpet, comfortable wicker chairs and hotel pianist provide a sense of a time gone by. Has many signature cocktails, including its more illustrious sister hotel's trademark Singapore Sling. (Open 2pm to 12am Monday to Friday & 12pm to 12am Saturday & Sunday). **A/C**

**Elsewhere**

175 Street 51,  
Tel: 023 211 348

A beautiful garden with palm trees, a bath-sized swimming pool and luxurious reclining couches makes you feel anywhere else than in the centre of town. Great jazz-funk and ambient soundtracks make this the optimum place to chill. Has Friday night parties once a month with DJ and a good clothes shop upstairs. Closed Tuesdays.

**Etcaetera Bar**

38 Street 118,  
Tel: 092 538 385

Classic, small, black bar owned by Memphis owner, Bona Thiem has a large range of cocktails and daily specials. True to Memphis tradition, live music is played every Sunday night from 8pm to 11pm.

Happy hour is 5pm to 8pm. Open from 10am to late, closed Mondays. **A/C**

**Equinox**

3A Street 278,  
Tel: 012 586 139

Cool French hang-out that overlooks Street 278. Upstairs bar has a nice open balcony, good cocktails and music. Has the best foosball table in town with regular tournaments. Also has a second street-level bar. Open 10:30am to late.

**Factory Lounge**

83 Street 240

French-run bar with eclectic paintings and good range of cocktails. Good place to chill after shopping along the street. Open 5pm to late.

**FCC Phnom Penh**

363 Sisowath Quay,  
Tel: 023 724 014

The first stop for newcomers and it's easy to see why. Set in a beautiful colonial house with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight.

**Flavours**

Cnr. Street 51 & 278, Tel: 012 175 896

Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs that fall out onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late.

**Freebird**

69 Street 240,  
Tel: 023 224 712

Air-conditioned American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. The menu is international with good lunch offers and an excellent range of bottled sauces. Be prepared for some good solid R&R. WiFi is available, but there is a charge. Open 7am to midnight. **A/C**

**Gasolina**

56/58 Street 57,  
Tel: 012 373 009

The largest garden bar in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crèche facilities. Open from 7am to 12.30am. Closed Mondays.

**Green Vespa**

95 Sisowath Quay, Tel: 012 887 228

The walls of this popular expat haunt are strewn with photos of vespas and VIPs. Has an excellent selection of single malt whisky, and does a US\$10 special combination of food and drink. Good music, especially if you are an 80s throwback. Open early till late. **A/C**

**Gym Bar**

42 Street 178,  
Tel: 012 815 884

The best sports bar in town with more wide screens than sense and a good nine-ball pool table to boot. Ideal for watching Premiership football or any other sport. The food is good and there's a non-sports quiz every Tuesday. Open 11am to late. **A/C**

**Hope and Anchor**

213 Sisowath Quay, Tel: 023 991 190

Well-located restaurant and bar on the front with seats stretching out onto the



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# Bar Talk: Barnacle from Barnsley

TUCKED DOWN WINDING lakeside laneways, the Drunken Frog has established itself as one of Phnom Penh's most popular watering holes for thirsty patrons, since opening in August 2006. Unlike other city bars, which host chic decors or lustful ladies, the Drunken Frog boasts the city's most friendly barman, Martin Cleary.

An experienced traveller, Martin washed up on many shores around the world before taking up permanent residence in Cambodia three years ago. In that time his generosity, humour and husky voice have won over everyone he meets. "I love living in Cambodia," says the man who takes great delight in welcoming new people to his bar and then making their trip to Phnom Penh one to remember. Made in Yorkshire, this Barnsley bachelor is always quick to offer a top-up, a smile and a heavily-accented, half incomprehensible joke beginning and ending with the words "I say! I say!" A lakeside legend, you only have to mention his name on



PHOTO BY CONOR WALL

the strip for a willing hand to point you in his direction.

An extension of his personality, the Frog, as it is affectionately known by its regulars, is affable, lively and entertaining.

"We have named several drinks after regulars and all customers are encouraged to leave their mark and sign the bar," he says of the graffiti covered walls, chairs and bar that don the softly lit rooftop bar. The Frog is split between two floors with the downstairs section being a favourite for the regulars, whose evenings are

well documented by a collage of photos overlaying the walls.

Open until the last man collapses, the Frog has over 8,000 songs on iTunes, from which personal playlists can be customised to suit your mood.

"Depending on the vibe of the customers, the Frog can easily turn from a chill out den into a makeshift shindig, but it's always a good crack," says the man responsible for the late night laughs on Lakeside's only rooftop bar.

"We not only serve the coldest beer, but we also have

the largest vodka selection on the strip," says Martin adding that despite price hikes across the city, the price of his drinks has never wavered and a can of beer remains at US\$1 and a double vodka and mixer US\$1.50.

Quicker with his hand than Clint Eastwood in a spaghetti western and with no set closing hours, the charismatic Liverpool fan will happily serve drinks from 7pm until the sun rises - though if you are drinking the in-house speciality, Martin's Mule, you may not last that long. Not for the timid, this is one strong drink guaranteed to go down too easily.

Held responsible for most missed flights, repeated visa extensions and passing visits to the capital turned into permanent stays, it is Martin's heart of gold, quick wit and permanent Billy Ray Cyrus stubble that keeps people coming back down the winding lanes and up the yellow-brick-stairs for more. Just ask for Martin.

**Drunken Frog, 20 Street 93 (Boeung Kak Lake), Tel: 012 393 392**

street. Wide screen TV for watching football. Open 6am to 2am.

### Howie's Bar

32 Street 51  
Air-conditioned and open until very late, this is the Heart's unofficial chill-out bar although the sound system could give the Heart a run for its money. Tends to be a popular late hang-out, especially around the pool table. Open 7pm to 6am. **A/C**

### Huxleys

Cnr. of Streets 136 & 5,  
Tel: 023 986 602  
The wood-paneled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Gar-

den bar. Well-stocked bar with fantastic cocktails. Not to be missed. **A/C**

### K West

1 Street 154 (Cnr. Sisowath Quay)  
Tel: 023 214 747  
Air-conditioned bar and restaurant with a good value happy hour from 6pm to 8pm Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C**

### Liquids

Street 278,  
Tel: 012 765 896  
Welcoming Metroesque bar on the popular Street 278 run by the same owner as Flavours. Serves food and good cocktails. Has one of the best pool tables in town. Happy Hour from 5pm - 8pm. **A/C**

### Maxine's

Over Japanese Bridge, Tel: 012 200 617  
Stirring eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's - or Snow's Bar - is well worth seeking out for its laid back ambience and old Indochine charm. Open Tuesday to Sunday from near sunset til late. **A/C**

### Memphis Pub

3 Street 118,  
Tel: 012 871 263  
The only permanent rock venue in town with a house band that plays covers with Filipina singers. Band plays from 9pm to 12.30am (weekdays) and 10pm to 2am (weekends) and guests are always welcome to join in. Also has open mike

sessions. Open 5pm to late, closed Sundays. **A/C**

### Meta House

6 Street 264,  
Tel: 012 607 465  
[www.meta-house.com](http://www.meta-house.com)  
This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

### Metro Café

Cnr. Sisowath Quay & Street 148.  
Tel: 023 222 275  
Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of



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# No Holds Barred



Is that you Gene?


Martinis, try the Espresso. Open 7:30am to 01am. **A/C**  

**One More Pub**  
16E Street 294, Tel: 017 327 378  
English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Has elegant, terracotta-tiled terrace and four guest rooms upstairs (US\$22 to US\$30). Open from 5pm to late, happy hour from 5pm to 7pm, closed Tuesdays. **A/C** 

**Open Wine**  
219 Street 19,  
Tel: 023 223 527  
Large wine shop with well-priced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 9am to 11pm every day. **A/C**

**Pacharan**  
389 Sisowath Quay,  
Tel: 023 224 394  
Barcelona comes to Phnom Penh via London's Mayfair in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this air-conditioned restaurant and bar is set in a beautiful colonial building with great decoration, an open kitchen and sweeping views of the river. Open from 11am to 11pm. **A/C**

**Pickled Parrot**  
4-6 Street 104, Tel: 012 633 779  
Air-conditioned bar with excellent 9-ball

pool table, that's a popular late night hang-out with expats. Reliable international cuisine is available at the bar, free internet and 24-hour cable sports channels. Clean well-kept guesthouse upstairs with 15 rooms. Open 24 hours. **A/C** 

**Pontoon Lounge**  
River end, Street 108,  
Tel: 012 889 175  
Phnom Penh's only floating bar, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Open 11.30am until midnight (weekdays) and until late at the weekend.

**Revolution**  
96 Street 51,  
Tel: 012 393 392  
Poker Mondays, GLBT encouraged. Cheeky cocktails and shooters. Pool table. Live music & open mic Thursdays and Saturdays. Happy hour 4pm - 8pm. Open 7 days a week 7am to late. **A/C** 

**Rising Sun**  
20 Street 178, Tel: 012 970 719  
English-style pub with reliable breakfast, meat pies and hamburgers. Has a regular following around the bar at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to 10pm.



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**Green Vespa**

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8.00am Breakfast at the Vespa  
9.30am Coach to Rambol Raceway (beers and soft drinks on board!!!)  
10.30am Warm up for Enduro Go Kart Racing and Practice  
11.00am - 1pm Go Kart Championship (prizes for fastest and winning team, quickest individual and fastest lap time)  
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Includes all of the above. Does not include driunks at the trackside bar.

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# Grapevine: I'm Too Sexy for This Glass

*Those 'fortunate' to have met Darren in the flesh, will no doubt realise that this month our antipodean tippler is not referring to himself, but to Pinot Noir – the most sexy grape on the vine.*



STATISTICALLY SPEAKING we are drinking lighter bodied, more elegant wines – less Chardonnay, more Sauvignon Blanc, less Cabernet Sauvignon, more Pinot Noir, etc. A languid scan through the stream of marketing spin that comes to me from wine companies shows that it is no longer preferable to describe your wines as rich, ripe and opulent – they need to be racy, seductive and downright sexy!

“The process of turning pinot noir grapes into wine can be challenging, but the result has been called ‘sex in a glass’,” claims the Atlanta Wine School, to give you just one example.

Google the words sexy, pinot and noir in the same search box and you will be inundated with tens of thousands of hits, indeed it seems Pinot Noir cannot be described as complete without the word sexy being utilised to express it.

Fine Pinot Noir is elegant and complex. Initially often restrained, it bares its charms slowly, like the dance of the seven veils, revealing a little more of its inner secrets with every sip. Good Pinot can indeed be described as sexy, and drinking it is as much a sensual as it is a sensory experience.

“Maya, Indian goddess of illusions, Siren of shipwrecked

sailors, if only you lactated Pinot Noir you'd be perfect,” as Miles says to Maya, in the movie ‘Sideways.’ Enough said.

If you wish to purchase some sex-in-the-bottle, the following is a selection of the very best available in Phnom Penh.

## ■ JOSEPH DROUHIN CHAM-BOLLE MUSIGNY, 2006

A large Burgundy producer with a long history and admirable reputation, Drouhin own several small Premier Cru vineyards within the Jurassic soils of this exceptional appellation and produce a stunning Premier Cru cuvee. The wine has a fine satin / silky texture giving way to intense flavours of violets and black cherries with notes of damp forest floor and hints of truffle and game. The somewhat challenging conditions of the 2006 vintage in Burgundy have a produced a wine more on the elegant side than the previous '05 vintage and a slightly softer, more forward wine which may be enjoyed now. Try with venison terrine.

## ■ CLOUDY BAY PINOT NOIR, MARLBOROUGH, NEW ZEALAND

Whilst perhaps the most famous Sauvignon label in the world, it is fair to say that the winemaking team at Cloudy Bay has been besotted, even obsessed with Pinot Noir since their first vintage in 1989. They have a purpose

built Pinot Noir cellar at the winery and source from a diverse range of very high quality vineyards. The wine is a buxom diva – voluptuous, rich and spellbinding. Match with red curried duck for a sublime experience.

## ■ OYSTER BAY PINOT NOIR, MARLBOROUGH, NEW ZEALAND, 2007

If oysters are an aphrodisiac and Pinot Noir is sexy, this must be the ultimate seducer's wine. Where the Cloudy Bay is an ample contralto, the Oyster Bay is more a catwalk model – svelte, racy, raw, the (forbidden) fruit more elusive, and a touch leafy (a well-placed fig leaf perhaps?). The price makes it all the more attractive. Match with Peking duck.

## ■ BANNOCKBURN PINOT NOIR, GEELONG, AUSTRALIA

One of Australia's greatest Pinot Noirs – previous winemaker Gary Farr used to spend the northern hemisphere vintage at the esteemed Burgundy Domaine of Dujac – the wine displays typically earthy, primal scents of forest floor, spices, truffles and animal sweat combined with black cherry and wild strawberry fruit notes. Definitely a wine for the hunter, serve with game on the plate and lust just across the table.

## ■ HAMILTON RUSSELL PINOT NOIR, SOUTH AFRICA, 2004

Winemaker Anthony Hamilton Russell is besotted with Burgundy, growing and producing only Chardonnay and Pinot Noir, (the two noble grapes of Burgundy). He produces beguiling, seductive Pinot Noirs of outstanding allure and quality. Match with soured or potted hare.

*Darren Gall is a 20-year veteran of the wine industry with experience from brand ambassador to winemaking and grape growing. He has worked in over 20 countries and is currently based in Asia as a market consultant. You can contact him at: [darren\\_gall@yahoo.com](mailto:darren_gall@yahoo.com)!*



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**Riverhouse Lounge**

6 Street 110, Tel: 023 220 180  
Set above a sophisticated restaurant, the Lounge has become the alternative dance venue for both expats and young Khmers, its key advantage is its location, with a self-contained air-conditioned dance room and great balcony to chill out and watch the river float by. Actually varies its music, featuring some of the best DJs in town. Monday night is Retro, Thursday is House and Hip-hop is on Tuesday & Friday. Open 4pm to 2am. **A/C** 🍸 🍷 📺

**Rory's Irish Pub**

33 Street 178, Tel: 012 425 702  
Most Irish of the Irish bars in town with the barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

**Rubies**

Cnr. Street 19 & 240, Tel: 012 823 962  
Small corner wine bar with warm wood panelled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

**Salt Lounge**

217 Street 136  
In addition to being Phnom Penh's first openly 'gay' bar, has probably the most contemporary design in town. It also welcomes straight customers. Open 6pm to late. **A/C** 🍸 🍷 📺

**Saffron**

11 Street 278, Tel: 012 247 832  
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **A/C** 🍷 📺

**Scoop Bistro Bar**

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 216 130  
Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am to midnight, closed Sundays, reservations recommended. **A/C** 🍷 📺

**Sharky Bar**

126 Street 130, Tel: 023 211 825  
Biggest and most famous of Phnom Penh's bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively, a place where anything can happen. Serves surprisingly good food, especially the Mexican. Open 4pm to 2am. **A/C** 🍸 🍷 📺

**Talkin to a Stranger**

21B Street 294  
Elegant bar with nice gardens set in the heart of NGO town. Excellent place

for post-work drinking or indulging in their vast array of cocktails. Good food and one of the few places in town putting on events and live music. Has a trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late, closed on Mondays. **A/C** 🍸 🍷 📺

**Velkommen Inn**

23 Street 104, Tel: 092 177 710  
This comfortable hotel restaurant and bar, just off the riverfront, offers a wide selection of western dishes as well as several Scandinavian specialities with a full bar, draught beer, wine and sprits. Open 7am till late. **A/C** 🍸 🍷 📺

**Walkabout**

109 Street 51, Tel: 023 211 715  
If nowhere else is open in town then you can always depend on the Walkabout. Plenty of women to offer males some company, but if you find yourself here then you should really be thinking it's time to go to bed. Open 24 hours. 🍸 🍷 📺

**The Winking Frog**

128 Sothearos Blvd. Tel: 023 356 399  
Large air con British-run pub with live band and DJs at weekends. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **A/C** 🍸 🍷 📺

**Zeppelin Bar**

109C Street 51, Tel: 012 881 181  
If you like your music heavy then this is the bar for you. Over 1,000 vinyl albums played by stone-faced DJ owner. New location is next to Walkabout. Unique for Phnom Penh. Open 4pm to late. **A/C** 🍸 🍷 📺

**Heart of Darkness**

38 Street 51  
The most famous of the city's nightspots with a good-sized dance floor make this the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8pm to late. **A/C** 🍸 🍷 📺

**Riverhouse Lounge**

6 Street 110, Tel: 023 220 180  
The alternative dance venue for both expats and young Khmers. Self-contained air-con dance room and great balcony to chill out. Monday night is Retro, Thursday is House and Hip hop is on Tuesday and Friday. Open 4pm to 2am. **A/C** 🍸 🍷 📺

**DJ Paul Stewart**

Tel: 017 362 849  
English DJ entertainer, presenter and show director who has years of experience in many countries. 🍸 🍷 📺

#33 Level 1, Level 2, Sothearos Blvd (Corner St. 178), Phnom Penh, Tel.: 092 998 850, Email: info@corner33.com

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# kaleidoscope

## Tini Tinou 2009

Now a regular feature on the Cambodian art calendar, as **Sylvia Nam** discovers this year's **Tini Tinou Circus Festival** comes at a cost.

ORGANISED BY THE LOCAL Battambang-based NGO Phare Ponleu Selpak, the sixth annual 2009 Tini Tinou International Circus Festival will take place over the course of three weeks between mid-March and early April. Literally "here and there" tini tinou also means "exchange." True to its name, this year's festival features aerial works and clowns of all stripes and colours through the work of companies from a dozen countries, spanning four continents.

From Apr. 2 to 5, artists from Cambodia, Laos, Vietnam, Japan, Romania, Germany, France, Belgium, Canada and Australia will dazzle audiences with a spectacle of air and acrobatics involving flying trapeze, cradle swinging, juggling and tightrope walking. There will also be some community events introducing the audience to the work of Phare. Holding Tini Tinou in Battambang aligns with the festival's goal to decentralise the arts and bring creative solutions to the provinces. However, those unable to make the journey to the Kingdom's second city can see the festival's preview in Phnom Penh on Mar. 27-28, preceded by two weeks of workshops providing skills and knowledge-sharing between professionals, senior artists and their young pretenders.

### ■ AN ORIGINS STORY

The circus arts have a longer heritage in Cambodia evidenced by bas-reliefs on the thirteenth century Angkorean Bayon Temple that depict figures tumbling, as well as doing contortions and balancing acts. The Royal University of Fine Arts in Phnom Penh has been the home of the National Circus School of Cambodia since 1986. With its assistance Phare formed its own circus school in 1998.

First began in 2004 under the auspices of the Association Française d'Action Artistique as part of its CircAsia programme, the



Nation Vietnam Circus

Tini Tinou Festival was designed to promote contemporary circus arts throughout Southeast Asia. Initially organised by the French Cultural Centre, Phare took over responsibility for running the festival in 2006.

Translating into the light (or brightness) of art, Phare provides vocational training to disadvantaged youth through its schools of music, visual and circus arts. Having originated in 1986 at the Thai border refugee camps, Phare was formally founded in 1994. The organisation used art to help young refugees overcome the trauma of war and later on to keep young people creatively active and off the streets.

Now Phare houses a public school, library, and orphanage serving over 1,800 students and youth forging socio-cultural development through vocational training and education. The circus troupe has gained international repute and performed throughout Asia, Africa and Europe. Consisting of artists from 14 to 25 years of age, the troupe will perform Puthou as well as unveil two new pieces during the main portion of the festival.

### ■ THE ART OF SUSTAINABILITY

For the first time in its six-year history, the organisers will be charging for tickets to the festival. While this year's event has the support of various sponsors, including the French Embassy and the French Cultural Centre, financial shortfalls have forced the organisers to introduce a tiered ticketing system. A single-day pass is US\$10 for foreigners and 3,000 riel for Cambodians, although the local Battambang community will get in for free. There are also discounts for children and special rates for four-day passes (see below). It waits to be seen whether, in the current global economic crisis, Tini Tinou's new pricing policy will set an



Kriskats

example other artistic events will be forced to follow.

#### ■ SCHEDULE OF EVENTS

Mar. 27: Show at the French Cultural Centre. 7pm. Tickets: US\$8 (US\$4 for students and those under 25 years)

Mar. 28: Phnom Penh Parade. 4.30pm. Starts at Friends Restaurant on Street 13. Free.

April 2-5: Battambang Festival. 5 to 11pm daily. Non-Cambodi-

ans: US\$10/single day, US\$20/four-day pass (US\$4/US\$8 for youth under 16 years). For Cambodians: 3,000 riel/single day, US\$3/four-day pass. Local Battambang community: Free.

Tickets available at the French Cultural Centre, The Shop, Meta House, and Monument Books.

For more information on this year's event, contact Dorothee Alemany, Tel: 089 906 104, [dorothee.alemany@gmail.com](mailto:dorothee.alemany@gmail.com)



Fukuro Kouji

## Bootleg

AsiaLIFE takes a look at some of the DVDs available in a shop, or stall, near you.

#### ■ THE FRENCH CONNECTION

*William Friedkin (1971)*

Gritty and uncompromising, this slightly dated cop thriller launched the careers of the ubiquitous Gene Hackman and B-list shark slayer Roy Schneider. A reaction against the unrealistic Hollywood blockbusters, *The French Connection's* sometimes plodding pace is used to layer believable characters and realistically portray the often dull life of New York police. Persevere and you'll find that Hackman's hard-nosed pork pie hat-wearing Jimmy 'Popeye' Doyle is a refreshingly plausible (if not entirely likeable) character, chasing a dapper (and equally believable) villain through a grim New York. No explosions but one of the best car chases in cinematic history.

