

PHNOM PENH

ASIALIFE

guide

082009
ISSUE32
US\$1

half what?

The state of the capital's restaurant business



Friends
Cheap Beer
Messenger Band
Nathan Horton
Myanmar Calling



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THE KING OF POP

Michael Jackson Night



August
22



The FCC Rooftop

- # 2 large-screen projectors showing video clips and highlights from Michael Jackson's career
- # DJ Felipe from Spain spinning MJ, disco and funk
- # Special guest dancers
- # Dance floor

What's on in August!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 Fresno Chillout Sessions! 8-11pm - Everyday	28	29 JOCCO Wednesday! PACHARAN Tapas & Drinks	30 fully booked	31 YOUR MARRIAGE needs YOU! World Environment Day	1 @the Happy Hours 5-7 pm daily	2 fully booked
3 @the Happy Hours 5-7 pm daily	4 Fresno Chillout Sessions! 8-11pm - Everyday	5	6 Fresno Chillout Sessions! 8-11pm - Everyday	7 @the Happy Hour 4-8pm daily	8 Special Dj Guest at o low	9 Fresno Chillout Sessions! 8-11pm - Everyday
10	11 o low Happy Hours 4-8pm daily	12 JOCCO Wednesday! PACHARAN Tapas & Drinks	13	14 Fresno Chillout Sessions! 8-11pm - Everyday	15	16 o low Happy Hours 4-8pm daily
17 fully booked	18 @the Happy Hours 5-7 pm daily	19	20 Fresno Chillout Sessions! 8-11pm - Everyday	21	22 Michael Jackson Night	23 @the Happy Hours 5-7 pm daily
24 Fresno Chillout Sessions! 8-11pm - Everyday	25	26 JOCCO Wednesday! PACHARAN Tapas & Drinks	27 SALSA NIGHT FEATURING DJ JIMMY @pacharan	28 o low Happy Hours 4-8pm daily	29 fully booked	30 Fresno Chillout Sessions! 8-11pm - Everyday

DJ Jimmy SALSA

8pm - 12pm
June 25, 2009
PACHARAN
Tapas & Drinks

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Editorial

THE ECONOMIC DOWN-turn may be affecting most businesses in the Penh, but is this necessarily such a bad thing? Making money is easy in boom periods. Shops, restaurants, bars and even magazines flourish even if they lack a sound financial basis. Inefficient businesses sprout up everywhere. The ruthless nature of capitalism is that for every boom there is a bust. Businesses are compelled by market forces to put their house in order, trim costs and re-evaluate their modus operandi. Otherwise they go bust.

This month, we look at how the capital's restaurants are coping with recession. Are they seizing the opportunity to place their business on a surer financial footing or burying their heads in the sand? We talk with several restaurateurs to try to ascertain what is the successful formula for a thriving restaurant in the Penh. After all not every business is going to the wall.

As regular readers will know, last month we decided to start charging for AsiaLIFE Guide. In last month's editorial I said that this was to maintain and "improve" the standards we have set.

One of the areas we aim to improve on is better regional coverage. Greg Lowe, an experienced journalist based in Bangkok has agreed to send us monthly updates on what is new and fresh in the Thai capital. We have also agreed with our sister magazine in Saigon for regular exchanges of articles. Without diluting the main focus of the magazine

– life in the Penh – we hope to provide you with a better flavour of what is going on in the region.

The improvements apply as much to our website as to this magazine. Those who have joined our website or the Facebook group AsiaLIFE Guide, will have received our regular newsletter on what is happening in that for every boom there is a bust. All the events are included in the website's weekly calendar, which is updated daily.

With the greater financial security charging for the magazine provides, we are now able to get out about town more often. Each week, we will have fresh stories on what is happening in the Penh, as well as scrapbook photos. Currently we have uploaded to the Gallery over 2000 photos taken this month at various events. They have received over 2,200 hits in barely three weeks.

We are also beginning to publish articles exclusively to the website. Fans of the Penh's most popular import band Bad Neighbour, will be glad to hear that an interview with the band's leader Claudio Duek by Nora Lindstrom is now online.

As always, we hope that you enjoy this issue of the magazine, but this time, invite you also to check out the website at: www.asialifeguide.com

Mark Jackson
 Publisher – AsiaLIFE Guide

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in the penh

The Month That Was

raffles, veils, punks, photos, ashes



@Winking Frog

■ **A SOUL-FILLED FUNDRAISER**
Jul. 12, The Winking Frog was dominated by all things starting with the letter S – soul, ska, scooters, sangria and Sol. It was also a fundraiser for Philip Bedford, who is in need of expensive medical attention following a traffic accident over Khmer New Year. Organised by friends of Bedford, the fundraiser featured a raffle with some highly coverable prices, including internet connections, massages, dinners and even cruises. The raffle raised US\$1,417, according to The Winking Frog's owner Derek Wheatcroft. With Sol Beer for as little as a dollar, and a two-litre jug of sangria going

for US\$7.50 punters were kept happy, while the DJs belted out some feel-good tunes.

■ **CAPTIVATING VEILS**
Fans of Egyptian dance were treated to a mesmerising show at Gasolina on Jul. 11. Led by Raqs Sharqi teacher Margherita Maffii, six female dancers performed four different pieces of the entrancing belly dance. Moving their hips to Egyptian melodies, the performers used veils and tinkling hip scarves to further enthrall the audience. Margherita too took to the stage, demonstrating her skills acquired through years of learning the art. The performance was the annual show of the Raqs



@Gasolina

Sharqi class taught by Margherita at Himawari on Saturdays between 4pm and 5.30pm. The class costs US\$5. All women are welcome to join in and try this liberating and thoroughly feminine form of dance.

■ **CHINA ROCKS!**
Fresh from an exhausting tour of their native China, Post Punk band Rebuilding the Rights of Statues played The Chinese House on Jun. 25. Inspired by 80s British music and especially Joy Division, Hua Dong, Liu Min and Ma Hui have taken the world's most populated country by storm. Their recent tour – 30 cities in 50 days – has

been described as the “biggest rock tour in China.” “We love coming to a new market, Cambodia is very new,” said lead guitarist and singer, Hua Dong. “Everything here is new, everything is possible.”

The gig was the idea of The Chinese House co-owner Brad Gordon. “We want to do this type of event on a regular basis,” says Brad, who is a friend of the head of the group's recording manager. The gig formed part of the band's tour of Southeast Asia, which included Ho Chi Minh City's The Cage on Jun. 26 and Bangkok on Jun. 27.

“Our music is a little bit dark and introverted,” explains Hua,

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@Phnom Penh Ashes

who also writes all the songs in English. "We are not aggressive on the stage and we don't talk to the audience." Anyone who attended the night would certainly agree that China Rocks!

■ **PUNKS AT THE CAVERN**

Calling itself the worst punk band in Cambodia, Stiff Little Punks played at the unofficial grand opening of The Cavern, Jul. 11. Named after the famous Liverpool club, this watering hole on Street 104 in reality opened some six months ago, but it has taken some time to get everything set and ready, according to co-owner Tim Holland. The Stiff Little Punks, consisting of Brits Ian and David, is a relative newcomer on the Penh's music scene. The two only got together some three months ago, yet have already played a few gigs around town. The two-man act plays 70s punk, such as The Clash and Sex Pistols, interspersed with punk-like takes on more modern tunes, including Oasis. At The Cavern, the band was greeted by a male-dominated audience, hungry for some tunes from

their youth. Playing a long set, the band did not disappoint and fans will be pleased to know Tim hopes to host the band at The Cavern on a regular basis.

■ **PHOTOWALK IN THE PENH**

Over fifty photographers, both amateurs and professionals, met at the FCC on Jul. 18 for Phnom Penh's first Photo Walk. Organised by freelance photographer David McKee, the event was part of Scott Kelby's Second Annual Worldwide PhotoWalk, with 915 cities around the world gathering over 23,000 participants. Starting with a group photo in front of the Royal Palace, the Penh's participants, cameras in hand, then strolled down towards Wat Botum and Hun Sen Park. The group included Cambodians from Singapore who had flown in exclusively to take part in the event, as well as tourists and local professional photographers.

After the walk, participants had one week to upload their photos on a common Flickr group page. The organisers will then pick the best photos, and the lucky photographers are awarded prizes

courtesy of Photoshop-guru Scott Kelby. To see some of the photos, visit: <http://www.flickr.com/groups/1120904@N21/>

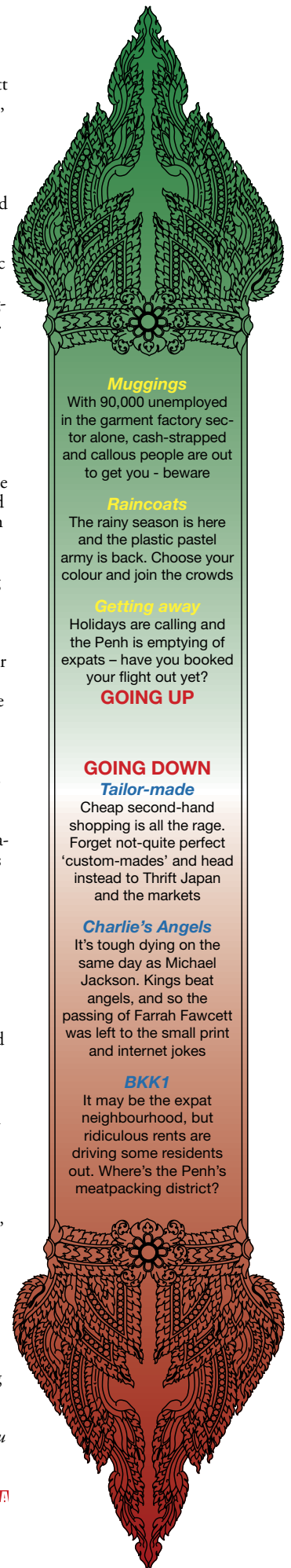
■ **LATIN ROCK AT THE FCC**

Saigon-based Latin-rock band Bad Neighbour got the crowd going at the FCC on Jul. 18. Bringing some much-anticipated live music to the Penh, the seven-strong band was welcomed by both long-term fans and the newly initiated. Led by Argentinian Claudio on vocals and rhythm guitar, the band played its signature mix of Latin and rock, with a bit of rap thrown in for good measure, in one long set ending well after midnight. The beats filled the dance floor as punters were unable to resist the lure of the music, and the atmosphere was high. Though the crowd was perhaps slightly smaller than in the band's hometown, singer Claudio said playing at the iconic FCC with the Tonle Sap floating behind had a special charm and that the band would definitely be back. Bad Neighbour plays at the FCC three to four times a year, though a date for the next gig has not been set.

■ **AUSTRALIA IN ASHES**

Players and friends of cricket gathered for the Penh's very own Ashes match on, Jul. 12. The serious and highly competitive England-Australia game took place on the capital's Lords stadium, better known as Boeng Keng Kong school pitch. Armed with bats, balls and beers, the players arrived at a leisurely pace and spent some time clearing the pitch of rocks before the game could get going. With the British side initially short of players, old colonial ties had to be recalled, and the team was propped up with a mix of nationalities. After a quick review of the rules, the 15-over-a-side match got underway. England started slowly, but eventually reached a respectable 175 for 6. This was too much for the mighty Oz, who probably were suffering from too many ales at Club White, Rubies and Pontoon Lounge the night before, and struggled to 143 for 8. The event was concluded with a friendly barbeque. The Penh's cricketers get together for a game on a fortnightly basis. If you would like to join in, email England team captain Chris Dring on chrisdring28@gmail.com

(Events are posted on the AsiaLIFE Guide website each week. If you can't wait for the print version to find out what went on in the Penh, then visit: www.asialifeguide.com) ■



Muggings

With 90,000 unemployed in the garment factory sector alone, cash-strapped and callous people are out to get you - beware

Raincoats

The rainy season is here and the plastic pastel army is back. Choose your colour and join the crowds

Getting away

Holidays are calling and the Penh is emptying of expats - have you booked your flight out yet?

GOING UP

GOING DOWN

Tailor-made

Cheap second-hand shopping is all the rage. Forget not-quite perfect 'custom-mades' and head instead to Thrift Japan and the markets

Charlie's Angels

It's tough dying on the same day as Michael Jackson. Kings beat angels, and so the passing of Farrah Fawcett was left to the small print and internet jokes

BKK1

It may be the expat neighbourhood, but ridiculous rents are driving some residents out. Where's the Penh's meatpacking district?

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Pick of the Month

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■ **GREEN:**

Recycle your Tetrapacks

Though recycling in the Penh may not be as straightforward as at home, there is no excuse to neglect your green duties even as an expat. Smateria accepts tetrapacks, toothpaste tubes, cardboard cereal boxes, coffee bags, clean plastic bags, raincoats, as well as plastic pools and other similar material. These are used to make the fabulous bags and purses sold at the shop. You'll be doing the producers a favour if you cut and wash the tetrapaks beforehand. When cutting the carton, flatten the box first, then snip both top and bottom off, before cutting vertically along the glue. After washing, leave it to dry just like you would with your dishes. Recyclables can be dropped off any day from 8am to 5pm.

Smateria, 8 Street 57

■ **WELLNESS:**

Swimming Lessons

Learning to swim can be fun and it's not just for kids. Qualified swimming instructor Andrew Schultz has lessons in the private pool in the Phnom Penh Centre (corner Sothearos and Sihanouk Boulevards) on Monday, Tuesday and Wednesday afternoons from 3.30pm, and Saturday and Sunday mornings from 8am to 12pm. He can teach anyone from 6 months to 40 years.

For more information ring Andrew on 017 986 297, or email: camswim@mail.com.

■ **IMBIBE:**

Pomelo Salad

Fresh yet filling, the traditional Cambodian pomelo salad is delicious and healthy – perfect for lunch. Usually made with pomelo, dried shrimp, coconut, garlic, shallots and peanuts, there are also varieties of the dish that feature pork or chicken. At Café Yejj, you can enjoy the delectable salad complete with fresh prawns (US\$4.50/US\$3) whilst taking advantage of the complimentary WiFi.

Café Yejj, 170 Street 450, around the corner from the Russian Market.

■ **GO:**

Sambor Village

Finally there is a reason for staying over in Kampong Thom. Check out boutique hotel Sambor Village on Democrat Street for a bit of style in the otherwise dusty town. Complete with a pool, complimentary WiFi, 19 rooms (from US\$50/night) and a restaurant on the terrace of the wooden house, Sambor Village is also a perfect distance from the Penh for a short weekend trip.

For more information visit: <http://samborvillage.com>.

■ **BLOG:**

Cambodian Street Food

Always wanted to try the culinary wonders of Cambodian street food but never quite had the courage to try? For a good introduction to the different dishes available, check out Aussie Phil Lees' food and drink blog – Phenomenon (www.phenomenon.com). The food map with reviews of some of Phil's favourite restaurants is a particularly nice touch, and Phil has interesting things to say about non-food related events in Cambodia too.

■ **CONSUME:**

Bikinis

Though pretty yet practical swimwear is in demand by everyone wanting to enjoy a bit of poolside fun, it's not always easy to find that perfect two-piece for frolicking in the water. Beach babes are however in luck at Zoco, as this cute clothes shop also stocks a decent range of bikinis. Available in regular sizes and varying patterns, Zoco's bikinis are reasonably priced at around US\$20. It takes a bit of digging to find what could be your dream beachwear though, as the bikinis are not arranged on clothes hangers. Zoco also has three stores in Sihanoukville.

Zoco, 22B Street 278

Our Man in Bangkok

We all need to get away from the Penh sometimes. Starting this month Bangkok-based journalist Greg Lowe gives us the low-down on what is new and hip in the City of Angels.



■ EAT

Kum Poon

This spicy little Isan/Laos number puts fire in your belly at a good price. Located on CentralWorld's seventh floor and serving up Northeastern Thai food and icy cold Beer Lao, you can expect to spend around 300 baht for a decent sized meal with a drink.

CentralWorld, Rajdamri Road, Tel: +66 (0)2 646 1044

Long Table (Upscale)

Asian fusion restaurant from the same team as Bed Superclub offers up mouthwatering cuisine and cityscape panoramas. Sit at the eponymous 30-metre long table or retreat

to more intimate Japanese style booths. This type of ambience doesn't come cheap though, as one of the current places to be seen you can be sure the experience will hit you in the pocket.

Sukhumvit Soi 16, Tel: +66 (0)2 302 2557/9, www.longtablebangkok.com

■ RELAX

Urban Retreat Spa

Slightly pricier than your average Sukhumvit massage shop, but decidedly more swanky, Urban Retreat Spa offers a range of 60-minute to three-hour treatments and packages, from scrubs and facials, to aromatherapy and four-hand massages. Standard Thai massage starts at 350 baht for an hour.

Sukhumvit Road (BTS Phrom Phong), Tel: +66 (0)2 204 1042/3, www.urbanretreatspa.net

■ PARTY

Park Bridge

Overlooking one of Bangkok's more "colourful" streets, this glass-encased bridge is a recent addition to the Bangkok club scene. Small and intimate, the lounge-style environment and small dance floor make it ideal for a more chilled night or warming up. DJs spin tech-house and electro grooves. Open 10pm - 3am.

Patpong Soi 2, Tel: +66 (0)2 236 5008, www.theparkbridge.com

■ SLEEP

SEVEN

Small, stylish and personal, SEVEN is a unique boutique resort with six guestrooms and the Seventh Place - the reception/bar/gallery. Each room is individually designed with a colour scheme matching the day of the week and the corresponding Indian god. Rooms from 4,700 baht.

Sukhumvit Soi 31, Tel: +66 (0)2 662 0951, www.sleepatseven.com

■ EVENTS

AUG. 8

Champion Sounds presents Brodinski, French electro mixmaster comes to: Club 808 Bangkok, Royal City Avenue (www.808bangkok.com).

AUG. 11-23

Mama Mia! The Musical, International tour comes to the Muangthai Ratchada Theatre (1,000-4,000 baht). Tickets available from www.thaiticketmajor.com, Tel: +66 (0)2 262 3456.

AUG. 30

Beijing Acrobatic Fantasy Chinese Cirque du Soleil-type mastery, one day only Impact Muang Thong Thani (300-1,500 baht). Tickets available from Thai Ticket Major. 🎫

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Openings

iida, butterfly, white, buckwheat, selantra

■ IIDA AT LUNCHBOX

Gourmet sandwich bar Lunchbox opened mid-June on popular Street 282, aiming to fill an evident market gap, owners Eliza and Teo are bringing healthy sandwiches to Boeung Keng Kang's expat set. Located just off the Golden Mile, Lunchbox's garden setting offers tranquillity and seclusion amidst an eclectic mix of rattan furniture. In addition to sandwiches, the menu offers breakfast, salads, smoothies and coffees. WiFi is on its way. A special feature is the Sunday morning clothes sales, where Iida Designs clothes as well as other women's second-hand clothes and accessories are for sale. This is the ideal place to pick up some less than ordinary clothes at very reasonable prices. Iida Design is a local women's sewing co-op coordinated by designer Lauren Iida. All profits go back to the co-op.

Lunchbox, 14 Street 282, Tel: 092 553 743, Open 7am-4pm (weekends 6pm)

For Iida Designs, contact Lauren Iida on 092 649 122, or contact tiida@gmail.com

■ CRUISING WITH STYLE

The Butterfly brings novel sophistication to sunset cruises in Phnom Penh. Launched in early July, the beautifully renovated boat comes complete with comfortable lounging bed,



@Lunchbox

good sound system and catering according to need. There's also a proper loo! Designed for up to 15 guests, experienced Captain Kim and his wife will take customers on both longer and shorter tours on the Tonle Sap and beyond. Overnight adventure tours are also offered. The management is happy to consider almost any cruise request. Though the lack of roof on half the boat may render cruises during the rainy season somewhat chancy, the excellent bloody marys make up for a few drops of water. An additional draw is that, despite its up-scale looks, prices are sensible at US\$15/hour and prices for longer trips are negotiable.

The Butterfly is located on the river opposite Street 136. To book, contact Kim on 012 981 559.

■ BLACK WHEAT

A chic new entrée on the Siem Reap food scene is Black Wheat, a contemporary take on the traditional French creperie. Made from the traditional buckwheat, the savoury crepes (US\$4.50 to US\$8) are filled with delicious offerings such as merguez sausage, black pudding with apples, mous-saka, reblochon, rum sautéed scallops with raspberry, squid, salmon, spinach and mushroom with nutmeg béchamel, and cauliflower cheese. A short wine list of very reliable and well-

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Sambor Village
hotel - restaurant - swimming pool bar
Kampong Thom - Cambodia

priced wines to match the crepes, is rounded off with traditional Breton cider. At US\$2, the beer is a little expensive as are the desserts. Stylish and smart, the new outlet is a different offering in this crowded and often repetitive market. The crepes really are delicious and filling. Reviews from individual diners have so far been universally enthusiastic.

Black Wheat is between Pub Street and The Alleyway, Siem Reap.

SELANTRA

Selantra opened its doors several months ago, but seemed to run up against some teething problems. Our visit at the time was very disappointing, but a recent re-visit was much more satisfying. Khoy Dara, 24, formerly of the Hotel de la Paix, is the proprietor of the restaurant on Wat Bo Road, which fuses Southeast Asian décor and artwork with a Mediterranean architectural style creating a strong visual brand. This blend is reflected in the Euro-Asian menu. Summery dishes dominate the starters menu, including a seafood broth, gazpacho, spring rolls and salads. The mains include staples such as stir-fried chicken with holy basil,

fettuccini, linguine and fried chicken with a thyme sauce, as well as a more fun blue shrimp with caramel sauce. The highlight is the reasonably priced Brazilian steak at US\$10. An extensive cocktail list is available, and the wine list is thoughtfully separated into different styles.

Selantra, Wat Bo Road, Siem Reap.

WHITE IS THE NEW BLACK

Club White – or “the future of clubbing in Cambodia” – had its grand opening, Jul. 10. Bringing a novel level of sophistication and class to the Penh, as well as beats by experienced international DJs, the club’s owners hope to attract a highly international crowd for some seriously upscale clubbing. The grand opening started with a flashy VIP reception that attracted local movers and shakers, friends of the owners and the media. Packed with the bold and beautiful of Cambodia’s elite, the party was well under way by the time the general public was let in at 10pm. The surprisingly affordable drinks menu combined with the pumping beats was sure to keep the party going until the small hours. Time will tell if Club



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calendar

August

geckos, divas, bollywood, heroes, eats

sunday

monday

tuesday

wednesday

thursday

26

27

28

29

30

02

D'Sco

The Geckos of Love play Talkin to a Stranger every other Sunday from 4pm to 8pm

Johnny Mad Dog

Screening at Meta House at 7pm

Live Music at Riverside

Intercon Sunday Brunch

Pontoon - One Drop Sundays

03

Divalicious Monday

Diva DJs Buffy and Radioactive Anne play the Riverhouse Lounge from 8pm to 11pm

Live Music at Riverside

Vespa Malt Monday

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

04

The Ordeal of Indian Women

Screening at Meta House at 7pm

Live Music at Riverside

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

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

05

Wednesday Ladies Night

Buy 1+1 free cocktails all night at the Riverhouse Lounge

Bollywood

Indian movies are screened every Wednesday at Annam Indian Restaurant from 7pm

Barroco

Screening at Meta House at 7pm

Pontoon Ladies Night

Vespa Wine Wednesday

Loco Wednesdays

06



Medics in the Ukraine & Cambodia

Screening at Meta House at 7pm

Full Moon Party At Club White

Live Music at Riverside

Talkin Lamb

Glory Hole Gay Night at Pontoon

09

Bomb Hunters in Cambodia

Screening at Meta House at 7pm

Intercon Sunday Brunch

Pontoon One Drop Sundays

The best in reggae, dub and ska

10

Riverhouse Lounge Divalicious

Live Music at Riverside

Vespa Malt Monday

11

Black Box BRD

Screening at Meta House at 7pm

Live Music at Riverside

Alley Cat Rib Night

Gym Bar Quiz

Talkin Head Trivia

Pit your brains against the QuizMaster at Talkin to a Stranger

12

RAF Goes Cinema

Screening at Meta House at 7pm

Riverhouse Ladies Night

Bollywood @ Annam

Australian Women's Connection (AWC) Lunch

Second Wednesday each month. For info call 012 223 801

Live Music at Riverside

Pontoon Ladies Night

Vespa Wine Wednesday

At Pacharan, half-price mojitos, sangria and caprioska from 6pm

13

Artistic Journeys to China and the U.S.

Screening at Meta House at 7pm

Live Music at Riverside

Talkin Lamb

Roast lamb dinner at Talkin to a Stranger each Thursday (bookings essential)

Glory Hole Gay Night with Cabaret Dancers at Pontoon

16

Mysterious Skin

Screening at Meta House at 7pm

D'Sco

The Geckos of Love play Talkin to a Stranger every other Sunday from 4pm to 8pm

Live Music at Riverside

Pontoon - One Drop Sundays

Intercon Sunday Brunch

Free-flowing Laurent Perrier champagne every Sunday from 11.30am to 3pm at the InterContinental Hotel

17

Riverhouse Lounge Divalicious

Live Music at Riverside

Vespa Malt Monday

18

Vann Molyvann Project

Presentation by Bill Greaves at Meta House from 7pm, including screening of Concrete Visions

Live Music at Riverside

Gym Bar Quiz

Talkin Head Trivia

Alley Cat Rib Night

19

Kampuchea: Death & Rebirth

Screening at Meta House at 7pm

Riverhouse Ladies Night

Bollywood @ Annam

Live Music at Riverside

Pontoon Ladies Night

Vespa Wine Wednesday

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

Loco Wednesdays

20



Salsa @ Pacharan

DJ Jimmy plays the tapas bar & bodega

House Night

U.S. House music with Clockwork Soul at Riverhouse Lounge

Connecting Worlds through Music

Screening at Meta House at 7pm

Live Music at Riverside

Talkin Lamb

Glory Hole Gay Night with Cabaret Dancers at Pontoon

23

TXT B4 Marriage (23)

Screening at Meta House at 7pm

Live Music at Riverside

Pontoon - One Drop Sundays

Intercon Sunday Brunch

10 Steps to Close (30)

Screening at Meta House at 7pm

24

Riverhouse Lounge Divalicious

Live Music at Riverside

Vespa Malt Monday

25

Urban Guerillas

Screening at Meta House at 7pm

Talkin Head Trivia

Pit your brains against the QuizMaster at Talkin to a Stranger

Gym Bar Quiz

Alley Cat Rib Night

26

Art Dialogue

Screening at Meta House at 7pm

Riverhouse Ladies Night

Bollywood @ Annam

Live Music at Riverside

Ladies Lunch

At the Regency Café Intercontinental US\$18 (11.30am-2.30pm) no men

27

3 Ways of Looking at Genocide

Screening at Meta House at 7pm

Salsa Party

At the Riverhouse Lounge

Live Music at Riverside



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31

The Storm

Collages by Srey Bandal and installation by Meas Sokhorn open at Java Café at 6pm

First Friday Party

'Elsewhere' returns at the Kite Museum with DJs Dr Wah Wah & Clockwork Soul

Photo Reflections

Exhibition by Andeol Cadin opens at Equinox at 7pm

Miss Landmine

Opens at Meta House from 6pm

Pontoon Housexys Sugar Party

Route 66 plays Sharky's from 9pm

Live Music at Riverside

Hellhounds @ Velkommen Inn

Winking Frog Live Band

saturday

01

Living in Emergency

Screening at Meta House at 7pm

Live at Riverside

Live music played at Riverside Bistro every night (See Arts Diary for details)

Winking Frog Live Band

Back to Black at Club White

Funky House with Clockwork Soul, first Saturday of each month

Special DJ

At Chow

Friends Fun Fair

Is launched at the Mith Samlanh Centre at 8am

UXO in Cambodia and Laos

Screening at Meta House at 7pm

Route 66 plays Sharky's from 9pm

Live Music at Riverside

Winking Frog Live Band

15

Cartouches Gauloises

screened at Le Cinema, CCF at 7pm

Roxxxanne

Screening at Meta House at 7pm

Live Music at Riverside

Winking Frog Live Band

22

Phnom Penh Evictions in the Media

Screening at Meta House at 7pm

Michael Jackson Night

Videos and Saigon DJ at FCC

Disengagement

Screening at Le Cinema, CCF at 7pm

Live Music at Riverside

Winking Frog Live Band

29

Walking Through

Photography exhibition by Vandy Rattana opens at Sa Sa Gallery, 7 Street 360 at 7pm

Straight Refugee

Screening at Meta House at 7pm

Dr JP & the Nurses

Play Sharky's from 9pm with special guests

Cartouches Gauloises

screened at Le Cinema, CCF at 7pm

Betty without her Falcons

Solo gig by Melanie (ex Betty Ford & GT Falcons) at Talking to a Stranger from 9pm with drink specials

Superfly Pre-club beats

DJs Stephane B & Clockwork Soul at Rubies

Superfly

DJs Stephane B & Clockwork Soul play the real thing at Pontoon Lounge

Constantine's Sword

Screening at Meta House at 7pm

Live Khmer Classical Music

With Khmer traditional grilled beef at Sarika Garden Grill from 4pm to 11pm

Live Music at Riverside

Winking Frog Live Band

Alley Cat Friday Devious Dice

Function at the Junction

Nu-Disco & Boogie with Clockwork Soul at Rubies

Tiny Toones Fundraiser

At Meta House from 6pm including screening of Giant Steps

Regulars Night

The regulars take over the Green Vespa

Disengagement

Screening at Le Cinema, CCF at 7pm

Dr JP & the Nurses @ Sharky's

KLive Music at Riverside

Hellhounds @ Velkommen

Winking Frog Live Band

Alley Cat Friday Devious Dice

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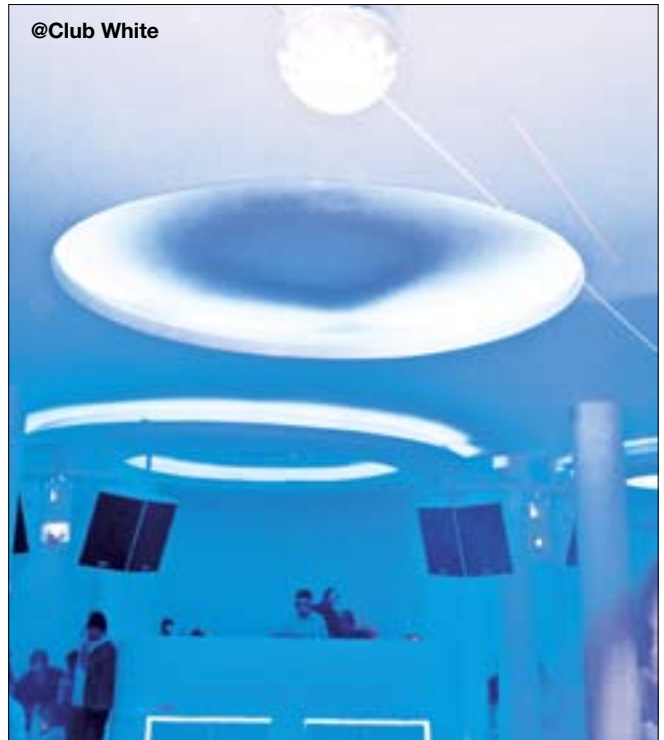
Saturday 22nd August 2009	Score
Kompong Speu CTN Koupreys vs. Takeo ISPP Templestowe Falcons	
Kompong Cham Berkeley Uni Bulls vs. Siem Reap Globe Eagles	
Battambang MOSVY Tigers vs. Prey Veng Kingmaker Cobras	
Kompong Speu CTN Koupreys vs. Kompong Cham Berkeley Uni Bulls	
Kratie Nike Changemakers Dolphins vs. Pailn Stadt Frechen Lions	
Battambang MOSVY Tigers vs. Kompong Speu Global Giving Scorpions	
Sunday 23rd August 2009	Score
Phnom Penh ANZ Royal Dragons vs. Siem Reap Globe Eagles	
Prey Veng Kingmaker Cobras vs. Takeo ISPP Templestowe Falcons	
Battambang MOSVY Tigers vs. Kompong Speu CTN Koupreys	
Kompong Speu Global Giving Scorpions vs. Kompong Cham Berkeley Uni Bulls	
Kratie Nike Changemakers Dolphins vs. Phnom Penh ANZ Royal Dragons	
Pailn Stadt Frechen Lions vs. Prey Veng Kingmaker Cobras	



@Club White

White, located slightly off the beaten track on Mao Tse Tung Boulevard, will prove a hit. However, if the grand opening was anything to go by, the local cool

kids of the Penh have certainly got themselves a new playground. *Club White, 305 Mao Tse Tung Blvd. (opposite Hotel InterContinental), Tel: 016 994 483*



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Phnom Penh Life: The Bone Cruncher

Simon Jacy catches up with **Jean-Claude Dhuez**, owner of the International Physiotherapy Clinic and Amata Aromatherapy and Spa Products.

JEAN-CLAUDE DHUEZ IS an old hand in Cambodia, having arrived to Cambodia in 1991 with the NGO Handicap International. Placed in charge of the National Rehabilitation Centre, he supervised the Cambodian physiotherapists at Phnom Penh hospitals for the first two years, though his duties as technical advisor at the Cambodian Physical Therapy School took up most of his time, he says. He was responsible for training the teachers at the school in both theory and practice. He even had to develop the curriculum. With physiotherapy almost completely alien to Cambodians, even explaining the concept was difficult.

“This was completely new to Cambodia,” he explains. “It didn’t exist before except for in Calmette [hospital] before the Khmer Rouge. Since then – nothing.”

Changing teaching methods, from tedious learning by rote, to more modern approaches was another daunting task. “Here, you tend to learn by memory – you repeat what the teacher tells you,” he says. “We tried to change both the way of teaching and the way of learning.”

During the six years spent working with the Ministries of Health and Education at the school, a lack of skills made for slow progress. Ultimately though the project was a success. This does not surprise him. “As soon as you give Cambodians the right skills – how to learn or how to teach – they are just the same as the French or the British or American students or teachers,” he explains.

■ MYTH AND REALITY

The legend of Phnom Penh in the early 90s as a dangerous Wild West sin city are somewhat exaggerated, according to Jean-Claude.

“A lot of people think this period was very dangerous and adventurous, but I felt much more secure than now,” he says. “There were much less robberies and attacks in the



A Safe Pair of Hands

street at night. Driving in the middle of the night in Phnom Penh was no problem. I never really had the feeling of being in danger, even during the coup of 1997.”

The mentality of both Khmers and foreigners living in Phnom Penh was different, perhaps due to the more-pronounced NGO presence with little private enterprise.

“At that time, there were no supermarkets or NagaWorld or Sorya, and no mobile phones,” he says. “Foreigners were much more dedicated to their jobs and less superficial. Now people come to Cambodia and think, ‘Oh, this is a nice country. It’s easy so I can do whatever I want.’”

Such a mentality tends to lead to contempt for regulations and illegal work practices, according to Jean-Claude. The once direct and friendly relationship between Khmers and foreigners has also suffered, he adds. The past saw

little of the current aggressive posturing or road rage.

■ PRIVATE PRACTICE

In 1997 Jean-Claude left his position as technical advisor to set up his own private physiotherapy practice.

“It wasn’t that difficult setting up a business,” he says. That is until a change in the law dictated that all private clinics must be owned by a Cambodian citizen. Jean-Claude’s solution was a little unorthodox. “I was already in the process of getting my Cambodian citizenship, which I got in 2001. I am very proud of that.”

The process, involving written exams to determine a candidate’s knowledge of the Khmer language and Cambodian culture, is free, though not easy. “I was able to do it at that time but I’m not sure about now,” Jean-Claude admits. “I speak okay Khmer but my reading and writing is quite poor.”

Most patients at the International Physiotherapy clinic are foreigners, though that wasn’t always the case. At the beginning of his time in Cambodia, before the 1993 Paris Peace Accords, which ended the war between the Khmer Rouge and the government, most patients were casualties of the long-running civil war. Many were landmine victims.

Gradually a new kind of patient emerged, a change driven by the end of hostilities and growing prosperity. Today, most of the injured are sportsmen and victims of traffic accidents. The most common complaint is backache, says Jean-Claude. “We find the same kind of pathology here as in Europe – back pain, neck pain, disc problems.”

■ SWEET SMELL OF SUCCESS

Started in 2003, Amata Aromatherapy and Spa Products represents a new venture for Jean-Claude – into aromatherapy and spa products. “I supply some of the spas here with massage oils, essential oils and other products that I create here in Cambodia,” he says. These blends can be for general wellbeing or for aromatherapy treatments.

Unfortunately, the few essential oils and carrier oils produced in Cambodia are not yet of high enough quality. “To set something up that’s completely new – like essential oils production – is very difficult in Cambodia,” he claims. “A lot of people here are not great entrepreneurs. They would rather import something from Thailand or Vietnam than create something new.” The price-driven spa industry is also undermining opportunities in local oil production, he adds, though that’s starting to change.

Jean-Claude has no immediate plans to return to France, at least until his daughters reach Grade 12. For Phnom Penh’s weary and wounded that’s good news.

International Physiotherapy Clinic, 29B Street 288 📍

Streetsmart: Mao Tse Tung

Mao Tse Tung Boulevard may seem a world away from central, trendy Phnom Penh, yet it's dotted with unique and curious establishments worth a visit. Just avoid it at rush hour. Words by **Nora Lindstrom**.



Bringing sophisticated dining to the Chairman's boulevard

IT'S QUESTIONABLE IF Chairman Mao would be pleased with the boulevard named after him in Phnom Penh. Neither red in colour nor bedecked in stars and sickles, commercial enterprises line both of its sides. Its length and width might however score some points with the chairman, as they make it perfect for military parades.

In the north of the city, Mao Tse Tung Boulevard starts its journey south through the capital at Russian Boulevard. There's nothing of interest on the first part of the boulevard, until you hit Psar Damkor on your left. Massive and busy both night and day, few foreigners venture into this wholesale market. Rumour however has it that some of the cheapest long-distance taxis going south can be hired here. Simply turn up early in the morning and bargain yourself a ride to

Kep for as little as US\$25. Some knowledge of Khmer is useful in the bargaining process.

Next in line is Chenla Theatre, located on the grounds of Phnom Penh Cultural Centre, at the junction with Monireth Boulevard. The multifunction theatre can seat up to 600 people, and can be hired for conferences, performances and film screenings. Amrita Arts and the French Cultural Centre have events arranged for August. Next door, is the Crystal Dome, one of the most sought after places in town to organise an upscale wedding.

■ REGENCY SQUARE

A strip of luxury beckons across the big intersection of Mao and Monireth Boulevards. Immediately on your left is the newly opened Club White, a fashionable and modern club looking to bring a new level of sophistica-

tion to clubbing in the Penh. Open from 8pm every night, it hosts special club nights every second Saturday.

Across the street is Scoop Restaurant, another predominantly modern and white venue. With dishes on both sides of US\$10, but more often above, it's one of the more refined places in the capital. Homemade pasta is an obvious draw, and the desserts, with names such as "profiteroles to fall in love with" (US\$4.50), are likely to leave you smiling and satisfied. In addition to semi-private booths, three private rooms are also available. Open daily 11am to midnight.

Coca restaurant next door may not be quite as chic, but the Cambodian branch of this Asian restaurant chain is not to be overlooked. Specialising in Thai suki soups, diners can choose between different base stocks. The

large menu also features several other Thai and Chinese dishes, mostly for very reasonable prices around US\$3-US\$5. The place is clean and well organised. Open 6am to 9pm.

Next up is the imposing InterContinental Hotel. Ranked as one of the top hotels in the capital, it has a relaxed if slightly sterile lobby and two in-house restaurants. The Regency Café offers Sunday Champagne Brunches with free flowing champagne for US\$38+. Rooms at the hotel start from US\$150 per person per night, and go up to several thousands. The Clark Hatch Fitness Centre complete with swimming pool is also open to non-guests, for daily fees from US\$8. This is one of the best gyms in town. Should you be in a hurry to leave, the Thai Airways office is located at the southern corner of the hotel?



Chenla Theatre: venue for many a cultural event

It's a pretty relaxed place and avoids having to negotiate the capital's bucket shops.

■ PARKWAY MALL

Most of what follows after Regency Square is of interest only to those with a serious penchant for DIY. Things get more exciting after the Chinese Embassy at the corner of Street 173, however. Spark nightclub, located almost opposite, is local party-goers' mecca. Complete with flashing neon light beams and pumping music, weekend nights are when to head there for a party with the locals. Open daily 9am to 2pm.

Parkway Mall next door has the air of a mall that time forgot. The largely empty place is dusty and grey with a tucked-away food court but no vendors. Even so, it's worth having a closer look at what the remaining establishments in the mall have to offer.

On the ground floor, Parkway Health Club has a good-sized covered swimming pool, and a large, air-conditioned gym with aerobics classes. Currently under renovation, the place remains open. Staff insist the renovation of the changing rooms and installation of steam saunas will be completed "last month". Entry is US\$8, or US\$50 for ten tickets and monthly rates are also available. Open 5.50am to 9.30pm.

On the first floor of the mall, La Belle sells quality underwear, though prices are high and sizes small. Love Power Coffee Café has a fake country look and would look cute anywhere but hidden away in a dingy mall.

One floor up is where the entertainment starts. Pool and snooker tables, bumper cars and simulation golf are some of what's on offer. More excitingly, there is ten-pin bowling complete with



Nemo found

computer screens calculating the score. On weekdays, a game will set you back US\$2 and shoes are free, however at weekends you will have to fork out between US\$6 and US\$9 per hour plus another US\$1 for shoe rental. Still, it's a fun and different way of spending an evening with some friends.

Back into the sunshine and continuing east, Tonle Bassac Restaurant is located at the corner with Street 163. A veritable cornucopia, Tonle Bassac hosts all-you-can-eat buffets with all and any foods you can imagine, competing for space on a multitude of tables. Like at any buffet, it's difficult to know where to start or finish, but it's a good idea to take advantage of the fresh, barbecued seafood. The desserts on the other hand are rather disappointing. Don't bother saving space for them. The buffet costs

US\$14.50 per person and bookings are recommended.

Further on, there is a small blue sign saying 'Modern Tailor' above an alley way opposite the wat. This is where the famous Monica makes clothes for half of Phnom Penh's expats. As her reputation has increased so has waiting times and prices, but she remains one of the best bets for quality tailor-made clothes.

Finally, at the corner of Street 143 is what must be a bit of heaven for most kids – the Toys & Me shop. Boys are likely to appreciate the shelves full of various racing cars, while parents will like the good selection of 'learning' games. Girls are left slightly out as there are no Barbie dolls for sale, but who says girls like Barbies anyway? There is also an impressive range of small and large (try 7.3m x 3.6m) paddling pools. Open 8am to 8.30pm. **■**



Get into the swing of things at Parkway

Fifteen Years of Friendship

With the fifteenth anniversary of Friends coming up, founders **Sebastien Marot** and **Mark Turgesen** sit down with **AsiaLIFE Guide** to reflect on the story so far. Slightly older and a touch more mature, the philanthropic duo have not lost their spark. Words by **Nora Lindstrom**.



Mark (left) and Sebastien (right) still Friends after all these years

“How does it feel after 15 years? Like there’s so much more to do!” says Sebastien Marot, who back in 1994 was integral to starting what was to become the Friends empire. “Exactly, it feels like we’ve just begun,” Mark Turgesen agrees. Fifteen years ago the pair, together with Barbara Adams, were so appalled and saddened by the plight of Phnom Penh’s street

children that they decided to do something about it.

Known as ‘the dudes’ at Friends, Mark and Sebastien still consider the whole thing an adventure. “Whenever we get a little bored we start something new,” Sebastien says. “Yeah, we’re not the boring kind,” Mark adds.

This becomes clear when you spend some time with them both.

Mark and Sebastien talk over each other, crack jokes, complete each other’s sentences and clearly enjoy fooling around.

“When I think of my relationship with Sebastien, because we’ve been through so much over the years,” says Mark. “So much hardship, so much elation and joy, and the feeling of overcom-

ing odds.” He describes working with Sebastien as an honour, and then catches himself. “Did I use the h-word?” he says before they are both overcome with laughter.

■ BACK TO THE START

Initially introduced by a mutual acquaintance in Phnom Penh, the two men hit it off immediately, recognising they had a real



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opportunity to make a difference. "We also realised that feeding the children was actually a really stupid thing to do, because we were just maintaining the system," says Sebastien. So they decided to do something different.

Mark, then 21, was a recent graduate with the world as his oyster. Having spent a childhood watching his mother work at refugee camps in Thailand, he felt compelled to take on the challenge. Sebastien, on the other hand, had only meant to travel through Cambodia on his way to Japan. "Somehow I got stuck," he jokes. This is not strictly true, as in reality it took Sebastien three sleepless nights to reach his decision.

"If I started this, I knew it would be a long-term involvement," he explains. "I would have to change my life, my plans. I worked through that, and accepted it." Once the decision was made, there was no turning back. Sebastien thus became the main driver of the project, with Mark and Barbara (who left in 1997) helping out whenever and however they could.

Mark calls the first few years in Cambodia the Dark Ages.

"We never knew how long we were going to stay," he says. "We always had a bag packed, ready to leave." Although Friends was established in 1994, it was only after the 1997 troubles that Cambodia was stable enough to allow the organisation to really mature and develop.

Before that, all activities had been funded out of pocket – Sebastien's and Mark's, as well as those of numerous other family members, friends and acquaintances. "After two years of that I said I'd had enough, that we couldn't do this anymore. That was a low point," Sebastien recalls. It was a Friday night when he decided the ambitious project would close.

"Then on Monday morning we got the call from Save the Children Australia saying they'd fund us for three years," he continues. "That was the high point." The rest, as they say, is history.

■ TOGETHER BUILDING FUTURES

"Our greatest achievement is the kids. It's all about the kids, all these kids making it," says Sebastien. "We're trying to remove 'street' from street children, so that they are just children," Mark adds.

Over the 15 years, from initially working only with street

children, Friends has risen to new challenges as well as expanded overseas. In Cambodia, the organisation now works with children in prisons, migrant children and drug users. Globally, support offices have been set up in France, Germany, Switzerland and the U.S. Friends-related projects are run in Laos, Hong Kong, Thailand, Myanmar and Indonesia, as well as further afield in Egypt, Honduras and Mexico.