#### ■ THE RED BARON

*Nikolai Müllerschön (2009)*

Another WW1 flying aces action in the vein of Howard Hughes' 1930 epic *Hell's Angels*, *Red Baron* is thankfully a cut above the dreadful *Flyboys*. Told from the perspective of the Germans, the story of Baron Manfred von Richthofen (Matthias Schweighöfer) is surprisingly watchable, despite the obvious allowances for Hollywood sentimentality. The tension between Europe's closely interwoven aristocracy –

which at the time crossed national and political boundaries – and the new cult of patriotism is adeptly implied. Less well executed is the presence of Jewish pilots (represented by a single fictional character), and the Baron's proto-Nazi younger brother, who goosesteps in and out of scenes barking intolerance, is frankly embarrassing. Bearable.

#### ■ MIRACLE AT ST. ANNA

*Spike Lee (2008)*

Into the growing landfill of WW2 'secret' histories is tipped this latest offering from the outspoken Lee. Praised by some as a masterwork and derided by others as overlong and disjointed, the film feels as confused as the critics – constantly jumping through time to explain an unnecessarily convoluted plot. Well thought out plot lines and engaging characters are unfortunately undermined by cramming too much into the film. As well as the central race issues, subplots about religion, superstition, looting, morality, loyalty and courage are lost in a miasma of action sequences and forgettable conversations. The viewer is almost seduced by the effortless cinematography and the director's eye for an interesting concept, only to be disappointed by the frayed and opaque final product. Frustrating.



## Cinemas

## Le Cinema

**French Cultural Centre**  
218 Street 184 Tel: 023 213 124  
100-seat cinema shows international art house and mainstream movies. Occasional films in English. Children's cinema on Saturday mornings at 10am.

## Meta House

6 Street 264 Tel: 012 607 465  
Movie shorts and documentaries from Cambodia and the rest of Asia. All movies start at 7pm, closed Mondays.

## Galleries

## Art Café

84 Street 108 Tel: 012 834 517  
Elegant bistro and art gallery in the style of a European coffee house with rotating exhibitions. Music played Friday to Sunday. Open from 11am to 11pm.

## Café Living Room

9 Street 306, Tel: 023 726 139  
Has regular exhibitions as well as art classes for adults and kids. Open every day from 7am to 8.30pm.

## Dori Thy Gallery

9 Street 278 Tel: 012 661 552  
Features the black and white photographs of German photographer, Doris Boettcher is open from 10am to 6pm.

## French Cultural Centre

218 Street 184 Tel: 023 213 124  
Large space in the grand floor of the cultural centre has changing exhibitions and hosts special talks and events.

## Happy Painting Gallery

FCC: Cambodiana Hotel; Domestic Airport  
Open since 1995, these aircon art shops sell the colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

## Java Café &amp; Gallery

56 Sihanouk Blvd., Tel: 023 987 420  
www.javaarts.org  
Contemporary art gallery with regular exhibitions of Cambodian and international artists. Website has details about Cambodia's contemporary art scene.

## Meta House

6 Street 264,  
Tel: 012 607 465  
Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films, closed Mondays.

## Reyum

47 Street 178, Tel: 023 217 149  
Small gallery with regular exhibitions of Cambodian artists. Part of an NGO established for preserving traditional and contemporary Cambodian arts.

## Two Fish Gallery Studio

2D Street 302 Tel: 016 368 700  
Gallery space, art & Chinese calligraphy classes, reflective meeting space. Open 11am to 5pm (Closed Sunday & Monday).

## Performing Arts

## Amrita Performing Arts

Tel: 023 22 0424  
www.amritaperformingarts.org  
Performance art co. puts on contemporary, classical music, dance and theatre.

## Art &amp; Foundation

84 Street 108,  
Tel: 012 834 517  
www.amritaperformingarts.org  
Performing western and Classical Music

## Sovanna Phum Khmer Art Association

111 Street 360,  
Tel: 023 987 564  
Theatre with performances of shadow puppetry, classical and masked dances every Friday and Saturday at 7.30pm. 

On the Canvas:  
Sasha Constable

"THERE ARE FEWER FOREIGN artists in the developing world compared to the West so it is easier to become known here," says Sasha Constable. For the British artist, this is a key reason for international artists deciding to pursue their art in Cambodia. "There is not as much competition."

The flipside is the lack of easy access to the cutting edge of the art world. Magazines and books do not compensate for the richness of culture that museums and galleries have to offer in developed countries. "It can be tough because you are between two worlds," she says. Also, there is less attention on imported rather than domestic artists. "Here, the focus, naturally and understandably, is on the local artistic talent."

Sasha believes that being an artist in a developing country carries with it a certain responsibility towards that country. Maybe her viewpoint is influenced by her dual role as educator – she has taught art for over 13 years – and artist. She first came to the Kingdom as an artist in residence for the World Monuments Fund in 2000. Subsequently she turned to teaching at RUFA in 2001, and has been heavily involved in art education and development ever since.

"I fell in love with the country and its people and chose to live here so I believe my way of giving back to Cambodia is to impart as much knowledge to young Cambodian artists as I can," she says. This knowledge is particularly valuable in parts of society that are still illiterate. "Art can reach a wide audience who might not have had the fortune to learn to read or write, so awareness projects using art are also extremely important."


At art school in London Sasha completed a sculpture degree, specialising in con-

temporary stone carving. Her work also extends into print-making – predominantly lino and woodcuts – and painting, with a particular interest in murals. So with such breadth of vision what does she think of Cambodian art?

"The majority of the Cambodian art I see has a distinct identity," she says. "It still has a beautiful rawness and a depth of narrative." However, she sees a higher level of sophistication creeping into artwork in recent years. This she attributes to the artists becoming more experienced and gaining a better understanding of what people want to buy. "Like any country it is a journey for each individual artist to find their own true voice and Cambodia runs deep so I believe it will always imbue a localised sense of identity," she says.

This distinct identity of Cambodian contemporary art does not yet seem to have found its place into Cambodian society. Few Cambodians buy and collect contemporary fine art – the buyers and collectors are almost exclusively foreigners. Sasha hopes that the Cambodian contemporary art market will evolve in time. "It is important for the young artists to have recognition of their talent from their elders," she says.

She also sees a clear role for the new art venues that have opened over the last few years, bringing a diversity of creative approaches for young artists to absorb. But the government too could play a role in developing and stimulating fine art by investing in more contemporary public sited monuments as well as community arts centres.

"There is a distinct lack of Cambodian-run spaces to exhibit contemporary art," she says. "This is a shame as there is a huge pool of talent in Cambodia which is still in need of nurturing." 



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# Arts Diary

## ■ OPENING THIS MONTH

**The Inner Circle of Strangers**  
Photographs by Marylise Vigneau. Opening reception on Mar. 5 at 6pm at Java Café and Gallery.

### **The Banyan Tree**

70 artists from 25 countries contributed their original art works to address the idea of 'off-road' workshops. How does an artwork from Asia work in Africa? How does art from France function in a workshop with street kids in Bangkok? The show opens at Meta House on Mar. 10 at 6pm

### **Part of the Process**

Photo exhibition of images of transportation and daily life in Cambodia by Jean-Francois Perigois at Equinox Mar. 20.

### **The Life of the Streets**

A two person exhibition about Phnom Penh's street life with Cambodian famous artist Chhim Sothy and his Australian colleague Ian Whittaker opens at Meta House Mar. 31 at 6pm and runs until Apr. 22.

## ■ ONGOING

### **Portraits**

American artist, Mark Pollack's current work is about people he has met, talisman that protect them and portable art objects. The exhibition runs at Meta House until Mar. 4.

### **Little Things**

A dual photographic exhibition on the innocence of childhood and the beauty of small objects by photographers Nicolas Le (Len-

shot) and Emmanuel Maillard. Opens Feb. 6 at Equinox 7pm.

### **Tribute to Svay Ken**

An exhibition in tribute to the recently deceased Grandfather of Contemporary art in Cambodia. Runs until Mar. 3 at Java Café & Gallery

### **Faces of Asia**

Feb. 16 - Larry Snider's photography exhibition opens on Feb. 16 at the Centre for Friends Without a Border, Siem Reap and runs until Apr. 30

### **Paintings by Khachao Touch**

Art Café is holding an exhibition of paintings that transmute negative energy into positive energy of care and love.

### **Faces of War**

Photographs by award winning English photographer Tim Page available for sale at Meta House.

### **Smile**

A exhibition of photography by ten students from the Centre for Children's Happiness continues at K'Nyay. The Children's images of Phnom Penh and its surroundings are also available for purchase in Calendar form for US\$10. All proceeds go toward CCH. The show runs into March.

## ■ MUSIC, EVENTS & PERFORMANCES

### **London Trios**

Music by Joseph Haydn at Art Café on Mar. 6 at 7pm

### **Sounds of Berlin**

Nico Mesterharm presents an inspiring mix of the finest

German Electronica, Krautrock, Ambient & Illbient from Manuel Goettsching/Ashra Temple to Mouse on Mars at La Croisette on Mar. 7. Free Admission.

### **Swing & Jazz**

Live Swing-Music by "Swin-guilin" (Guitar: Loïc Cecilio/ Violin: Marion Lorailière) at Meta House Mar. 11 at 6pm. The performance tells a fragmented story of love and is followed by a screening of Chet Baker's London concert "Live at Ronnie Scott's" with guest appearances by Elvis Costello and Van Morrison.

### **Esterhazy Divertimento**

Clarinet trios by Joseph Haydn at Art Café Mar. 14 at 7pm

### **Baroque Highlights**

J.S.Bach & contemporaries at Art Café Mar. 20 at 7pm

### **"Le fin de siecle"...**

#### **a song recital**


Songs by Francis Poulenc, Eric Satie, Albert Roussel and Gabriel Faure at Art Café Mar. 28 at 7pm

## ■ FILM

### **Rooftop Cinema**

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace. Closed Mondays. This month's screenings include (6pm unless stated):

Mar. 1 - *Buddha's Lost Children*, followed by *The Cross and the Boddhi Tree*; Mar. 3 - *Zeitgeist*; Mar. 04 - *Prey Lang* by Jocelyn and Ben Pederick followed by *Cambodiana* by

Estelle Dorides take you inside the still existing Khmer forests: Mar. 5 - *At the Factory Gates* takes you inside the world of Cambodian garment factories; Mar. 7 - *Changing the World on Vacation* by Daniela Kon; Mar. 8 - Italian film maker Cosetta Titta Raccagni presents three docs about women: *Women are Cloth, Men are Gold* (Cambodia), *Manga Kissa* (Japan) and *Anatomy Lesson* (Italy); Mar. 11 - Live Swinguilin performance followed by screening of Chet Baker's London concert; Mar. 12 - *Prisoner of Age* followed by *Heroines*; Mar. 13 - *A Face of War*, "One of the most authentic, intimate and remarkable war records ever"; Mar. 14 - *Banyan Project* presentation at 4pm; *Out of the Poison Tree* at 6:30pm; Mar. 15 - *Rize!* A fascinating film about US ghetto dances called "Clowning" and "Krumping" in East Los Angeles by David LaChapelle; Mar. 17 - *Laki Penang* a film by Bruno Manser about the indigenous people of Penan; Mar. 18 - *Vitus* by Fredi M. Murer; Mar. 19 - *The Chosen Ones* a film about Jewish musicians in NY; Mar. 20 - *TXT B4 Marriage* - a Pilipino film about courtship via SMS, Filmmaker will be present at the screening (Q&A); Mar. 21 - *Freedom Writers* a film about Khmer culture in Long Beach Ca.; Mar. 22 - *We Want You to Know*; Mar. 24 - *Burma All Inclusive*; Mar. 25 - *Eviction at Day Kraham* by Erik Lofting; Mar. 26 - *Kampuchea: Death and Rebirth*; Mar. 27 - *Terrors Advocate*; Mar. 28 - *Cambodian Dreams*; Mar. 29 - *Step by Step*. 

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# leisure & wellness

## Let's Dance

Phnom Penh doesn't yet have a full-time dance school. But if you want to put on your red shoes and dance, there is a wealth of choice. From all kinds of western ballroom dance to contemporary dance and salsa, via street jazz and hip hop – take your pick. Words by **Johan Smits**.



Street Jazz at The Place

### ■ GIRLS JUST WANT TO HAVE FUN

Having started to dance at the age of six, the now 26-year-old Laura Joy teaches an adult jazz class twice a week alongside a weekly neo-classical/contemporary dance class. Both are at the Himawari Hotel. To her, it's all about fun. Most of her students joined simply to try something new or to increase their energy levels. Some of them are dancers themselves.

"Contemporary dance is softer and comes from classical ballet, leaving more room for self-expression," Laura explains. Jazz, on the other hand, is more regimented and uniform, combining MTV with hip hop. It's a technical, modern dance.

The Australian is now looking to start a tap dance class and a children's class combining tap, ballet and jazz. She hopes this will allow kids to interact with each other in a fun environment.

### ■ LOCKING AND POPPING

Emilia from France also started dancing when she was a child – ballet, jazz and modern jazz. She turned to hip hop when a teenager. Over the past six years she has toured Paris, London and Berlin with dance companies. She ended up in Cambodia nine months ago.

"My first specialty is 'Locking'," she says, referring to a U.S. west coast dance style with emphasis on funk and disco. Her second specialty is hip hop new style, which strongly influences her street jazz classes at The Place, but other styles such as 'Popping' also come into play.

Her students are usually very mixed, both male and female, foreigners and locals, young and not so young. "I have people I wouldn't expect in a hip hop class," she says, "but they just want to try – it's good fun!"

Etha also teaches at The Place. With a background in acrobatic

gymnastics, the Indonesian teaches what she calls "fun hip hop" to an eclectic group of students.

"There are less rules than with street hip hop," she explains. "It's less technical and there's a lot of freedom in how you want to move your body," she says. Etha is currently looking for up to fifteen girls to train and form a professional hip hop group with the aim of performing for audiences.

### ■ STRICTLY BALLROOM

"Introducing ballroom dancing to local Cambodians will still take a long time," says Cambodian-French Nomya. He and his wife Therese teach all kinds of ballroom dances including cha cha, rumba, samba, paso doble, jive, tango, waltz, quick step and rock 'n roll. That's a handful.

"Our students are mainly expats and some Cambodians who have lived abroad," explain the retired couple. Like the

other classes in town, most of their students join just to enjoy themselves. That's also the couple's motivation. All proceeds go directly towards Cambodia's Kid's, an educational project they founded in 2006 that helps some 1,500 kids from the forestry region in Kratie.

Their students usually come in couples. "When a single person wants to join we put them on a waiting list until we find a partner for them," says Therese. The good news for men who want to join is that all those currently on the waiting list are women.

Nico and Lydia from Meta House too have introduced some ballroom dancing. They recently organised a tango workshop, the third of its kind following waltz and cha cha. They noticed a strong interest from Cambodians in the latest tango class.

"This could be an interesting part of western culture for them," explains Nico. Meta House is



Contemporary Adult Jazz at the Himawari

planning similar events for in the future – watch this space.

Salsa classes prove to be very popular with Cambodians, although classes come and go. The only regular class we found in Phnom Penh is taught by the Colombian Javier who teaches every Monday for free at Two Fish. Initially, he started off with people working for the UNDP but now his class is 30 to 35 dancers strong, from all walks of life.

“The majority are Cambodian woman who are interested in dancing and just want to try something new,” Javier explains. They also seem to be the most loyal – expats tend to come more sporadically.

#### ■ BLENDING DANCE WITH MARTIAL ARTS

A group of eight young men and women are moving rhythmically to Brazilian music blasting out of a portable stereo. Their moves, often in pairs, include hands touching the ground, sometimes looking as if they are about to launch themselves into break-dancing.

“When you are learning capoeira, you not only learn the body movements, but also how to sing and play the instruments,” explains Michel, one of the three current teachers of ‘Capoeira Kampuchea’.

Capoeira is an Afro-Brazilian art form blending dance with martial arts and sometimes acrobatics. The most basic movement in capoeira is called the Ginga. It is a dance movement.

Angeline, one of the students as well as a contemporary dancer, finds that with capoeira

she flows with the music. “Capoeira has already helped with my dancing,” she says, “it’s focused and disciplined.”

A small majority of the group are women. “Men maybe think that you have to be really flexible but that’s not true,” says Michel. “The flexibility comes during practice.”

Towards the end of the class the volume of the music is turned up and some students start playing traditional Brazilian instruments. Others move around in pairs, their dancing concealing the martial moves that are at the origin of this exciting Afro-Brazilian art.



Men maybe think that you have to be really flexible but that’s not true. The flexibility comes during practice

Capoeira at The Place

#### ■ BALLROOM

Nomya & Therese, 700 E2 Kampuchea Krom, Tel: 011 893 200, thereseheilg@hotmail.com, www.cambodiakids.fr. US\$35 per 5 successive lessons over 5 weeks.

#### ■ ADULT JAZZ, CONTEMPORARY

‘Dance workshop Cambodia’ with Laura Joy. Monday 5:20-6:20pm, Open jazz class, age 10+ to adults, Monday 7.30-8.30pm and Thursday 5.30-6.30pm (jazz), Wednesday 7.30-8.30pm (contemporary), at Himawari Gym. US\$5/class. Tel: 012 634 008, danceworkshopcambodia@gmail.com

#### ■ STREET JAZZ

Emilia at The Place, every Thursday 7-8pm. Free for members, US\$15/class for non-members. Tel. 023 999 799

#### ■ HIP HOP

Etha at The Place, every Friday at 7pm. Free for members, US\$15/class for non-members. Tel. 023 999 799

#### ■ SALSA

Javier at Two Fish, every Monday at 6.30-7.30pm, free of charge. Tel. 012 998 508.

#### ■ CAPOEIRA

‘Capoeira Kampuchea’, Monday and Thursday 6.30-8pm at Tchou Tchou pre-school, under US\$15/month, first lesson free. Tel. 012 458 167.

Allessandro & Naomi at The Place, Wednesday 7.45-8.30pm, Free for members, US\$15/class for non-members. Tel. 023 999 799. 📍

## leisure &amp; wellness

## amusement

**Kambol Cart Raceway**

**Tel: 012 232 332**  
A few kilometers west of the airport is Phnom Penh's flashiest go-cart track. Boasting a 900m international standard size track complete with hairpin turns, a cart costs US\$7 for a 10-minute round. The track can also be rented by the hour, half-day or the entire day.

**Parkway Square**

**113 Mao Tse Tung Blvd, Tel: 023 982 928**  
Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

**Phnom Penh Water Park**

**50 Street 110, Tel: 023 881 008**  
Traditional mix of slides and wave pools. Entrance is US\$2 weekdays (US\$3 at weekends). Open from 9.30am to 5.30pm.

**Phnom Tamao Wildlife Park**

**Phnom Tamao,**  
44 kilometres out of the capital along Highway 2, lies Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Open from 8am to 4pm.

**Sorya Centre**

**Corner Street 63 & 142**  
The top floor of Phnom Penh's original shopping centre has a rink devoted to roller-skating and roller-blading. Hiring the skates or blades costs between US\$1 and US\$2.

## beauty products

**Angkor Soap**

**16 Street 374, Tel: 023 223 720**  
[www.angkorsoaps.com](http://www.angkorsoaps.com)  
Specialising in handmade soaps and natural spa products.

**chemists**

**U-Care Pharmacy**  
**26-28 Sothea Blvd., Tel: 023 222 499**  
**14 Sihanouk Blvd., Tel: 023 224 099**  
High quality western-style chemist and pharmacy that sells the full range of beauty products, including international brands. Open 8am to 10pm.

**Pharmalink**

**11 Street 254, 14 Street 432**  
**20D Street 184, Tel: 023 215 727**  
Modern, western-standard pharmacy on the way to the Russian Market. Staff speak English and have a range of western products on sale. Open from 7.30am to 8pm (Monday to Saturday).

## classes

**Cambodian Cooking Class**

**Frizz Restaurant, 67 Street 240**  
**Tel: 012 524 801**  
The first and only Khmer cooking school for travellers and expats in Phnom Penh. Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

**Capoeira**

**Tchou Tchou preschool, 13 Street 21**  
Lessons in this rhythmic Brazilian cross between dance and martial arts, cost US\$2. Held every Monday and Wednesday from 6.30pm to 8pm. Contact Michel.

**Kids Create**

**Living Room, 9 Street 306**  
Fun art classes for kids aged 4 to 12 on

Wednesday from 3.30pm to 5pm. Call Leah Newman on 012 242 301.

**Little Maestro**

**126 Street 136, Tel: 092 526 706**  
Bring the Mozart out of your tot (0 to 6). Classes from 9am to 10am on Sundays. Call Melinda Burgess on 012 693 498.

**Photography Tours**

**126 Street 136, Tel: 092 526 706**  
[www.nathanhortonphotography.com](http://www.nathanhortonphotography.com)  
Weekend photography tuition and guided tours to Kampong Chngang and Udong, covering technical and creative considerations in the context of travel photography.

**Qigong**

**Living Room, 9 Street 306**  
Qigong practice group meets every Monday and Wednesday at 5.30pm to 6.30pm. For more information contact, Phil 012 892 249.

**Scuba Nation Dive Center**

**18E0 Sothea Blvd., Tel: 012 715 785**  
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

## dental

**European Dental Clinic**

**160A Norodom Blvd., Tel: 023 211 363**  
French-run dental practice since 1994 which provides full dental hygiene services with modern equipment. Open 8am to 12pm and 2pm to 7pm (closed Sundays).

**SOS Dental Clinic**

**161 Street 51, Tel: 023 216 911**  
International quality dental clinic, fully equipped with the latest equipment including dental cameras. US dentist explains the process of what is going on with your teeth and has multi-lingual staff.

## education

**Khmer School**

**for Expats and Travellers**  
**35 Street 288, Tel: 012 867 117**  
Khmer-language lessons given on a one-to-one tuition basis only, costing US\$10 per hour, a typical course lasts for 30 hours.

**Khmer School of Language**

**52G Street 454, Tel: 023 213 047**  
Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in the privacy of your own home or office. All the teachers are experienced and trained at the school.

**My First Khmer**

**PO Box 1498, Tel: 012 342 315**  
A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson.

## gyms

**Clark Hatch Fitness Centre**

**Intercontinental Hotel,**  
**3/F Mao Tse Tung Boulevard,**  
**Tel: 011 380 769**  
Well-equipped fitness centre run by a

regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 8am to 8pm (weekends).

**Fitness One**

**Himawari Hotel,**  
**313 Sisowath Quay,**  
**Tel: 023 214 555**  
Small, well-equipped gym with outdoor swimming pool. US\$6 per day for use of pool or US\$10 for pool, gym, steam room and jacuzzi. Prices rise to US\$8 and US\$12 at weekends.

**Paddy's Gym**

**635 National Road 5, just past the Japanese Bridge, Tel: 012 214 940**  
Bearing the air of an American boxing gym, Paddy's offers an honest workout with recently imported equipment. Good range of free weights, boxing ring, boxing bags and aerobics. Entrance is US\$3 or US\$45 per month. Open from 6am to 8pm.

**Raffles Amrita Spa**

**Raffles Le Royal Hotel,**  
**Street 92, Tel: 023 981 888**  
Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 weekdays (US\$15 at weekends). Open from 6am to 10pm.

**Physique Club**

**Hotel Cambodiana, 313 Sisowath Quay,**  
**Tel: 012 810 432**  
Most modern of the five-star fitness centres with reasonable selection of equipment, although has a small changing area. Membership is currently US\$56 per month or US\$7 per day. Open from 6am to 10pm.

**The gym at The Place**

**90 Sihanouk Blvd,**  
**Tel: 023 999 699**  
A brand new establishment featuring a fully equipped gym and weekly classes in dance, yoga and aerobics. Open 6am -10pm Mon-Fri and 8am -10pm weekends

**VIP Club**

**Norodom Boulevard, Tel: 023 993 535**  
Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$6 per day for use of all facilities, monthly membership is US\$50 to US\$60. Open from 6am to 9pm.

## hairdressers

**De Salon Hair Spa**

**31D Sihanouk Blvd., Tel: 023 223 938**  
Fancy new hair salon opened in late June by the same group that run Nata Spa.

**Image Beauty**

**57E0 Street 240, Tel: 012 455 239**  
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professionnel products available. Free WiFi, tea and coffee provided.

**New Jack Holt International**

**38 Street 57 (at Champei Spa),**  
**Tel: 023 350 788**  
Contemporary hairdressers with a French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.



## European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

Deborah Moore (UK) Dentist

Eric Le Guen (FR) Dentist

Channarith Penh (KH) Dentist

Angela Clifford (AU) Hygienist

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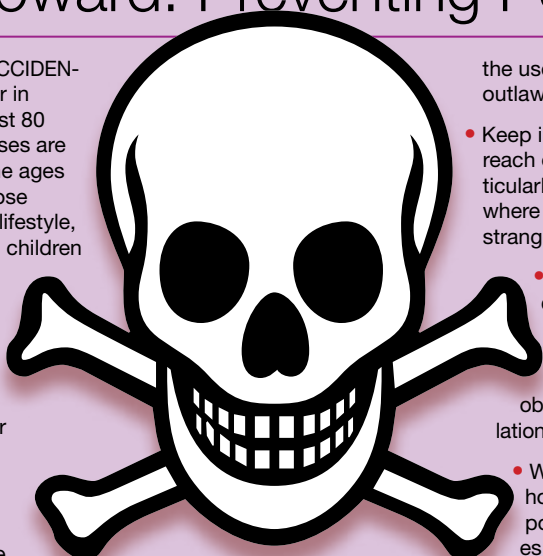
**Image**  
Beauty Lounge

57A E0, Street 240  
Phnom Penh



# Alan Howard: Preventing Poison in the Home

MOST CASES OF ACCIDENTAL poisoning occur in the home and almost 80 percent of these cases are children between the ages of one and four. Those living an expatriate lifestyle, travelling with small children to hotels and new homes are particularly at risk. Often, an awareness of poisoning hazards is nowhere near the top of the list for jetlagged parents.



## ■ HOW DO WE GET POISONED?

It is important to be aware that packaging of toxic substances in foreign countries is different from what you might be used to back home. Childproof containers may not be the norm and adults often leave the medication they are using alone in open suitcases. Children are by nature inquisitive. Unless you are alert to potential hazards poisoning is a very real risk. Certain medication (ie: heart pills) may be fatal to children in very small doses. Mothballs, cosmetic products and even mouthwash may be extremely toxic to a child.

## ■ THE FOLLOWING ARE SOME BASIC TIPS TO REDUCE THE RISK OF YOUR CHILD BECOMING ACCIDENTALLY POISONED:

- Use safety locks on all cabinets containing medication and toxic substances.

Remember children climb up onto a toilet to investigate.

- Lock your suitcases to prevent your child gaining access.
- Store detergents and chemicals out of reach and preferably out of sight of young children.
- Keep chemicals in their original containers. Never transfer them to unmarked containers and particularly not to food containers, cans or milk bottles.
- If using a toxic substance, don't leave your child unattended within reach of opened containers.
- Discard used containers safely.
- Keep your child away while pesticides are being used – certain countries still allow

the use of highly toxic sprays outlawed elsewhere.

- Keep indoor plants out of reach of children – particularly in foreign countries where the plant may be strange to you.
- If using a foreign chemical – particularly if the instructions are in a foreign language – make sure you obtain an accurate translation and instruction first.
- When moving to a new house, scout around for potential toxic substances before giving your child the run of the roost.

There are several indicators to suggest that your child may have involuntarily taken some poison. These include a difficulty in breathing and speaking; dizziness or unconsciousness; burning in the mouth or salivating (frothing); stomach cramps, nausea or vomiting; and strange or psychotic behaviour.

## ■ WHAT TO DO IF YOU SUSPECT YOUR CHILD HAS BEEN POISONED?

If your child is unconscious, check for a heartbeat and breathing. If there is no sign of either begin cardiopulmonary resuscitation (CPR) immediately. Call for help and activate the appropriate emergency medical response. If CPR is not required, try to establish what your child might have swallowed and contact your emer-

gency medical provider or clinic for advice and assistance.

Do not induce vomiting unless instructed to do so. Never give salt water or attempt to stimulate the back of the throat with your finger. It is extremely dangerous to induce vomiting in cases of poisoning by corrosives (acids and alkalis) and certain hydrocarbons (eg. kerosene).

Unless acting on a doctor's instruction, do not make your child drink large volumes of water or milk. Most poisons are absorbed in the duodenum (the first part of the intestine) and drinking large quantities simply propels the poison into the duodenum more quickly.

If the skin has been contaminated wash copiously with warm, soapy water. If the eyes are contaminated, rinse with water for at least ten minutes.

Transport your child to the nearest appropriate medical facility without delay and remember to bring the poison container with you!

*Dr. Alan Howard has been a member of the International SOS team as a senior medical officer and medical evacuation consultant for six years. He has worked in Indonesia, Russia, China, Africa and the Middle East and is a post-graduate lecturer in Advanced Life Support. He is author of the medical text Emergency Management of Acute Poisoning. For more information please email: sue.kemp@internationalsos.com. 📧*

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# Beauty Spot: The Spa Blossom

OCCUPYING ROOM 103 – an erstwhile suite at the Almond Hotel and two smaller treatment rooms – snug Spa Blossom is ensconced in the kind of privacy that is conducive to pampering. This offsets the otherwise modest décor. The hotel itself sits at the tip of a recently built concrete island on Sothea Boulevard at the corner of the Russian Embassy. With its café and restaurant on the ground and mezzanine levels, the hotel provides a good segue for a post-spa meal and a place for people-watching.

The spa offers body massages with or without oil. The prices vary according to duration (US\$15/\$18 for 60 minutes, prices double for 120 minutes). One departure from the norm is the Hydro Spa Therapy (from US\$15) which is similar to a jacuzzi with added health benefits. You're sent to the private bathroom for the requisite



strip down for the Hydro Spa. The experience is on par with sitting in a boiling cauldron except that the cauldron here is a standard hotel grade bathtub filled with warm water that cools down quickly due to the movement of high pressured jets. The treatment is purported to detoxify your

system, increase blood circulation and assist in lymphatic drainage. For best results, follow the various poses outlined in the laminated user sheet next to the tub. The equivalent of a brisk walk, the treatment is a boon for those who like exercise but hate the effort. Watching your entire

body jiggle though could be an acquired taste for some.

The spa's signature treatments are its facials – basic (US\$22), general (US\$26) and Blossom signature (US\$36). You can also piece together an assortment of add-ons, such as extractions via vacuum suction, biological peeling, or a hydrating eye care compress. The friendly staff will provide any needed clarification of the spa menu. Make sure to book facials in advance with the skin care specialist from Singapore, who will tailor treatments to your particular problem areas and needs. With high-quality botanical products imported from Germany, the specialist demonstrates her thirty-five years of experience in the spa industry through her techniques and tips.

*The Spa Blossom at the Almond Hotel, 128F Sothea Blvd., Tel: 023 220 822, Open daily 11am to 9pm – Sylvia Nam*

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### medical

**American Medical Center**  
Ground Floor Cambodiana Hotel  
313 Sisowath Quay, Tel: 023 991 863  
www.amc-cambodia.com

Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24-hour service.

**International SOS Medical Clinic**

161 Street 51, Tel: 023 216 911

Globally renowned provider of medical assistance and international health care. Team of expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Has multilingual staff. Members have access to SOS clinics around the globe. Has on-site laboratory and dental facilities. 24-hour service.

**Naga Clinic**

11 Street 254, Tel: 023 211 300

French-Khmer run clinic with a team of international and Khmer doctors. Impressive range of modern facilities. Has a 24-hour pharmacy on site and can perform minor surgery. 24-hour service.

### optics

**Eye Care**

166 Norodom Blvd., Tel: 016 556 602

Modern opticians with ophthalmologists on hand to check prescriptions. Have an interesting range of glasses and lenses. Frames from under US\$100.

**Grand Optics**

71 & 75 Norodom Blvd, Tel: 023 213 585

Modern opticians with the latest equipment including free computerised eye test. Makes prescription glasses and contact lenses at prices much cheaper than in the West.

### pools

**Asia Club**

456 Monivong Blvd., Tel: 023 721 766

Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. Use of pool is for members only, who get a discount at both Man Han Lou Restaurant and Master Kang Health Care Centre.

**Fitness One**

Himawari Hotel, 313 Sisowath Quay, Tel: 023 214 555

Outdoor hotel swimming pool, gym, steam room and Jacuzzi.

**L'imprevu Resort**

Highway 1, 7km past Monivong Bridge, Tel: 012 655 440

Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Children free.

**Raffles Amrita Spa**

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888

Attractive pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi. Open from 6am to 10pm.

**The Billabong**

5 Street 158, Tel: 023 223 703

www.thebillabonghotel.com

Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Swimming hours from 8am to 8.30pm.

**The Club at Northbridge**

1km off National Road 4, (on the way to the airport), Tel: 023 886 012

International school has a pool for members. Open every day, there are also tennis courts and playground for kids.

**Open Palm Studio**

12 Street 101, Tel: 012 633 278

The first official Spinning facility in Phnom Penh. Tuesdays and Thursdays at 8.15am. Call to book in advance.

**VIP Club**

Norodom Boulevard, Tel: 023 993 535

Large sports complex with gym, outdoor swimming pools and tennis courts. Open from 6am to 9pm.

### spas

**Amara Spa**

Cnr. Sisowath Quay & Street 110, Tel: 023 998 730, 012 873 999

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www.amaraspahotelcara.com

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**Amret Spa**  
3 Street 57,  
Tel: 023 997 994

Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Open from 9am to 9pm.

**Aziadee**  
16AB Street 282, Tel: 023 996 921  
Very relaxing, air-conditioned massage parlour with individual rooms.

**Bliss**  
29 Street 240, Tel: 023 215 754  
Health spa at the back and upstairs in this beautiful French colonial building. Have a massage, facial, body scrub or simply wallow in the beautiful flower bath. Open 9am to 9pm, closed Monday.

**Champey Spa & Salon**  
38 Street 57, Tel: 012 670 939  
www.champeyspa.com  
Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages and body treatments. Open from 9am to 11pm.

**Dermal Spa**  
4C Street 57, Tel: 012 222 898  
Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products.

**In-Style**  
63 Street 242, Tel: 023 214 621  
Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese.

**Krorpom Chhuk**  
29 Street 200, Tel: +855 (0) 23 990 394  
Khmer owned with Thai trained masseurs. Same ownership as Dermal spa. In a large old house centrally located. Salon Open from 9am to 9pm

**Master Kang Health Care Centre**  
456 Monivong Blvd., Tel: 023 721 765  
Large health centre next to Man Han Lou Restaurant. Offers foot massage in either public or private rooms downstairs, with both Chinese and oil massage upstairs. Downstairs also has a grand piano which is played in the evenings.

**Miss Care & Spa**  
4B Street 278, Tel: 023 221 130  
Small beauty parlour and spa set on the Golden Street, with well-priced massages range and beauty treatments.

**Punarnava**  
Ayurveda Centre Spa,  
Hotel Cambodiana,  
313 Sisowath Quay, Tel: 012 810 432  
Traditional Indian-style Ayurveda massage and healing that can provide relief to a range of physical ailments. All staff are professionally trained.

**Sawasdee Massage**  
6B Street 57, Tel: 023 996 670

Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room.

**Seeing Hands Massage**  
6 Street 95, 209, 246, 253 Street 53  
Tel: 016 856 188

String of massage parlours where the service is provided by the blind at a very reasonable price.

### sports general

**Cambodian Federation of Rugby**  
cambodianfederationofrugby.com  
Proper 15-a-side rugby league with four senior teams as well as kid's touch and women's rugby teams. Contact Larry at khmer\_rugby@yahoo.co.uk for more details.

**Cambodia Golf & Country Club**  
Route 4, Tel: 023 363 666  
International standard, 18-hole golf course.

**Cricket**  
Infrequent fun games played at a school off Street 360, near Street 63, on Sunday mornings. No equipment required and little prior knowledge of the rules is also ok. Contact Majid at Saffron Wine Bar on 012 247 832.

**Football: The Bayon Wanderers**  
www.bayonwanderers.com  
Mixed Khmer and western team. Training sessions at the International School of Phnom Penh on Tuesdays from 5pm and Thursdays from 6.30pm. Contact Billy Barnaart on 012 803 040.

**Hash House Harriers**  
The Hash meets at the railway station every Sunday at 2:15pm. An ideal way to see the countryside either walking or running, and then to make a public (school) exhibition of yourself. Contact 012 832 509 for details.

**Nataraj Yoga Center**  
No. 52, street 302, (bet. 63 and Monivong), Tel 855 12 250 817,  
www.yogacambodia.com  
Classes daily: Yoga, Pilates, check website for schedule and prices.

**Pangolins Rugby Club**  
Expat rugby team that plays others in the region. Also has female rugby team called the Apsaras. Mixed touch rugby at Northbridge School on Saturdays at 3.30pm. Contact Greg Eggins on 012 810 900.

**Royal Cambodia**  
Phnom Penh Golf Club, National Road 4  
The other international standard golf course.

### tennis

**The Club at Northbridge**  
1km off National Road 4, Tel: 023 886 012  
Excellent tennis court. Book in advance.

**VIP Sport Club**  
Norodom Boulevard, Tel: 023 993 535  
Courts are available for hire by the hour or for members. 🇰🇷

# Sam Moffett: Waist is as Important as Weight!



THE KEY TO HEALTH AND fitness lies not just in keeping your weight down, but also in maintaining your beltline. A bulging belly often comes along with high blood sugar, high triglyceride and low HDL cholesterol levels. This cluster of problems is increasing, largely due to lack of exercise and a balanced diet.

Don't ignore an oversized stomach, because it can be a crystal ball indicating you may one day be hit by a heart attack. More and more studies show that abdominal obesity, as measured by waist to height ratio, is a better predictor of chronic heart disease than general obesity, assessed by your body mass index or waist to hip ratio. A simpler way of looking at it is that your waist circumference shouldn't be more than half of your height. So while a lot of us simply get on a scale

to check our weight, it's just as important to consider our waist size.

In general, a woman's waist circumference should not exceed 80cm and men's 90cm. Underneath the flabby spare tire, the spread of abdominal fat differs between the two sexes. In women, the fat deposits in the subcutaneous layer of the skin, whereas in men it accumulates dangerously around visceral organs such as the small bowel and liver. Shedding kilos can help, and losing 10 percent of your weight can reduce 30 percent of visceral organ fat.

What has this got to do with fitness? Everything! Regular exercise and a balanced, nutritious diet will pay off with a healthier heart.

Sam Moffett is manager of Clark Hatch Fitness Centre, Hotel InterContinental, 3/F Mao Tse Tung Blvd. 🇰🇷



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# next generation

## Kids Love Yoga

In hot, noisy, stress-inducing Phnom Penh the opportunities and spaces for our children to run wild remain scarce. **Georgie Treasure-Evans** has found the perfect escape.



Fly and be free

KIDS LOVE YOGA. ANY parent who practices at home knows this. Just roll out your mat and they'll gravitate towards it, along with all household pets, the occasional frog, a gecko or two. It is not only children's innate, irresistible, primal urge to stretch, wiggle and contort their body into every conceivable shape and form that draws them to yoga. Often they simply want to curl up in your lap and absorb your peace. Either way, it can only be beneficial, as my four-year-old daughter Jemima taught me not so long ago.

We were quietly picking our way through the rubbish and dead rats that adorn our walk to school – all efforts at conversation having been drowned out by the noise of cutting metal from the building sites along the way – when she unexpectedly transported us to a beautiful island.

“The pavement is the beach, Mummy, and when it ends, we're not falling into the road,” she explains. “We are jumping and splashing about in the sea! The motorbikes are sharks – friendly sharks though. And the cars are whales,” she adds as a Hummer roars past.

The tuk-tuks were fishing boats, from which we ordered our dinner – fresh fish for that evening. Every so often one of us tripped on a friendly crab, or an empty coconut shell fallen from a palm that fringed the warm, white sands. All we could hear was the lapping of the gentle waves on the shore, the call of the birds in the trees, and a soft breeze rustling the leaves.

I bet you feel calmer just reading about it.

This same island paradise got her through 30 minutes of teeth-extracting hell at the dentist a

few days later. Grown men would have been howling – all coping mechanisms buried beneath years of accumulated baggage. My daughter breathed.

Without having to think about it – let alone lie down on the therapist's couch – Jemima had found a way of creating the conditions she needed to maintain her relaxed, centered, happy state of being. The practice of yoga, which incorporates breath, movement and meditation, is essentially about achieving a happy union of mind, body and soul.

If there is one thing Phnom Penh

Grown men would have been howling – all coping mechanisms buried beneath years of accumulated baggage. My daughter breathed

is full of, it is yoga classes for kids. Teachers take the children on magical adventures through forests, oceans and jungles. They fly like butterflies, growl like lions, dance like monkeys! They grow from tiny seeds to big beautiful trees. They do just about anything the imagination allows – every yoga posture can be turned into something that fits in the story.

At the physical stretch and workout they could not be more natural. Even more important is the sense of peace, grounding and self-love that each

child gains. As Anya

Weil, founder of The Giving Tree Preschool, explains, yoga gives children tools for growing into self-confident individuals able to fulfil their unique potential in life, while always being in harmony with their spiritual selves.



# next generation guide



A network protecting children from all forms of abuse. [www.childsafe-cambodia.org](http://www.childsafe-cambodia.org).

## cafés & restaurants

**Annam**  
1C Street 282,  
Tel: 023 726 661  
In addition to serving excellent Indian food on a beautiful terracotta terrace, this Indian restaurant also has a playroom with a trained member of staff to ensure your little one gets up to no harm while you eat your chicken korma.

**Café Fresco II**  
Cnr. streets 51 & 306,  
Tel: 023 224 891  
Let your children play with puzzles and Lego on beanbags or watch films like the Lion King looked after by a trained member of staff as you enjoy your cappuccino.

**Café Living Room**  
9 Street 306,  
Tel: 023 726 139  
The playroom is stocked with books, games, wooden dollhouse and even a rattan crib, while the kid's menu has bite-sized portions. In addition to art classes there are plans to hold story-telling lessons.

**Gasolina**  
56/58 Street 57,  
Tel: 012 373 009  
Has weekly Saturday and Sunday brunches from 10am to 3pm for parents and their children. Also has the biggest garden in town for kids to wander around in.

**Intercontinental Hotel**  
296 Mao Tse Tung Blvd.,  
Tel: 023 424 888  
The five-star hotel has a special activities corner for kids to play while parents enjoy Sunday Brunch from 11.30am to 3pm, including free-flowing Moët & Chandon champagne. A nanny is on-hand, and under-6s get to eat for free.

**Java Café**  
56 Sihanouk Blvd.,  
Tel: 023 987 420  
Kid's menu includes chicken nuggets and pizza bagels and there are colouring pages and crayons to keep the kids amused. High-chair is available on request and baby-changing facilities are in the toilet.

**Java Tea Room**  
Inside Monument Books, 111 Norodom Blvd., Tel: 092 451 462  
Cheerful children's reading room has picture books, puzzles, art supplies and occasional story-telling sessions. Open from 8am to 8pm.