According to Mark and Sebastien, approximately 3,500 children a day take part in Friends' programmes worldwide. It's hard to estimate how many kids have benefited over the years – the short answer is many. "It's in the tens of thousands," Sebastien speculates.

In addition to focusing on listening to children's needs, a combination of creativity and stubbornness has helped the organisation along.

"We don't really believe in can't. It's a dirty word," says Mark. Stability has been another contributing factor. "I've been here for 15 years, I haven't gone away," Sebastien adds.

However both Mark and Sebastien are adamant of the importance of not seeing the project as their 'baby'. "It's important to let go, let other people take ownership as well," says Mark.

Having spent so much of their life creating Friends, both Mark and Sebastien have a deep and very personal relationship with Cambodia. Yet neither feels bound by the organisation. "I've almost been camping for 15 years, always ready to leave. That bag I mentioned...it's still there," says Sebastien. Though now a family man it is not his decision alone to make. Mark on the other hand, is on his way. Having waved goodbye to Friends once in 2001, he returned in 2005 before working full-time with the organisation in 2007. Now he is moving to Laos, where he will continue his work with Friends.

The dudes are excited about the future and the several new projects in the pipeline. "Cambodia is changing so fast, you always have to change with the country," Sebastien says. Unfortunately the problem they initially set out to solve has not gone away. They both agree the situation is neither better nor worse from when they first started, just different. There's still plenty of work to do over the next 15 years. ■



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The Winning Formula

Last year few could afford to open a restaurant along Phnom Penh's throbbing riverfront, this year shop-fronts stand vacant. The recent boom in the capital's restaurant business has well and truly gone bust. Two-for-one specials and never-ending happy hours are de rigueur for those trying to lure in the lesser-spotted tourist. Despite this, some of the Penh's restaurants are doing alright, Jack. **Mark Jackson** tries to discover the perfect recipe for success in a town lacking tourists.

WHETHER IT IS DUE TO THE GLOBAL downturn, trouble in Thailand, the border dispute or even swine flu, 2009 has been bad for business. The tourists who flocked to Cambodia over the last few years have stayed at home – or at least avoided the region. At times over the last nine months Siem Reap has resembled a ghost town, and the contagion has spread to the capital.

“At Friends the Restaurant, business has dropped by 30 percent,” says Gustav Auer, Friends International's Hospitality Business Coordinator. In many respects declining revenue hits the training restaurant harder than other purely commercial enterprises.

“We are definitely making less profit,” he says. “This is a concern for us because we are not just a business – the income we earn from our restaurants is used to fund our projects for street children, so if the restaurants are making less money, we don't have as much to contribute to our projects.”

Business is bad then, but not universally bad. Take Friends International for an example. In addition to Friends the Restaurant, the not-for-profit organisation has a Cambodian restaurant, Romdeng. This year it has seen an increase in trade, according to Gustav.

In Phnom Penh, restaurant trade can be broadly divided into three categories – tourist, expat and local Khmer. Friends the Restaurant relies heavily on tourists, representing roughly 60 percent of customers. Romdeng on the other hand relies more heavily on Cambodian and expat trade. Taken together these constitute 60 percent of the restaurant's turnover, with a heavy bias towards Cambodian customers.

“Romdeng's business is better because we are not so dependent on tourists there as we are at Friends the Restaurant,” explains Gustav.

People are going out less, but being more discerning, buying where they see value for money

RIEL CUSTOMERS

Whereas tourists may only come for Christmas, local expats and Cambodians are here to stay.

In the future Friends will focus on the Cambodian market, according to Gustav. This makes sound commercial sense. “The Cambodian customers are by far the biggest spenders in both of our restaurants,” he says.

Meanwhile Alan Hare, owner of popular riverside Irish bar and restaurant, the Green Vespa is taking a different tack.

“Expats will be here tomorrow, the travellers will not,” says Alan. The Vespa saw a downturn in trade of 7 to 8 percent during the traditional high season (January to March). Since April, he has noticed an increase of 2 to 3 percent compared to the same period last year.

“My 100 percent focus is on my highly loyal expat custom,” he says. Last year, the Green Vespa had roughly a 50/50 split of expats and tourists. Now, it is more like 90 percent expat.

If tourist trade has declined, it stands to reason that the Penh’s landmark restaurant will be among the hardest hit.

“Times are hard,” admits Steve Hayward, one of the directors of the FCC, Phnom Penh, although nowhere near as hard as in Siem Reap, where he reports a 20 percent downturn. “The flashpack trade has dropped off,” he says before adding that the FCC is still on the Southeast Asian backpacker circuit. “Everyone comes to the F on their first day in Phnom Penh,” he says. Not that the FCC is totally reliant on the tourist trade. “There has been a gentle increase in business trade, which I think will continue,” he says.

Like Gustav, Steve is targeting local Cambodian trade, introducing a VIP card he believes will appeal predominantly to a Khmer audience.

Forget tourists and focus on local trade – that seems to be the message loud and clear. It’s simple, right?

“If it was that easy, most of the restaurants in Phnom Penh would be crowded,” answers Marco Salvetti. Bucking the trend, the owner of Equinox bar and restaurant on Street 278 reports that trade has improved this year. This he puts down to “a combination of good luck and hard work.” Indeed he sees the downturn as having a positive effect. “It urged me to make my business better quickly so that I could still pay the bills,” he says.

Marco doesn’t feel he has done anything special to ensure the success of Equinox. “I did try to improve the atmosphere, offers



Phnom Penh has an increasingly discerning clientele

and service as quickly as possible without raising the price for customers,” he says. You get the feeling that this soft-spoken Frenchman sees the secret to success as first putting your house in order.

THE PRICE IS RIGHT

One thing on which all those interviewed seemed to agree, was the importance of offering customers good value for money.

“Value for money, but not cheap,” stresses Alan. “It’s high quality at affordable prices.”

Offering 50-cent beer and free food as a business strategy makes as much long-term sense as Real Madrid’s transfer policy. Cheap beer attracts ‘Cheap Charleys’, fair weather friends who walk out of the door as soon as happy hour is over. Alan believes that expatriate business is a far-better long-term bet.

“People are going out less, but being more discerning, buying where they see value for money,” he says. This may even mean they pay more money rather than less. Alan says that sales of dishes like rack of lamb and T-bone steak have been high. Though hardly cheap meals, they represent excellent value, according to him.

Giorgio agrees. The owner of Pop Café, possibly the Penh’s most popular riverside restaurant, says that profits are more or less

the same as last year. “I am very lucky, I can rely on the expat community,” he says.

With a typical eye-for-detail, Giorgio pinpoints the secret to his success. “I believe the quality of food is right for the price,” he says. “You can eat a good meal – three courses with wine – for US\$20. Every day I have to turn people away.”

Despite this, Giorgio has noticed a change in spending patterns.

“If before people took three glasses of wine now they take two,” he says. “If before they took a bottle of wine at US\$30, now they take one at US\$20.” He also notes a “dramatic” decrease in tourism compared to last year. Not that the soon father-to-be is complaining as he looks forward to the future. “In the long-term I will definitely open another restaurant in Phnom Penh, but we’re talking four to five years away.”

Herbert Ludwikowski is another Phnom Penh restaurateur due to become a father this year. Having opened Ocean restaurant 15 months ago, he has seen steady growth. “I am satisfied,” he smiles. Perhaps becoming a father is the secret to success in the capital?

His observations echo those of Alan and Giorgio. “I offer good food for a real price,” he says. He too targets the expatriate community. “Most of my customers are

“If before people took three glasses of wine now they take two. If before they took a bottle of wine at US\$30, now they take one at US\$20

expats and they live here for two to three years,” he says. “Most are really satisfied and they bring friends.”

It is not just the quality of fresh food, with organic vegetables and some of the best seafood in town, which draws customers back to Ocean. “The concept is good,” explains Herbert. “They have a good atmosphere and good service.” At first, the latter proved difficult to achieve. Like so many restaurateurs in the capital, Herbert found it difficult to find good staff, but now everyone has been with him for at least six months. “The team is fantastic.”

■ SERVICE WITH A SMILE?

The recipe for success is becoming clearer – start with value for money, serve up quality food for your main course, and finish the meal off with efficient and friendly service. The problem is in attaining the level of consistency regular customers demand. Tourists don’t come back, so hit and miss can be good enough. Disappoint local customers and they won’t come back – and to cap things off they will tell their friends!

Wendy Lucas is part of the husband and wife team that runs Talkin to A Stranger. She has a lifetime of experience in service and hospitality training, and a reputation for being difficult with staff. She admits that she demands the best.

This year she closed the restaurant at Talkin and focussed on the bar. Customers were offered food ordered from One More Pub across the road instead. She accepts the decision was a mistake. Despite the high quality of the food provided by One More Pub, custom waned.

“Definitely the wrong decision,” she says. “It was made out of complete frustration because it was so difficult training people and then they leave.”

Controversially, she blames the high level of staff turnover on the country’s nascent craving for education. “Their families push them to study, but it’s just a waste of time,” she claims. Noting that even with refreshed qualifications, former staff find it difficult to find employment.

She pays staff bonuses and incentives. As soon as they see the extra money, they “invest” it on study. Working one, or sometimes two jobs, studying, doing homework, it is hardly surprising that they come to work tired and standards slip. “They don’t have the energy to work,” she says. Eventually they leave.



The Phnom Penh scene has changed considerably since Wendy opened Talkin

Wendy has noticed a discernable change in the market since they opened the first Talkin on Street 278 in July 2002. “Then there was only Rubies and us that were non-girlie bars,” she says. “It was a niche market. We were the first bar on Street 278.” Now, the bar scene has changed dramatically. Many more establishments are competing for the non “hello mister” trade. The country’s greater stability has led to a discernable shift in the profile of the Phnom Penh expat. “There’s more couples and families coming into Cambodia,” she says. “There are less single people.”

This might seem to many as an opportunity, providing a larger custom-base. Not

so, according to Wendy. “People are going out less and doing things at home. The whole scene is changing.”

■ TURNING THE CORNER

So, how can those establishments that have struggled this year turn things around?

“Give yourself a kick in the arse, again!” says Wendy’s husband Derek Mayes. Equally experienced in hospitality, Derek is familiar with the cyclical nature of the industry. He talks about re-energising – both themselves and the business. Accepting that both of them perhaps took their eyes off the ball for a while, the couple will now focus more on events.



Even the Penh's biggest name has suffered

"Every time we do a party, people compliment us," Wendy says. As we talked they were trying out a new band, with a view to offering them a slot every other Sunday.

The same criticism could be levelled at the FCC. Did it become too complacent? After all if every visitor really does visit the place on day one, who cares about the day after? Success breeds contempt, so they say.

"For a long time we haven't done anywhere like enough," admits Steve Hayward. A natural partygoer himself, it is not surprising that he is focusing on more events. After the success of Mamma Mia in May, the FCC will hold more film nights. Steve is also planning an international food festival at the FCC over two days in September. "We will turn the F into a United Nations of food," he promises. Plans for Sunday afternoon jazz are also afoot. Steve wants his beloved F to become the throbbing heart of the capital's community.

"The F is a great place to have some entertainment," says Steve. Having recently been forced to import bands from neighbouring Saigon, Steve's main regret is the lack of live music options in Phnom Penh. "We desperately need to encourage some musicians locally."

■ HALF-FULL OR HALF EMPTY?

Few would deny the harmful effects the downturn in tourism numbers has had on trade. Most believe the trend will continue well into next year.

However, while some see the glass as being half-empty others look to positives.

"I see the downturn as a very good opportunity to improve our business," says Gustav Auer. "We are creating new menus for both restaurants and have more time to provide training for our staff."

Not surprisingly for an organisation that works towards building futures for children who lack hope, Gustav takes a long-term perspective to the current situation. "We strongly believe that if you provide quality to our customers they will return, even in these difficult economic times," he says.

Ultimately, though in hard times, Darwinian principles apply. In addition to



Achieving a consistent level of service is vital

serving the right menu, there is no substitute for some elbow grease.

Luu Meng of the Thalias group, that runs Malis and Topaz restaurants as well as other establishments in town, sums this up best. "In the good times you work five days a week, in the bad times you work eight days a week."

Meng believes it is the time for Cambodia to promote its cuisine more overseas. On a recent trade fair in South Korea, he was even asked, "Where is Cambodia?"

Gustav agrees there is a need for more, high quality Cambodian restaurants in the capital.

At the moment, the country is neither associated internationally nor regionally with a strong cuisine. Until this perception changes, and while tourists stay away, the recipe for a successful restaurant seems to be to keep it local. Target those who were born here or those who have chosen to make Cambodia their home, don't chase the elusive tourist buck. ■

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Grim in the Reap

Last year, Siem Reap's tourism business was the heart of Cambodia's economy, this year most restaurateurs and hoteliers have contracted a severe headache. **Nicky McGavin** asks how bad is really bad, and can it get any worse?

THE OPENING OF A RECENT exhibition at the Arts Lounge at the Hotel de la Paix was host to a record crowd last May, including many of Siem Reap's resident business owners. The works by a group of young Cambodian artists presented Khmer styles and traditions, but with a powerful modern twist. Appreciation for them was high but, as Alex Sutherland noted, "not many local restaurant owners will be buying this year, that's for sure."

Alex is owner of a number of Siem Reap's food and beverage outlets, including the now legendary Angkor What? Bar. The enterprising 38-year-old Scot has lived in Siem Reap for six years and seen the town ride the ups and downs of SARS, the tourist explosion and now the economic crisis, compounded by political unrest in Thailand.

■ HOLDING THEIR BREATH

As the slowdown tightens its grip, for Alex as for many, 2009 is going to be difficult. "This year until November is more or less a write-off," he says. "We usually get a boost in July and August, but aside from that the outlook for the rest is pretty bleak."

This view is echoed, with varying degrees of resignation and anxiety, by traders all over town. The figures vary, down 30 percent say some, a whopping 50 percent, say others.

Sometimes the customarily heaving metropolis of Pub Street is busy, but mostly it's not. Bars and restaurants previously seen engorged with sun-burned customers, now play host to a lonely looking few. Bored staff in empty bars and shops stare vacantly



Customer spotting has become a new Siem Reap pastime

into space. Hastily written signs offering 35 percent off massages, 50 cent beers and two whatevers for the price of one indicate a certain panic in some responses to the situation.

You start to wonder how long people can hold their breath? Three, maybe four minutes? According to Guinness, the current world record is a lung-busting 16 minutes

and 13 seconds. Impressive for sure, but nothing compared to how long traders in Siem Reap are going to be holding theirs this year, as they hope for an upturn, a buck in the trend, any kind of relief in the air. All the same, no one really expects anything to happen until November, and even then they're not sure whether it will be better or worse.

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At the park in front of the Independence Monument



Alex: this year is a write-off



Pasla and Renaud doing the calculations at Abacus

Perk Sophal, owner of the successful Khmer Kitchen, whose business is down 30 percent, is nervous about the future. "I need to worry about later," she adds. "For a few months this is fine, but will it go even further down? That's a problem".

For Siem Reap traders, the life-saving oxygen is the cash they already have, if they have it. It seems that the single item that will determine who will survive the crisis, is how much money they now have to see them through. Operating profits are a sweet memory.

ODIOUS COMPARISONS

This does not bode well for restaurants like the newly re-opened Abacus. Much anticipated, highly praised, Abacus is a restaurant that should normally thrive and set the standards others aspire to.

You'd never know that from talking to the two spirited owners, Pascal Schmit and Renaud Fichet. They invested heavily in a re-location and re-design, which opened last December. Talking to them in the garden bar, you sense this year is going to be torture for them, as they do everything to save every riel, while struggling to support staff who have stayed loyal to them for five years.

Determined to maintain an element of hope, Pascal stresses the need for some perspective. "You have to remember that last year was an extraordinary year for Siem Reap because Myanmar was closed," he says. "To make comparisons is not always reasonable."

He has a point. There are tourists around, and 22 percent down on last year's bumper crop still leaves you with no mean figure.

Not that everyone is suffering. Pub Street seems to be doing okay. Alex says that figures for the Angkor What? Bar are actually up on last year. Beer always sells, and cheap beer more so.

Benoit Jancloes, general manager of the FCC Angkor, says there has been a change in spending habits. The complex's spa has been the hardest hit as tourists enjoy Angkor Wat, but "cross out all the associated luxury services." He adds that the nearby John McDermott Gallery has also been hard hit, as tourists seek out cheaper, less attractive, memories of their time here.

Lan Theary, a manager at the McDermott Gallery confirms that sales are down, and that people are buying smaller pieces. It's getting harder to sell the larger, more expensive fine-art works.

BUCKING THE TREND

Notwithstanding the gloom, there are some new faces in town. Sông, vendor of upscale clothing, a new gallery-café 4Faces, boutique hotel The Cockatoo, The Grill, and a new outlet for Khmer Kitchen are just some of the ventures defying the pessimists.

The owners of these establishments maintain a hardy sanguinity. As Fabrizio Sartor, GM of Sông, points out, opening now can give you time to iron out any creases. Since Siem Reap is still a new and underdeveloped market, those traders who survive this year may be in a better position as they have learned to operate in a tougher environment. "I am an optimist", he says, and you believe him.

The Hotel de la Paix confirmed that so far ten pieces from the exhibition have sold, a very positive result as some of them were very large and difficult to ship. As predicted by Alex though, all of them are going abroad.

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In the Soup

Healthy, wholesome and remarkably flexible, you can't go wrong with a good old-fashioned bowl of soup, can you? **Nora Lindstrom** explores the options in the kitchen for those who like to get their nutrients through a straw.



Metro: crab sweet corn soup

■ **METRO**

Cnr. Sisowath Quay & Street 148
A favourite among expats, the crab sweet corn soup (US\$4.50) does not disappoint. Packed with crabmeat and pieces of sweet corn, the clear soup is full of flavour if a touch on the salty side. The fresh coriander complements the soup nicely. The green curry chicken (US\$5.50) is not exactly a soup as it is served with rice, but comes recommended nonetheless. The big chunks of meat are tender, and the curry is smooth and not too spicy.

■ **CAFÉ YEJJ**

170 Street 450
Fantastic on a chilly day during the rainy season, Café Yejj's carrot and coriander soup is a big bowl full of goodness. Served with walnut bread, it is available in two sizes (US\$2.45/US\$3.45), of which the larger is big enough to fill even a grown man's tummy. The soup is thick like purée, but not creamy, with bits of fresh coriander clearly visible. A garnish of fresh coriander would perfect this healthy eater's option.

■ **JAVA CAFÉ & GALLERY**

56 Sihanouk Boulevard
For diversity, decorative presentation and interesting flavours, look no further than the soups at Java Café. The daal soup with garlic-fried flatbread is hearty and full of spice, though perhaps an acquired taste. Back by popular demand, the carrot and pumpkin soup with chilli-cheese breadsticks is smooth and creamy – absolutely yummy. Very reasonably priced at US\$2.75 for a small and US\$3.75 for a large, the soups can also be ordered as part of soup & salad combo deal.

■ **SINGAPORE KITCHEN**

110 Street 360
Singapore Kitchen is where to head for soups with distinctly Asian flavours. The Khmer and Vietnamese sour soups (around US\$3.50) are tasty and well-balanced, while the tom yum (US\$4.80) is fragrant and not too hot. The menu also features typically Singaporean Bee Hoon noodle soups. However, the real draw is the seafood laksa (US\$3). Noodles, tofu, seafood, egg and bean sprouts all compete for space in the bowl. The soup base,

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Back by popular demand: Java's carrot and pumpkin soup

a combination of coconut milk and curry, is positively delicious – a touch sweet, but with a nice tangy edge to it. The whole is simply fabulous.

■ **THE SHOP**

39 Street 240

The Shop, one of the most consistently popular lunching spots in the Penh, offers four different soups. These include an interesting combination of pumpkin and spinach (US\$3), as well as a coconut, carrot and cumin soup (US\$3). The thick mushroom puree soup (US\$4) comes served with breadsticks and cheese. The cheese adds flavour to the otherwise slightly bland soup, but some real bread would be better than the dry breadstick for soaking up the last remains in the bowl.

■ **K'NYAY**

25K Suramarit Boulevard

Priding itself with serving clean, healthy and locally sourced foods, K'NYAY offers three kinds of

soups – carrot and coriander, roast red pepper and tom yum soup. The latter (US\$5/6) is served with wild rice, while the former two (US\$3) come with a fresh baguette. The roast red pepper soup, made from sweet potato, onion, peppers and soy milk, is smooth and tasty, if slightly on the sweet side. All soups are vegan friendly, though the tom yum can also be had with prawns or fish.

■ **COMME À LA MAISON**

13 Street 57

If the fish soup (US\$5) at Comme à la Maison does not taste exactly like it was home-made at a country house in Bretagne, it's certainly not far off. Complemented with mozzarella, rouille sauce and croutons served on the side, the soup is essentially a bouillabaisse and a perfect starter before a fish or seafood main. Other soups include onion soup (US\$4.50) and minestrone (US\$4), as well as cold tomato gazpacho (US\$4).



Singapore Kitchen: for soups with an Asian flavour

■ **CAFÉ LIVING ROOM**

9 Street 306

If you've only got one soup on the menu it had better be good. And at the Living Room it is. Their creamy pumpkin soup (US\$4) comes beautifully presented in a big bowl with bell pepper shavings, croutons and cream sprinkled on top. On the side, two pieces of fresh bread are served. The soup itself is very smooth and has a mild, delectable flavour.

■ **ELSEWHERE**

2 Street 278

Chilling by the pool and eating hot soup seems an odd combination, and it's therefore lucky that the menu at Elsewhere features cold soups too. Traditional gazpacho is yours for US\$4, while cold watercress soup with mushroom ravioli on the side sets you back US\$5. The latter is fresh and surprisingly full of taste, though too much 'decorative' cream made the soup taste like a bowl of plain cream towards the end of the meal.

The ravioli is a nice touch, though quite how it is meant to be eaten with the soup remains unclear.

■ **GREEN VESPA**

95 Sisowath Quay

The menu at Green Vespa features a thick and creamy broccoli and cheese soup (US\$4.50). Served in a pot with a lid and baguette on the side, it's the kind of hearty stuff you'd expect at an Irish/British Pub. Look at the specials menu for other soups, such as borsch and celery and cauliflower. These come similarly served, and though the grey colour of the latter did not look particularly appetizing, the soup itself was flavoursome if a tad salty. 🍴

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Food Talk: Annam

Despite having the longest happy hour in the Penh, it is the high quality of the food that draws expats to Annam. **Craig Gerard** sat down with owner **Somasundaram Jayamohanram** on the occasion of the Indian restaurant's second anniversary.



Perfection in a pot



Annam's four Indian chefs

SOMASUNDARAM Jayamohanram, or Mohanram to his friends, pauses, pondering what was missing from Phnom Penh's Indian restaurants in 2007. He has just explained this missing piece was his motivation for opening Annam. After a minute he finds it – ambience. This is why Annam has been such a hit with the Penh's expats.

Mohanram has succeeded in creating a relaxing atmosphere at Annam. The lush green garden adjacent to the outdoor dining area provides a tranquil setting to enjoy some spicy food. Indoors, air-conditioning cools sunny yellow walls and a large screen alternates between Indian music videos and cricket matches. An enclosed room with padded low walls is the dedicated kids area, ensuring this to be a favourite for families. Together with the free WiFi, and the all-day, two-for-one draught Angkor happy hour, Annam has become a place to take your time and relax – the goal Mohanram had from day one.