**Le Jardin**  
16 Street 360,  
Tel: 011 723 399  
This garden retreat has a great kids' area with playhouse and sandbox. Specialises in birthday parties, with cake, decorations, toys and drawing materials provided for US\$7 per child.

**Romdeng**  
74 Street 174, Tel: 092 219 565  
Large garden and swimming pool provides kids with plenty of opportunity to work off all that energy. Many of the Khmer dishes can be ordered in half-portion. If your kids like creepy-crawlies, they might just take on the crispy tarantulas.

## classes

**Kids Create**  
Café Living Room, 9 Street 306,  
Tel: 023 726 139  
Art classes with Leah Newman each Wednesday at Café Living Room, from 2.30pm to 3.25pm for 2 to 3-year-olds and from 3.30pm to 4.15pm for 4 to 6-year-olds.

**Khmer**  
**Gecko & Garden Pre-school,**  
1 Street 282, Tel: 092 575 431  
Khmer classes for children from 2.5 to 6-year-olds from 3pm to 5pm on Wednesdays and Fridays, costs US\$96.

**Yoga**  
**Gecko & Garden Pre-school,**  
1 Street 282, Tel: 092 575 431  
Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on Tuesdays. Drop-ins welcome (US\$6)

## entertainment

**Kabiki Hotel**  
22 Street 264, Tel: 023 222 290  
The first hotel designed specifically for families, Kabiki has a salt-water swimming pool and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets. Swimming is free so long as you spend US\$5 in the restaurant.

**Kambol Cart Raceway**  
Tel: 012 232 332  
A few kilometers west of the airport is Phnom Penh's flashiest go-cart track. Boasting a 900m international standard size track complete with hairpin turns, a cart costs US\$7 for a 10-minute round. The track can also be rented by the hour, half-day or the entire day.

**Parkway Square**  
113 Mao Tse Tung Blvd, Tel: 023 982 928  
Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

**Phnom Penh Water Park**  
50 Street 110, Tel: 023 881 008  
Traditional mix of slides and wave pools. Entrance is US\$2 weekdays (US\$3 at weekends). Open from 9.30am to 5.30pm.

**Phnom Tamao Wildlife Park**  
Phnom Tamao,  
44 kilometres out of the capital along Highway 2, lies Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Open from 8am to 4pm.

**Sorya Centre**  
Corner Street 63 & 142  
The top floor of Phnom Penh's original shopping centre has a rink devoted to roller-skating and roller-blading. Hiring the skates or blades costs between US\$1 and US\$2.

**Villa Langka**  
14 Street 282  
This family-friendly boutique hotel has a large pool where kids are allowed to splash about. The menu has a short children's section and use of the pool is free so long as adults spend US\$8 and children US\$5 at the restaurant.

## pre-schools

**Gecko & Garden Pre-school**  
1 Street 282, Tel: 092 575 431  
This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wednesday and Thursday and costs US\$80 per child (Sep. to Dec.). Also has yoga and Khmer classes.

**Giving Tree Preschool**  
17 Street 71, Tel: 017 997 112,  
[www.thegivingtreeschool](http://www.thegivingtreeschool)

Play-based programme in both English and French includes storytelling, music, theatre, role-play, dance and gym with large outdoor play area, playground with sandbox, and swimming pool. Takes kids from 18 months to 5 years, either half-day (8am to 12pm) or full-day (8am to 4.30pm).

**Kindercare**  
60 Street 322, Tel: 023 214 890  
Kindergarten set in the heart of Boeung Keng Kang district I.

**Tchou Tchou**  
13 Street 21, Tel: 023 362 899,  
[www.tchou-tchou.com](http://www.tchou-tchou.com)  
Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.

## international schools

**ICan International School**  
85 Sothearos Blvd, Tel: 023 222 418  
[www.ican.edu.kh](http://www.ican.edu.kh)  
International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

**International School of Phnom Penh**  
146 Norodom Blvd, Tel: 023 213 103  
[www.ispp.edu.kh](http://www.ispp.edu.kh)  
Not-for-profit international school founded in 1989, ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

**Lycée Français René Descartes**  
Street 96, Tel: 023 722 044  
[www.descartes-cambodge.com](http://www.descartes-cambodge.com)  
French school offering primary and secondary level education, extra-curricular activities include basketball, football and rugby.

**Northbridge School**  
1km off National Road 4 on the way to the airport, Tel: 023 886 000  
[www.niscambodia.com](http://www.niscambodia.com)  
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

**Zaman International School**  
2843 Street 3, Tel: 023 214 040  
[www.zamanisc.org](http://www.zamanisc.org)  
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

## shops

**Jolly Baby & Kids**  
108-110 Kampuchea Krom, Tel: 012 995 795  
Wholesale and retailer store that sells clothing and toys for children.

**Farlin Showrooms**  
129 Monivong Blvd,  
175A Mao Tse Tung Blvd., Tel: 023 228 222 / 012 875 222  
Sells a variety of products for babies and mothers imported from Taiwan, Singapore and Hong Kong.

**Kid's World**  
112 Sothearos Blvd., Tel: 012 661 168  
Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available.

**Monument Toys**  
111 Norodom Blvd., Tel: 023 217 617  
To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games.

**Willi Shop**  
769 Monivong Blvd., Tel: 023 211 652  
All products are imported from France, including bébé brand baby products, the range includes prams, baby care, cots and toys. Open from 8am to 8pm.

"When I do yoga with children, I am profoundly aware of their future." says Anya. "Children's yoga does not pull or demand, it guides and plays. As responsible parents, we focus on social and mental development in a constructive environment but children's yoga offers a means for the union of the child's physical and spiritual elements as well. Yoga builds these core bases upon which they will make their individual ways through life. It is a privilege and a pleasure to be a part of their journey."

Expatriate children are not the only ones benefiting from yoga in Phnom Penh. Several NGOs are now incorporating yoga into their programmes. It can be especially healing for children who have suffered trauma. Roza, 14, was recently evicted from her home in the Dey Krahorm area of Phnom Penh. "Yoga makes me feel good," she says. "When I am sad I can do yoga and forget about things. It feels lovely".

At the end of their adventures the children lie down and have the opportunity to drift into a deep relaxation. Guided visualisations help them relax and be still, even for a few minutes at a time. Over time, those who come with behavioural issues, stress or unmanageable temper tantrums seem like different children, so much calmer, so much happier.

## ■ YOGA FOR KIDS IN PHNOM PENH

**Giving Tree PreSchool**  
Anya Weil teaches yoga to two-to five-year-olds as part of the curriculum and after school.  
[www.thegivingtreeschool.com](http://www.thegivingtreeschool.com)

**ISPP**  
Holds yoga classes for children between the ages 5-8 year olds.  
[www.ispp.edu.kh](http://www.ispp.edu.kh)

**Gecko and Garden Pre-school**  
Georgie teaches yoga for 3-6 year-olds on Tuesdays at 3.30pm  
Tel: 092 575 431

**The Kundalini Yoga House**  
Holds classes for children and adolescents from the Aziza School in the Tonle Bassac resettlement area.  
[www.kundaliniyogacambodia.org](http://www.kundaliniyogacambodia.org)

Georgie Treasure-Evans writes at [www.motherland1.blogspot.com](http://www.motherland1.blogspot.com) and teaches yoga at the Kundalini Yoga House, Phnom Penh. 📍

# shopping & fashion

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### ■ LOCATIONS

**Sovann Shop**, 37 Street 182 (one block from Monivong towards O'Russe Market)

**Mom Maly Shop**, 178 Street 217 (Charles de Gaulle)

**Hour Heng**, 180 Street 217 ■

## beyond interiors



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## shopping guide

ChildSafe®



A network protecting children from all forms of abuse. www.childsafe-cambodia.org.

### art

#### Happy Painting Gallery FCC; Domestic Airport www.happypainting.net

Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

### books & cds

#### Carnets d'Asie

**French Cultural Centre (FCC)**  
218 Street 184, Tel: 012 799 959  
French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

#### D's Books

12E Street 178 & 79 Street 240  
Tel: 092 675 629  
Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

#### Monument Books

111 Norodom Blvd., Tel: 023 217 617  
Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7:30am to 7pm (7.30am to 5.30pm Monday).

#### Open Book

41Eo Street 240  
A welcoming reading room open to anyone to drop in, with a good range of children's books in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

### crafts & furniture

#### Artisans D'Angkor

**Craft Centre** Tel: 063 963 330  
**Silk Farm** Tel: 063 380 375  
Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

#### Bazar Art de Vivre

28 Sihanouk Boulevard, Tel: 012 776 492  
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian

silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

#### Beyond Interiors

14e Street 306, Tel: 023 987 840  
This interior design showroom, managed by Australian designer Bronwyn Blue, can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open 7 days, 9am to 7pm

#### Chez l'Artisan

42D Street 178,  
Tel: 012 869 634  
Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

#### Hidden Treasures

9 Street 148, Tel: 012 717 212  
Antique shop tucked just around the corner from Riverside Bar. Has a surprisingly large selection of antiques.

#### I Ching Decor

85 Sothea's Blvd.,  
Tel: 023 220 873  
www.ichingdecor.com  
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

#### Le Rit's

14 Street 310,  
Tel: 023 213 160  
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

#### Pavillon d'Asie

24 - 26 Sihanouk Blvd.,  
Tel: 012 497 217  
Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

### computers

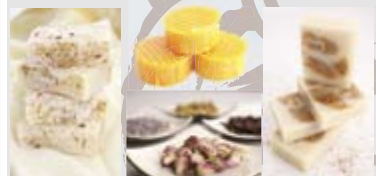
#### S.I. Computer Tecnology

43-45 Street 43-45, Tel: 023 216 699  
93 Sihanouk Blvd., Tel: 023 218 880  
Top quality computer show room for company that deals in latest computer equipment. Retail a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

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**fashion**

**Ambre**

37 Street 178, Tel: 023 217 935,  
012 688 608

High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

**Beautiful Shoes**

138 Street 143, Tel: 012 848 438

Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am to 6.30pm.

**Bliss**

29 Street 240, Tel: 023 215 754

A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

**Eric Raisina**

53 Veal Village, Siem Reap  
Tel: 012 965 207 / 063 963 207

Accessories, home decorations, textiles and clothing created by Malagasy-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

**Jasmine Boutique**

73 Street 240, Tel: 023 223 103  
www.jasmineboutique.net

Established in 2001 by Kellianne Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Open 8am to 6pm.

**Kambuja**

165 Street 110, Tel: 012 613 586

Stylish fashion outlet with clothing designed to fuse west with east.

**Keo**

92 Street 222, Tel: 012 941 643

Haute couture fashion house run by Sylvain Lim, the grand master of Cambodian fashion. Has some pret a porter too.

**L'Armoire**

126 Street 19, Tel: 012 830 551

Designer Alexandra Barter describes her collection as "Cambodian tropical". With women's fashion, accessories and homeware, Alexandra's range is stylish and wearable, ideal for expats in Cambodia. Open from 10.30am to 5.30pm, closed Mondays.

**MDSF**

151B Street 199, Tel: 017 467 986  
www.wpp-we.org/mdsf

Small garment factory produces simple clothes and bags. Proceeds go to support women living with HIV and their children in Cambodia.

**Sapors**

11 Street 59, Tel: 012 900 470

Modelling agency, training school for house-keeping, as well as a beauty training school.

**Smatteria**

8Eo Street 57, Tel: 012 647 061

Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

**Spicy Green Mango**

4a Street 278 Tel: 012-915-968  
29 Street 178 Tel: 023-215-017

Now open in two locations, designer Anya Weis offers a very distinctive style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

**SONG**

75 Street 240, Tel: 092 985 986

www.songresort.com  
Franchise of the Vietnamese-based SONG label owned by Keo Sophea who used to manage Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

**Threads**

56 E1 Sihanouk Boulevard  
(behind Java Café), Tel: 012 768 248

Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

**Water Lily**

37 Street 240, Tel: 012 812 469

Eclectic shop run by Christine Gauthier selling her distinctive range of colourful unique necklaces (US\$10 to US\$500), beads, earrings, flamboyant hats (from US\$26) and bags (US\$35). Open 8am to 5.30pm (closed Sunday).

**Zoco**

22B Street 278, Tel: 017 755 964

Fashion boutique run by the Spanish-born Nurie, sells dresses, skirts, bags and accessories, with dresses from US\$10. Has another store on the way to Serendipity Beach in Sihanoukville.

**food**

**Alpine Trading**

13 Street 90, Tel: 012 961 084

This quality European beer importer supplies restaurants, cafes and bars.

**AusKhmer**

125 Street 105, (between Streets 348 & 330), Tel: 023 214 478

Excellent source of Australian beef and lamb and also has groceries, wines, beers by the case or six pack, plus a great range of imported cheeses. This major supplier of cafes and restaurants is also open to individuals who can check out the warehouse style store and coolrooms.

**Bong Karem**

Shop at WarpZone, Pencul Supercenter (opposite Cambodiana Hotel), Tel: 092 235 336

Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeji. Delivery available from 12pm to 5pm.

**Butcher & Co.**

219 Street 19, Tel: 023 223 527

Quality French butchers in the same

**Sobhana Boutique**  
No. 23, St. 144/49, Sangkat Phsar Thmey III, Khan Daun Penh, Phnom Penh, Cambodia.  
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maj\_koa@yahoo.com

Phnom Penh is now home to a beautiful new **SONG** store - located in # 75 street 240; the store contains a full slice of **SONG** life: Holiday inspired clothing, Yoga & Lounge wear, Bags & Accessory for every occasion, as well as Home furnishings and Bed linens.

Like the Tropical Garden where they are created, the **SONG** collection grows organically and allow **SONG** followers a constantly evolving supply of new pieces for the home or family wardrobe.

Designer Valerie Gregori McKenzie inspiration comes from the time spend between her Nevils island home in the West Indies & her tropical Indochina style house on the Saigon river. Her designs are relaxed, yet sophisticated with beautiful hand made Embroidery.

Collections have evolved to become a true Life Style Brand with its heart & soul bound to the notion of healthy living and inner calm.

**SONG** collection are distributed in 22 countries, from five stars Spas & Resorts throughout the Maldives, Europe and the Caribbean to major luxury retailers such as SAKS 5th Avenue in the US and David Jones in Australia.

SONGresort.com  
song.pp@asiasongdesign.com  
SONG-life.com

**SONG**  
Natural lifestyle by Valerie Gregori McKenzie

building as Open Wine. The meats here are some of the finest cuts in the city.

**Camory – Premium Cookie Boutique**  
167 Sisowath Quay, Tel: 023 224 937  
www.camoryfoods.com  
Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Monduliri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

**Comme a la Maison**  
13 Street 57, Tel: 023 360 801  
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. Small delicatessen and bakery at the back of the restaurant. Open from 6am to 10.30pm.

**Dan's Meats**  
51A Street 214, Tel: 012 906 072  
Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars around town. A good range of quality products is for sale at his butcher's shop.

**Kurata Pepper**  
Cnr. Streets 63 & 322, Tel: 023 726 480  
Selling organic Koh Kong pepper and associated products, Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance.

**Madeleine's Bakery**  
19 Street 228 Tel: 012 988 432  
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm

**Smokey da Boar**  
Tel: 012 836 442  
Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

**The Deli**  
13 Street 178, Tel: 012 851 234  
Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51. Open from 6.30am to 6.30pm, delivery service (within 30 minutes) is only from 7am to 11pm.

**Veggy's**  
23 Street 240, Tel: 023 211 534  
One of the few shops catering for western tastes – marmite, Branston pickle, cereals, Barilla pasta, Lao coffee and other salad essentials. Good range of cheeses, salad and meats are stored in the walk-in cold room at the back. Open 8am to 8pm.

### silks & accessories

**Couleurs d'Asie**  
33 Street 240, Tel: 023 221 075  
www.couleursdasiae.net  
Aircon shop selling French-designed silk and linen bags, scarves, cushions, pillow cases and quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products and Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

**Friends 'n' Stuff**  
13 Street 215, Tel: 023 426 748  
A colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

**NYEMO**  
14 Street 310, Tel: 023 213 160  
NGO handicraft store on the grounds of Le Rit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

**Sayon Silk Works**  
40 Street 178, Tel: 023 990 219  
www.sayonsilkworks.com  
Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

**Silk & Pepper**  
33 Street 178 & Amanjaya Hotel  
Range of contemporary silk home interior products inspired by Asian and western designs. Sells all kinds of tailor made silks and linens. Also sells Kampot pepper. Open daily from 8.30am to 7pm.

**Sobhanna Boutique**  
24 Street 144/49, Tel: 023 219 455  
A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

### Wine

**Celliers d'Asie**  
635 National Road 5,  
Tel: 023 986 350  
Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

**Open Wine**  
219 Street 19, Tel: 023 223 527  
Aircon wine shop and tasting gallery. Sells wines, severac and calvados and meat. Has occasional free wine-tastings.

**Quarto Products**  
30 / 31 Street 108, Tel: 023 221 772  
email: yuthana@quarto-products.com  
Fine food and wine distributors with large range of wines from around the world. Arranges frequent wine dinners and events.

**Red Apron**  
15 Street 240, Tel: 023 990 951  
Home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines the boutique has far more range for a special occasion than the supermarkets. 🍷

**I Ching decor**

85, Sothearos Blvd  
Tel: (023) 220 873  
www.ichingdecor.com  
ichingdecor@online.com.kh

# business

## The Hot Seat: The Website

Coinciding with the official launch of the new AsiaLIFE Guide website, [www.asialifeguide.com](http://www.asialifeguide.com), this month we talk with **Mark Jackson**, publisher and owner of **AsiaLIFE Guide**, about what the site has to offer readers.

**AsiaLIFE: This is the 27th issue of AsiaLIFE, why has it taken you so long to launch the website?**

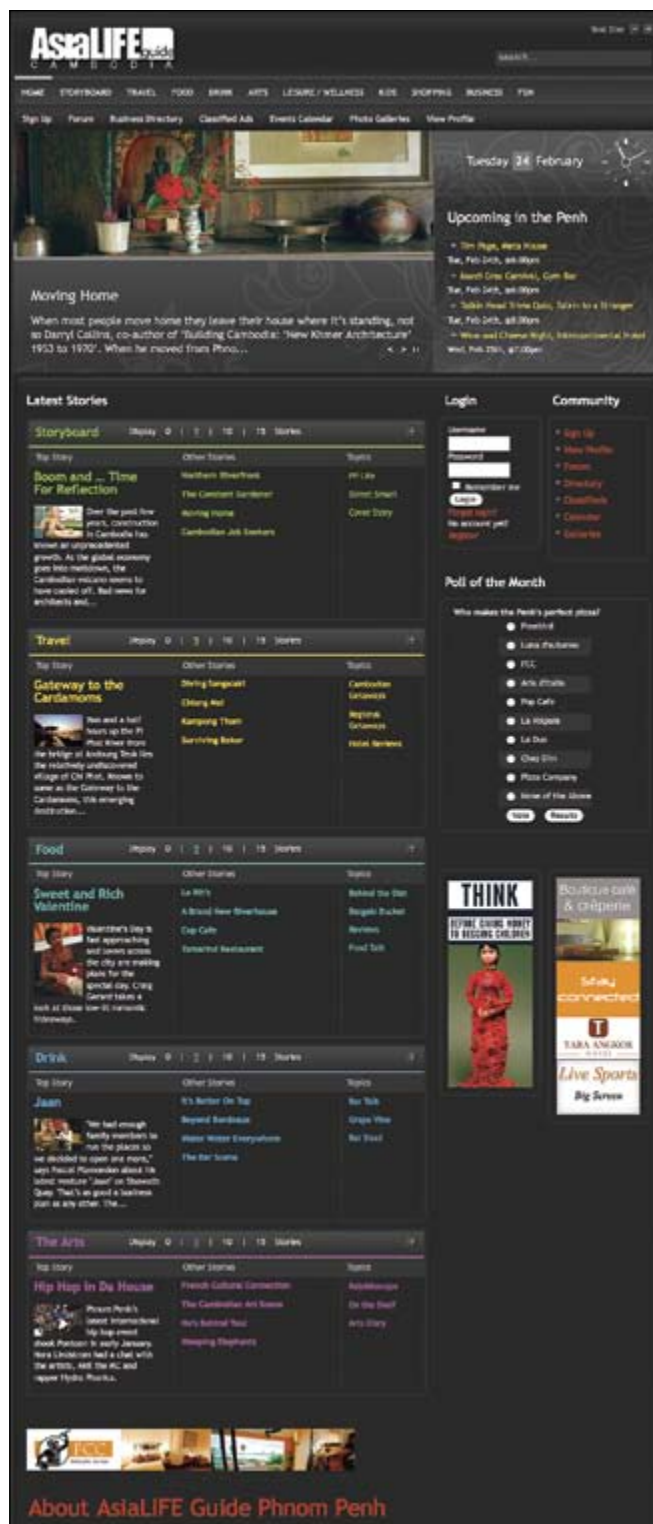
**Mark Jackson:** When we launched AsiaLIFE Phnom Penh back in December 2007, we shared a website with our partner magazine in Vietnam, AsiaLIFE HCMC. Unfortunately a disagreement between my two business partners in Vietnam led to the three of us going our separate ways, although AsiaLIFE Guide still works in cooperation with AsiaLIFE HCMC. When we re-branded our magazine as AsiaLIFE Guide Phnom Penh last summer, we decided to launch a new website. This was designed late last year by Carlos Tulloch, and since Christmas we have been testing it out. I'd like to take this opportunity to thank Carlos for all the hard work he's put into the website – most of it beyond the call of duty.

**Two months of testing means it must be just about perfect?**

Not at all. The main features of the website seem to be working well, but until we get visitors using the more community-based elements of the site, such as the forums, we won't know quite what needs to be tweaked. Certainly we want plenty of feedback from readers and visitors.