■ KHMER TASTE FOR INDIAN

Much has changed in the two years since Annam first burst on the Phnom Penh restaurant scene. At the time, it was the only Indian restaurant owned by an Indian, and the clientele was strictly barang expats, according to Mohanram. However, over the past year Indian food has become more and more popular with Khmers, something for which Mohanram must take some credit.

Through food tasting promotions, he has exposed a small, but faithful group of Cambodians to Indian food. "Most Khmers are under the impression that Indian food is too spicy, which is not true," he explains. "In fact, most Thai food is more spicy than Indian food."

Mohanram claims to have tried all the local dishes throughout Southeast Asia. "Food is my passion," he says. The goal of reaching more locals is part of the restaurant's business strategy for the coming year. In the past six to eight months, Annam has seen an increase in

Khmer customers. Mohanram estimates that Cambodians make up about 15 percent of his clientele, a number he hopes to see increase.

■ DIVERSE CUISINE


"Indian food is as diverse as our country, he says. "There is something for everyone." Annam features both northern and southern Indian cuisine, setting it apart from other Indian restaurants in the capital. This provides more variety for customers.

The open kitchen also sets the restaurant apart from its neighbours. You can watch as the four exclusive chefs prepare your meal, each specialising in a particular genre of Indian cuisine. They are so specialised, that if the curry chef is absent for a day, the tandoor chef cannot substitute. Instead the restaurant goes without curry for the day. "It is a strength and a weakness," admits Mohanram, but he insists this keeps the food authentic. Two chefs are from

northern India, and two are from the south.

The delicately spiced tandoori chicken may be one of the best deals on the menu at US\$6 for an entire chicken. However, you should not miss the full flavoured rich curries, such as the kheem mutter (US\$7.50), which pairs nicely with the garlic naan. If the fire is too much, cool it down with a sweet yoghurt lassi. Spicy gosht vindaloo (US\$8) with jasmine rice is also a favourite combination.

Annam does a lot of take away orders, especially when the evening rains come. In the hopes of reducing waste, the take away orders are placed in sealed foil bags instead of large plastic containers. While the orders do arrive at your door piping hot, call-in diners miss out on the ambience Mohanram has worked hard to create. The large menu is best enjoyed while relaxing with friends and socialising over a beer or two. Why not? The second one is always free.

Annam, 1C Street 282 



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restaurant guide

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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
67 Street 240, Tel: 012 524 801
Dutch-run, restaurant specialising in authentic Khmer cuisine. Serves very good amok. It has cookery classes too. Open 10am to 11pm. **02**

Green Pepper
6F Sotheros Blvd, Tel: 017 417 776
Serving Khmer and Thai food in a cosy setting near the riverfront. Open from 10am to 2pm - 4pm to 10pm **02**

K'NYAY
25K Suramarit Blvd. (Street 268), Tel: 023 225 225 or 092 665 225, www.knyay.com, knyay@hotmail.com
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. Also offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Monday-Friday 12pm-9pm, Saturday 7am-9pm, closed Sundays. **02**

Malis
136 Norodom Blvd., Tel: 023 221 022 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**

Magnolia
55 Street 51, Tel: 016 944 493
Unpretentious and well-priced Khmer restaurant conveniently located on Street 51, has an extensive menu serving breakfast and buffet lunch (from 11am to 2pm). Fish, squid, eel, frog, chicken, beef, and pork dishes all have their own page on the menu. Cocktails are surprisingly good and WiFi is complimentary though slow. Open 6.30am-10pm. **02**

Pon Lac
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 9pm. **02**

chinese

Hua Nam
753 Monivong Blvd., Tel: 023 364 005
Large Chinese restaurant that specialises

in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **03 A/C**

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 from 6am to 10am. New menu introduced in May. **03 A/C**

Mekong Village
290 Monivong Blvd., Tel: 023 218 888
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. Open 12pm to late. **02**

Sam Doo
56-58 Kampuchea Krom (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. Open 7am to 2am. **01**

Xiang Palace
Intercontinental Hotel, 296 Mao Tse Tung, Tel: 023 424 885
Upmarket restaurant with possibly the best range of Cantonese cuisine in town, served in opulent surroundings. Open 11.30am to 2.30pm (Sunday from 9.30pm), 5.30pm to 10.30pm. **04 A/C**

Yi Sang Chinese Restaurant
128F Sotheros 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
277C 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 11pm. Also has rooms upstairs. **03 A/C**

Comme à la Maison
13 Street 57, Tel: 012 951 869
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** 🍷

Equinox
3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best football table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **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
Chr. Streets 108 & 51, 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 10.30pm. **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 from 11.30am to 2pm & 6.30pm to 10.30pm. **04** A/C

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 / 023 221 622
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 / 099 926 661
Beautiful terracotta terrace and garden restaurant serving north and south Indian cuisine. Featuring an open kitchen and air-con kids' playpen, the restaurant has free WiFi, draught beer with all-day happy hour, a good selection of wines, and big screen showing Bollywood music and movies. Ideal for small banquets and business meetings. Offers outdoor catering and delivery food. Open from 11am to 11pm, Closed on Tuesdays. **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 7am to 10pm. **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. Open 11am to 2pm and 5.30pm to 10.30pm. **02** A/C 🍷

Flavours of India
158 Street 63,
Tel: 012 886 374 / 023 990 455
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 11pm. **02** A/C 🍷

Mount Manaslu Muraa's Café
1a Street 282, Tel: 023 996 516
Nepalese restaurant set in the heart of Boeung Keng Kang serves authentic cuisine from the kingdom as well as Indian, Khmer, Thai and Chinese dishes. Also has a good range of cocktails and shakes. **02**

Saffron
17B 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 🍷

Sher-e-Punjab
16 Street 130, Tel: 092 992 901
Just off the riverfront, this restaurant is a favourite haunt of Phnom Penh expats due to its tasty tandoori dishes. Highly courteous service, and generous free snacks and condiments make this a wallet friendly option. **02** A/C 🍷

Shiva Shakti
70 Sihanouk Bvd.,
Tel: 012 813 817 / 023 213 062
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 specialities. Features art exhibitions and classical music performance on Friday and Saturday. 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. Recently renovated. Open from 6am to 9pm. **02**

Bodhi Tree Umma
50 Street 113, Tel: 023 211 397
Relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 7am to 9pm. **02**

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 🍷

Double XL Café
128 Sotheaeros Boulevard, Tel: 023 301 001
Cosy, air conditioned restaurant run by long-time Belgian chef, Yves. Specialises in Belgian cuisine with portions on the XXL size, daily changing specials and extensive wine list. Open 7am to 11pm. **03** A/C 🍷

Edelwiess Restaurant
375 Sisowath Quay, Tel: 092 341 329 / 012 422 589
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. Open 10am to late. **02**

Le Liban
Lebanese Gastronomy
Fine dining with Air-Con, Garden, Tea Room, Catering, Private Parties, Free Wi-Fi
Serving Lunch everyday starting this August
Plat du Jour (Fish & Meats) for only US\$6.50
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Elsewhere

2 Street 278, Tel: 012 660 232
Re-located to the bustling Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 A/C**

FCC Phnom Penh

363 Sisowath Quay, Tel: 023 724 014
Phnom Penh's landmark restaurant, 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. **03**

Flavours

Chr. Street 51 & 278, Tel: 017 765 896
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**

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

60-61 Street 108, Tel: 023 997 850 / 092 429 968
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

4B Street 57, Tel: 023 363 002 / 092 206 582
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 Tuesdays.

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 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 6.30am 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

Review: La Marmite

Fancy some authentic French food? You don't have to look far. Situated along Street 108, La Marmite offers traditional French cuisine. Although the food may not be gastronomic, it makes the French feel right at home. Words by Lim Ka Ea.



FACED WITH ITS EXTENSIVE menu – including starters, mains, desserts, specials and a plat du jour – we finally settled on mussels with garlic butter stuffing (US\$6 for 6), a beef fillet with Kampot pepper sauce (US\$8.50) and crème brûlée (US\$4.50). The verdict? C'est fantastique!

The food stands on its own, not hiding behind frilly garnishes. The mussels, each the size of a slender index finger, were fleshy and juicy. The management wasn't kidding when it came to the garlic butter stuffing – though perhaps a tad too garlicky for non-French taste buds. Nevertheless, they were tasty and made for an appetising starter. The beef fillet came with a choice of four sauces and seven side dishes. We picked ratatouille. The stewed tomatoes, bell peppers and aubergines were light, refresh-

ing and went well with the thin slice of beef fillet. Unfortunately, the sauce was a bit too watered down. This might be a strategy used to tame the strong and pungent taste of Kampot pepper. The crème brûlée came in a generous portion, which was great value for money. Its crunchy caramelised top and soft custard provided a pleasant hot and cool sensation to the palate. It was not too sweet either.

Diners will soon be able to sample more traditional dishes from different French regions, according to owner, Manuel. Get excited! These will include cassoulet (bean stew), pot-au-Feu (meat stew) and potée (braised cabbage and pork). However, if you like something more familiar such as magret de canard, roast pork, fish soup, steak tartare, sole meuniere and escargots de Bourgogne, there's no

need to wait. These dishes are available now. Manuel assures AsiaLIFE Guide the meat is supplied by Dan Meats, a fine food supplier known for its quality produce.

The restaurant set up is simple but snug, with separate rooms for smoking and non-smoking. The yellow painted walls are lightly decorated with monochromatic pictures, giving it a very subtle Parisian feel.

Last but not least, what is a French restaurant without quality wine and cheese? La Marmite offers an extensive wine list and cheese platters. If all this isn't French enough, try dropping a small piece of dark chocolate in your cup of espresso at the end of your meal. It doesn't get more French than this. Bon appétit!

La Marmite, 80 Street 108, Tel: 012 391 746. Open from 11am – 2pm, 6 – 10pm.

គោលនីយដ្ឋាន មិត្តសំឡាញ់

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FRIENDS
the Restaurant

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Tel: 012 802 072
friendstherestaurant@mithsamlanh.org

www.mithsamlanh.org

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. Open 11am to late. **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 278, 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: 023 998 730,
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 addition to the riverside scene. Open from 8am to 11pm (to 1am on Friday & Saturday). **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**

Madeines 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 10am to 11pm. **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 everyday 8am to 10pm. **02**

Ocean

11 Street 288, Tel: 017 766 690
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 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. Open from 11am to 2pm & 5pm to 12am, happy hour from 5pm to 7pm, closed Tuesdays. **03 A/C**

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 12am. **02 A/C**

Pickled Parrot

*4-6 Street 104,
Tel: 012 633 779 / 023 986 722
www.toniesapquesthouse.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

13 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. Open 11.30am to 2pm & 5pm to 11pm. **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



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lunaphnompenh@gmail.com

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 last orders. **02 ☞**

Riverhouse Restaurant

6 Street 110, Tel: 012 766 743 / 023 212 302
Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food. Has a nightclub upstairs. **03 A/C**

Riverside Bistro

Cnr. Sisowath Quay & Street 148, Tel: 012 277 882 / 012 766 743
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 ☞**

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 11am 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. Open from 11am to 10.30pm. **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, Monday to Friday. Available for hire at the weekend. **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**

The Winking Frog

128 Sotheaors Blvd., Tel: 023 356 399
Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. 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 ☞**

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**

italian

Aria D'Italia

9 Street 254, Tel: 012 840 705
Cute little Italian pizzeria tucked away between Streets 51 and 55, next to Naga Clinic. Well-priced lunch set menu and homemade ravioli. Home delivery available. Open 10.30am to 2pm, and 5.30pm to 10pm. **03 A/C ☞**

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 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 / 023 991 906
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 (closed Wednesday lunch). **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

Cnr. Streets 47 & 84, 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



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Veggie	\$2.50	Chicken-	\$3.00
Seafood-	\$3.00	Mutton -	\$4.00

Free Door Delivery

#1C, Street 282, Sangkat Boeung Keng Kang I, Khan Chamkarmorn, Phnom Penh, Cambodia
Tel: + 855 23 726 661, Mobile + 855 99 926 661, + 855 89 506 661 Email: annamphnompenh@gmail.com




Bargain Bucket

ONE OF THE MANY 'NO name' restaurants and cafés that dot the lakeside drag, Mama's rises above most for its tasty cuisine and smiley service. Located next to the ever-popular Magic Sponge Bar and just in front of the alley that leads to Number 9 Guesthouse, this small café is a blink-and-you'll-miss-it plastic chair affair.

The unofficial but widely used name refers to the pleasant Vietnamese woman who used to run the café, though her equally agreeable offspring have now taken over the reins. As the Vietnamese connection would suggest, drip percolated caffeine heart starters are on offer – iced or hot, with or without sweet milk – for less than US\$0.50. They certainly do the trick.

Simple sandwiches of paté, cheese ('Laughing Cow') and other favourites are mostly under US\$2. They are much cleaner than other nearby establishments. The tomato soup is another good pick at US\$1.50,



especially as it is made from scratch using fresh tomatoes combined with egg, herbs, chives and onion. The wholesome soup is served piping hot with a toasted, buttered baguette. Stir-fries and (instant) noodle soups are also popular and cheap. Croissants and pain au chocolat are slightly more shaky, though still good value. Just be sure to ask how fresh they are – the staff will be truthful, even if they lose a sale. The homemade banana cake is a better bet for pudding. It's sweet and stodgy enough to sate even the most ravenous of backpackers.

The day's newspapers are provided for those too tight to buy their own. Past issues are available for the more out of touch, providing they haven't been pilfered by customers. Mama's is a good choice for breakfast, elevenses or lunch if you can bear the descent into Lakeside's filth-stricken strip.

Mama's Café, Lakeside (Street 93) 📍

SUSHI

@ **le quay** Boutique café & crêperie

+

Amara 🌿 *Spa*



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This Month's Specials

- Mussels with Belgian Fries
- Giant Pork Chop

Celebrating the Cuisine of Cambodia



ALMOST AS AN EARLY 15TH anniversary present, Friends International's cookbook "From Spiders to Water Lilies, Creative Cambodian Cooking with Friends," received two awards at the Gourmand World Cookbook Awards in Paris in July.

First published in 2003, the book features recipes for both traditional and unique Cambodian dishes served at Romdeng restaurant, including fish amok and banana flower salad with grilled Cambodian bacon. The colourful photographs are enough to make your mouth water.

Compiled by both students and staff at the organisation's flagship Phnom Penh restaurant, the cookbook received first award in

the category of Best Asian Cuisine Book. It was also awarded second place in the Fundraising and Charity Cookbook category.

Gustav Auer, Hospitality & Business Coordinator at Friends, is naturally proud. "The cookbook shows Cambodian cuisine is unique. It's very healthy, very fresh, and very clean tasting. That's what's in right now and I think that's why we won the award," he said.

From Spiders to Water Lilies is available at all Friends outlets as well as Monument Books. It can be purchased as either a hard copy (US\$40) or soft copy (US\$35) edition. In addition to English, the cookbook is also available in German on www.amazon.de.com

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**

Suzume
14A Street 51, Tel: 092 748 393
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 Sothearos 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**

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 A/C**

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. Wicked tequilas and margaritas. Open 3pm to late, closed on Saturdays. **02**

Freebird
69 Street 240, Tel: 023 224 712
Aircor 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**

Sharky Bar
126 Street 130, Tel: 023 211 825
www.sharkysofcambodia.com

Not just a pretty face, the biggest & most famous of Phnom Penh's bars has one of the best menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02 A/C**

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**

Chow

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

Kucina Filipina

217 Street 302, Tel: 099 860 775
Small, well-located, ground-floor restaurant that is very popular with the Penh's Filipino community. Gets very crowded for the lunch-time buffet, so it's best to arrive early. Open from 7.30am to 7pm (weekdays) and to 1pm on Saturday, closed Sundays. **01**

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 / 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 Sotheaors Blvd., Tel: 023 427 131
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 hawker 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**

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 specialities. 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 strongilly 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 changer. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

Café Sentiment

64 Monivong Blvd.;
Sovanna Mall; Cnr. Streets 63 & 278
Popular coffee shop chain run by the same Thalias group that manages Malis and Topaz restaurants, has a good range of coffees and snacks. Free WiFi and air-con make these outlets a good place to take some time out. **02 A/C**

Café Symphonies

81 Sisowath Quay
Serves six types of coffee roasted fresh on the premises. Although mainly geared towards the hotel and restaurant sector in Cambodia, customers have a choice of espresso and latte (both US\$1 for regular and US\$1.50 for large). Worth the visit if only for the inhalation. Open 8am to 5pm.

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 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 Sotheaors Blvd., Tel: 092 998 850
First-floor café over looking 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**

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**

Java Tea Room

Monument Books,
111 Norodom Blvd., Tel: 092 451 462
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, macaroons, 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.

Morning Café

32C Street 592,
Tel: 023 982 109 / 012 808 816
Cosy air-conditioned coffee house with relaxed atmosphere, located in Toul Kork district serves Khmer, Thai and European cuisine. Open every day for breakfast, lunch and dinner from 6am to 9pm.

The Coffee Maker

50 Sihanouk Blvd.,
Tel: 023 987 721 / 012 506 400
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 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

Cheap Charlie

“Religions change; beer and wine remain,” said **Hervey Allen**, a claim that rings true for Phnom Penh’s diverse expatriate Diaspora. With the tides of economic doom and gloom finally lapping at Cambodia’s fair shores, where’s the best spot to enjoy a cheap and cheerful beer? Photos by **Nick Sells**.



Revolution



Number 9

■ EDEN'S BAR

Street 256,
near Cambodiana Hotel
Affable landlord Eden runs the place like a good old British pub, even if the white tiled interior and shop house premises scream Southeast Asia. A decent pool table (it's actually level) and de-rigueur art house photography are pretty par for the course, although well-executed. Pull a stool up at the bar though and you'll soon realise why this place has become a firm local favourite – a

refreshing mix of foreign professionals tend to congregate here to put the world aright. Crisp, cold Anchor is US\$0.75 a glass during the long happy hours, but the 'riel' bargain is the less-than-perfect local liver killer Crown for US\$0.60. Big bottles of Tsing Tao are also available.

■ CALTEX BOKOR Corner Mao Tse Tung & Monivong Bvlds.

Seen in the West as mere stop offs for petrol and perhaps a

packet of mints, in Cambodia petrol stations have evolved into a venue unto themselves, offering fresh(ish) coffee, pastries and, of course, cold beers in air-conditioned sophistication. Peering through the slightly grubby plexi-glass windows onto the forecourt whilst skulling a brew is oddly reminiscent of a truckers' cafe. With beers priced at US\$0.65 for Leo and Crown, and a bit more for more palatable flavours, this is a refreshing and economical experience, though you shouldn't ask

the cashier for ice. And remember – AsiaLIFE Guide does not condone drink-driving!

■ NUMBER 9 GUESTHOUSE Lakeside

Long a legend across the Indochina backpacking circuit, the pleasingly shabby Number 9 hasn't lost its appeal, despite the looming wall of sand that threatens to engulf the entire area. Happy hour draft Anchor beers, US\$0.75 per glass or a very reasonable US\$2.50 per jug

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9
4
14

are poured to perfection by the ever-efficient bar staff. The creaking, rickety walkways that thread between ominous sandy waters are almost picturesque, though the same cannot always be said of the cheapskate clientele. Take a last look at a onetime Phnom Penh landmark while you still can, if you can stomach the acrid stench and high-pitched, inane banter of scrofulous, dreadlocked backpackers. For many, the offer of a free beer with every US\$2 meal is enough of a draw already.

■ **REVOLUTION**

Street 51
Sandwiched in between larger and more eye-catching establishments and an unattractive wall of 'eviction green' metal fencing, Revolution is easy to miss. Boasting a view of one of the ancient banyan trees that dot the august Wat Lanka, this could be an excellent place to while away a boozy weekend afternoon. Draft beers in ice cold glasses are an almost unbelievable US\$0.60 on Sundays – an undeniably good value offer that seems out of kilter with an empty bar. Bar staff are polite and efficient, and the beer tastes fine. A definitely

minimalist interior gives the impression that the place is halfway through a clearance sale, and spider webs of electrical wire dangling from the mouldy ceilings do little to mitigate the stripped-out feel.

■ **CHIVA'S SHACK**

Street 130 (near riverside)
Shack seems a rather humble appellation for a sprawling bar, restaurant and guesthouse carved out of two neighbouring shop houses, but there is a reason behind the seemingly over-modest name. This place is an unlikely franchise of the Sihanoukville Chiva's Shack, which has been serving up cheap intoxication and accommodation, as well as mild electric shocks from their stereo, for years. Unlike the Occheuteal incarnation, there is no sand or bamboo here, and the disparate decors – an odd combination of commonplace suburban tiles and daubed, smeared mirrors – lend the place an incongruous, half-finished feel. Still, nobody could argue with the prices – US\$0.50 for glasses of Anchor – and the staff are as polite and pleasant as in their more-popular seaside endeavour. 📍

bar stool guide

key to symbols

A/C	Air Conditioning	WiFi	Free Wireless Internet Service
	Tiger Super Cold		Live Music and DJs

Aristocrat Cigar Bar
NagaWorld, Hun Sen Park
Air-conditioned gentlemen's club aimed at attracting wealthy Khmers who like a good cigar and glass of wine. Not as stuffy as you might imagine and cigars are available from US\$10. **A/C**

Bar 33
33 E2 Sotheaors Blvd. Tel: 092 998 850
Upstairs from Corner 33 and run by the same owners, is a sophisticated spot to have a cocktail while looking across the Royal Palace. For a taste of Somerset have a Strongbow cider. **A/C**

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**

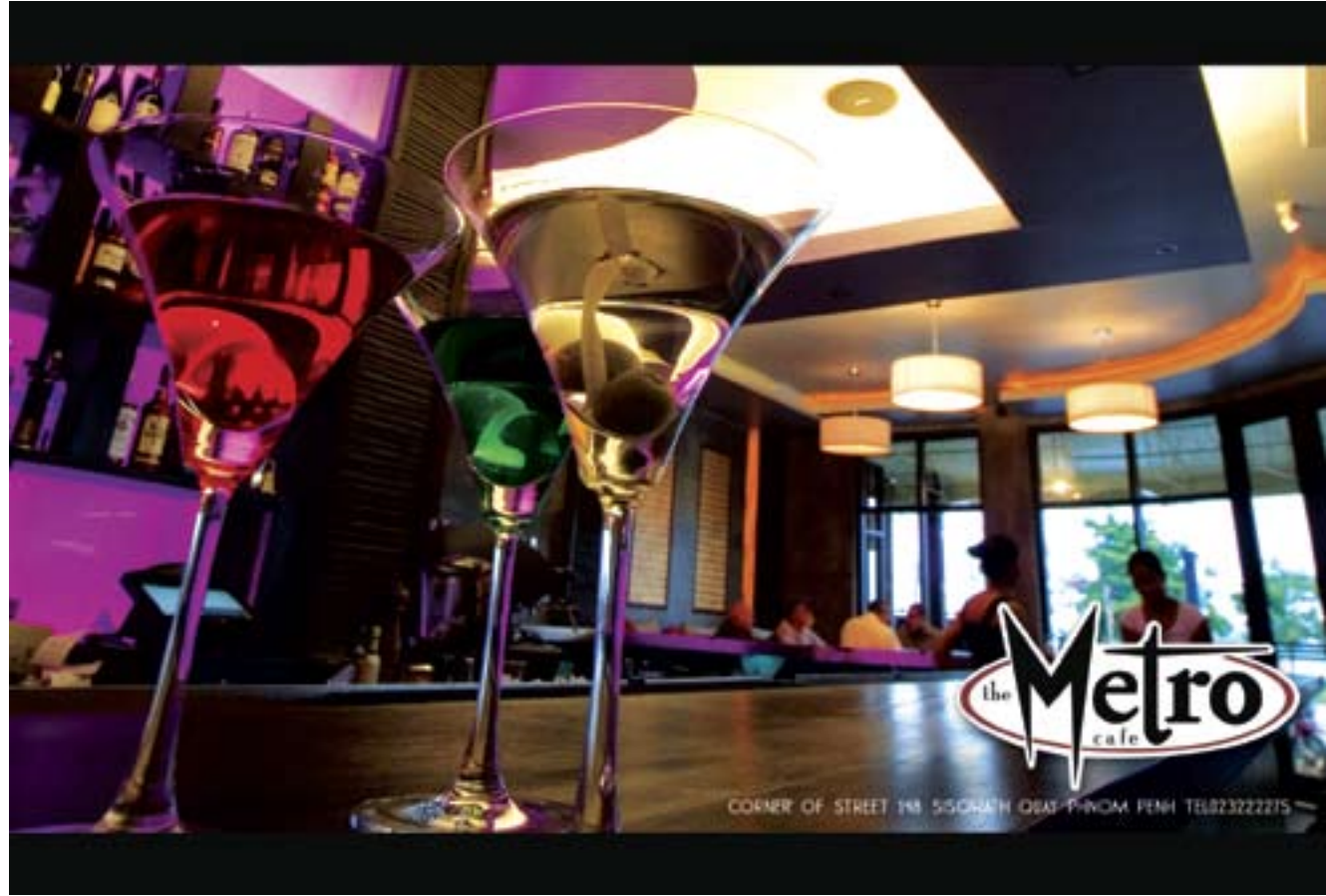
Chow
277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront

restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and Illy coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am 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
2 Street 278, Tel: 012 660 232
Re-located to the bustling Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The



Bar Talk: 4Faces

The latest delivery on the Siem Reap bar and arts scene is 4Faces, a relaxed bar, café and photo-gallery, the offspring of Dutchman Eric de Vries, Englishman Tom Blackie and their partners. Words by Nicky McGavin.

AT A TIME WHEN MANY others in Siem Reap were considering closing theirs, 4Faces opened its doors in April. "We wanted to start in the low season, to get all the mistakes out, as you can do some things during the low season that you can't get away with in the high," says Eric, a professional photographer who has lived in Cambodia for the last three years.

Located a few doors down from the Maharajah Indian Restaurant, the bar is set within one of those notoriously difficult very long, very high rooms, so typical of Cambodia. However, clever design touches mean that you never get the impression you're standing in a defunct wind tunnel, as is so often the case. The main feature is the "black wall" on which are shown revolving photography exhibitions. The opening exhibition, featured Vietnam War photographer Tim Page. Subsequent exhibitions have shown the works of local photographer



Steve Goodman and Eric himself. The photographers will be available at openings for questions about the images and their work.

In addition to Eric's own work, those of other Cambodia based photographers, including Doris Boettcher and Deborah Groves, are available for sale in the shop, alongside the exhibition pieces. "It works because people come to see the

pictures, and then stay to have a drink, or come to have a drink and unexpectedly get to enjoy the pictures," says Eric.

The bar itself is broadly stocked. Eric promises if there is anything a customer wants that isn't there, he'll make sure to get it in. All the drinks, including shakes and juices, coffee and cocktails, are very reasonably priced, and complemented by a bar snack

menu that has an equally sensible attitude to prices.

"We have the best fish and chips in Siem Reap", boasts Eric, "done in the English style, with vinegar and tartar sauce, and wrapped in newspaper." Other highlights include vegetable spring rolls, (US\$2.75), Kampot pepper chicken wings (US\$4), chicken satay (US\$4) and sweet spareribs (US\$5). At US\$3.50, the Brilliant Burger certainly has a brilliant price and must be the best value for money for a burger in town.

The bar also has free WiFi, and three TV screens showing English Premier League football, and any other sporting events you ask for if showing

4FACES - Café Bar Gallery Shop, Old Market Area, Tel: 089 20 83 36, Open 10am - late. www.4faces.net. Happy Hour 4pm - 6pm. An exhibition, featuring the works of Russian photographer, opened on Jul. 31. It runs through this month.

menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 A/C**

Equinox
3A Street 278,
Tel: 012 586 139 or 092 791 958

Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best football table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **A/C**

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. **A/C**

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
Airon American bar with neon lighting, a va-

riety 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. **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 crêche 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**

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**



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

Liquid

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**

Man Han Lou

456 Monivong Blvd., Tel: 023 721 966
Cambodia's first micro-brewery with four types of German-style beer. The dark beer comes recommended, avoid the green unless you are on St Paddy's night.

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 it's laid back ambience and old Indochine charm. Open Friday - Sunday from sunset til sunrise. **A/C**

Memphis Pub

3 Street 118, Tel: 012 871 263
Only permanent rock venue in town with a house band that plays covers. Band plays from 10pm til 1.30am, later at week-ends. Also has open mike sessions on Mondays. Open from 8pm til late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. **A/C**

Meta House

6 Street 264, Tel: 012 607 465
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 Martinis, try the Espresso. Open 7:30am to 01am. **A/C**

Munich Beer Restaurant

Sothea's Blvd.
Second of the Penh's micro-brewery offers a gold and stout beer at very reasonable prices – treat yourself to a stein.

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 Sundays. **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 Club Lounge

Tonle Sap River opposite Street 108, Tel: 017 682 071
Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs and live shows. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Happy hours 6pm to 8pm. Open 6pm to 2am (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.

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. Monday night is Retro, Thursday is House and Hip-hop is on Tuesday & Friday. Open 4pm to 2am. **A/C**



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Grapevine: Reds Under the Bed



Ever thought of putting some bottles of red to one side, but didn't know where to start? Darren Gall gives some advice on which wines to store and how to store them.

MARKET RESEARCH RE- cently discovered the average ageing time recommended by winemakers for their red wines was five years. Meanwhile, the average time between purchasing a bottle and consumption was just under two hours. Today we want instant gratification. We have no time and little interest in building a collection of fine wines, laying them down and patiently waiting for them to mature. More is the pity, because while a number of new winemaking techniques and practices allow winemakers to 'knock-the-rough-edges' off full-bodied, young red wines, the intrinsic and alluring charms of aged wines require time and patience.

The rewards for such patience are obvious the minute you take your first sip of a grand old wine given time in the cellar. The harsh tannins have softened and resolved into the wine, the simple fruitiness has transformed into flavours of intriguing complexity, and the individual components (or instruments) making up the wines texture, flavour and structure have merged seamlessly into one.

However, not all wines are made or designed to improve with storage so how do you pick the right one?

Correct storage will see wines improve over time in the cellar, but improper storage will ruin even the finest of wines, turning them into vinegar. These problems are amplified in tropical climates. With less reputable

merchants and shippers, wines have often been 'cooked' or 'spoiled' even before they've made it into your cellar.

Knowing how long to store wines can prove difficult. Some wine styles mature more quickly than others. The last thing anyone wants to do is select a wine for ageing, wait patiently for five or so years, then serve it with friends, only to find it has gone well past its best and tastes like something squeezed out of an old leather boot. Here are a few simple tips for getting the most out of your wine.

■ KNOW YOUR GRAPE

Different grapes make wines with different ageing profiles – most cabernet sauvignons will age for longer than most merlots. Most wines are designed to be consumed within a couple of years. In general, more expensive wines are usually designed to become better with age, while most inexpensive wines do not benefit from ageing. Full-bodied reds tend to be the wines made for ageing in the cellar. They are normally more robust than lighter bodied reds and white wines. While, some whites are made to age well, (eg, rieslings and semillons), big reds tend to be less temperamental.

■ KNOW YOUR SUPPLIER

Know and trust your supplier's methods of transport and storing of wines. If a wine is shipped in sea containers

without insulation it can cook in transport. If it is not cleared quickly and sits on a tropical port baking in the sun for a few days before it is cleared, it's cooked. If a wine is shipped from port to warehouse on the back of a truck that takes days to get to town in the midday sun, it's cooked. Wines must be shipped in insulated containers, cleared quickly and trucked in insulated conditions preferably in the dead of night.

■ KNOW HOW TO STORE YOUR WINE

Wine should be kept at a constant 16 or 17 degrees Celsius with a relative humidity of 70 percent. Avoid ultraviolet light or direct sunlight, avoid vibration and, most importantly, avoid fluctuation in temperature. This, rather than storing the wine in a place that is a little too warm or too cold, normally kills a good wine. If the wine is bottled under cork, keep the wine on its side to keep the cork moist and prevent it from drying out. As wine bottles heat up and cool down the wine and the cork expand and contract. If corks dry out they contract. Both lead to premature oxidation of the wine, rendering it something close to vinegar. In Southeast Asia, I recommend a wine fridge or wine cabinet as the most reliable way to store wine. Make sure it has humidity control and a quiet motor that doesn't vibrate. Also

look at the optimum cellaring recommendations for the wine – either on the back label or in wine reviews. For Southeast Asia halve that number, such are the realities of reliable freight and storage here.

■ SUCK IT AND SEE

Whatever else, do not hold on to your bottle so long that it turns bad on you. Wine reaches its peak, and then the flavours tend to diminish. Though, they will still be good, they may lose their greatness. Unfortunately (or perhaps fortunately), the only way to really know when a wine is ready is to taste it. Buy a case, or at least a few bottles, of any wine you intend to cellar so that you may sample a few over time until the wine reaches full maturity. When a wine in your cellar reaches a likely age of drinkability, try a bottle. Depending on the results, either drink the other bottles or set a date in the future to try the next bottle. This approach will train you in how wines develop. Soon you will be able to judge for yourself how much longer a wine may need to mature.

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 📧

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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.

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 ☎

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 BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. 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 Monday to Friday. ☎

The Chinese House

128 Sothea's Blvd.,
Tel: 023 356 399
Totally decadent cocktail bar set in beautiful old Chinese house. The ideal place for a drink before or after dinner.

The Winking Frog

128 Sothea's Blvd., Tel: 023 356 399
Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. 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 ☎

Velkommen Inn

23 Street 104,
Tel: 092 177 710
Hotel restaurant and bar 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. 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. ☎

Classic

42 Street 19
Very Khmer bar that has nightly drag shows, after which the dance floor fills up with all-comers.

Green Garden

40 Street 222
Most recent gay bar in the Penh has an outdoor bar and seating space that would be perfect for a BBQ. Also offers WiFi. ☎

Heart of Darkness

38 Street 51
The most famous of the city's nightspots with a good-sized dance floor started off as a gay bar. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. The dance floor is a popular gay haunt. Open 8pm to late. A/C

Pontoon Club Lounge

Tonle Sap River opposite Street 108,
Tel: 017 682 071
Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Thursday night is gay night with the place handed over to the Gloryhole Club - great name and a great drag show that you don't have to be gay to appreciate.

Salt Lounge

217 Street 136
In addition to being Phnom Penh's first openly 'gay' bar, it has one of the most contemporary designs in town and the best cocktails. Has recently become a bit of a pick-up joint with 'boys' hanging about outside, consequently tends to be shunned by the gay expat community. A/C

Nightclubs

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

Memphis Pub

3 Street 118,
Tel: 012 871 263
The only permanent rock venue in town with a house band that plays covers. Band plays from 10pm til 1.30am, later at weekends. Also has open mike sessions on Mondays. Open from 8pm til late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. A/C ☎

Pontoon Club Lounge

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Riverhouse Lounge

6 Street 110,
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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 ☎

Club White

305 Mao Tse Tung Boulevard opposite InterContinental Hotel
Tel: 013 994 483
Brandishing itself as the future of clubbing in Cambodia, this upper class club is the latest addition to the Phnom Penh scene. White and modern, it attracts the Penh's local movers and shakers with a penny to spare. Open 7 nights a week from 8pm until late, the Bangkok-linked club hosts international DJs belting out hip hop, house and other party tunes. Every second Saturday of the month is a special club night. A/C ☎

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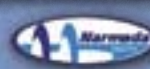
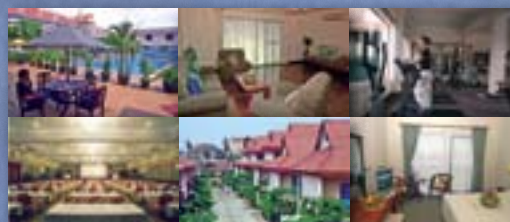


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gay

Blue Chili

36 Street 178
This welcoming bar run by Thai national Oak is probably the number one gay bar in town currently. Chic décor makes this one of the coolest bars in town and the drag shows on Friday and Saturday are an additional draw.

scrapbook



@US Embassy - 4th of July



@Pontoon



@US Embassy - 4th of July



@Java



@Rubies



@Gasolina



@Talking to a Stranger



@Phnom Penh Ashes



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kaleidoscope

A Band with a Message

They may look diminutive and plain, but the members of local a cappella group **The Messenger Band** sound anything but. **Nora Lindström** meets up with some of the protest song group's members.

SIX WOMEN ARE SINGING a cappella to a group of villagers in rural Cambodia. The song called, 'Land and Life', is a lament to the people of Boeung Kok Lake. Following a traditional tune, they describe their sadness at seeing their ancient, beautiful land being expropriated to developers. They urge the audience to speak out about injustice. Featuring chai pei artist Kung Nei, the music video contains footage of the eviction. On YouTube, it has received several thousands of hits.

The women are part of the The Messenger Band, a group of local garment factory workers. Assembled in 2005, the group sings about social issues as diverse as women's rights, land issues, rice cultivation, HIV/AIDS, and sex work.

■ MANY STORIES, ONE VOICE

"People often discriminate against female garment factory workers, and I want to show that I can do things," says Nam Sophors, 26. She joined the group as a means of telling people her own story.

The band is about just that – speaking to ordinary people all over the country, and writing compelling songs based on their stories. Although they have performed at a WTO meeting in Hong Kong, as well as at The Vagina Monologues last April, the band is more focused on bringing its message to rural Cambodia by touring the country on a regular basis.

"This is a way for me to speak out, to tell people about what I and others in the factories have suffered," says Vun Em, 25. "Not many people talk about the reality of life in Cambodia. This is a way for us to stand up and tell people about ours and other people's lives."

Kao Chivika, Kun Sothary, Leang Leakhana and Van Houn are the four other current members of the band, formed when Womyn's Agenda for Change advertised for singers through its



Taking their message to garment factories

seven centres. Five were initially chosen from the many women who flocked to the auditions. "I love singing," says Em, one of the original members of the band. "When I was young I used to be a traditional singer, and so when I heard about the band, I was very happy and went to the auditions."

For Chivika, 31, learning about issues affecting her and others in her position was important. "I wanted to learn about labour law, social issues, and the situation of workers and women in other countries," she says.

■ TURNING HEADS NOT MAKING A FORTUNE

Unlike many other bands and artists, fame and fortune is not what drives the Messenger Band. Sothary, 29, considers it a relief that there is no pressure to dress

up or court the audience in the way many other local artists do. For the Messenger Band, it's all about speaking up for the poor and vulnerable.

Their songs are based on true stories from real people's lives. Sothary describes how they research each topic and speak to people in small groups, before relaying their compatriots concerns through song. "We want to get people's voices to the policymakers," she explains. Their audience mainly consists of garment factory workers or poor villagers.

"The meanings of our songs touch people's hearts because they recognise our stories as their own," says Em. She describes how members of the audience often cry during performances. Afterwards they feel encouraged to speak out about issues affecting them. "We help to break

the silence on many long-term, ongoing problems in Cambodia," explains Hin Kunthea, the group's technical advisor.

■ NO CHOICE

Singing about land rights is a particularly gutsy move. Not everyone is a fan of the group's bold and out-spoken approach. The women claim they have received threats from various corners, including warnings that one day they will 'disappear'.

"You ask if we feel afraid? Of course we do, but we have to do it, because it is our story, our problems," Em says. "If we don't do it, then how can anything change? Nobody cares for us."

No longer supported by the now disbanded Womyn's Agenda for Change, the band is learning how to go it alone. However, they received a grant from an international NGO to train women in Svay Rieng Province to start a group similar to theirs. The upcoming album 'No Choice' is another way of spotlighting ongoing problems in Cambodia. The album features 12 new songs about land evictions, domestic violence, and HIV/AIDS among other contemporary issues.

Regardless of how many people they reach, it is evident that just being in the band has changed the members' lives. From garment factory workers with limited formal education, the women are now determined members of a truly groundbreaking song group.

"Now I am full of confidence and don't allow people to look down on me because I'm a garment factory worker," says Sothary. "I'm not happy just standing by anymore, I want to work towards getting the voices of the poor and vulnerable heard."

For a copy of No Choice, contact Hin Kunthea at: kuntheahin@yahoo.com. The Messenger Band has no upcoming concerts in the capital, but is happy to consider requests. ■

On the Record: New UK and World Music

Last month Sebastian Blockley considered some recent U.S. albums, this month he shares some of his favourite releases from other countries.

THERE IS SOMETHING OF a malaise with the U.K.'s slurry of identikit skinny boy guitar bands — indie landfill. It has been left to the middle-aged to set the standards. Paul Weller celebrated his fiftieth birthday with the release of the double CD, '22 Dreams' — his most ambitious ever. Having outgrown the Modfather tag, this record moves (not always entirely comfortably) between acid folk, cool jazz, rock, spoken-word and noise experiments. Some of the instrumentals sound rather like audition pieces for film scores, but are intriguing nonetheless. Like many good double CDs, '22 Dreams' would have made a superb single CD. Clearly, Weller is still a questor, a man of restless musical curiosity. In a world of increasing musical genre conformity, we should be grateful for that.

Australian Nick Cave is really a World citizen, his works transcend any nationalism. He also reached his half-century with a corker of an album, 'Dig!!! Lazarus Dig!!!' that reveals no mellowing with age. He is back with the Bad Seeds, who have not lost any of their sense of threat, with guitars like switchblades. Here, though, they are almost indecently funky and tuneful. Cave himself, the hell-fire preacher of perversity, is in fine voice and delivers dark but highly literate, defiant rants for a sick society.

Since Portishead's last album 11 years ago, the Bristol outfit's albums had become U.K. dinner party mood music standards. 'Third', the band's ... err... third release, is in danger of taking appetites away — it sounds more like the soundtrack for global disintegration. Unsettling

and ominous, like a spooky dark cavern, this is heavy Krautrock doom and gloom over which Beth Gibbon's disconnected, beautiful voice mournfully floats.

Dengue Fever's 'Venus On Earth', is the band's third long player. Containing only self-penned new songs, it represents a clear progression from the earlier albums of western-friendly covers and pastiches of Cambodian Independence era pop. This recording shows their music becoming increasingly original rather than homage. The spirit of 60s Cambodian psych pop is now thriving as an export as Dengue Fever tours and builds what is becoming a global fan base.

Amadou and Mariam's 'Welcome to Mali' is adorable. Their previous album, 'Dimanche a Bamako', produced by Manu Chau introduced the rest of the world to this irresistible pair's contagious party music. Their latest album is even better, while still eclectic in its musical influences. I defy anybody to listen to it without smiling at its charm — or staying still for long. This ear-to-ear grin, good time music is joyous, shimmering, happy, huggable, classy global pop from Africa.

Happy listening — SEBASTIAN BLOCKLEY



Bootleg

Simon Jacy AsiaLIFE's scathing film critic, casts a jaundiced eye over what's on offer

■ BULLITT

Peter Yates (1968)
As with many films of the era, to modern viewers Bullitt can feel drawn out and plodding, lacking the constant commentary of overly verbose characters. But Bullitt relies on more than blunt, didactic plot lines. An iconic marriage of style and substance it oozes a hip counterculture late 60s vibe. The story, a simple cop versus mafia thriller, gives Steve McQueen just enough room to swagger as the hardboiled cop out for revenge. The film is most famous for an adrenaline-fuelled car chase that sees two 1968 V8 Ford Mustangs leaping off San Francisco's precipitous backstreets. With Lalo Schifrin's score blending funky jazz, brass and percussion, this is a must see for any film junky.

■ JOHNNY MAD DOG

Jean-Stéphane Sauvaire (2008)
A darkly disturbing journey into the nightmarish chaos of African civil war, Johnny Mad Dog is a traumatic emotional rollercoaster. Johnny (Christophe Minie) is the head of a platoon of malleable child soldiers fighting in an unnamed African country for a cruel and manipulative general nicknamed 'Never Die'. A shocking, no-holds-barred approach lays bare the horrors

familiar from documentaries and news feeds. The viewer's immersion in this insane apocalypse renders the film far more powerful than any third-person account. Harrowing scenes of rape, murder and robbery are all the more convincing because the cast, who speak only an animated patois, includes former child soldiers. An unmissable education in the harsh realities of contemporary Africa.

■ CONFESSIONS OF A SHOPAHOLIC

P. J. Hogan (2009)
Rebecca Bloomwood (Isla Fisher) is a simpering journalist who works at a gardening magazine but wants to jump ship to fashion bible Alette. Helpfully, she's got an IQ slightly smaller than her shoe size and an insatiable appetite for useless knick-knacks. Despite these qualifications for fashion 'journalism', she just can't break through and turns to a job at Successful Saving magazine. Predictable shenanigans ensue. Cringeworthy sentimentalism and poor dialogue are likely to alienate most viewers. Even the most soppy of females will recoil from the mixed messages about the consequences of conspicuous consumption, and a plot so thin you could read a newspaper through it. Just say no. **F**



Arts Diary

■ OPENING THIS MONTH

The Wait

Exhibition by Chinese artist Qudy Xu and Cambodian artist Tith Kanitha opens at the Hotel de la Paix, Siem Reap on Aug. 6, running through to end of September.

The Storm

Collages by Srey Bandol and an installation by Meas Sokhorn open at Java Café & Gallery on Aug. 7 at 6pm, running through the month.

Walking Through

Photography exhibition by Vandy Rattana opens at Sa Sa Gallery, 7 Street 360 on Aug. 29 at 7pm, running through to Sep. 25.

Ciro Totku

Minimalist images and abstract photographs by Russian photographer Ciro Totku, opens at 4Faces Gallery, Siem Reap on Jul. 31 running through August.

Andeol Cadin

Photo Reflections by Andeol Cadin opens at Equinox on Aug. 7 at 7pm. Runs through September.

Miss Landmine Cambodia 2009

Exhibition at Meta House opens on Aug. 7 at 6pm, runs to Aug. 31.

■ MUSIC & EVENTS

Vann Molyvann Project

Presentation by U.S. architect Bill Greaves at Meta House on Aug. 18 at 7pm.

D'Sco

The Geckos of Love play Talkin to a Stranger Sunday Aug. 2 & 16 from 4pm to 8pm.