**From that I gather that the website is more than the magazine online?**

Precisely. We will always upload all the main articles from the current issue, as well as the more interesting articles from past issues. If any reader wants a past article uploaded then they just have to email me and we'll put it on the site. This will ensure that we have the largest database of lifestyle articles about Cambodia on the Net. But we hope that the website serves as a community for readers to give feedback not just on the magazine, but on life in the Penh generally.



**Can you give specific examples of the interactive elements of the site?**

It all starts at the home page. Here we have a poll of the month. At the moment we are asking people what is the perfect pizza in the Penh. We will announce the winner in the April issue of the magazine, and run a new poll for the May issue. Then there are the articles themselves. At the end of each one – not just on the reviews – we ask people to send their feedback. Do they agree? Do people want more information, etc. We'd like to publish these in the magazine, to generate a proper debate on what life is like in the capital.

**You mentioned the forums?**

Yes. This is where people can get really involved. We've set up some topics, more as an illustration than anything else. The idea is that our visitors take the discussion wherever (within reason) they want to. Since setting up the magazine I've felt that there has been a lack of debate on some of the issues we raise, I've been frustrated by a lack of feedback. This is a way for us to hand over the reins to our readers and visitors.

**Is this the only way that people can get involved?**

No. One of the forum topics is article of the month. Send in an article and we will publish the best one both on the website and in the magazine. We also want people to send in their photographs. Our scrapbook section is one of the most popular in the magazine. Each month we will put these on the website, but we also want people to send in their own photographs. All they have to do is post them on the site. Who knows, we might even put the more interesting ones in the magazine, should the photographer agree.

**Are there any other features, you think will be of interest to our readers?**

I think 'Upcoming in the Penh' »

will be one of the most useful parts of the site. Similar to the calendar in the magazine, this is where we list the main events happening in the Penh. All people have to do is email me with their events and we will put them in the online calendar. The next ones will automatically show up on the home page – ideal for anyone lost for an idea about what to do. We also have a classifieds section, where people can advertise their events, put on promotions, or sell their motorbike. Like the calendar, this is totally for free.

**The magazine is free, the website is free, how do you make any money?** Just like the magazine, revenue is from advertising. Anyone wishing to advertise on the website should contact our sales manager, Qudy, on 012 960 076. People can also pay for an entry in our business directory. The initial entry is for free, but if people wish to add photographs of their restaurant, a logo or detailed description there is a small charge.

**Sounds like an interesting development in the AsiaLIFE project, what other plans do you have?** We were going to launch a magazine for Siem Reap and the Coast, but unfortunately the downturn in tourism has forced us to put this on hold until the next high season. However, we are planning to launch a new product in April, although I'm afraid I can't share details of this with readers yet. We're also considering establishing a Reader's Council, where a selected sample of our readership will sit down once a month to discuss potential future articles and direction for the magazine. I hope that along with the launch of the website, this will help ensure that AsiaLIFE Guide is a firm fixture within the Phnom Penh community.

### How can people keep become informed of developments within AsiaLIFE Guide?

We've opened a group on Facebook – AsiaLIFE Guide Phnom Penh. To receive regular updates on the magazine and the website, simply join the group.

To see the website for yourself, visit: [www.asialifeguide.com](http://www.asialifeguide.com).

To contact Carlos Tulloch, the designer of the website, mail: [carlos@funkydimensions.com](mailto:carlos@funkydimensions.com).

If you want any more information about anything mentioned in this interview or want your event mentioned on the website, email Mark at: [mark@asialifeguide.com](mailto:mark@asialifeguide.com) ■

## business

### advisory services

**Alcoholics Anonymous**  
20B Street 286, Tel: 092 974 882  
[www.aaphnompenh.org](http://www.aaphnompenh.org)  
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

**Narcotics Anonymous**  
20B Street 286, Tel: 012 990 937  
Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

### Architecture & Design

**Architecture in Asia**  
Bassac Garden City, Street E Villar E10 (off Norodom Blvd.) Tel: 012 221 348  
Architect with 15 years of experience in interior and architectural design in Asia.

**Bill Grant Landscape Design**  
Tel: 012 932 225  
Bill is the city's most exceptionally talented landscape designer. Check out gardens designed by Bill Grant at [www.landscapecambodia.com](http://www.landscapecambodia.com)

### bikes & mechanics

**The Bike Shop**  
31 Street 302, Tel: 012 851 776  
[www.phnompenhbike.com](http://www.phnompenhbike.com)  
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

**Dara Motorbike Shop**  
339 Street 110, Tel: 012 335 499  
More of an off-road bike specialist, which also arranges Sunday trips into the wild.

**Emerald Garage**  
11 Street 456, Tel: 023 357 011  
Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a jeep.

### building

**Bizzy Beez**  
Tel: 012 755 913  
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

### business groups

**Australian Business Association of Cambodia (ABAC)**  
9 Mao Tse Tung Blvd, Tel: 023 215 184  
[www.abac.com.kh](http://www.abac.com.kh)

**British Business Association of Cambodia (BBAC)**  
124 Norodom Blvd, Tel: 012 803 891  
[senaka.fernando@kh.pwc.com](mailto:senaka.fernando@kh.pwc.com)

**Chambre de Commerce Franco-Cambodgienne**  
Office 13A Ground Floor  
Hotel Cambodiana, Tel: 023 221 453  
[www.ccfccambodge.org](http://www.ccfccambodge.org)

**International Business Club of Cambodia**  
56 Sothearos Blvd, Tel: 023 210 225  
[zirconium@online.com.kh](mailto:zirconium@online.com.kh)

**Canadian Trade Commissioner Service Canadian Embassy**  
9 Street 254, Tel: 023 213 470 Ext 417  
[www.infoexport.gc.ca/kh/](http://www.infoexport.gc.ca/kh/)

**BCC / Malaysian Business Council of Cambodia**  
Unit G21, Ground Floor, Parkway Square 113, Mao Tse Tung, Tel: 023 221 386  
[mbcc.secretariat@gmail.com](mailto:mbcc.secretariat@gmail.com)

**Singapore Business Club (Cambodia)**  
92, Norodom Blvd, Tel: 023 360 855  
[singcamb@online.com.kh](mailto:singcamb@online.com.kh)

### commercial banks

**Advanced Bank of Asia**  
148 Sihanouk Blvd., Tel: 023 720 435  
[www.ababank.com.kh](http://www.ababank.com.kh)  
Commercial bank, managed by Koreans and Cambodians, established in 1996.

Has branch office on Mao Tse Tung.

**ANZ Royal Bank**  
Main Branch, 20 Street 114  
[www.anzroyal.com](http://www.anzroyal.com)  
Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

**Maruhan Japan Bank**  
83 Norodom Blvd., Tel: 023 999 010  
First Japanese commercial bank in Phnom Penh.

### insurance

**AG Insurance**  
Hotel Cambodiana,  
313 Sisowath Quay Tel: 012 195 35 85,  
[info@ag-service.org](mailto:info@ag-service.org)  
Professional insurance company offering health, home, car, factory, employee and hotel insurance packages.

**Asia Insurance Cambodia**  
5 Street 13, Tel: 023 427 981  
[email@asiainsurance.com.kh](mailto:email@asiainsurance.com.kh)  
[www.asiainsurance.com.kh](http://www.asiainsurance.com.kh)  
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

**Forte Insurance (Cambodia)**  
325 Mao Tse Tung, Tel: 023 885 066  
[www.forteinsurance.com](http://www.forteinsurance.com)  
The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

**Infinity Insurance**  
126 Norodom Blvd, Tel: 023 999 888  
Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

### international schools

**ICan International School**  
85 Sothearos Blvd, Tel: 023 222 418

[www.ican.edu.kh](http://www.ican.edu.kh)  
International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

**International School of Phnom Penh**  
146 Norodom Blvd, Tel: 023 213 103  
[www.ispp.edu.kh](http://www.ispp.edu.kh)  
Not-for-profit international school founded in 1989. ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

**Northbridge School**  
1km off National Road 4 on the way to the airport, Tel: 023 886 000  
[www.niscambodia.com](http://www.niscambodia.com)  
[info@niscambodia.com](mailto:info@niscambodia.com)  
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

**Zaman International School**  
2843 Street 3, Tel: 023 214 040  
[www.zamanisc.org](http://www.zamanisc.org)  
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

### it & software

**Conical Hat (Cambodia) Ltd.**  
Norodom Blvd., Tel: 023 362 957  
[info@conicalhat.com](mailto:info@conicalhat.com)  
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

### legal

**Sciaroni & Associates**  
56 Sothearos Blvd., Tel: 023 210 225  
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

### Post Office

**Main Post Office**  
Cnr. Street 102 & Street 13  
Open from 6.30am to 9pm  
The place to go if you want to send something overseas.

### Photography

**Melon Rouge Agency**  
84 Sothearos Blvd, Tel: 092 644 811  
The first photographic agency established in Cambodia. Melon Rouge offers a full

## Embassies

**Australia**  
Villa 11 Street 254, Tel: 023 213 470

**Belgium**  
Phnom Penh Center, Sihanouk Blvd., Block/entrance F - Floor 7  
Tel: 023 214 024

**Canada**  
Villa 11 Street 254  
Tel: 023 213 470

**China**  
156 Mao Tse Tung Boulevard  
Tel: 023 720 920

**Denmark**  
8 Street 352 Tel: 023 987 629

**France**  
1 Monivong Boulevard  
Tel: 023 430 020

**Germany**  
76-78 Street 214 Tel: 023 216 381

**Japan**  
75 Norodom Boulevard  
Tel: 023 217 161

**Laos**  
15-17 Mao Tse Tung  
Tel: 023 983 632

**Malaysia**  
5 Street 242 Tel: 023 216 176

**Myanmar**  
181 Norodom Boulevard  
Tel: 023 223 761

**Philippines**  
33 Street 294  
Tel: 023 215 145

**Singapore**  
92 Norodom Boulevard  
Tel: 023 221 875

**Sweden**  
8 Street 352 Tel: 023 212 259

**Thailand**  
196 Norodom Boulevard  
Tel: 023 726 306

**United Kingdom**  
27-29 Street 75  
Tel: 023 427 124

**United States**  
1 Street 96 (Wat Phnom)  
Tel: 023 728 000

**Vietnam**  
436 Monivong Boulevard  
Tel: 023 726 283



# Trevor Keidan: Standing Out from the Crowd

INVESTING IN THE MARKETS or even in funds right now might well require a strong stomach and nerves of steel. After all when it comes to the world economy – and investing in general – we are constantly being bombarded with tales of doom and gloom. Nevertheless for those with a little ‘savvy’ and some serious discipline there might well be some opportunities to be had. To take advantage of these we first need to know ourselves, because when it comes to investing, we are often our own worst enemies.

## ■ HERD MENTALITY

Behavioural finance is the effect that human behaviour has on the economy and markets. For anyone entering the markets right now it’s worth taking note of behavioural finance because the past has thrown up some interesting facts about the way people act and react when it comes to their investments.

Those of us who were at all interested in the markets in the late 90s are probably familiar with the concept of herd behaviour. We might even have been guilty of “following the crowd” too.

In the late 90s when internet and ‘tech’ stocks were all the rage, investors piled in to the world’s stock markets hoping to capitalise on the ‘hottest’ tips around. Unfortunately their herd mentality cost them dearly.

Many amateur investors found that they had bought



in at precisely the wrong time – when stocks were at their peak. The bubble then burst in 2000 leaving many with huge losses. Those who had followed the crowd in, paid dearly on the way out.

Herding is not confined to buying – it can also apply to selling. It often influences us to sell at the wrong time – because others are too. This is something we have to guard against right now when market sentiment is at a particular low.

## ■ BETTER DO TOO LITTLE THAN TOO MUCH

Overtrading is another dangerous trait that plagues investors. It is brought about by overconfidence. Some investors jump from stock to stock and fund to fund because they think that they are smarter than the market. Unfortunately, all they actually do is incur increased trading costs.

It is important to remember that when buying a stock

or even a fund an investor is actually buying a share of a company or a share of a fund – a collective investment in a group of companies. With this in mind it is important to take a long term view. After all in the words of the world’s most successful investor, “our favourite holding period is forever.”

When forced to trade, we often end up selling the wrong investments at the wrong time. For some reason the pain of taking a loss is more acute than the joy of accepting a gain. People take winning in their stride but are distressed by losing.

It is for this reason that investors often find it hard to sell losers – because they find it difficult to realise the loss. In the same vein investors often sell winners – because it reinforces their feeling of being right.

## ■ BUYING IPOs & HOT TIPS

A couple of other common mistakes are buying initial

public offerings (IPOs) and following hot tips.

People tend to jump into IPOs thinking that they can only go up, not down. Although they may look attractive – because it is a chance to get in on the act with a new company – historically they do not do very well. The price of the stock normally comes down six months after the IPO has been on offer.

Neither ‘the next best thing’ nor a hot tip should be trusted. The tip itself can come from almost any imaginable source – a friend, a relative, the internet – and it is almost always invariably wrong.

With all this in mind the best course of action an investor can take is to follow his (or her) own financial plan (or one that has been created by a personal financial expert).

Such a plan should take into account the investor’s objectives as well as his (or her) attitude to risk. Once such a plan is in place the investor need not worry about crowds, overtrading or losing. He (or she) can just get on with life...

*Trevor Keidan is Managing Director of Infinity Financial Solutions. This company provides impartial, tailor-made, personal financial advice to clients in Cambodia and Southeast Asia. Should you wish to contact Trevor please send an email to [tkeidan@infinsolutions.com](mailto:tkeidan@infinsolutions.com).*

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keithakelly@gmail.com :: [www.keithakelly.com](http://www.keithakelly.com)

Keith Alan Kelly

Art Direction &  
Graphic Design

Freelance without borders since 2005

# ATMs

## ANZ Royal

### ANZ Royal Branch ATM

#### Accessible Time:

#### 24 hours

- ANZ Royal Independence Monument Branch. 100 Sihanouk Blvd.
- ANZ Royal Main Branch: 20 Fe-Eo, Kramuon Sar, Corner of Street 67
- ANZ Royal Olympic Branch: 361-363 Sihanouk Blvd.
- ANZ Royal Pet Lok Sang Branch: 1A & 1B Street 271
- ANZ Royal Phsar Derm Thkov Branch: 616A & B Street 271
- ANZ Royal Riverside Branch: 265 Sisowath Quay
- ANZ Royal Teuk Thla Branch: 1Eo & 1E1, Street 110A

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 24 hours

- ANZ Royal: 14 Street 106
- Big A Supermarket: 226-272, Monivong Blvd.
- Caltex Pet Lok Sang: Russian Blvd., Cnr. Street 271
- Flamingos: 32 Street 172
- Hotel Cambodiana: 313 Sisowath Quay
- PPIA-Arrival Luggage Pickup: Phnom Penh International Airport
- PPIA-Cafe Select: Phnom Penh International Airport
- PPIA-International Departure: Phnom Penh International Airport
- Rock Entertainment: 468 Monivong Blvd.
- Street 271: No. A81 Street 271
- Total Avenue De France: Avenue De France
- Total Monivong: Corner of Monivong Blvd and Street 310

### ANZ Royal Offsite ATM

#### Accessible Time: 5am to 12am

- Caltex Boeung Keng Kang: Norodom Blvd, Cnr. of Street 41
- Caltex Boeung Tra Bek: Cnr. of Monivong Blvd. and Street 474
- Caltex Bokor: Cnr. of Monivong and Mao Tse Tung Blvd.
- Caltex Calmette: Cnr. of Monivong Blvd. and Street 86
- Caltex Mondial: Corner of Mao Tse Tung Blvd. and Street 202
- Caltex Phsar Derm Kor: Cnr. of Monireth Blvd., 374 and 384
- Caltex Sokha: Cnr. of Kampuchea Krom Blvd. and Street 139
- Caltex Spark: Cnr. of Mao Tse Tung Blvd. and Street 167
- Total Chateau D'Eau : Sihanouk Blvd.
- Total La Deese: Cnr. of Street 182 and 169
- Total La Gare: Cnr. of Russian Blvd. and Street 108
- Total Phsar Thmey: Cnr. of Street 217 and 316
- Total Takhmao: National Road 2, Sangkat Chak Angre Krom, Khan Mean Chey

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 5.30am to 10.30pm

- Royal Guest House: 91Eo, Street 154

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 8am to 9pm

- Happy Market: 268, Street 182, Tuol Kok
- Lucky Seven Phnom Penh Centre: Cnr. of Sihanouk Blvd. and Street 274
- Lucky Super Market: 160, Preah Sihanouk Blvd.
- Lucky Water Tower: No 37-39 Monireth Blvd.
- Paragon Supermarket: 12 Street 214

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 9am to 9pm

- Pencil Norodom: 15 Street 214
- Pencil Supermarket- Riverside: Sisowath Quay

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 9am to 12am

- The Tamarind: 31 Street 240

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 6am to 7pm

- Meeting Café: 12E, Russian Blvd. and Street 215

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 6am to 10.30 pm

- Lucky Bright Restaurant: H5 Norodom Blvd.
- Seven Bright Restaurant: 6 Street 13, (Opposite Post Office)

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 7am to 9.30pm

- Lucky Burger Monivong: 219 BC, Monivong Blvd.
- Top Ocean Burger: 103 Street 184

### ANZ Royal Offsite ATM

#### Accessible Time: 7am to 9pm

- Asia Europe University: 832 Kampuchea Krom
- Parkway Square: 113 Mao Tse Tung Blvd.

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 8am to 10pm

- U-Care Pharmacy Phnom Penh: Cnr. Street 178 and Sothea Blvd.

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 7am to 10pm

- Angkor Thom Book Centre: 261, Kampuchea Krom Blvd., Toul Kok

### Cambodian Public Bank

- 23 Street 114

### Canadia Bank

- 126 Charles de Gaulle Blvd.
- 265-269 Ang Duong
- 394 Sihanouk Blvd.
- Royal Phnom Penh International Airport
- Sorya Shopping Centre, 16-61 Street 63

### SBC Bank

- Head Office, 68 Street 214
- 203 Monivong Blvd.
- 168 Street 215
- 327 Sisowath Quay
- 55 Sihanouk Blvd.



ARCHITECTURE in ASIA would like to inform that in the previous advertisement for AsiaLIFE issues 23 (Nov 08), 24 (Dec 08) and 25 (Jan 09), that the Phnom Penh Villa Mansion interior/decoration/project pictures shown were the 2nd stage renovations done by Mr J Pierre Obriot, Interior Designer – 092 521 801 – jpobriot@yahoo.ca



Does your business need better exposure around town?

PHNOM PENH  
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**MPA**

23 Street 214, Tel: 023 210 836  
Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

**Shipping**

**Crown**

Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 986 680, [www.crownrelo.com](http://www.crownrelo.com)  
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment.

**Telecoms**

**Cadcoms**

825A Monivong Blvd., Tel: 023 726 680  
Communications company with Norwe-

gian connections has launched the 3G entertainment network. Has competitive talk packages.

**Cambodia Samarat Communication**

56 Norodom Blvd., Tel: 016 81001  
Internet provider that issues the 016 SIM card.

**Camshin**

6B-7B 294 Mao Tse Tung Blvd. Tel: 023 367 801  
Internet provider that also installs land lines and issues the 011 SIM card.

**City Link**

170 Norodom Blvd., Tel: 023 220 112  
One of the major internet providers in Phnom Penh.

**Ezecom**

7D Russian Blvd., Tel: 023 888 181 [www.ezecom.com.kh](http://www.ezecom.com.kh)  
Internet service provider that promises boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

**Hello**

Tel: 016 810 000, [www.hello.com.kh](http://www.hello.com.kh)  
Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

**Mobitel**

33 Sihanouk Blvd., Tel: 012 801 801  
Largest ISP in the country. Major mobile phone company which issues the 012 SIM card.

**Online**

60 Monivong Blvd., Tel: 023 727 272  
The biggest and most reliable of the internet providers. Watch out for their hotspots around town.

**Star-Cell**

173 Nehru Blvd., Tel: 023 888 887  
Newest of the mobile phone providers in the capital. Has recently established an office within Siem Reap too. Issues the 098 SIM card.

**TeleSurf**

33 Sihanouk Blvd, Tel: 012 800 800 [www.telesurf.com.kh](http://www.telesurf.com.kh)  
Internet service provider (ISP) providing 24-hour broadband internet service.

**Airlines**



**Air Asia**

66 Mao Tse Tung Boulevard  
Tel: 023 356 011

**Angkor Airways**

32 Norodom Boulevard  
Tel: 023 222 056

**Bangkok Airways**

61A Street 214  
Tel: 023 722 545

**China Airlines**

32 Norodom Boulevard  
Tel: 023 222 393

**Dragon Air**

168 Monireth Boulevard  
Tel: 023 424 300

**Eva Air**

298 Mao Tse Tung Boulevard  
Tel: 023 219 911

**Jet Star Asia**

333B Monivong Boulevard  
Tel: 023 220 909

**Lao Airlines**

58C Sihanouk Boulevard  
Tel: 023 216 563

**Malaysia Airlines**

172 Monivong Boulevard  
Tel: 023 218 923

**Royal Air Services**

168 Monireth Boulevard  
Tel: 023 881 090

**Royal Khmer Airlines**

36B Mao Tse Tung Boulevard  
Tel: 023 994 502

**Shanghai Air**

19 Street 106  
Tel: 023 723 999

**Siem Reap Airways**

61A Street 214  
Tel: 023 722 545

**Silk Air**

313 Sisowath Quay (Himawari Hotel)  
Tel: 023 426 808

**Thai Airways**

294 Mao Tse Tung Boulevard  
Tel: 023 214 359

**Vietnam Airlines**

41 Street 214  
Tel: 023 363 396



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Address: No.456A, Monivong Blvd.(st93), Phnom Penh, Cambodia  
HP: 023 721766, 011 896 286

Website: [www.asiagarden.com.kh](http://www.asiagarden.com.kh)  
Email: [info@asiagarden.com.kh](mailto:info@asiagarden.com.kh)

## Siem Reap's Flourishing Arts Scene

A personal journey through Siem Reap's art galleries by **Narisara Murray**, co-owner of the McDermott galleries and the Red Gallery and wife of photographer **John McDermott**.