Betty without her Falcons

Solo gig by Melanie (ex Betty Ford & GT Falcons) at Talkin to A Stranger on Aug. 21 from 9pm.



Chinese Post Punk rocked the China House

Break Dancing for a Better Future

Tiny Toones are back in da Meta House on Aug. 28 at 6pm.

Route 66

Play Sharky's on Aug. 7 & 8 from 9pm.

Dr. JP and the Nurses

The Penh's resident Heavy Metal band plays Sharky's on Aug. 28 / 29 from 9pm.

Riverside Rhythms

Live music every night of the week at Riverside Bistro. On Mondays / Tuesdays (9pm) – Don't Let the Sun Go Down on Me: unplugged piano and vocals; Wednesdays (9pm) – UB2U: live request night; Thursdays (9pm) – Reminiscence: classic songs from the last 50 years on guitar and piano; Fridays to Sundays (8.30pm) – Section 5: four-piece band plays the best live music on the riverfront.

Winking Music

Live music at the Winking Frog every Friday and Saturday from 8.30pm.

■ FILM

Le Cinema

The following films (in English or with English sub-titles) will be shown at Le Cinema, CCF at 7pm: Aug. 15 / 21 / 29 – *Car-touches Gauloises*; Aug. 22 / 28 – *Disengagement*.

Indian Movies

The best of Bollywood shown every Wednesday at Annam Restaurant, 1C Street 282, at 7pm.

Rooftop Cinema

Each month the Meta House (open Tuesday to Sunday 2pm to 10pm) shows films, documentaries and hosts events on its rooftop terrace. This month's screenings (7pm unless stated) include: Aug. 1 – *Living in Emergency: Stories of Doctors without Borders*; Aug. 2 – *Johnny Mad Dog: The Tale of an African Child Soldier*; Aug. 4 – *The Ordeal of Indian Women: Bandit Queen*; Aug. 5 – *Barroco: Journey to the Heart of South America*; Aug.

6 – *ScreenDocs & Doctors: Medics in the Ukraine & Cambodia*; Aug. 8 – *Aki Ra's Boys – UXO in Cambodia and Laos*; Aug. 9 – *Too Close to Death: Bomb Hunters in Cambodia*; Aug. 11 – *Fighting the German Establishment: Black Box BRD*; Aug. 12 – *The Baader Meinhof Complex: the 'RAF' Goes Cinema*; Aug. 13 – *ScreenDocs: Artistic Journeys to China and the USA*; Aug. 14 – *Examining Religious Hatred: Constantine's Sword*; Aug. 15 – *New Gay Cinema from the Philippines: Roxxxanne*; Aug. 16 – *Mysterious Skin: An Understated Masterpiece of Cinema*; Aug. 18 – *Concrete Visions*; Aug. 19 – *Kampuchea: Death & Rebirth*; Aug. 20 – *ScreenDocs: Connecting Worlds through Music*; Aug. 21 – *Behind the Bamboo Curtain: Burma vs. Globalisation*; Aug. 22 – *Cambodia for Sale: Phnom Penh Evictions in the Media*; Aug. 23 – *TXT B4 Marriage: a Telecommunication Romance*; Aug. 25 – *The Best of New German Cinema: Urban Guerrillas*; Aug. 26 – *The French Connection: Art Dialogue*; Aug. 27 – *ScreenDocs: 3 Ways of Looking at Genocide*; Aug. 28 – *Giant Steps*; Aug. 29 – *Strait Refugee*; Aug. 30 – *End of America: 10 Steps to Close an Open Society*.

■ ONGOING

Imagined Portraits of Women

Debut Cambodian exhibition by veteran Khmer painter You Khin continues at the French Cultural Centre (CCF).

The Studio Image

Work of photographers Lim Sokchanlina, Uy Nouseimoony, Pha Lina and Sovann Philong continues at the French Cultural Centre (CCF). **A**

META HOUSE PHNOM PENH
 Visit Cambodia's first media and art center
 gallery open tuesday to sunday from 2pm until 10pm
 rooftop cinema chill out bar & BBQ open from 6pm
 street 264 #6 sangkat chaktomuk, khan daun penh
 homepage www.meta-house.com, email mestirharm@gmail.com
 fixed 023 224 140, mobile 012 667 465

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Cinemas

Le Cinema 04

French Cultural Centre
218 Street 184 Tel: 023 213 124

100-seat cinema shows international art house and mainstream movies with occasional films in English. Children's cinema on Saturday mornings at 10am.

Meta House 02

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

Asasax

192 Street 108 Tel: 023 217 795
Shop and gallery space devoted to Cambodian artist Asasax, just across from the National Museum.

Art Café 06

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.

Bophana Audiovisual Resource Centre 03

64 Street 200, Tel: 023 992 174
As well as preserving much of Cambodia's audiovisual material, has regular exhibitions. Open from 8am to 6pm Mon. to Fri., 2pm to 6pm (Sat.).

Dori Thy Gallery

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

Equinox 07

3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run restaurant and bar has art exhibitions each month. Open 7am to late.

FCC Phnom Penh 22

363 Sisowath Quay, Tel: 023 724 014
Phnom Penh's landmark restaurant has a permanent, rotating exhibition devoted to photography. Open 7am to midnight.

French Cultural Centre 04

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. Second gallery space is on the opposite side of the road by Café du Centre.

Happy Painting Gallery 23

FCC
Open since 1995, this air-con art shop sells the colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

Hen Sopal Gallery

39C Street 178
Gallery devoted to the works of the Cambodian artist open from 7am to 7pm.

Java Café & Gallery 01

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 02

6 Street 264, Tel: 012 607 465
Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films. Open Tues. to Sun. 2pm to 10pm.

Mutrak Gallery

409 Street 246, Tel: 012 294 731
Gallery featuring the works of Cambodian artist Leang Seckon, viewing by appointment only.

New Art Gallery

20 Street 9, Tel: 012 824 570
More art shop that does framing than gallery, it does have occasional exhibitions.

Pich Sopheap

24 Street 80, www.saklapel.org
Lakeside studio of the Khmer artist, viewing is by appointment only.

Reyum Institute of Arts & Culture 27

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

Sa Sa Gallery

7 Street 360, Tel: 011 936 855
Gallery inside Baitong Restaurant devoted to the works of Cambodia's Art Rebels (Stiev Selapak).

Scan Gallery

4 Street 282, Tel: 023 214 498
Contemporary art gallery within boutique hotel close to Wat Lanka. Open from 7am to midnight.

The Mansion

(Sino-Khmer Residence) 28
Sotheaors Blvd. (opposite the National Museum), Tel: 023 724 014
Latest project from the FCC Group, this beautiful, derelict French colonial building has been converted into a venue for occasional exhibitions and parties. Walk into the building and wander around for a taste of what the Penh used to be like.

The Chinese House 16

128 Sotheaors Blvd., Tel: 023 356 399
Cocktail bar set in beautiful old Chinese house has revolving exhibitions on the ground floor.

Performing Arts

Amrita Performing Arts

128G9 Sotheaors Blvd., Tel: 023 22 0424
www.amritaperformingarts.org
Performance art company that puts on contemporary and classical music, dance and theatre.

Apsara Arts Association

71 Street 598, Tel: 011 550 302
Promotes Cambodian arts and culture. Open from 7.30am to 10.30am (Mon. to Sat.). Performance on request - adults US\$5, children US\$3.

Art Café 06

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

Art + Foundation

84 Street 108, Tel: 012 834 517
Organisation devoted to the performance of western, classical music.

Cambodian Living Arts

407 Street 246
Art organisation devoted to the revival of traditional Khmer performing arts. Puts on occasional performances.

Chaktomuk Conference Hall 24

Sisowath Quay, Tel: 023 725 119
Designed by master Cambodian architect Vann Molyvann, this under-utilised building is worth a visit. Open from 7am to 11.30am and 2pm to 5pm (Mon. to Fri.).

Chenla Theatre 25

Cnr. Mao Tse Tung & Monireth Blvds.,
Tel: 023 883 050
www.culturalcenter-cambodia.com
One of the capital's major theatres, it has regular performances of theatre, dance and music.

Epic Arts

1DE0 Sotheaors Blvd., Tel: 023 998 474,
www.epicarts.org.uk
Organisation that uses art to empower people with disabilities.

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. 

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leisure & wellness

Tricks of the Trade

Whether you like keeping friends back home up-to-date with what's happening via Facebook, or want to capture that perfect moment, we can all do with some brushing up on our photographic skills. As **Mark Jackson** discovers, it can also make for a fun day out.

Just like everyone is supposed to have a novel inside of them, all of us can take a good photograph. All we need to do is splash out on the right camera. With so many photo-opportunities waiting at every corner and the price of digital cameras coming down all the time, we just need to aim and fire, to capture that perfect picture. If that one doesn't work out, we can always take another shot.

If you found yourself nodding in agreement while reading the preceding paragraph then you really need to take one of Nathan Horton's photography classes.

"Cameras don't take great pictures, people do," explains Nathan at the start of his lesson, held in his photography studio on Street 136. He then proceeds to tell you precisely how your camera works in his morning photography class, which he prefers to call a workshop.

Broken down into three sections – the technical side of the camera, the aesthetics of photography including composition and light, and then the ethics of travel photography, the workshop is ideal for those with a basic knowledge of how a camera works, or those in need of a refresher.

The technical side focuses on how cameras work, with some handy tips. Teaching how to balance aperture against shutter speed Nathan advises that erring on the side of under-exposure is normally best. You can always lighten photographs up in post-production, such as photoshop. If the image captured is over-exposed you will lose detail.

Don't worry if you feel a little lost during the workshop, the afternoon practical session allows plenty of time to work things out for yourself.

■ TAKING THE 'RIGHT' TRAVEL PHOTOGRAPH

Possibly the most interesting part of the workshop is that relating to the ethics of travel photography. A photographer for over twenty



Nathan putting the A-Z of photography into practice at Udong

years, Nathan worked in the fashion industry in London, often in the controlled environment of the studio. This is a million miles away from the unpredictable atmosphere of travel photography in Cambodia, where you need your wits about you.

Observing that the language of photography is the same as hunting – re-read the first paragraph if you don't believe him – he has one clear piece of advice. Share the experience with the subject of your photograph. Don't creep up on your prey and try to steal a shot from across the road with a high-powered lens.

"Far too many photographers look like snatch and grab merchants," he says. "It is very much about the photographers getting what they want out of it rather than sharing the cultural experience."

He always shows people his camera, smiles at them while indicating he wants to take their portrait and then shares the photograph with them afterwards – one clear benefit of digital over film.

"The downside is that people pose for the photos," he says. "Eventually, they'll get back to

their normal hanging around." You just have to show a little bit of patience. In his opinion photography tends to open rather than close doors. "Maybe they'll even offer you some food."

■ PUTTING IT INTO PRACTICE

This workshop is followed by the field trip. On Saturdays, Nathan takes his budding camera enthusiasts to Silk Island, finishing with a leisurely cruise along the Mekong on The Butterfly before returning to Phnom Penh. The following day he visits Kampong Chhnang and Udong. We chose the latter.

On our trip, Nathan followed a boat ride on the river at Kampong Chhnang, with a short visit to the local market. The river trip tested our command of the technical side of photography – taking shots while in motion, light reflecting off the water and changeable weather patterns – we had both rain and bright sunlight. In the market, we encountered the ethical side – how to take photographs of women lazing around after a hard day's selling? A typical vignette of Cambodian life, the difference was in seeing

the way Nathan finessed the women's initial reticence, ending up surrounded by half the market all eager to see their images on the small display screen.

The day ends with a short walk up the hill at Udong to take a shot of the sun setting over the Cambodian countryside. We chatted with a group of young monks, who were visiting the place of workshop. More doors were opened into their culture.

For me, this was the highlight of the day – sitting in a quite mystical place watching the sun slide behind the horizon and listening to the monks chanting in the wondrous dimming light. Nathan assures that timing your visit for when the monks are there is pure chance, however much notice you give him.

Day trips cost US\$100 per person (including all teaching, guidance and transport costs. Small groups of 4 (or more) and couples get a 10 percent discount. Nathan also runs a half-day walking tour around Phnom Penh for US\$50. Booking in advance is essential. For more information, visit: www.nathanhortonphotography.com

leisure & 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.angkorsoaaps.com
Specialising in handmade soaps and natural spa products.

chemists

U-Care Pharmacy
26-28 Sotheaeros 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

Aikido Classes
24R Street 252 (on villa rooftop),
Tel: 012 811 234
Japanese martial art class taught by an experienced Aikido practitioner. Monday, Wednesday, Friday at from 7pm to 9pm. Fee US\$30/month. For further information or enrolment, please contact Olivier olivierlaotai@yahoo.fr

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, costs US\$15 per month. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel on 012 458 167.

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
Living Room, 9 Street 306
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
Weekend photography tuition and guided tours to Kampong Chhnang 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 Sotheaeros 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.

Correction

The photo shown in the August Arts Diary captioned "Maria Stott: Building exhibition at Bophana Audiovisual Centre" was taken by and provided to the exhibit by Isabelle Lesser. The photo was taken in 2005 and commissioned by Cambodia Living Arts.





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

Secretary : 023 211 363 / 012 893 174



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- Orthodontic Treatment
- Root Canal Treatment
- Tooth Colored Filling
- Child Prevention
- Dental Implant

Emergency
092 804 471
012 986 024 / 012 854 408

English Premier League Season 2009/10

Will **Manchester United** win an unprecedented fourth title in a row? How many of the promoted clubs will avoid the drop this season? Who will be the first manager to receive the Chairman's "vote of confidence"? Will the **Pundit** get even one prediction right this time? It all starts on **Aug. 15** – can't wait!

AUG. 15/16, 2009

- Aston Villa v Wigan
- Blackburn v Man City
- Bolton v Sunderland
- Chelsea v Hull
- Everton v Arsenal
- Man Utd v Birmingham
- Portsmouth v Fulham
- Stoke v Burnley
- Tottenham v Liverpool
- Wolverhampton v West Ham

AUG. 18, 2009

- Birmingham v Portsmouth
- Burnley v Man Utd
- Fulham v Blackburn
- Hull v Tottenham
- Sunderland v Chelsea
- Wigan v Wolverhampton

AUG. 19, 2009

- Liverpool v Stoke

AUG. 22/23, 2009

- Arsenal v Portsmouth
- Birmingham v Stoke
- Burnley v Everton
- Fulham v Chelsea
- Hull v Bolton
- Liverpool v Aston Villa
- Man City v Wolverhampton
- Sunderland v Blackburn
- West Ham v Tottenham
- Wigan v Man Utd

AUG. 29/30, 2009

- Aston Villa v Fulham
- Blackburn v West Ham
- Bolton v Liverpool
- Chelsea v Burnley
- Everton v Wigan
- Man Utd v Arsenal
- Portsmouth v Man City
- Stoke v Sunderland
- Tottenham v Birmingham
- Wolverhampton v Hull

SEP. 12/13, 2009

- Birmingham v Aston Villa
- Blackburn v Wolverhampton
- Fulham v Everton
- Liverpool v Burnley
- Man City v Arsenal
- Portsmouth v Bolton
- Stoke v Chelsea
- Sunderland v Hull
- Tottenham v Man Utd
- Wigan v West Ham

SEP. 19/20, 2009

- Arsenal v Wigan
- Aston Villa v Portsmouth
- Bolton v Stoke
- Burnley v Sunderland
- Chelsea v Tottenham
- Everton v Blackburn
- Hull v Birmingham
- Man Utd v Man City
- West Ham v Liverpool
- Wolverhampton v Fulham

SEP. 26/27, 2009

- Birmingham v Bolton
- Blackburn v Aston Villa
- Fulham v Arsenal
- Liverpool v Hull
- Man City v West Ham
- Portsmouth v Everton
- Stoke v Man Utd
- Sunderland v Wolverhampton
- Tottenham v Burnley
- Wigan v Chelsea

OCT. 3/4, 2009

- Arsenal v Blackburn
- Aston Villa v Man City
- Bolton v Tottenham
- Burnley v Birmingham
- Chelsea v Liverpool
- Everton v Stoke
- Hull v Wigan
- Man Utd v Sunderland
- West Ham v Fulham
- Wolverhampton v Portsmouth

OCT. 17/18, 2009

- Arsenal v Birmingham
- Aston Villa v Chelsea
- Blackburn v Burnley
- Everton v Wolverhampton
- Fulham v Hull
- Man Utd v Bolton
- Portsmouth v Tottenham
- Stoke v West Ham
- Sunderland v Liverpool
- Wigan v Man City

OCT. 24/25, 2009

- Birmingham v Sunderland
- Bolton v Everton
- Burnley v Wigan
- Chelsea v Blackburn
- Hull v Portsmouth
- Liverpool v Man Utd
- Man City v Fulham
- Tottenham v Stoke
- West Ham v Arsenal
- Wolverhampton v Aston Villa

OCT. 31/ NOV. 1, 2009

- Arsenal v Tottenham
- Birmingham v Man City
- Bolton v Chelsea
- Burnley v Hull
- Everton v Aston Villa
- Fulham v Liverpool
- Man Utd v Blackburn
- Portsmouth v Wigan
- Stoke v Wolverhampton
- Sunderland v West Ham

NOV. 7/8, 2009

- Aston Villa v Bolton
- Blackburn v Portsmouth
- Chelsea v Man Utd
- Hull v Stoke
- Liverpool v Birmingham
- Man City v Burnley
- Tottenham v Sunderland
- West Ham v Everton
- Wigan v Fulham
- Wolverhampton v Arsenal

NOV. 21/22, 2009

- Birmingham v Fulham
- Bolton v Blackburn
- Burnley v Aston Villa
- Chelsea v Wolverhampton
- Hull v West Ham
- Liverpool v Man City
- Man Utd v Everton
- Stoke v Portsmouth
- Sunderland v Arsenal
- Tottenham v Wigan

NOV. 28/29, 2009

- Arsenal v Chelsea
- Aston Villa v Tottenham
- Blackburn v Stoke
- Everton v Liverpool
- Fulham v Bolton
- Man City v Hull
- Portsmouth v Man Utd
- West Ham v Burnley
- Wigan v Sunderland
- Wolverhampton v Birmingham

DEC. 5/6, 2009

- Arsenal v Stoke
- Aston Villa v Hull
- Blackburn v Liverpool
- Everton v Tottenham
- Fulham v Sunderland
- Man City v Chelsea
- Portsmouth v Burnley
- West Ham v Man Utd
- Wigan v Birmingham
- Wolverhampton v Bolton

DEC. 12/13, 2009

- Birmingham v West Ham
- Bolton v Man City
- Burnley v Fulham
- Chelsea v Everton
- Hull v Blackburn
- Liverpool v Arsenal
- Man Utd v Aston Villa
- Stoke v Wigan
- Sunderland v Portsmouth
- Tottenham v Wolverhampton



DEC. 15, 2009

- Birmingham v Blackburn
- Bolton v West Ham
- Burnley v Arsenal
- Hull v Everton
- Man Utd v Wolverhampton
- Stoke v Fulham
- Sunderland v Aston Villa
- Tottenham v Man City

DEC. 16, 2009

- Chelsea v Portsmouth
- Liverpool v Wigan

DEC. 19/20, 2009

- Arsenal v Hull
- Aston Villa v Stoke
- Blackburn v Tottenham
- Everton v Birmingham
- Fulham v Man Utd
- Man City v Sunderland
- Portsmouth v Liverpool
- West Ham v Chelsea
- Wigan v Bolton
- Wolverhampton v Burnley

DEC. 26, 2009

- Arsenal v Aston Villa
- Birmingham v Chelsea
- Burnley v Bolton
- Fulham v Tottenham
- Hull v Man Utd
- Liverpool v Wolverhampton
- Man City v Stoke
- Sunderland v Everton
- West Ham v Portsmouth
- Wigan v Blackburn

DEC. 28, 2009

- Aston Villa v Liverpool
- Blackburn v Sunderland
- Bolton v Hull
- Chelsea v Fulham
- Everton v Burnley
- Man Utd v Wigan
- Portsmouth v Arsenal
- Stoke v Birmingham
- Tottenham v West Ham
- Wolverhampton v Man City

JAN. 9/10, 2010

- Arsenal v Everton
- Birmingham v Man Utd
- Burnley v Stoke
- Fulham v Portsmouth
- Hull v Chelsea
- Liverpool v Tottenham
- Man City v Blackburn
- Sunderland v Bolton
- West Ham v Wolverhampton
- Wigan v Aston Villa

JAN. 16/17, 2010

- Aston Villa v West Ham
- Blackburn v Fulham
- Bolton v Arsenal
- Chelsea v Sunderland
- Everton v Man City
- Man Utd v Burnley
- Portsmouth v Birmingham
- Stoke v Liverpool
- Tottenham v Hull
- Wolverhampton v Wigan

JAN. 26, 2010

- Bolton v Burnley
- Man Utd v Hull
- Portsmouth v West Ham
- Stoke v Man City
- Tottenham v Fulham
- Wolverhampton v Liverpool

JAN. 27, 2010

- Aston Villa v Arsenal
- Blackburn v Wigan
- Chelsea v Birmingham
- Everton v Sunderland

JAN. 30/31, 2010

- Arsenal v Man Utd
- Birmingham v Tottenham
- Burnley v Chelsea
- Fulham v Aston Villa
- Hull v Wolverhampton
- Liverpool v Bolton
- Man City v Portsmouth
- Sunderland v Stoke
- West Ham v Blackburn
- Wigan v Everton

FEB. 6/7, 2010

- Birmingham v Wolverhampton
- Bolton v Fulham
- Burnley v West Ham
- Chelsea v Arsenal
- Hull v Man City
- Liverpool v Everton
- Man Utd v Portsmouth
- Stoke v Blackburn
- Sunderland v Wigan
- Tottenham v Aston Villa

FEB. 9, 2010

- Arsenal v Liverpool
- Fulham v Burnley
- Portsmouth v Sunderland
- West Ham v Birmingham
- Wigan v Stoke
- Wolverhampton v Tottenham

FEB. 10, 2010

- Aston Villa v Man Utd
- Blackburn v Hull
- Everton v Chelsea
- Man City v Bolton

FEB. 20/21, 2010

- Arsenal v Sunderland
- Aston Villa v Burnley
- Blackburn v Bolton
- Everton v Man Utd
- Fulham v Birmingham
- Man City v Liverpool
- Portsmouth v Stoke
- West Ham v Hull
- Wigan v Tottenham
- Wolverhampton v Chelsea

FEB. 27/28, 2010

- Birmingham v Wigan
- Bolton v Wolverhampton
- Burnley v Portsmouth
- Chelsea v Man City
- Hull v Aston Villa
- Liverpool v Blackburn
- Man Utd v West Ham
- Stoke v Arsenal
- Sunderland v Fulham
- Tottenham v Everton

MAR. 6/7, 2010

- Arsenal v Burnley
- Aston Villa v Sunderland
- Blackburn v Birmingham
- Everton v Hull
- Fulham v Stoke
- Man City v Tottenham
- Portsmouth v Chelsea
- West Ham v Bolton
- Wigan v Liverpool
- Wolverhampton v Man Utd

MAR. 13/14, 2010

- Birmingham v Everton
- Bolton v Wigan
- Burnley v Wolverhampton
- Chelsea v West Ham
- Hull v Arsenal
- Liverpool v Portsmouth
- Man Utd v Fulham
- Stoke v Aston Villa
- Sunderland v Man City
- Tottenham v Blackburn

MAR. 20/21, 2010

- Arsenal v West Ham
- Aston Villa v Wolverhampton
- Blackburn v Chelsea
- Everton v Bolton
- Fulham v Man City
- Man Utd v Liverpool
- Portsmouth v Hull
- Stoke v Tottenham
- Sunderland v Birmingham
- Wigan v Burnley

MAR. 27/28, 2010

- Birmingham v Arsenal
- Bolton v Man Utd
- Burnley v Blackburn
- Chelsea v Aston Villa
- Hull v Fulham
- Liverpool v Sunderland
- Man City v Wigan
- Tottenham v Portsmouth
- West Ham v Stoke
- Wolverhampton v Everton

APR. 3/4, 2010

- Arsenal v Wolverhampton
- Birmingham v Liverpool
- Bolton v Aston Villa
- Burnley v Man City
- Everton v West Ham
- Fulham v Wigan
- Man Utd v Chelsea
- Portsmouth v Blackburn
- Stoke v Hull
- Sunderland v Tottenham

APR. 10/11, 2010

- Aston Villa v Everton
- Blackburn v Man Utd
- Chelsea v Bolton
- Hull v Burnley
- Liverpool v Fulham
- Man City v Birmingham
- Tottenham v Arsenal
- West Ham v Sunderland
- Wigan v Portsmouth
- Wolverhampton v Stoke

APR. 17/18, 2010

- Birmingham v Hull
- Blackburn v Everton
- Fulham v Wolverhampton
- Liverpool v West Ham
- Man City v Man Utd
- Portsmouth v Aston Villa
- Stoke v Bolton
- Sunderland v Burnley
- Tottenham v Chelsea
- Wigan v Arsenal

APR. 24/25, 2010

- Arsenal v Man City
- Aston Villa v Birmingham
- Bolton v Portsmouth
- Burnley v Liverpool
- Chelsea v Stoke
- Everton v Fulham
- Hull v Sunderland
- Man Utd v Tottenham
- West Ham v Wigan
- Wolverhampton v Blackburn

MAY 1/2, 2010

- Birmingham v Burnley
- Blackburn v Arsenal
- Fulham v West Ham
- Liverpool v Chelsea
- Man City v Aston Villa
- Portsmouth v Wolverhampton
- Stoke v Everton
- Sunderland v Man Utd
- Tottenham v Bolton
- Wigan v Hull

MAY 9, 2010

- Arsenal v Fulham
- Aston Villa v Blackburn
- Bolton v Birmingham
- Burnley v Tottenham
- Chelsea v Wigan
- Everton v Portsmouth
- Hull v Liverpool
- Man Utd v Stoke
- West Ham v Man City
- Wolverhampton v Sunderland

Pundit's Predictions

Last Season: 0/5

Champions: Liverpool (but this time for real)

Relegated: Wolves, Hull, Portsmouth

**Chairman's vote of confidence:
Mark Hughes (Man City)**



Sam Moffett: Post Exercise "Glow"!