McDermott Gallery I (FCC Complex)

AS LATE AS 2001, SIEM REAP had no formal art galleries to speak of. A visitor looking for contemporary art would have to comb the Old Market, looking past kramas and opium pipes. Now, Siem Reap boasts at least a dozen galleries that showcase the work of artists based in Siem Reap and throughout Cambodia, as well as around the world. The town is beginning to acquire an international reputation as a place to find striking original art.

### ■ THE PHOTOGRAPHY NEXUS

As one of the most photographed sites in the world, Angkor seems a natural home for photographers and photographic exhibitions. In 2004, John McDermott and myself opened the doors of McDermott Gallery 1 at the FCC, exhibiting his iconic sepia-toned images of the temples as well as the platinum prints of internationally renowned photographer Kenro Izu.

Setting up the gallery was both challenging and fun, and we wanted to expand on that

initial vision. We renovated a larger space near the Old Market, which eventually turned into McDermott Gallery 2, so that we would have the ability to show a mixture of emerging and established artists doing first-rate photography of Asia.

"I want to create a world class photography gallery, said John. "People don't expect to find one here and when visitors walk in and recognise what we're doing, they react with surprise and awe that we can actually do something like this here."

John curates all the exhibitions, which have combined international names like Peter Steinhauer and Dominic Rouse with emerging photographers beginning to make a reputation in Cambodia and throughout Asia.

A gallery devoted to photography is an unusual entity in Southeast Asia. Now Siem Reap is home to three of them with the official opening of the Friends Centre in November

2008. The Centre, which supports the Angkor Children's Hospital founded by Kenro Izu, opened with a show of Asian colour photography by legendary National Geographic photographer Steve McCurry. Upcoming shows will be curated by Brenda Edelson, a private dealer in Sante Fe who has a great interest in Asian photography. She is hoping to bring in such names as Marc Riboud, a world famous French photographer who shot Angkor in the late 1960s.

An important force for photography in Siem Reap, the Angkor Photography Festival began in 2005 and just completed its fourth annual festival last November.

Founded by Christophe Loviny, Gary Knight and Jean Yves Navel, and continued by a large board of regional and international photographers, each year the festival brings hundreds of talented photographers from around the world to exhibit their work in venues throughout Siem Reap.



Klick

Some of the visitors have stayed, contributing to the growing artistic community. French haute couturiers Marie Fabre and Frédéric Escudier came to Siem Reap to volunteer for the festival, and later established the Wa Gallery, a gallery and concept store that brings together original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. "The gallery is named 'Wa' after the key concept of Confucius," Marie explains. "The idea is to put contrary forces together so that they are not in conflict but instead act in harmony."

### ■ THE GROWTH OF CURATED GALLERIES

Over the last few years, Siem Reap has seen a growing number of curated galleries, where the vision of the curator shapes rotating exhibitions of artists from Cambodia and around the world.





Arts Lounge - Hotel de la Paix

Hotel de la Paix, home of the Arts Lounge, made a conscious decision to support the art community when they invested in creating the Arts Lounge and hired Filipino artist and fashion designer Don Protasio to curate their exhibitions.

“The goal of the gallery is to promote contemporary Cambodian artists,” says Don. “We are actively looking for Cambodian artists who are either reinterpreting traditional art forms or who are creating Cambodian art in a contemporary way. Beyond that we don’t have specific guidelines. I’m looking for something creative, original, exciting – something I haven’t seen before.”

Their latest show is a festive exhibition of acrylic paintings of impressionistic flowers by Khmer artist Phav Savann, who is currently working in France. Don draws on artists throughout Cambodia, including Phnom Penh and Battambang, as well as from abroad.

Restaurateur Olivier Muzard became involved in the arts through collaboration with sculptor Sasha Constable, who was promoting the work of several Cambodian artists. He began hosting exhibitions at an annexe to his beautiful French restaurant Alliance Café. Olivier is enthusiastic about reaching new artists, travelling to Battambang several times to reach emerging artists in the community there. He is currently exhibiting the architectural drawings and figure studies of Battambang artist Mao Soviet.

The Red Gallery at the FCC is a collaboration between John

McDermott and myself, and we jointly curate the artwork on display. The gallery is dedicated to contemporary artists working in Cambodia, including Cambodian artists as well as British, French, Czech and Filipino based in the country. It’s an intimate space with a constantly evolving mix of artists and artwork that ranges from bronze sculpture to lacquer, oil paintings, abstract rattan, photography and mixed media.

Heritage Suites Hotel has hosted a number of exhibitions in their airy and spacious lobby continuously over the last few years. While they don’t have an in-house curator, they have invited respected figures such as artist Sasha Constable and Angkor Photography Festival coordinator Francoise Callier as guest curators of their shows.

#### ■ ARTIST/ENTREPRENEURS

Artists have always been entrepreneurs of a creative sort – making a living by art is often a tricky business. Siem Reap resident Loven Ramos, an artist from the Philippines, collaborates with his wife Faith and their long-time friend Don Protasio to shape the One Gallery into an eclectic space bearing the stamp of their playful personalities.

“The gallery is really an extension of our living room,” says Loven. “It’s a way of bringing our home into the public eye – our style as a couple, as a family, as friends. The philosophy of the gallery is that there really is only one of each thing – when it is sold, we have to let go of it, kiss it goodbye, and move on

creatively.” The gallery combines Loven’s mixed media artwork with objects and jewellery accumulated through Faith and Loven’s travels and Don’s fashion and accessories.

French painter Jean-Pierre Obriot opened the doors of his Wat Kandal Gallery in November. Tucked away by the river, and nestled under rambling shady trees, the gallery/studio shows Jean-Pierre’s tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.

One of the first galleries to open in Siem Reap, Asasax Art Gallery features the work of Khmer painter Asasax, including his work in acrylic, oils and mixed media. Based in Phnom Penh, Asasax first opened his gallery near the National Museum, but maintains a second gallery in Siem Reap near the Old Market. Located nearby, Happy Painting Gallery features the exuberant paintings of Stephane Delapree. And just around the corner, Klick Gallery was opened by long-time Cambodia resident Pierre Poretti opened to show his hand-tinted photographs of Angkor and Cambodia, as well as his work of Bali, Burma, Vietnam and Laos.

Directly or indirectly, the source of inspiration for growing creativity and expression that we see in these galleries and in the artwork on display is Cambodia itself, in all of its complicated facets: the richness of the culture, the texture and quality of life here, and the awe inspiring example of Angkor, which seems to transcend its human origins.

#### ■ ART GALLERY LISTINGS:

##### Alliance Café

7 Makara Street, Wat Damnak Area  
Tel: 017 809 010  
alliancecafe@online.com.kh

##### Asasax Art Gallery

Pub Street, Old Market Area  
www.asasaxart.com.kh

##### The Arts Lounge

Hotel de la Paix,, Sivatha Boulevard  
10am til late  
Tel: 063 966 000  
alc@hoteldelapaixangkor.com  
www.hoteldelapaixangkor.com

##### Friends Centre

(Centre for Friends without a Border)  
Achaean Street, next to the  
Angkor Children’s Hospital  
Tel: 063 963 409 (x7015)  
achpr@angkorhospital.org  
www.fwab.org

##### Happy Painting Gallery

Near the Old Market  
www.happypainting.net

##### Heritage Suites

Near Wat Polanka  
Tel: 063 969 100  
info@heritage.com.kh  
www.heritage.com.kh

##### Klick Gallery

The Passage, Old Market Area  
Tel: 063 761 084  
www.iklektik.com/photography

##### McDermott Gallery 1

FCC, Pokambor Avenue  
Old French Quarter  
Open: 10am – 10pm  
Tel: 012 274 274  
bina@mcdermottgallery.com  
www.mcdermottgallery.com

##### McDermott Gallery 2

The Passage, Old Market Area  
Open 10am – 10pm  
Tel: 092 668 181  
bina@mcdermottgallery.com  
www.mcdermottgallery.com

##### The One Gallery

The Passage, Old Market Area  
Open 11am – midnight  
Tel: 015 378 088  
onegallery@hotmail.com

##### The Red Gallery

FCC, Pokambor Avenue  
Old French Quarter  
Open: 10am-10pm  
Tel: 092 822 323  
chakrya.cbheng@gmail.com

##### The Wa Gallery

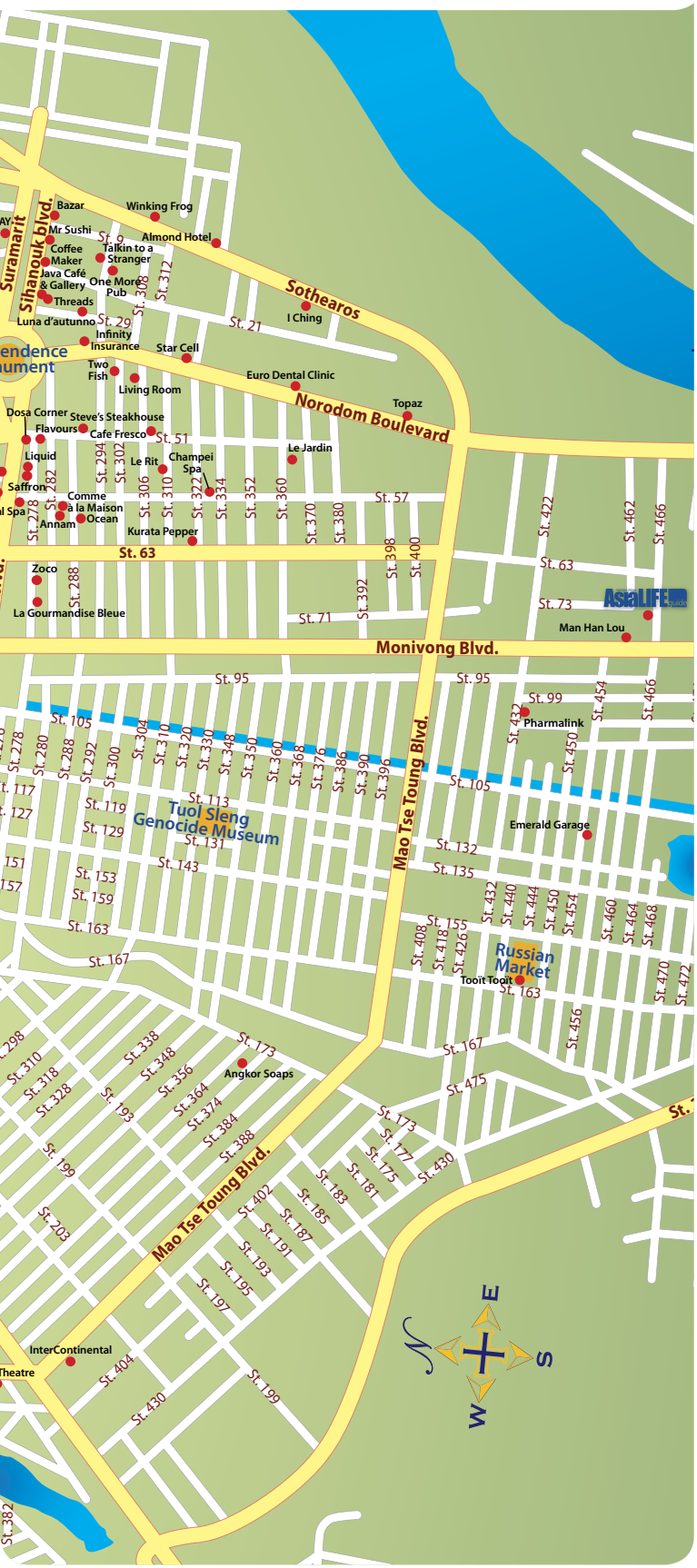
333 Sivatha Boulevard  
Open 10am – midnight  
Tel: 016 746 701  
marionana66@gmail.com

##### Wat Kandal Gallery

River Road, Near Wat Kandal  
Tel: 092 521 801  
jpbriot@yahoo.ca ■

# phnom penh: central





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## getaway



A network protecting children from all forms of abuse. [www.childsafe-cambodia.org](http://www.childsafe-cambodia.org).

## battambang

## La Villa

East bank of river, Tel: 012 826 186  
[www.lavilla-battambang.com](http://www.lavilla-battambang.com)  
Beautifully restored 1930s colonial house with six rooms.

## Riverside Balcony Bar &amp; Restaurant

West bank of river, Tel: 012 437 421  
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

## chau Doc (vietnam)

## Victoria Chau Doc Hotel

32 Le Loi, Tel: +84 76 865 010  
[www.victoriahotels-asia.com](http://www.victoriahotels-asia.com)  
A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages.

## kampot

## Bar Red

Old Market area, Tel: 092 724 720  
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

## Blissful Guest House

Kampot, Tel: 012 513 024  
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

## Bodhi Villa

Across the river, Kampot  
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

## Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314  
[www.bokorlodge.com](http://www.bokorlodge.com)  
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

## Epic Arts Café

Old Market, Kampot  
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

## Jasmine

House 25 Riverside Road, Kampot  
Tel: 012 927 313  
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Serves tasty Thai, Khmer and café fare. Also has photography decorating the walls, and occasional film nights.

## Les Manguiers

2km north of Kampot, Tel: 092 330 050  
Small resort with bungalows and rooms set in beautiful gardens overlooking the river. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

## Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769  
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

## Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820  
[rikikitavi@asia.com](mailto:rikikitavi@asia.com)  
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more upmarket venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

## Rusty Keyhole

Riverfront, Kampot  
This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

## kep

## Beach House

Opp. Kep Beach, Tel: 012 240 090  
[www.thebeachhousekep.com](http://www.thebeachhousekep.com)  
Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain.

## Champey Inn Resort

Tel: 012 501 742  
Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.



PHOTO BY DAVID SEAFER

## Beautiful Ratanakiri

## Kep Lodge

Tel: 092 43 53 30 [www.keplodge.com](http://www.keplodge.com)  
Tel: 012 879 486  
Six nicely decorated, private bungalows with a big veranda, pool table, swimming pool and WiFi. Also has a bar and restaurant with Khmer and western food.

## Knai Bang Chatt Resort

Tel: 012 879 486  
[www.knaibangchatt.com](http://www.knaibangchatt.com)  
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hoby cats.

## Le Bout du Monde

Kep, Tel: 011 964 181  
[www.leboutdumondekep.com](http://www.leboutdumondekep.com)  
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

## Led Zeppelin

At the roundabout, Kep  
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

## Star Inn

Kep Beach, Tel: 011 765 999  
Hotel overlooking Kep Beach that has good sized and elegant air-con rooms. Rooftop restaurant serves seafood and cocktails. It stays open to late at weekends.

## Veranda Natural Resort

Tel: 012 888 619, [www.veranda-resort.com](http://www.veranda-resort.com)  
Traditional wooden bungalows set in the hillsides, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

## kratie

## Cambodian Craft Co-operation

At Wat Roka Kandal  
Small craft centre selling wickerwork by local artisans, housed inside Wat Roka Kandal. Funded by a German chamber of trades and crafts. The baskets and handicrafts have marked prices.

## Le Relais de Chhlong

Mekong riverside, Chhlong (Kratie Province), Tel: 012 501 742  
[champeyinn@mobilnet.com.kh](mailto:champeyinn@mobilnet.com.kh)  
Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

## Red Sun Falling

Rue Preah Sumarit  
Well-established western-run café and bar on the riverfront. One of the few bustling places in the evening, it has tasty food with dishes in the US\$1.50-2.50 range.

## Star Guesthouse

Opposite the market, Tel: 012 753 401  
A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms. The café serves up some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

## phnom penh - deluxe

## Amanjaya

1 Sisowath Quay, Tel: 023 214 747  
[www.amanjaya.com](http://www.amanjaya.com)  
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

## Cambodiana

1 Sisowath Quay, Tel: 023 426 288  
[www.hotelcambodiana.com](http://www.hotelcambodiana.com)  
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

## Himawari

313 Sisowath Quay, Tel: 023 214 555  
[www.himawarihotel.com](http://www.himawarihotel.com)  
The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

## Imperial Garden Hotel

315 Sisowath Quay, Tel: 023 219 991  
Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

## Intercontinental

296 Mao Tse Tung, Tel: 023 424 888  
[www.ichotelsgroup.com](http://www.ichotelsgroup.com)  
One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

## Raffles Hotel Le Royal

Street 92, Tel: 023 981 888  
[www.phnompenh.rafines.com](http://www.phnompenh.rafines.com)  
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

## Sunway Hotel

1 Street 92, Tel: 023 430 333  
[www.sunway.com.kh](http://www.sunway.com.kh)  
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

## phnom penh - mid

## Almond Hotel

128F Sothearos Blvd, Tel: 023 220 822  
[www.almondhotel.com.kh](http://www.almondhotel.com.kh)  
56-room hotel located close to the Royal Palace and the riverfront with spacious

## Golden Banana Boutique Resort

Opened December 2008






Wat Damnak, Siem Reap, Cambodia  
Tel: (855) 63 766-655 - (855) 12 654-638  
Email: [goldenbananas2@gmail.com](mailto:goldenbananas2@gmail.com)  
Website: [goldenbananas.info](http://goldenbananas.info)

rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

#### Anise

2C Street 278, Tel: 023 222 522, [www.anisehotel.com](http://www.anisehotel.com)

Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

#### Billabong

5 Street 158, Tel: 023 223 703 [www.thebillabonghotel.com](http://www.thebillabonghotel.com)

Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Served good food. The rooms are a reasonable size with air-con.

#### Bougainvillier

277G Sisowath Quay, Tel: 023 220 528 Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

#### FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014 [www.fccambodia.com](http://www.fccambodia.com)

Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

#### Goldiana

10-12 Street 282, Tel: 023 219 558 [www.goldiana.com](http://www.goldiana.com)

Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

#### Kabiki

22 Street 264, Tel: 023 222 290 [www.thekabiki.com](http://www.thekabiki.com)

Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms have a double bed and a bunk bed as well as a small outside area for small children. Free WiFi, bar and restaurant.

#### The Quay

Sisowath Quay, Tel: 023 224 894 [www.chowcambodia.com](http://www.chowcambodia.com)

Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi.

#### The Pavilion

227 Street 19 Tel: 023 222 280 [www.pavilion-cambodia.com](http://www.pavilion-cambodia.com)

Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

#### Villa Langka

14 Street 282, Tel: 012 449 857 [www.villalangka.com](http://www.villalangka.com)

Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka that has competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

### phnom penh - budget

#### Bodhi Tree

50 Street 113, Tel: 023 998 424

Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng.

#### Cara Hotel

18 Street 47, Tel: 023 430 666

Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

#### L'Imprevu

Highway 1, 7km past Monivong Bridge Tel: 024 390 405

[www.hotel-imprevu-resort.com](http://www.hotel-imprevu-resort.com) Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

#### Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077

Modern, clean 25-room guesthouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

#### Tonie Sap Guest House

4-6 Street 104, Tel: 023 986 722 [www.toniesapguesthouse.com](http://www.toniesapguesthouse.com)

Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

#### Velkommen Inn

23 Street 104 Tel: 092 177 710

Just off the riverfront, situated above Velkommen Inn Restaurant is the guesthouse of the same name. The spotless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

#### The Winking Frog

128 Sothea Blvd. Tel: 023 356 399

Centrally-located guesthouse with 31 en-suite, air-conditioned rooms. Downstairs is a British-run, 24-hour pub with sports bar, live music and good Thai food.

### sihanoukville

#### Cantina del Mar

Otres Beach, Tel: 012 702 502

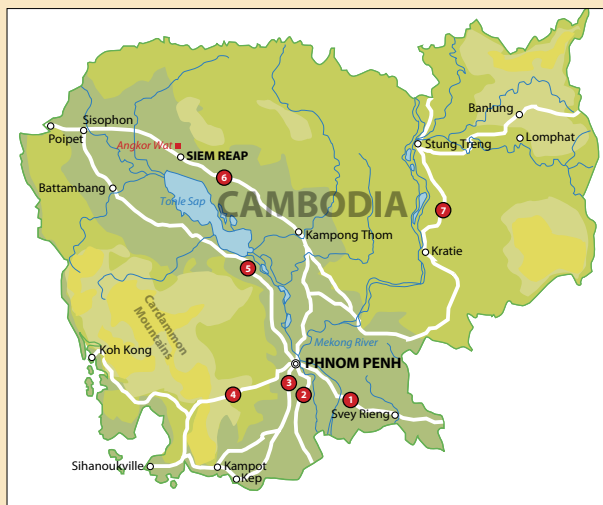
Taco and seafood stall on one of Sihanoukville's most unspoilt beaches. Expect great Mexican food and some mean tequila cocktails. Open from 10am.

#### Holy Cow

Ekareach Street, Tel: 012 478 510

Beautiful restaurant set in a relaxing

## Getting There



#### ■ BATTAMBANG

GST runs seven buses a day from the Central Market Bus Station to Battambang, starting at 6.45am and finishing at 12.30pm. The journey takes between five and six hours and costs US\$4. Far more comfortable and quicker (four hours) is a shared taxi. Expect to pay US\$40.

#### ■ KEP & KAMPOT

Both Kep and Kampot are served by the same bus service. Buses leave Phnom Penh at 7.30am and 1pm from the bus station 30 meters from the main entrance to the Olympic Stadium. Contact Hua Lian Transportation (Tel: 012 376 807) for details. Other buses leave from the bus station at the Central Market. A one-way ticket costs US\$5 and takes about 4.5 hours. Shared taxis can be found in the morning at the Central Market.