New research reconfirms that exercise can dramatically improve your mood, even depression, for as long as 12 hours afterwards. That's a lot longer than the hour or so previously assumed.

MANY STUDIES HAVE SHOWN the mood-enhancing benefits of exercise, but this most recent study tracked the effect for up to 24 hours.

Forty-eight healthy men and women were randomly assigned to two groups. One did no exercise and the other worked out. All participants completed a standard mood survey. The exercisers then rode on a stationary bike for 20 minutes at moderate intensity. The survey was repeated after 1, 2, 4, 8, 12 and 24 hours. The mood of the exercisers was better than that of the sedentary group immediately after the workout and for up to 12 hours later.

It has long been known that exercise improves mood by

producing neurotransmitters, such as endorphins, in the brain. The surprise was how long the improvement lasted. Men and women benefitted equally, and the fitness level of the participant didn't seem to matter.

Even moderate aerobic exercise can reduce the daily stress that builds up and disturbs our moods. The "dose" of exercise needed is not a lot – a few minutes a day can pay off. So, the next time you need to "peak" at a late-night party, you may want to delay that early morning exercise a bit!

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



PHOTO BY PETER STUCKINGS

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.

Eriq Amtalla
Street 268 (Sumamarit Blvd.) Tel: 016 839 546 / 017 839 546
Unisex hairdressers is open from 9am to 6pm (Monday to Thursday) and 9am to 7pm (Friday to Saturday), closed Sundays. Appointments preferred.

Image Beauty
57Aco Street 240, Tel: 012 455 239
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professional products available. Free WiFi, tea and coffee provided. Open 9am to 8.30pm.

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.

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. Open 8am to 10pm (8am to 6pm at weekends).

Naga Clinic
11 Street 254, Tel: 023 211 300 / 011 811 175
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 for 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.

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Nick Walsh: Swine Flu

SO IT DID BECOME A pandemic – and quickly. Swine flu seems to have originated in California and Mexico, though it may have been circulating for a while before it was picked up earlier this year. Influenza H1N1 is a result of mixing (reassortment) two pig, one human and a bird influenza virus. There are several theories as to how this happened. One is that an animal (presumably a pig) became infected with these four types of influenza or at least a combination of viruses containing these strains. Another is that other swine flu variants circulating in the general population have combined to form this current strain. Regardless, as a consequence of the multiple species of origin it can infect and be transmitted among and between all three animal groups increasing the rate of distribution and transmissibility.



As a new strain there are implications for humans – we have little immunity. However, though easily transmitted, it is not particularly dangerous.

However, 1 percent of say 40 million people is still a lot of people! And the deaths have been in young healthy people and those with other chronic illnesses rather than the typical very old and very young. Compare this to seasonal influenza epidemics, which result in about 3 million to 5 million cases of severe illness worldwide annually. About 250,000 to 500,000 of the people with severe illness die each year from complications of influenza.

Out of the 150,000 cases worldwide (at time of writing), there were only 900 confirmed deaths, though the death rate may be higher. Normal (seasonal) flu mortality rate is 0.1 percent, the Spanish flu mortality rate was 2.5 percent. SARS was about 50 percent and 'bird flu' higher.

■ SWINE FLU IN CAMBODIA
The first swine flu case in Cambodia was diagnosed in late June. It is currently unclear how many cases there are, although at least 14 have been confirmed – all from individuals returning from other countries. Scientists in the U.S. believe that the spread of swine flu is much more widespread than the reported number of confirmed cases – more than 1 million perhaps, so it is likely there is more H1N1 in Cambodia

The mortality rate for swine flu may be even lower than common flu. Initially it was thought that the mortality rate was about 7 percent but it's probably less than 1 percent.

than we know about. Currently this particular virus is sensitive to antiviral medication both for prophylaxis and treatment.

Symptoms develop one to two days after contact with a person with flu. Those infected run a fever of more than 38 Celsius for several days. Symptoms include a runny nose or sore throat or cough, body aches and pains. You won't feel too good.

The Ministry of Health and WHO have H1N1 pandemic plans. Calmette is the designated hospital for the public. Testing for both seasonal flu and H1N1 can be completed in Cambodia, with the results usually available within 24 to 48 hours.

The seasonal flu vaccine does not prevent H1N1, but H1N1 vaccines have almost been developed in other parts of the world and clinical trial will begin soon. Vaccination programmes are likely to start before the end of the year. It is unclear when these will be available in Cambodia.

■ HOW TO PREVENT TRANSMISSION

Transmission is by droplets instead of air. Therefore you need to stand at least one metre away from someone to reduce transmission risk. It is hard to catch by just breathing the same air.

Both the infected person and others in the vicinity should wear a mask. The N95 mask is the most effective, though a normal surgical mask is probably adequate. As it is easily transmitted by hand contact, it is important that those who are infected wash their hands regularly.

■ TRANSMISSION AND PREVENTION

Prophylaxis is recommended for contacts of confirmed cases if contact has been less than 48 hours. Treatment with antiviral medication is only effective if taken within 48 hours of the onset of symptoms.

If you or your family contact the flu this year, stay home until you are better, so you do not transmit it to your workplace or school. If you are pregnant you need to be particularly careful to avoid H1N1 and seek treatment early.

Nick Walsh works as the Senior Medical Officer at International SOS. He is an Australian graduate with post-graduate physician training. His focal areas include emergency and general medicine. For more information please email: sue.kemp@internationalsos.com. ■

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Working hours: 9:00 am to 11:00 pm (Everyday)



Beauty Spot: Eriq Amtalla

FROM AFRICA THROUGH Europe and the Middle East to Cambodia, hairdresser Eriq Amtalla of his eponymous salon has worked with all sorts of hair. In the business for 17 years, he has a wealth of experience. This is the kind of man you can confidently leave in charge of your hair whilst you flick through the latest AsiaLIFE Guide and make small talk through the mirror.

Several magazines are available for you to take ideas for new styles. Eriq is happy to suggest fresh looks based on the condition of your hair as well as the shape of your face. If your tresses lack elasticity and are beset with split ends, he is not afraid of proposing to cut them off. The final decision is however up to you.

Unlike at many local salons, shampooing your hair does not take half an hour. Instead, should you be having a conditioning treatment (US\$25) Eriq will spend time massaging your head and scalp. The cut seems to take no time. Using methods you recognise from salons back home, bits of hair discarded by Eriq's scissors float to the ground. A blow dry and styling follows, after which you are presented with your new, fabulous look.

A women's cut and blow dry at Eriq's will set you back US\$55 and up, with a free hair consultation. Men get a better deal – prices start at US\$20. Other ser-



vices at the salon include highlights, colouring, micro-extensions, hair glossing and dreadlocks. None of it is particularly cheap – even a plain blow dry for short hair will set you back US\$15.

However, Eriq believes there is a market for top-end hairdressing services. He describes how the roadside barber is no longer good enough for the average Lexus driver. Locals are increasingly demanding, and spending more money on quality services.

Nevertheless, his clientele remains mainly expat. Several of his regular customers from his previous salon at Gasolina have followed him to the new premises on Suramarit Boulevard. Eriq also expects his improved, more visible, location will bring in more people whose tresses are in need of some professional TLC.

The new premises are light and airy. Though lacking a few finishing touches, it is a relaxing and professional space. In the future he plans to offer manicures and pedicures on the chill-out mezzanine, while still specialising in hair care and styling.

Like a true salesman, Eriq compares hair to clothes, with the difference that you wear your hair every day. Surely, then, you want a good haircut?

Eriq Amtalla, 31 Suramarit Boulevard (Street 268), Tel: 017 839 546. Monday-Thursday 9am-6pm, Friday-Saturday 9am-7pm. The salon officially opens on Sep. 1. 📍



ធុរិយា-វិបារ គ្រឹះស្ថាន គ្រួសារស្រស់ស្អាត

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- ▶ Acne Scar & Pore Treatment
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- ▶ Lymphatic "Meso"therapy"
- ▶ Slimming & Weight Loss Program
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spas

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www.amaraspa.hotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. Open from 11am to 11pm.

Amatak Spa

4 Street 228, Tel: 023 722 029
Beautiful, up-market spa set in a large villa close to Monument Books established by Khmer beautician who used to work at Raffles Hotel Le Royal. Open from 9am to 10pm. Accepts visa.

Amret Spa

3 Street 57, Tel: 023 997 994 / 012 414 038
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. Open 9am to 9pm.

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 / 023 222 846, 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.

Derma-Care Skin Clinic

161B Norodom Blvd., Tel: 023 217 092
Staffed by two qualified dermatologists

this is not your average spa but a professional skin clinic. Offers a range of beauty treatments using American Derma-Rx products, soft tissue augmentation, minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis, as well as beauty treatments.

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. Open 9am to 10.30pm

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. Open 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.

Monorom Massage

B87 - B91 Street 199 (near Sovanna Mall), Tel: 017 555 778
Professional foot and body massage parlour that offers unique fish treatment. Also has free sauna and steam room. Open from 10am to midnight.

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. Open 9am to 11pm.

Seeing Hands Massage

6 Street 94, 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. Open 9am to 7pm.

Shiatsu-Ya

37B Street 306, Tel: 023 994 777
Excellent shiatsu massage by qualified practitioner given in basic surroundings. Costs US\$20 per hour. Open from 9am to 12pm, and 2pm to 8.30pm, Tuesday to Sunday.

The Spa at NagaWorld

Hun Sen Park, Tel: 023 228 822
This luxurious spa promises to bring the ancient Cambodian spa therapy to the world, and claims to be the only all-suite unisex spa in Cambodia. Therapy rooms with sauna, steam and flower bath are inviting, and the spa uses Tomichik flowers as part of its treatment.

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 are held at the City Villa court on Wednesday and Friday, 8-10 pm and at the Old Stadium on Tuesday from 4.30 pm until dark. 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.

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tennis

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next generation

Think Your Child Will Never Eat Spinach? Think Again...

For many parents, feeding our children is the most stressful aspect of parenting. We tend to associate meal times with battles over control, bribes we later regret, left over food and a lot of mess. **Georgie Treasure-Evans** offers a few vegetarian ideas to bring the fun back into family meals.

A COMMON MISPERCEPTION in many countries is that children like their food plain and easily distinguishable. In Cambodia this represents itself as rice porridge. Where I come from, fish fingers, alphabet chips and tiny frozen vegetables spring to mind – with plenty of tomato sauce on the side. You may find it hard to imagine your kids eating the necessary pulses and leafy vegetables to replace the iron, protein and vitamins that we get from meat and fish, but they will, if you make the food interesting enough.

The reality is that most young children love strong flavours and will happily eat whatever their parents do, allowing for personal preferences. Resistance at meal times usually has more to do with how they are feeling than with the food itself. When children are ill, tired, upset or over excited, their appetites are often the first things to go.

The best advice I received for dealing with meal times was to relax, let go and trust that your children will eat what they need when they need it. Offer everything in small helpings and allow them to create a little mess as well. Give them some of the much sought after control they so rarely experience in their young lives. And make it fun!

■ CHILD-FRIENDLY VEGETARIAN RECIPES

The tried and tested recipes below are just a start, to get your own creative juices flowing. Enjoy the process as much as the result. Remember that small kids love to cook and are more likely to eat what they have helped to make.

Let them help you chop soft vegetables, grate cheese, crush the garlic, and lick the bowl. If you are in a hurry give them some pots and their own ingredients and let them make messy mixtures on the floor.

LENTIL BOLOGNAISE (VEGAN)

Ingredients: Green lentils / mung



Making a nutritious meal is child's play

beans, red & yellow split peas, 2 onions, 1 clove garlic, vegetables, 2 tins chopped tomatoes, seasoning, fresh thyme, oregano, cheese (optional)

Preparation:

Soak green lentils or mung beans over night.

Cook red and yellow split peas from dried. Tinned lentils are a quick alternative.

Fry chopped onions and garlic in a large pan with olive oil until soft.

Add chopped carrot/courgette/pepper/aubergine/mushrooms (any or all as desired) and two cups of lentils. Fry for another minute.

Stir in vegetable stock and simmer for about 40 minutes, adding stock until the lentils are soft. Add tomatoes and season to taste. Add fresh thyme and oregano.

Make plenty and freeze excess for later. It's ideal as a sauce for pasta or baked potatoes, with cheese on top, or topped with mashed potato (sweet and normal) and baked as shepherd's pie.

TEN-MINUTE GREEN SPAGHETTI

Ingredients: Spinach, cream / cream cheese, nutmeg, pasta, cheese

Preparation:

Puree some steamed fresh or frozen spinach.

Add a bit of cream or cream cheese and grated nutmeg to taste.

Pour over pasta and pile grated cheese on top.

SPINACH QUICHE

Ingredients: Short-crust pastry, spinach, feta cheese, 3 eggs, $\frac{1}{2}$ pint milk, 1 tsp. English mustard

Preparation:

Find a short crust pastry recipe and follow, or buy ready-made from Veggys, on Street 240.

Score pastry with a knife, line quiche dish with the pastry, and bake for 10 minutes.

Fill with steamed spinach and cubes of feta.

Beat eggs with milk and mustard. Pour mix on pastry. Grate black pepper on one side for adults.

Bake for 30 minutes.

Spinach is a great source of iron but you can replace with any vegetable you like.

COURGETTE PASTA

Ingredients: Courgette, pasta, sour cream, garlic, cheese, pine nuts / cashew nuts (optional)

Preparation:

Get the kids to cut or grate courgettes. Steam and toss on favourite pasta shapes.

Add a little sour cream, crushed garlic and grated cheese on top. If desired add pine nuts or cashews for protein.

PERUVIAN BEAN STEW WITH FETA

Ingredients: 1lb potato and 1lb pumpkin, 1 onion, and garlic, 1 chilli (optional) and 1tsp. cumin, 1 tin tomatoes, 1 cup of white beans (cannellini / lima / butter), 1 cup corn, 1 cup peas, feta cheese, fresh thyme, parsley, coriander

Preparation:

Cube potato and pumpkin, and cook until nearly soft.

next generation guide

ChildSafe®



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cafés & restaurants



Ten-minute green spaghetti

Fry onion and garlic, chilli (optional) and cumin. Add tomatoes. When the onion is soft stir in potato and pumpkin and a little water. Cook until soft.

Stir in white beans, corn and peas. Crumble feta cheese on top with lots of fresh thyme, parsley or coriander.

Eat with brown bread, rice or quinoa for a really high protein meal.

HOT 'CHOCOLATE' ICE CREAM SAUCE

Ingredients: Prunes, dried apricots, bananas, vanilla ice cream / plain yoghurt

Preparation:

Soak prunes and dried apricots in boiling water until soft. Blend with bananas and pour while hot over vanilla ice cream or plain yoghurt.

Tastes like chocolate caramel but is full of iron. *Enjoy!* 🍷

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-portions.

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.

Café Living Room

9 Street 306, Tel: 023 726 139
The playroom is stocked with books, games, wooden dollhouse and even a rat-tan 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.

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Tel: (855-23) 222 416-8 www.ican.edu.kh

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
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
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

Golden Gate American School

15 Street 178,
Tel: 023 212 154 / 012 898 750
www.ggas.edu.kh
School with U.S. accredited curriculum offers courses from kindergarten through to high school in both English and Khmer. Specialises in general English, TOEFL and computer courses as well as study abroad and visa assistance services. Small class sizes and native English-speaking teachers.

ICan International School

85 Sothearos Blvd, Tel: 023 222 418
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
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
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
Quality international school with curricu-

lum 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
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 Bvd,
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 Bvd., 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 Bvd., Tel: 023 217 617
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. Open 7.30am to 8pm.

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. 

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Keeping up with the latest catwalk styles is not easy in the Penh. Thankfully, it's not necessary either. A bit of daring and imagination will make even a small budget stretch far, and get you some cool and funky outfits. In our homage to the late King of Pop, here's how to do it in black and white.

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■ DINNER DATING



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Jeans	USD\$ 5
Black Top	USD\$ 5
Stripy top	USD\$ 3
Sunglasses	USD\$ 2
Necklace	USD\$ 2
White tank top	USD\$ 2
Clutch bag	USD\$ 2.50
Headband	USD\$ 0.50
Shawl	USD\$ 2.50
Total :	USD\$ 24.50
(All items bought from Central and Russian Markets)	

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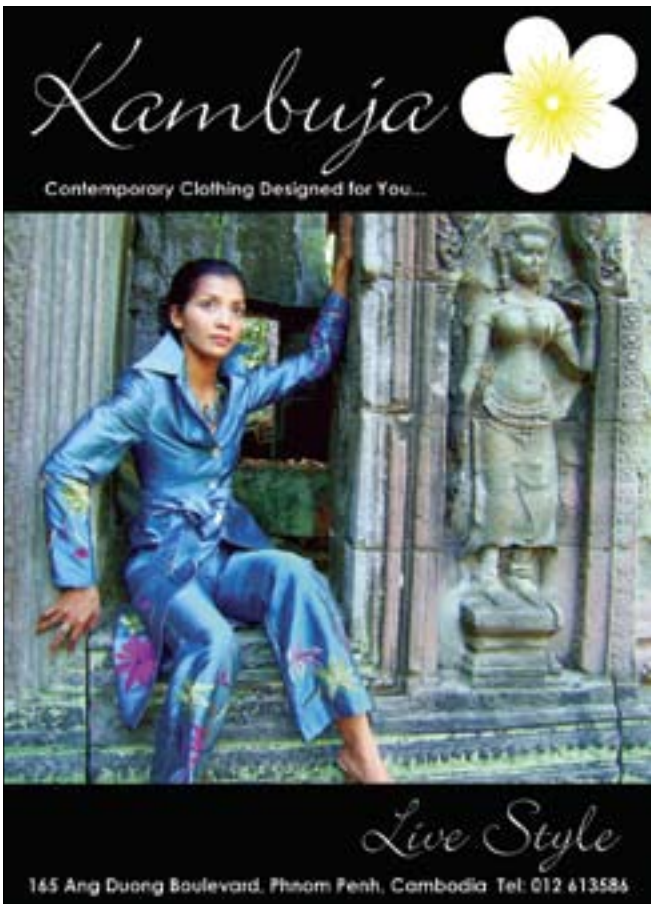


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shopping guide

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 8pm.

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.

I Ching Decor

85 Sothearos 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.

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



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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.

MDSF

71E0 Street 261, 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.

Promesses and Kaprices

20 Street 282, Tel: 023 993 527
Lingerie shop stocked with exclusive French and Thai undergarments previously unavailable in the capital. Complete with a VIP changing room Promesses is about much more than just getting that everyday bra. Chic, new pret-a-porter shop Kaprices is located upstairs. Open 9am-7pm.

Sapors

11 Street 59, Tel: 012 900 470
Modelling agency, training school for house-keeping, as well as a beauty training school.

Smateria

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 different 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 / 023 211 741 www.songresort.com
Franchise of Vietnamese-based SONG label owned by Keo Sophea who managed Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

Subtly

43 Street 240
Up-market boutique selling Cambodian handmade women's clothes, scarves,

shoes, bags and other accessories in contemporary and interesting designs. Run by French-born Sandrine and Indian Cinni, the Subtly collection combines class with colour. Chillikids children's clothing is also stocked at the shop. Open 9am to 7pm.

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 Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another store on the way to Serendipity Beach in Sihanoukville. Two more shops in the pipeline and a boutique in the Independence Hotel.

food

Alpine Trading

13 Street 90, Tel: 012 961 084
This quality European beer importer supplies restaurants, cafes and bars.

AusKhmer - The Pantry Shop

125 Street 105, Tel: 023 993 859
Run by importers, AusKhmer this small deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti, and cold cuts, as well as a selection of sweets, teas, olive oils and other neatly packaged products. Open 10am - 6.30pm.

Bong Karem

Shop at WarpZone, Pencil 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 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



Threads

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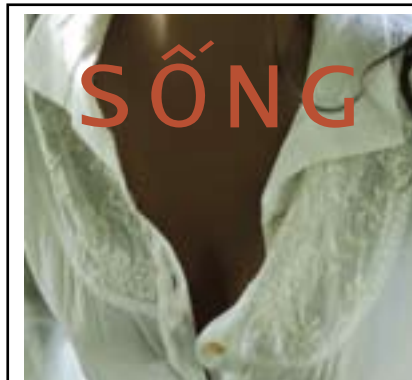
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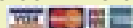
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ZOCO
CLOTHES



CLOTHES THAT YOU WANT TO WEAR

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.