#### ■ KRATIE

Buses departing for Kratie leave from the Central Bus Station next to the Central Market. The seven-hour journey costs between US\$5 and US\$5.50 and buses leave at 7am, 7.30am and 9.30am.


#### ■ SIHANOUKVILLE

Mekong Express buses leave from their office close to the Green Vespa at 87A Sisowath Quay at 7:45am and 2.30pm, stopping at Orussey Market. Price is US\$5 including a snack and free pick-up. GST runs four buses a day (7:15am, 8:15am, 12:30pm & 1:30pm) for US\$4 from Central Market, but offer no pick-up or snack.

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- Psar Chaas Quarter 063-963-114
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[www.happypainting.net](http://www.happypainting.net)



**Italian Restaurant**  
**Luna d'autunno**  
Woodfired pizzaoven

68 Independence Str.  
Siem Reap  
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[Lunasihanouk@gmail.com](mailto:Lunasihanouk@gmail.com)

6c Street 29  
Phnom Penh  
Tel. 023 - 220 895  
[lunaphnompenh@gmail.com](mailto:lunaphnompenh@gmail.com)



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ice cream  
restaurant  
lounge**

free old market - siem reap  
**WiFi** [www.tbumpkin.com](http://www.tbumpkin.com)  
spot 063 963 574  
open 06.00 to 22.00



garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Competitively-priced, good cuisine including vegetarian options. Open 9.30am to midnight.

#### House of Malibu

**Serendipity Beach, Tel: 012 733 334**  
Clean bungalows fronting the beach with pleasant garden. Rooms come with air-con or fans and cable TV.

#### Independence Hotel

**Independence Beach, Tel: 012 728 090**  
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant.

#### Le Vivier de 'La Paillote'

**Victory Hill, Tel: 012 633 247**  
Upmarket French restaurant that outshines the other places on Siem Reap's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

#### Luna d'autunno

**Ekareach Street, Tel: 034 934 280**  
Best Italian restaurant in Siem Reap, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

#### Mick & Craig's Sanctuary

**Road to Serendipity Beach  
Tel: 012 727 740**  
Open restaurant serving reliable food, including wood-fired oven pizzas. Bar has a big screen and pool table. The guesthouse has a few rooms, a bookshop and is a good source of travel information. Open 7am to late.

#### Oasis Hotel

**Ekareach Street, Tel: 012 638 947**  
Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from. Open from 7am to late.

#### Otres Nautica

**Otres Beach,  
Tel: 092 230 065**  
Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

#### Reef Resort

**Road to Serendipity Beach,  
Tel: 012 315 338,  
[bookings@reefresort.com.kh](mailto:bookings@reefresort.com.kh)**  
Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

#### Scuba Nation

**Tel: 012 604 680 / 012 715 785  
[www.divecambodia.com](http://www.divecambodia.com)**  
Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon. Also run a range of PADI-certified courses. Has office in Phnom Penh.

#### Sea Breeze

**Independence Beach, Tel: 034 934 205**  
Australian-run hotel with large air-con rooms opposite Independence Beach. BBQs include freshly caught fish and imported steaks. The bar has a 9-ball slate pool table and a large screen for sporting events.

#### Snake House

**Near Victory Monument,  
Tel: 012 673 805**  
So called because there is a house with snakes run by some Russians, rather than vice versa. If reptiles are not your scene, then the poolside bungalows and lush gardens provide a great spot to stay. The restaurant serves Russian and European cuisine and the bar can get very lively at night with dancing girls.

#### Sokha Beach Resort

**Sokha Beach, Tel: 034 935 999**  
With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the most up-market place to stay in Siem Reap. A live Filipino band plays around the cocktail bar at night.

#### Starfish Bakery Café

**Behind Samadera Market Tel: 012 952 011**  
Excellent place for a healthy breakfast or lunch set in a relaxing garden environment with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

#### Top Cat

**Road to Serendipity Beach**  
Opposite the Reef Resort, this luxurious large screen movie house shows DVDs. The films are free but there is a charge for the air-con and comfortable couches.

### siem reap - bars

#### AHA

**The Passage, Tel: 063 965 501**  
Sophisticated and beautifully designed wine bar selling a wide range of wines from around the world and tapas, as well as great cheese and Lavazza coffee. Open from 10.30am to 10.30pm.

#### Angkor What?

**Pub Street, Tel: 012 490 755**  
"Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Open from 5pm to late.

#### Chilli Si-dang

**East River, Tel: 012 723 488**  
Restaurant bar serving Thai food and a wide range of wines, with a cool design, pool table and good sound system. Open from 9am to 11pm.

#### ELLA Wine & Jazz Bar

**Trajan Pro, 300m west of hotel de la paix  
Tel: 092410 200**  
Set in an old Khmer house, with a large garden with platform beds, ELLA opened late 2008. It has an extensive wine list, international cocktails and tapas. The music is pure jazz and there is a separate wine room. Open Tuesday through Sunday 5pm to 1am.

#### Funky Munky

**Pub Street, Tel: 011 481 303**  
The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

#### Giddy Gecko Bar

**Lane off Pub Street, Tel: 092 857 400**  
Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street.

#### Laundry Bar

**Old Market, Tel: 016 962 026  
[www.laundry-bar.com](http://www.laundry-bar.com)**  
Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

#### Linga Bar

**Alley behind Pub Street, Tel: 012 246 912  
[www.lingabar.com](http://www.lingabar.com)**  
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

#### Miss Wong

**Lane off Pub Street, Tel: 092 428 332**  
Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap

bar scene, serves excellent and original cocktails and dim sum. Open late.

#### **Molly Malones**

**Pub Street Tel: 063 963 533**  
www.mollymalonescambodia.com  
Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

#### **Red Piano**

**Pub Street, Tel: 063 964 730**  
www.redpianocambodia.com  
Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

#### **The Warehouse**

**Old Market, Tel: 063 965 204**  
Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

#### **X Bar**

**Sivatha Street & Pub Street, Tel: 092 207 842**  
Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

### siem reap - cafés

#### **Blue Pumpkin**

**Old Market, Tel: 012 946 227**  
www.tbumpkin.com  
Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

#### **Café de la Paix**

**Sivutha Bld, Tel: 063 966 000**  
www.hoteldelapaixangkor.com  
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

### siem reap - galleries

#### **Alliance Café**

**7 Makara Street, Wat Damnak Area Tel: 017 809 010**  
Small gallery established by Olivier Muzard adjoining his beautiful French restaurant features sculptures and paintings by Cambodian and international artists.

#### **Arts Lounge**

**Hotel de la Paix, Sivutha Boulevard Tel: 063 966 000**  
Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

#### **Friends Centre**

**Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)**  
International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

#### **Happy Painting**

**FCC, Old Market, Domestic Airport Tel: 012 623 945, www.happypainting.net**  
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 5.30am to 11pm.

#### **Klick**

**Alley behind Pub Street, Tel: 063 761 084**  
Commercial fine art gallery dedicated to the work of Swiss photographer Pier Porette. Black and white photographs are given a face-lift using hand-tinted water colours.

#### **McDermott Gallery I & II**

**FCC Complex, Pokambor Avenue,**

**Tel: 012 274 274**  
**Alley behind Pub Street, Tel: 092 668 181**  
www.mcdermottgallery.com

Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers. Open 10am to 10pm.

#### **The One Gallery**

**The Passage, Old Market Area Tel: 015 378 088**  
**Open 11am - midnight**  
Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories.

#### **The Red Gallery**

**FCC, Pokambor Ave., Tel: 092 822 323**  
A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

#### **The Wa Gallery**

**333 Sivatha Boulevard, Tel: 016 746 701**  
Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am - midnight

#### **Wat Kandal Gallery**

**River Road, near Wat Kandal Tel: 092 521 801**  
Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.

### siem reap - hotels

#### **Amanara**

**Pokambor Avenue, Tel: 063 760 333**  
www.amanresorts.com  
The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

#### **Claremont Angkor**

**17 Phum Wat Bo, Tel: 063 966 898**  
www.claremontangkor.com  
New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

#### **FCC Angkor**

**Pokambor Avenue, Tel: 023 992 284**  
www.fcccambodia.com  
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

#### **Golden Banana Boutique**

**Resort Tel: 012 654 638 or 012 885 366**  
Villas and Suites surrounding a salt water pool. Wireless Internet, private outdoor bath and showers, bar and restaurant. Rooms Range from US\$55 to US\$80  
www.goldenbanana.info

#### **Golden Orange**

**Off East River Road, Tel: 063 965 389**  
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

#### **Hotel de la Paix**

**Sivutha Boulevard, Tel: 063 966 000**  
www.hoteldelapaixangkor.com  
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

#### **La Palmeraie**

**N6 Airport Road, Tel: 092 952 113**  
www.lapalmeriaedangkor.com  
Boutique hotel set in gardens with beauti-

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# Central Siem Reap



ful palm trees off the road to the airport. Separate villa with its own pool can be hired out on an exclusive basis. Four more villas share a second pool. Idyllic spot to get away from it all.

**La Residence d'Angkor**  
 River Road, Tel: 063 963 390  
[www.residenceangkor.com](http://www.residenceangkor.com)  
 Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

**Raffles Grand Hotel D'Angkor**  
 1 Charles de Gaulle, Tel: 063 963 888  
 Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

**Sokha Angkor**  
 Cnr Sivatha Rd and National Rd 6  
 Tel: 063 969 999, [www.sokhahotels.com](http://www.sokhahotels.com)  
 Huge 5-star resort, sister property to Sihanouville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant.

**Tara Angkor Hotel**  
 Road to Angkor, Tel: 063 966 661  
 Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

**Victoria Angkor**  
 Near Royal Gardens, Tel: 063 760 428  
[www.victoriahotels.asia](http://www.victoriahotels.asia)  
 Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

## siem reap - leisure

**Body Tune**  
 293-296 Pokambor Avenue  
[www.bodytune.co.th](http://www.bodytune.co.th)  
 Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

**Frangipani**  
 Alley behind Pub Street,  
 615-617 Hup Guan Street  
 Tel: 063 964 391  
 Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

**Helicopters Cambodia**  
 658 Hup Guan Street, Tel: 063 963 316  
 Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

**Phokeethra Country Club**  
 Sofitel Royal Angkor Resort & Spa,  
 Vithei Charles de Gaulle,  
 Tel: 056 396 4600,  
[golf@sofitel-royal-angkor.com](mailto:golf@sofitel-royal-angkor.com)  
 International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated



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# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



The Independence Hotel  
● Boutique Resort ●

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Web: [www.independencehotel.net](http://www.independencehotel.net)  
Email: [info@independencehotel.net](mailto:info@independencehotel.net) or [indph@online.com.kh](mailto:indph@online.com.kh)

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## Sokha Helicopters

24 Sivatha Road Siem Reap,  
Tel: 012 184 8891,  
[www.sokhahelicopters.com](http://www.sokhahelicopters.com)

Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

## siem reap - restaurants

### AHA

*The Passage*, Tel: 063 965 501

Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open from 10.30am to 10.30pm.

### Alliance Café

7 Makara Street, Wat Damnak Area  
Tel: 017 809 010

French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

### Burgers Without Borders

*The Passage, Old Market*, Tel: 012 482 764

Specialty burger bar, with good burgers made from Brazilian beef and soy shakes. The burgers are between US\$3.75 to US\$4.75 and the shakes are US\$2.75.

### Butterflies Garden Restaurant

535 Wat Bo Road, Tel: 063 761 211  
[www.butterfliesofangkor.com](http://www.butterfliesofangkor.com)

Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

### Chez Ninie

Lane off Pub Street, Tel: 012 582 782

Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

### FCC Angkor

FCC Complex, Pokambor Avenue  
Tel: 063 760 280

The best example of contemporary Asian architecture in Cambodia, elegant bar & restaurant serve mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel & arguably the coolest pool room in Cambodia.

### La Noria

Wat Bo Road, Tel: 063 964 242

Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

### Le Bistrot de Paris

Old Market Area, Tel: 092 964 790

Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

### L'Oasi

East River Road, Tel: 092 418 917

The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

### Madame Butterfly

Airport Road, Tel: 016 909 607

Large restaurant set in a traditional wooden house with beautiful Chinese artifacts set in a pleasant garden. Serves Thai, French and Khmer cuisine.

### Maharajah

Next to Pub Street, Tel: 092 506 622

Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialities. Open from 10am to 11pm with free home delivery.

### Meric

Hotel de la Paix, Sivutha Boulevard  
Tel: 063 966 000

[www.hoteldelapaixangkor.com](http://www.hoteldelapaixangkor.com)  
Elegant, contemporary restaurant with classically simple yet powerful black and

white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

### Singing Tree Café

Wat Bo Road, Siem Reap, Tel: 012 490 265

Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities. Also a centre for yoga, meditation and reiki healing.

### Tigre de Papier

Pub Street, Siem Reap, Tel: 012 265 811

The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management.

### Viroth's

Wat Bo Road, Tel: 012 826 346

Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok and beef Lok lak.

## siem reap - shops

### Boom Boom Room

Old Market

Boasts a 176-page catalogue of tracks that can be burned either onto CDs or mp3 discs. Also sells its designer t-shirts and hoodies - as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

### Carnets d'Asie

333 Sivutha Boulevard, Tel: 016 746 701

Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

### Eric Raisina

53 Veal Village, Siem Reap

Tel: 012 965 207 / 063 963 207

Accessories, home decorations, textiles and clothing created by Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

### Happy Painting

FCC Old Market, Domestic Airport

Tel: 012 623 945,  
[www.happypainting.net](http://www.happypainting.net)

Three shops selling the extremely colourful and positive paintings sculptures t-shirts and prints by iconic French-Canadian artist Stef. Accepts credit cards.

### Jasmine Boutique

FCC Angkor, Pokambor Avenue

Tel: 063 760 610

Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the ballgown you forgot to bring with you.

### U-Care Pharmacy

Next to Old Market, Tel: 063 965 396

Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

## travel

### Cambodia Uncovered

Tel: 012 507 097

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

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### Exotissimo Travel

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# Sihanoukville



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[www.travelindochina.com.au](http://www.travelindochina.com.au)  
 Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

- Preah Vihear
- 1) One day
  - 2) Gravity
  - 3) Mercury
  - 4) Jupiter
  - 5) Hydrogen
  - 6) Venus
  - 7) Mercury (Pluto is no longer considered a planet)
  - 8) A Year
  - 9) Mars
  - 10) Halley's comet
  - 11) Nylon
  - 12) Wood
  - 13) Calcium Carbonate
  - 14) Methane
  - 15) 1985
  - 16) Cartilage
  - 17) Leather
  - 18) Gold
  - 19) Chromium
  - 20) Silver
  - 21) France
  - 22) Moscow
  - 23) Xian
  - 24) Somerset
  - 25) Copen-
  - 26) Montreaux
  - 27) Denmark
  - 28) Petra
  - 29) Rome
  - 30) (Prasat)

## Pub Quiz Answers



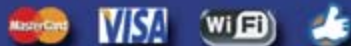
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# unplugged

## Tigers and Little Boys in America

Will learns that the National Geographic Channel is perhaps not the best role model for his little tiger.

MY WIFE, OUN, GREW UP in a small village in the province of Kratie. Now it's fairly developed, with roads and schools and hordes of tourists taking day trips to see the famous freshwater dolphins of the Mekong River. But my wife has many memories of when her homeland was still wild frontier, and her family depended on it to survive.

Before he died, her grandfather always worked to teach her everything he could about living in the forest. He knew that surviving in Cambodia depended on cultivating a diverse set of skills. When times are difficult, as they often have been in recent memory, it was necessary to have something to fall back on. While he was primarily a farmer who raised vegetables and fruit trees, he also knew how to make a living in the forest. On his excursions to the jungle, little Oun would tag along. He taught her where to find firewood and herbs, and what was valuable for traditional medicine and how to use it.

But perhaps most importantly, he taught her how to fend off tigers.

### ■ OUTSTARING TIGERS

Today, the idea of apex predators in the wilds of Cambodia is a growing hope for naturalists and eco-tourism entrepreneurs. But before decades of war engulfed Southeast Asia, large carnivorous cats were a clear and present danger to the peasants of Cambodia. According to her grandfather, the best defence wasn't a rifle or a spear, but a hard stare. Standing your ground, opening your eyes wide and facing the tiger down would scare the beast off, at which point the lucky peasant had best run as fast as possible out of the jungle.

Fortunately, Oun never had the opportunity to test this theory out. But her grandfather died of old age, safe in his home — not in the belly of a tiger.

Like many Cambodians, as she moved up the socio-economic ladder, she spent less time in the



ILLUSTRATION BY YOUTH / OUR BOOKS

forest and more time in urban areas, which beckoned with their schools and jobs. And finally we moved to the United States, where tigers only eat drunks at the San Francisco Zoo.

### ■ LOVING ANIMALS

Our son would love to listen to his great-grandfather's stories, though being only 2 years old he's not terribly attentive. He loves animals, from goldfish to elephants, and has spent countless hours poring over pictures books of animals and frolicking at zoos and at farms.

And his love of animals has only increased upon repeated viewings of the National Geographic documentary "Eye of the Leopard," which chronicles the life of, you guessed it, a leopard and its eventful days stalking and devouring squirrels, stalking and devouring warthogs, stalking and devouring primates — pretty much stalking and devouring

everything that has the bad sense to get in its way. The boy soaks this up like water soaks up rice.

### ■ THE EYE OF THE LEOPARD

But as the media has taught us, the relentless drumbeat of violence has made every American a ticking time bomb - even toddlers obsessed with zoology.

When I went to pick up my son from daycare one evening, I was met at the door by his care provider, who was looking far more serious than usual. She had a solemn look that I didn't think I'd have to face until my son had learned how to flush fireworks down the toilet.

Apparently, the boys at the daycare had been playing peacefully when my son's playmate turned his back. My son — doubtlessly seeing through the "eye of the leopard" — leapt through the air, landed on the innocent prey and sunk his teeth in his flank.

Of course, this was Little People Daycare and not the

**My son ... leapt through the air, landed on the innocent prey and sunk his teeth in his flank**

savannah. Instead of a fresh meal narrated by Jeremy Irons, the bloodthirsty toddler got a time-out and lectures in three different languages — Spanish, English and later Khmer. Now we just need to teach his playmates the best way to deal with a jungle cat — keep your eyes open, don't turn your back, and get ready to run.

And we'll also try to convince our son to be a vegetarian leopard.

*Will Koenig is a journalist in Oregon, where he lives with his wife and son. E-mail him at: will.koenig@gmail.com. 📧*

# Challenge Nora: YES!

In an effort to stave off the recession, and following the inspiring example of British writer Danny Wallace, **Nora Lindstrom** spends a day saying **YES** – to everything.

## ■ 8AM, BED

Wake up and am afraid of leaving the house knowing there is a lot to be said “Yes” to in Phnom Penh. I consider my options – hiding in bed all day, or setting out and least trying to get some work done. Figuring a day in the house might drive me nuts – and make for a rather boring article – I muster up my courage, get dressed, and head on out.

Before I’ve even locked the gate I’ve agreed to take a moto somewhere. But where?

Sat on the back, I point straight on. This seems to satisfy the driver and we set off. By Wat Lanka he asks if this is where I wanted to go – “Yes,” I say. Clearly Street 278 is where I was headed.

Walking down the street, I decide to check my email. With an air of determination, I keep my gaze on the ground to avoid any unwanted hassle, but 10 metres from the internet café I hear, “tuk tuk lady?”

Damn it, I almost made it!

“Yes,” I reply with some frustration in my voice.

“Where you wanna go?”

Well, I really want to go to this internet café right here, I want to say, but taking a tuk tuk there would seem a bit silly. Unable to think of anywhere I admit I don’t know where I want to go.

“Russian market?” the driver suggests.

Yes. The Russian Market is exactly where I want to go.

As I get into the tuk tuk the driver shakes his head and wonders aloud “You want to go but you don’t know where you want to go...” I try to smile in a manner suggesting that is a completely normal thing to do.

Once at the Russian Market my instinct of (financial) self-preservation kicks in and I direct the driver to a café. There is a very real possibility I would never make it out of the market if I ventured inside. Safely ensconced within the café I sigh with relief. I



Yees...?

still end up having three coffees as the waiter keeps asking if I would like I refill. Obviously I would.

## ■ 11AM, SISOWATH QUAY

I arrive at riverside by moto and am immediately accosted by a man selling sunglasses.

Yes, I want a pair of fake Gucci ones for US\$4. And yes, I also want the daily paper. In fact, I want the same daily paper so much I buy one off the second vendor too. Shades and newspapers in hand I hurry into the relative safety of an internet café and am thankful of my effective spam filter which I am certain saves me from signing up to breast enlargements, penis extensions and dodgy offers of lucrative money transfers.

## ■ 1PM, BKK MARKET

It had to happen at some point – going to the market. As I walk around checking out cool clothes

and funky shoes the vendors look on lazily and I am lulled into thinking this trip might not be so bad after all. Thus I am completely caught off guard when a shrewd saleswoman, whom I suspect has been tipped off about what I am up to, decides that the very thing I need is a winter coat along with a sequined cap. I hesitate, but rules are rules, and so off I walk with an 80s-style kid’s coat and the cap. They might come in handy at some point...

Making my way out, I walk through the food section. Big mistake! Not only does a vendor selling vegetables manage to make me buy a whole assortment of random greens, but a vendor from the adjacent meat section sells me a chicken – a real, dead chicken. And I’m vegetarian!

With winter coat, cap, veggies and a dead chicken in hand I finally steal my way out and hop

onto a moto for the only safe place I know – home. Or so I thought.

Somehow I volunteer to do a run to Lucky’s. On my way into the supermarket a woman selling deodorant comes forth.

“You want?”

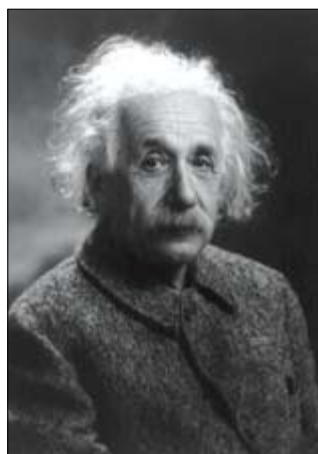
Yes.

“Buy from inside, special offer,” she says and points. Of course, male deodorant on special offer is precisely what I need.

When I get home the second time I decide that the only sensible thing to do is to lock myself in my room and turn my phone off. My sum total of the day includes six pointless moto rides, one tuk tuk trip, two copies of the same daily paper, shades, a sequined cap, a winter coat for the oncoming hot season, an assortment of vegetables and some male deodorant. Oh, and a dead chicken in my fridge that I have no idea what to do about – poor bird. 🐔

# This Month in History

laughter, geniuses and ear muffs



## ■ E=MC<sup>2</sup> 📖

March 14, 1879 – the physicist Albert Einstein was born in Germany. He wasn't yet a physicist at birth but would become one in later life. Best known for his theory of relativity and the mass-energy equivalence formula  $E=mc^2$ , Einstein was awarded the Nobel Prize for Physics in 1921. His theory of relativity led to new ways of thinking about time, space, matter and energy. It was while working at a patent office in Bern, Switzerland, that Einstein produced much of his exceptional work despite not being in contact with any prominent physicists. He went on to publish more than 50 scientific papers and is often judged the greatest scientist in history. Einstein emigrated to the U.S. in 1933 where he was an outspoken critic of Nazi Germany. Believing the

Nazis might develop an atomic bomb, he warned President Roosevelt and urged the development of the U.S. atomic bomb. The best known photograph of him is the one where he's sticking out his tongue at photographers on his 72nd birthday in 1951.

## ■ "I WANT YOU" 📖

March 10, 1876 – Telephone inventor Alexander Graham Bell places the world's first telephone call. Bell, who was born in Edinburgh, Scotland, and his father were involved in teaching deaf persons to speak – both his mother and wife were deaf. Bell developed an interest in the vibrating membrane as a method of electrically transmitting sounds. But the inventor of the telephone considered his most famous invention an intrusion on his real work as a scientist and refused to have a telephone in his study. His very first sentence spoken on the newly invented telephone was to his assistant in the next room, "Mister Watson, come here, I want you."

## ■ BLIMEY, YOU TOO? 📖

March 15, 44 BCE – the Roman military leader and dictator, Julius Caesar, was assassinated by a group of his own senators. The 15th day of March was known as 'The Ides of March' and is also the first day of the Roman New Year. Julius Caesar was warned by soothsayers to 'beware the Ides of March'. Unfortunately, he did not heed the warning strongly enough and was

stabbed 23 times by his senators, led by his former friend Marcus Brutus. Caesar's death sparked a civil war that ended the Republic and led to the rise of Caesar's great nephew and designated heir, Octavian, as Emperor Augustus. Two years after his death, Caesar was officially named a deity in recognition of the crucial role he played in transforming the Roman Republic into the Roman Empire. Nowadays, 'The Ides of March' has come to mean impending doom and the day is still marked in Rome by a toga run.

## ■ LAUGHING TOGETHER 📖

March 29, 1981 – London hosted its first ever marathon. Over 6,000 runners took to the streets on a drizzly, cold, English Sunday to compete in the 26-mile race, which was won by Dick Beardsley of the USA and Inge Simonsen of Norway who crossed the line together to finish with a time of 2:11.48 hours. The marathon, which is now one of the world's biggest sporting events and the largest annual fund-raising event, was launched by former Olympic champion Chris Brasher. Brasher wrote in *The Observer* in 1979: "To believe this story you must believe that

the human race can be one joyous family, working together, laughing together, achieving the impossible." In all, a total of 676,743 people have completed the race since its inception with a record 35,674 crossing the line in 2007.

## ■ THANK YOU CHESTER 📖

March 13 – on this day every year, Ear Muff Day celebrates the invention of the earmuff. Ear muffs keep your ears warm, and protect you from ear infections and earaches resulting from icy cold wind and weather. Manufacturers have responded to their popularity with a variety of designs and colours, making one to fit almost anyone's personality. Earmuffs were first patented in 1877 by big-eared Chester Greenwood as the "Champion Ear Protector" which later became known as "ear mufflers" and was eventually shortened to "earmuffs". 📖



## ■ CELEBRITY BIRTHDAYS THIS MONTH

*Figures in brackets represent the age they will be on their birthday.*

**Mar. 1** – Ron Howard (55); **Mar. 2** – Jon Bon Jovi (47), Lou Reed (65), Mikhail Gorbachev (78); **Mar. 6** – Shaquille O'Neal (37); **Mar. 8** – Freddie Prinze, Jr. (33); **Mar. 9** – Juliette Binoche (45); **Mar. 10** – Sharon Stone (51), Osama bin Laden (52), Chuck Norris (69); **Mar. 11** – Bobby McFerrin (59); **Mar. 12** – Liza Minnelli (63); **Mar. 13** – William H. Macy (59); **Mar. 14** – Billy Crystal (62), Michael Caine & Quincy Jones (Both 76); **Mar. 15** – will.i.am (34), Sly Stone (65); **Mar. 17** – Rob Lowe (45), Kurt Russell (58); **Mar. 18** – Queen Latifah (39); **Mar. 19** – Bruce Willis (54), Glenn Close (73); **Mar. 20** – Holly Hunter (51), Spike Lee (52); **Mar. 21** – Matthew Broderick (47), Gary Oldman (51); **Mar. 22** – Reese Witherspoon (33), Claire Unger (38), Andrew Lloyd Webber (61), William Shatner (78); **Mar. 25** – Sarah Jessica Parker (44), Elton John (62), Aretha Franklin (67), Gloria Steinem (75); **Mar. 26** – Diana Ross (65), Leonard Nimoy (78); **Mar. 27** – Quentin Tarantino (46); **Mar. 28** – Julia Stiles (28), Vince Vaughn (39); **Mar. 30** – M.C. Hammer (47); **Mar. 31** – Ewan McGregor (38), Al Gore (61), Christopher Walken (66).



# March Horoscope

your month ahead according to the stars

## ■ PISCES (FEB. 20 – MAR. 20)

Happy Birthday Pisces! March is a strong month for reassessing your finances and making a budget, but it's not a favourable time for making important purchases. If you do make a big outlay, you are likely to regret it next month, so hold off if you can for the time being. It's better to hold on to your money for now. From the 8th forward, you're getting a lot of attention. A partner has your wants and needs in mind, and work matters are favoured. Your responsibilities to a special someone are hard to ignore around the full moon on the 10th.

## ■ ARIES (MAR. 21 – APR. 20)

Venus entered your sign in February, augmenting your overall charm and perhaps bringing gifts, money, and favours your way. This month, Venus moves 'backwards', and it's time for introspection. This is particularly true after the 15th, when Mars enters Pisces, the sign just behind yours. It's time to revise your plans and consider new initiatives. Others may not be getting you – perhaps misunderstanding your intentions, but this only temporary. The New Moon on the 26th brings with it new discoveries and a pleasant change to your life. The Full Moon on the 10th brings some chaos on the job front, but nothing you can't handle. This will be an unusual month in which you are inclined to retreat yet others are vying for your attention.

## ■ TAURUS (APR. 21 – MAY 21)

Venus, your ruler, turns retrograde this month, signalling a period of reflection. You are likely to pull back a little, as you take the time to revise and perhaps question your plans. Matters from the past creep up and demand your attention. This is a good month in which to solve old problems and finally lay them to rest. Nevertheless, your public or professional life is quite busy, particularly in the first week of March. Friends are supportive. Despite your inclination towards retreat and rest, your social agenda is hectic. There is bound to be some drama in your romantic life, particularly around the 10th. A lover (and in some cases, a child) needs some attention, and it's time to sort that out. A surprise surrounding a friend or family member is likely from the 12th to the 13th.

## ■ GEMINI (MAY 22 – JUN. 21)

Some complications surrounding

friends and lovers are quite possible this month, and you're likely to find these people in your life dredging up old issues. Give others space and use this time to really take to heart what others are saying, even if it may be difficult to hear. There's a lot of activity on the career front in March. While you begin the month in an adventurous mood, you quickly realize that there are a lot of responsibilities to take care of. Family matters grab your attention as well, around the 10th, and then from the 12th to the 13th, surprising events and communications occur through your work. The 1st and 2nd bring excitement surrounding a travel opportunity. Strong days of opportunity occur from the 2nd to the 5th and then again on the 10th. Watch for pressure build-up on the 18th.

## ■ CANCER (JUN. 22 – JUL. 22)

There are some wonderful and perhaps surprising opportunities that have to do with legal affairs, travel, or education this month, particularly around the 12th and 13th and the 21st to the 23rd. Complications and setbacks are likely, but only temporary. Career matters could be causing you some concern, but try not to fret over details. Instead, come up with a better game plan. April will bring opportunities to begin anew. A relationship is reaching new depths of intimacy in March, and there's quite a bit of talk and activity that stimulate changes in how you approach each other, particularly in the first week of the month.

## ■ LEO (JUL. 23 – AUG. 22)

Your close personal relationships continue to take centre stage in your life this month, Leo. A close partner could seem a little mysterious or even elusive, but this only serves to intrigue you more. It's a good month for deepening a connection, but do prepare yourself for some communication difficulties. Travel, legal, or educational plans may not be moving forward at the speed you'd like them to be. The 10th brings some financial matters to light, demanding your attention. Likely, money shared, borrowed, or loaned will be big topics on the table now. In fact, some surprising events surrounding shared possessions and funds, as well as intimate matters, are likely around the 12th and 13th as well as the 21st to the

23rd. The 12th and 13th also bring an exciting connection with a lover.

## ■ VIRGO (AUG. 23 – SEP. 23)

The month begins with a strong focus on your health and work routines, Virgo. You could be digging up interesting information now, and there is likely to be quite a fuss over it in the first week of the month. The focus turns to a close partnership or friendship towards mid-month, when a special someone could be putting his/her cards on the table. While it's not a time to sweep matters under the rug, some care should be taken in all love matters this month, particularly those surrounding shared finances and intimacy. It's a good month for redesigning your budget, but it's not strong for making big purchases. You could easily regret your purchases next month, so take the time to think about it before you leap forward. The 10th brings a surprising revelation.

## ■ LIBRA (SEP. 24 – OCT. 23)

March brings a more serious tone than February, Libra, although the first week is likely still about 'fun and games'. Work matters come increasingly into focus, and you are feeling more introspective. It's not that you lack confidence, but you tend to recognize the need to look within for answers. Questioning your plans is likely, and in fact quite necessary. A close partner may be distant or hard to read this month as well. Some disconnects in the love department are likely. These will clear up mid-April. For now, try not to push matters (or others). Give them space, and give yourself space as well. Surprises on the job or regarding health are likely from the 12th and 13th and the 21st to 23rd. The 11th and 12th also bring some fabulous news and highly motivating conversations.

## ■ SCORPIO (OCT. 24 – NOV. 22)

You're moving towards a more playful and fun frame of mind in March, Scorpio. Romantic surprises are likely around the 12th and 13th and the 21st to the 23rd. There could also be a surprising turn of events surrounding creative projects, children, and family matters during these periods. Invitations to go out and have some fun should be grabbed. While love matters do pick up pace, some care is necessary when it comes to a close partner-

ship. You might find that a partner is a little distant or hard to reach this month. These matters will clear up mid-April, and simply require you to be patient and understanding. The 10th brings your obligations to friends or groups to light. Going over past errors or problems is likely on the job.

## ■ SAGITTARIUS (NOV. 23 – DEC. 21)

The first week of March continues the busy theme of last month for you dear Sagittarius, after which life settles down a tad. While there are bound to be some surprises on the home front, particularly on the 12th and from the 21st to the 23rd, your focus is on settling in and keeping the peace. The 10th brings the culmination of an important work project or a scurry of activity on the job. Events occur that highlight your responsibilities in your professional life. From the 6th and until mid-April, a lover may be distant or in a phase of rethinking matters. You might also take this time to re-assess your goals on a romantic level.

## ■ CAPRICORN (DEC. 22 – JAN. 20)

The month begins with continued attention to your personal finances, Capricorn. You have big ideas about how to increase your income. While you will continue to brainstorm about money-making endeavours in March, your attention also turns to learning, communicating, and networking. A surprise communication is likely on the 12th or 13th, and work brings unanticipated events from the 21st to the 23rd. If a lover seems distant or a love affair appears to stall this month, it just means that it's time to reassess matters. You could also find that you experience creative blocks this month, which will clear up mid-April.

## ■ AQUARIUS (JAN. 21 – FEB. 19)

The first week of March is very busy for you, Aquarius. You are getting a lot of attention, and others are turning to you for advice. Money matters become a big focus from the 8th forward, and unanticipated events surrounding your personal finances are likely, particularly on the 12th and 13th as well as from the 21st to the 23rd. Responsibilities to others, particularly on a financial level, become hard to ignore around the 10th. The 12th and 13th are also strong days for enhancing or attracting a close partnership. Creative projects could bring financial reward this month. ■

# Best Kept Secret: Café du Centre



HIDDEN AWAY IN THE courtyard of the French Cultural Centre (CCF), Café du Centre forms a lovely green haven just off Monivong Boulevard on Street 184. Set next to a lush, green garden, the languid and quiet ambience attracts a varied, if predominantly francophone, crowd. Groups of local students prepare for their French classes across the road while NGO workers from nearby offices sit across from the odd tourist.

Run by the local NGO Mith Samlanh, the café serves a variety of salads and crepes for around US\$5, some Khmer dishes, as well as fresh fruit juices (US\$2). The menu is in French, which can prove problematic, but staff also speak English and are happy to translate.

Make sure you don't miss the all-you-can-eat US\$5 BBQ buffet and salad lunch from noon to 2pm on Fridays. Begun in January, this regular treat is great value for money and offers appealing, hygienic and fresh food despite the smorgasbord format. The dishes served change weekly. Starters include baguette, mixed salad, potato salad and taro spring rolls. The salads were particularly tasty with a

choice of two salad dressings, while the potato salad was filling without having too much mayonnaise. Mains included kebabs, chicken curry and rice. With a choice of beef, chicken, pork and vegetable kebabs, there was something for all. The choice was slightly more limited for vegetarians, albeit it with unlimited helpings of veggie kebabs - featuring grilled vegetables and not fake meat. The dessert was a mix of ripe local fruit, ready peeled, though after several helpings from the buffet most of our party were unable to indulge in the afters.

Café du Centre also serves continental style breakfasts, such as omelette with bacon (US\$2) and toast with jam and butter (US\$1.50). There is room for improvement on the coffee side though, as the café au lait (US\$1.75) was small, and initially came with cold milk on the side.

The café is a lovely, secluded spot in which to relax and get away from the bustle of the city. It also offers a chance for you to make use of your all-but-lost French language skills as you decipher the menu, and support a good cause.

*Café du Centre, 218 Street 184, Open 8am-9pm. 🇫🇷*

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PHNOM PENH  
**AsiaLIFE** guide

**THINK** BEFORE GIVING MONEY  
TO BEGGING CHILDREN



[www.childsafe-international.org](http://www.childsafe-international.org)

# European Tour

1	2	3	4	5		6	7	8	9		10	11	12	13
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69					70					71				

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**ACROSS**

- 1 Word with 'up' or 'on'
- 6 Kep speciality
- 10 Side that breaks laws
- 14 Board for nails
- 15 One way to start a plane
- 16 Mix or sticky ending
- 17 Secret love affair
- 18 Jeong Ji-hoon (singer)
- 19 (with 60 down) "Interview with a Vampire" author
- 20 Alcoholic tea
- 23 Scot's affirmation
- 24 Confused aide's thoughts
- 25 E-junk mail
- 29 Removes
- 33 Peter's land, twice
- 35 British water festivals
- 40 Works without gadgets
- 43 Lockups for UK teens once
- 44 Heaven-sent food
- 45 Buries

48 Originates (from)

- 49 Descendant
- 53 Suitable
- 55 Ravenous
- 63 Spoken
- 64 Statement Obama failed to "faithfully execute"
- 65 Ben Hur and Gandhi
- 66 Women and song opener
- 67 Soothing plant
- 68 Seal the toothpaste tube again
- 69 Acorn, less specifically
- 70 Workout measurements
- 71 Foe

**DOWN**

- 1 Cure
- 2 Bandolier contents
- 3 Sign filler
- 4 Medicine
- 5 Turkey neighbour
- 6 History of work

- 7 Bernabéu team
- 8 What the fat lady may sing
- 9 City that sounds good in French
- 10 Old fashioned
- 11 First name in cycling
- 12 Sleep disorder
- 13 Flora non grata
- 21 Tipple option for the good old boys in "American Pie"
- 22 Anti-nuclear demand
- 25 Ignore returned buns
- 26 "Piece of eight", half a gold escudo
- 27 Insist rave is off
- 28 Child's creation, often
- 30 Found between two thorns
- 31 Stitch ran from wrong answer
- 32 Chicken preceder?
- 34 Eye tissue
- 36 Darjeeling and Assam
- 37 Collapsible home

- 38 Teenager's woe
- 39 Fabric join
- 41 Computer connection system
- 42 Filling fillings?
- 46 Causes of itching
- 47 Healthy spot
- 49 Horse or flower events
- 50 Double Nobel Prize winner Marie
- 51 Pointless, like a remark
- 52 Blatantly checked out
- 54 Word to a cabbie while pointing at a map
- 56 Shout like a lion
- 57 Prestigious US school
- 58 At the peak of
- 59 What not to do with a can of worms
- 60 see 19 across
- 61 Dupe
- 62 Spot



# Sudoku Answers



Gwan Ching Lee

We can't give you a puzzle without providing the answers. So here is the completed puzzles from this month's issue of AsiaLIFE.

8	1	7	4	6	3	9	5	2
9	3	5	7	1	2	6	4	8
6	4	2	8	5	9	1	7	3
2	9	8	1	7	4	5	3	6
1	6	4	3	8	5	2	9	7
5	7	3	2	9	6	8	1	4
4	5	9	6	2	7	3	8	1
3	8	6	5	4	1	7	2	9
7	2	1	9	3	8	4	6	5

■ EASY

3	9	4	7	5	8	6	2	1
2	7	8	3	1	6	5	9	4
1	6	5	9	2	4	3	8	7
5	1	3	8	4	9	7	6	2
7	8	2	1	6	3	9	4	5
6	4	9	5	7	2	1	3	8
8	3	1	4	9	7	2	5	6
4	2	7	6	3	5	8	1	9
9	5	6	2	8	1	4	7	3

■ EXTREME



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# The QuizMaster

## SPACE

- How long does it take the earth to spin once on its axis?
- What is the name of the force which keeps the planets in orbit around the sun?
- Which planet is closest to the Sun?
- Which is the largest planet in the solar system?
- Which is the most abundant element in the universe?
- Which planet is covered by clouds of Sulphuric Acid?
- What is the smallest planet in the solar system?
- How long does it take for the Earth to go once round the sun?
- Which planet is named after the Roman god of war?
- Which is the brightest comet in the solar system?

## IT'S A MATERIAL WORLD

- What was the first man-made fibre?
- Lignin is a chemical compound most commonly found in what material?
- Chemically, what is limestone?
- What is the main constituent of natural gas?
- In what year did Madonna's Material Girl become a world-wide smash hit? (it peaked at number 12 in the Algerian Singles Chart)
- What is the tip of the nose made of?

- Tanning is used in the preparation of which material?
- When King Midas touched any material it turned into which metal?
- Which metallic element is combined with iron to make stainless steel?
- Black and white photography relies on the chemical properties of which metal?

## TOURIST ATTRACTIONS

- Which country presented the Statue of Liberty to the USA?
- In which city could you visit the Bolshoi theatre, completed in 1824?
- Where would you go to in order to visit the terracotta army?
- In which English county is the Cheddar Gorge?
- In which city is the Tivoli amusement park?
- Which Swiss resort has an annual television festival whose top award is the Golden rose?
- In which European Country is the original Legoland?
- What is the major tourist attraction in Jordan?
- In which city can you climb the Spanish Steps?
- The British Foreign and Commonwealth Office advise against visiting which Cambodia tourist attraction?

ANSWERS ON PAGE 78

# Sudoku MIND GAMES TO KEEP YOU THINKING

This month Gwan Ching Lee has provided two puzzles – one he rates as 'Easy' and the other as 'Extreme'. Flex your grey cells on the first puzzle before taking on the real challenge. Good luck!

Level: Easy

Gwan Ching Lee's time: 10 mins

	1			3			2
				1		4	
		2		5		7	
	9		1	7		5	
		4		8		2	
		3			6		1
	5			2		3	
	8			4			
7			9				6

Level: Extreme

Gwan Ching Lee's time: 30 mins

3		4			8	6	2	
				1				
			9					7
	1			4				
7		2				9		5
			5				3	
8					7			
				3				
	5	6	2			4		3

ANSWERS ON PAGE 85

# Quote Unquote

## CRUMBLING DOWN?

In keeping with this month's theme, we have four quotes about art.

"The aim of art is not to represent the outward appearance of things, but their inner significance."

— Aristotle.

"The purpose of art is to lay bare the questions which have been hidden by the answers."

— James Baldwin.

"Every child is an artist. The problem is how to remain an artist once he grows up."

— Pablo Picasso.

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