Madeines 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 expat 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.couleursdaside.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.

La Clef de Sol

75E Street 108, Tel: 092 194 468
Boutique shop on the opposite La Marmite restaurant has a good range of household goods and home decorations, including tablecloths, bed linen, curtains and bags. Also does made-to-order goods. Open Monday-Saturday 10am to 7pm.

Mekong Quilts

49 Street 240, www.mekongquilts.org
An outlet for NGO Mekong Plus, Mekong Quilts stocks a large range of hand-crafted bed covers, home accessories, gifts and decorations.

All the profits from the store are cycled through Mekong Plus, which provides scholarships to promote many health and quality of life initiatives in remote villages in Svay Rieng Province. Open 9am to 7pm Monday to Sunday.

Mulberry Boutique

9 Street 51, Tel: 016 222 750
Boutique silk and souvenir shop next to Flavours restaurant in Boeung Keng Kang. Has a wide range of quality silk products, including bags, scarves, wall hangings and cushion covers, as well as jewellery.

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

Street 19 (behind Royal Palace), 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. 🍷

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The Hot Seat: The Master Banker

Nobody knows banking in Cambodia better than **John Brinsden**. With the seemingly endless stream of new banks entering the market, **AsiaLIFE Guide** invites his views on the future of the financial sector in the kingdom.

AsiaLIFE Guide: You joined ACLEDA in 2000. What was your experience in banking prior to that?

John Brinsden: I had a 38-year career in international banking with Standard Chartered Bank (Chartered Bank until 1985). Between 1964 and 1990 I held various management positions in Hong Kong, India, Indonesia, Iran, Malaysia, Singapore, Taiwan and the U.S. I retired in 1999.

ACLEDA was established in 1993 as a micro-finance institution but became a commercial bank ten years later. Can you explain the process of this transition?

ACLEDA embraced early the principle that in order to be sustainable we must be run as a business rather than a charity – loans are expected to be repaid and interest rates should reflect the cost of providing the service. Whilst this hard-headed approach attracted some criticism at first we found that our customers were less concerned with subsidies and more with service. From then business grew so quickly that we very soon outran our funding sources which depended very heavily on donors' support and, with their blessing, started the process of transformation to a full commercial bank in 1998.

It seems as if a new bank opens in Phnom Penh each month. Do you feel that the market is over-saturated?

A very simple answer would be 'yes' but in reality the situation is more complicated than that. Of the 25 commercial banks (i.e. excluding the 'specialized banks') now in operation, four banks account for 284 offices out of a total of 352 and over 70 percent of total loans and deposits – and this gap is still widening! The conclusion is that even though the number of banks is increasing it is not so



John: experienced hands behind ACLEDA

far affecting the 'big-4'. Just why this is so is open to discussion but I would suggest that it has a lot to do with transparency – an increasingly educated public are now demanding more information and placing their trust with those that provide it. The question is 'what about the others?' They face the choice of either challenging the major banks in all their markets, an option open only to the deep-pocketed, or focusing on their chosen niches, such as serving their own national customers.

What do you think are the major dangers facing the banking sector?

Whilst there are a number of dangers in the current crisis such as the twin demons of diminishing cash-flows (ability to repay) and falling asset values (negative equity), these are merely more extreme manifestations of normal banking experience and not specific to Cambodia. To me the biggest danger to banking in this country is the seeming complacency shown by some of the banks towards the lack of any proper apparatus for inter-bank

cooperation. We have been talking for more than 10 years of the need for a proper money market where short-term surpluses and deficits can be traded off and the liquidity of the whole system better managed. We have been talking for the same length of time about the need for a credit bureau. The National Bank of Cambodia has made enormous strides in reforming the banking system, but they can't be expected to do everything on their own. I do believe that it is up to the banks themselves to get together and shape their destiny.

How has the global downturn affected the banking industry in Cambodia?

As yet, relatively little. Some pain was felt in the second half of last year with the drying up of inward foreign investment remittances which, coming on the back of the sharp credit expansion in the first half, left many banks very tight for funds.

This presented the National Bank with the opportunity to tighten credit and bring down inflation by a relatively modest increase in the deposit reserve requirements. In the meantime inward remittances have started to pick up and the banking system is returning to its normal position of having surplus liquidity. Currently, less >>>

CV

John BRINSDEN, OBE

Company: ACLEDA Bank

Position: Vice-chairman

Nationality:
British/New Zealand

How long in Cambodia / Vietnam: 20

Family: Married to Chuang Pi-Feng with one daughter

Bookworm: Business

The current global downturn might be a good time to consider your future business career path, according to **William Bagley**.

The Fortune at the Bottom of the Pyramid – C K Prahalad

How to be a Complete and Utter Failure in Life, Work & Everything – Steve McDermott

Brilliant Teams – Douglas Miller

Brilliant Project Management – Stephen Barker & Rob Cole

Servant Leadership Across Cultures – Fons Trompenaars & Ed Voerman

AN ARTICLE IN A BRITISH newspaper in July reporting a surge in applications to universities from older people recently made redundant, reminded me that business schools always thrive in a bust. More people sign up for MBA courses in a downturn than during boom periods. So it may not be as contrary as you might think to suggest that now is a good time to recalibrate your skills by browsing our refreshed business book selection at Monument Books.

Along with some of the more successful titles of the last few years (like *Blue Ocean Strategy: How to Create Uncontested Market Space and Make Competition Irrelevant*, still a bestseller four years after first publication!) we have high-level titles like cross-cultural management guru Fons Trompenaars' *Servant Leadership Across Cultures*. This groundbreaking work portrays the leader's role more as a steward of resources (human, financial and otherwise) and encourages leaders to serve others by focusing on an organisation's values and integrity. It would seem an especially impor-

tant read for directors of NGOs who need to marry the demands of financing entities from outside Cambodia with perhaps differing local viewpoints.

A more everyday choice for the manager's toolbox might be the *'Brilliant'* series. Covering topics as diverse as coaching, presentations, project management and teams these non-technical guides are easy to navigate and for the experienced manager re-state best practice, while also being a comprehensive resource for the complete novice. Whether you've been thrown into the deep end or just want to explain basic concepts to colleagues, these are good to have around.

There are lots of 'Think' books available at the moment – one example is C K Prahalad's *The Fortune at the Bottom of the Pyramid: Eradicating Poverty Through Profits*. It has case studies from all over the globe (though none from Southeast Asia) about how to sustain growth through private enterprise in the developing world while also delivering lasting societal improvement – an elusive goal in this neck of the woods to be sure.

My favourite title, though, has to be *How to be a Complete and Utter Failure in Life, Work & Everything: 44 1/2 Steps to Lasting Underachievement*. Written by a comedian and motivational speaker, the humour may not be everyone's cup of tea but if an understated reverse psychology approach helps you to personal success by stealth, then this is the book to be caught reading on the riverside this August. ■

» HOTSEAT CONTINUED

than 90 cents is lent out for every dollar on deposit! The problem at the moment is not so much the shortage of funds to lend but the banks' need to rebuild their own confidence that the tide is turning.

How do you see the banking sector evolving in Cambodia over the next five years?


I believe the next five years will be markedly different from the rather breathless growth we have seen over the last five years! The surge of new entrants in the last 18 months, set against the cross current of the present economic uncertainties, gives me some concern as it obviously did the National Bank who have responded by almost tripling the minimum capital requirements for all banks, existing and new, by the end of 2010. I foresee that some of the smaller banks may opt to close rather than find the new capital (just as they did in 1999/2000) while others may merge, seek a stronger foreign partner or sell out altogether. One trend that I do welcome, and which in my opinion was long overdue, is the arrival this year of more substantial and in-

ternationally recognised financial institutions such as Kookmin, State Bank of India and Sacombank. This will raise the temperature in terms of service offerings and competition and will make it harder for the smaller banks to survive. The opening of a stock exchange and the insurance market may offer opportunities for some banks, but I think growth will be slow in the first years as the market is as yet very small and underdeveloped.

I notice from your website that you have e-banking services, but not full internet banking. Is this a service you see offering clients in the near future?

We are exploring a number of new services but the timing is all important. In the case of internet banking the essential ingredient is widespread public access to PCs and the internet. Whilst this is growing it still has some way to go before the critical mass is achieved especially in provincial areas. At this point, phone banking looks more attractive but this should be part of a holistic approach to e-banking. Developing the ATM and PoS services is an integral part of this. ■

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business

advisory services

Alcoholics Anonymous
20B Street 286, Tel: 092 974 882
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: 017 939 591
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

bikes & mechanics

The Bike Shop
31 Street 302, Tel: 012 851 776
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, electricals, 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

British Business Association of Cambodia (BBAC)
124 Norodom Blvd, Tel: 012 803 891
senaka.fernando@kh.pwc.com

Chambre de Commerce Franco-Cambodjienne
Office 13A Ground Floor
Hotel Cambodiana, Tel: 023 221 453
www.cccambodge.org

International Business Club of Cambodia
56 Sotheaors Blvd, Tel: 023 210 225
zirconium@online.com.kh

Canadian Trade
Commissioner Service Canadian Embassy,
9 Street 254, Tel: 023 213 470 Ext 417
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

Singapore Business Club (Cambodia)
92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

Women's International Group
Tel: 092 942 435 / 012-934-831, email: dortekieler@gmail.com
WIG meets every first Wednesday of the month at 3pm at Hotel InterContinental with a speaker on various topics. Also has monthly lunches and events. Welcomes women new to

Cambodia to form a network and get settled in. Annual fee of US\$20 goes to projects for poor women and children in Cambodia.

commercial banks

Advanced Bank of Asia
148 Sihanouk Blvd., Tel: 023 720 435
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
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
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
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
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 Sotheaors Blvd, Tel: 023 222 418
www.ican.edu.kh
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

International School of Phnom Penh
146 Norodom Blvd, Tel: 023 213 103
www.ispp.edu.kh
Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

Lycée Français René Descartes
Street 96, Tel: 023 722 044
www.descartes-cambodge.com
French school offering primary and secondary level education, extra-curricula 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
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

Zaman International School

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

Korean Air
F3-R03, 254 Monivong Blvd.
Tel: 023 224 047/8

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

Royal Khmer Airlines
36B Mao Tse Tung Boulevard
Tel: 023 994 502

Shanghai Air
19 Street 106
Tel: 023 222 999

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

THINK BEFORE GIVING MONEY TO BEGGING CHILDREN



www.childsafe-international.org

The Geek: Stay Connected



Everyone talks about how expensive and slow the internet is in Cambodia so this month Yok Sen gives some tips on how to stay connected at home.

YOU HAVE SEVERAL CHOICES to connect your home or office to the internet with DSL, cable TV, and wireless IPStar or WiMax options in Cambodia. When talking about internet solutions, let's not talk about which provider is bad, but focus instead on which one can work well for your needs.

Some people want a cheap service, and this is the deciding factor in choosing a provider. Others are more focused on getting a certain speed or monthly download/upload limit. From my experience with ISPs in Cambodia, a good connection for a small office (10 to 15 people) is not easy to find. The quality of the service tends to go down after a while. You can pay very little and get a slow, unreliable connection, or pay an arm and a leg for a high-speed fibre connection.

One solution is preparing a backup connection. If the internet connection is as changeable as the weather, you should carry an umbrella. I recommend people consider using 3G technology. You might think this is complicated, but surprisingly it's a matter of one click. I share internet at home with my wife through a Qb sim card. It costs US\$38 per month with a data allowance up to 1.5GB download/upload. This is enough for regular email and Internet use and the speed is relatively good. It works with a 3G phone or a USB 3G modem (as small as a USB flash drive) that costs about US\$100. The sim card is about US\$10. You can get a USB 3G modem in most computer shops in Phnom Penh and the sim card is everywhere. Using this as a backup is a cheap solution for when your regular internet connection is acting up.

If you travel to remote areas in Cambodia that 3G doesn't reach, a GPRS internet can also keep you connected. I use the 3G connection provided by Mobitel on my phone. It works well in Phnom Penh, but can be slower in the provinces. It's not cheap, but I like to keep everything on my phone and need to be connected wherever I go. I can read my email, the news, ebooks and search quick information on the internet from my Windows Mobile phone. If you're fortunate enough to own a Blackberry, you can also get a corporate email through Hello GSM (015 & 016). It costs US\$60 per month and the internet rate is the same as Mobitel (\$0.05/kb). There are lots of options out there, the key is finding one that works for you.

Sok Yeng is the technical manager at NETPRO-Cambodia. This company provides IT solutions for the home or office. He can be contacted at info@netpro-cambodia.com. Visit: www.netpro-cambodia.com for more information. ¶



2843 Street 3, Tel: 023 214 040
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, conicalhat.com
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

Netpro Cambodia
146D, Street 376,
(near Toul Sleng Museum),
Tel: 855 23 215 141,
info@netpro-cambodia.com,
netpro-cambodia.com,
IT support company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia.

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.

Office Space

Kamia The Secretary Ltd.
784-787, Building F Phnom Penh Centre, Cnr. Sothearos & Sihanouk Blvds., Tel: 023 997 492,
www.theseecretarycambodia.com
Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

Pets

Happy Dog
233 Kampuchea Krom (Street 128),
Tel: 012 321 333
Just what man's best friend wanted. This shop specialises in dog food, toys, products and services, including veterinary, boarding, grooming and shampoo. Open from 8am to 8pm.

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 or get a PO Box.

Photography

Asia Motion
Tel: 092 806 117, www.asiamotion.net
Photographic agency established by

Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

Melon Rouge Agency
84 Sothearos Blvd, Tel: 092 644 811,
www.melon-rouge.com
Photographic agency that offers a full range of visual products and services from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

Nathan Horton Photography
Tel: 092 526 706
Full service professional photographer. Hotels, bars, restaurants, spas and location work. Call for Travel Photography workshops and Travel Photography tours. www.nathanhortonphotography.com

Printing & Design

Digital Advertising
60E Street 38, Tel: 023 987 600
Print house with modern equipment that provides full print services as well as graphic design.

Relocation

Crown
115-116 Street 335, Tel: 023 881 004
Global transportation and relocation company with over 150 offices in 50 countries, specialising in expat support and household shipment.

Security Firms

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
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment.

Telecoms

Beeline
Tel: 090 999 611, www.beeline.com.kh
Mobile phone company offering VoIP international calls at attractive rates.

Cadcoms
825A Monivong Blvd., Tel: 023 726 680
Communications company with Norwegian connections has launched the qb 3G entertainment network. Has competitive talk packages.

Cambodia Samarat Communication
56 Norodom Blvd., Tel: 016 81001
Internet provider that issues the 016 SIM card.

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: Retirement Plans



Life for expats from the U.K. could now be even better thanks to a pension scheme put in place by the British government some three years ago. But, despite the fact that QROPS has been around for quite some time, it would appear that not everybody is in the know!

QROPS (A) WAS LAUNCHED in April 2006 by the British government as a way to make expatriate retirement easier for Britons or foreign nationals who have accumulated onshore pension funds in the U.K. It allows Brits to retire abroad while taking their pensions with them. Upon its launch in 2006, QROPS was greeted with headlines touting the fact that well-to-do British expats would be able to enjoy tax-free retirement abroad. However, despite the publicity it appears that not everybody knows about the policy.

Prior to 2006 British citizens moving overseas would have to leave their U.K. pensions behind. They would remain 'trapped' and almost impossible to move to an overseas or offshore pension scheme without paying a basic tax on the transfer. With QROPS, that has all changed.

Now non-U.K. residents can transfer their U.K. pensions to an overseas pension scheme without having to pay tax on the transfer. They can also draw their pensions without having to worry about paying tax back home. In addition, instead of their spouse or children getting only a portion, or none, of the pension in the case



of death, all assets can be transferred to their beneficiaries.

To take advantage of QROPS certain conditions have to be met. The overseas scheme to which the U.K. pension is transferred must be one recognised by

Her Majesty's Revenue and Customs Office (HMRC). The scheme also has to be in an approved country. The amount transferred needs to remain in the scheme for at least five years before it can be used. It also has to be proved that 70 per cent

of the scheme is to be used for retirement.

In some countries you do not have to declare what you are using the fund for after the five-year period. Transfers to schemes not approved by HMRC could result in a tax penalty of between 40 to 55 per cent.

At present the list of approved locations offering such pension schemes includes: the Isle of Man, Guernsey, Jersey, Switzerland, Australia and New Zealand. There are about 1,700 QROPS schemes to choose from.

If you are one of the three million Britons living overseas, including the many British expats living in Cambodia, perhaps you should consider taking advantage of QROPS.

Interested British expats should seek the advice of a personal finance expert to help choose the right scheme. There are thousands of schemes to choose from and you want to make sure that you choose the right one for you and your lifestyle.

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.

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., T
el: 023 888 181
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
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.

Smart Mobile
464 Monivong Blvd., Tel: 023 868 881
Newest of the mobile phone providers in the capital. Issues the 010 and 098 SIM cards.

Star-Cell
173 Nehru Blvd., Tel: 023 888 887
Mobile phone providers with the 098 SIM Card. Has recently established an office within Siem Reap too.

TeleSurf
33 Sihanouk Blvd, Tel: 012 800 800
www.telesurf.com.kh
Internet service provider (ISP) providing 24-hour broadband Internet service.

Computer Service & Data Recovery



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getaways

Myanmar Calling

Seeking to connect with her mother's homeland, **Alison Lapp** travels to Myanmar on a journey that challenges her to navigate the thorny landscape of responsible tourism. Along the way, she finds a country of searing natural beauty and a people eager to share their heritage with the world. Photos by **Scott Sargrad**.



Yangon's Shwedagon Pagoda

MUSIC FILLS A SECLUDED cove in Myanmar's Inle Lake, singing congratulations to newly weds. Realising a wedding is happening at our hotel, my travelling companions and I peep in for a discreet glimpse of culture, planning to creep away unnoticed. However, three westerners are hardly inconspicuous in this part of the world, and our sneak peak quickly gets us spotted. We are swarmed and swept onstage for a round of photographs and videos with our new friends, the bride and groom. The wave of hospitality carries us to our own banquet table, complete with plates heaped with local noodles and countless companions happy to practise their English with us while we eat.

National commerce reaches a fever pitch in the bustling street stalls of Yangon

While crashing weddings is an added benefit, the greatest reward and strongest deterrent to tourism in Myanmar are the same – the nation's warm but repressed people. As the American daughter of a first-generation immigrant from Myanmar, formerly known as Burma, I'd always viewed the country in wonderment. It was the land enshrined in my mother's earliest memories,

but also a destination deemed off limits by my grandparents, who support the ongoing international travel boycott aimed at forcing Myanmar's dictatorial regime toward democracy.

The ban was called by Aung San Suu Kyi, who has spent the worst part of 19 years under house arrest since her National League for Democracy (NLD) won a general election, only to be refused power. Pro-boycott groups point out that authorities have used forced labour to construct roads, hotels and other tourism infrastructure. They say any visit to Myanmar legitimises the current government. Other NLD members, however, argue that annual government income from responsible tourism is neg-

ligible, while the lack of visitors has devastated local economies dependent on tourism.

Beyond that debate, there is reality. Myanmar has a functional, if business-starved, tourism industry. My decision to patronise it was spurred by the fact that I have a large extended family in Myanmar who I'd never met, and who are growing steadily older. At the end of a two-week visit with my boyfriend and his sister, largely arranged through a tour company, I'm no authority on whether deliberate action by tourists can make visits more beneficial than harmful.

But for personal gratification as much as for ethics, it's possible for concerned travellers to keep the trip focused on



Myanmar is a country of contrasts



the people – their stories, their businesses and their incredible talent as artisans.

It's a strategy made easy by Myanmar itself, which, regardless of the presence of small men with big guns, remains a nation of marvels. The country retains a great degree of regional variation, with many local economies driven in part by their reputations for master craftsmen in a given product. The phenomenon reaches its zenith in Mandalay, the country's cultural and artistic centre.

A rhythmic clanging draws us into one of the city's gold-leaf workshops. Workmen clad in the traditional longyi that Burmese men still wear with pride, pound squares of gold into impossibly thin sheets. In a nearby well, a coconut shell dipper with a pinprick hole in its husk connects the workers to the history of their trade. Before the advent of modern clocks, labourers would pound the metal until the container had filled with water 120 times. Today they work six-hour shifts, which, in a city that reaches temperatures in the mid-40s Celsius, is still no easy task.

The fruit of that labour is put to good use just 500 metres away, at the Mana Muni Pagoda, where Buddhist pilgrims have applied the leaf to a four-metre bronze Buddha so that the statue has turned plump and lumpy in its ad hoc gold vest.

Stone-carving workshops turn marble from the surrounding hills into further religious art, the most dramatic example of which is the world's biggest book at the Kuthodaw Pagoda. The entire Pali canon of Theravada Buddhism is carved on 730 doubled-sided marble tablets, sheltered by 730 pure white stupas around the main golden temple. It took 2,400 monks six months working in 24-hour rotations to read the stone pages aloud when they were ordered by King Mindon to do so in 1879.

To the southwest, the ancient city of Bagan is known primarily as an archeological site. Thousands of earthen-toned pagodas stretch as far as the eye can see in every direction, the landscape a reminder of a kingdom that flourished a millennium ago. The region also is home to one of Myanmar's signature crafts – lacquerware.

Using the same process that begot the lacquer relics found in some of the twelfth and thirteenth century temples, artisan families shape figurines, betel nut boxes and trays out of bamboo before covering them with lacquer sap. Through an elaborate process of drying, polishing, painting, engraving and re-drying, the ornate works come to market. It can take months to finish a single piece and years to master the craft.

"My work has to be fast, if it's only my family making it,"

It's possible for concerned travelers to keep the trip focused on the people – their stories, their businesses and their incredible talent as artisans

says U Zaw Aung, head of an umbrella-making family in Pindaya. From his home, nestled among the sweeping hills of the ethnic Shan State, he can whittle an umbrella frame in ten minutes while the women embed colourful leaves and petals in the handmade paper they dry in the sun. The end product is popular among monks and nuns who must protect themselves from the sun while collecting daily alms.

The Burmese exalt the Intha, residents of Inle Lake's floating villages, as among the country's most industrious peoples. Not only have they developed an ingenious one-legged method of rowing fishing boats and created vast swaths of floating tomato plantations, they've also devised numerous lake-top industries. Twisting the fine filament inside

a broken lotus stem yields a reliable thread, which they dye and weave in characteristic local designs.

National commerce reaches a fever pitch in the bustling street stalls of Yangon, Myanmar's most populous city, where all regional crafts eventually surface. All the contradictions of modern Burmese life appear here, in the glow of the golden Shwedagon Pagoda, Myanmar's holiest site. Women still paint their faces with ground thanaka bark sunscreen next to the professors' housing, left pointedly in disrepair after last year's Cyclone Nargis. The stately colonial buildings that only have electricity three days a week – the beauty amid the poverty – offer a chance to reflect on tourism in Myanmar. Voices for Myanmar, a non-profit organisation run by Burmese expats promoting responsible travel to the country, suggests tourists avoid government-run businesses, spread expenditure among different local enterprises, use natural resources sparingly and donate to development organisations. This offsets the "social debt" of paying the inevitable government fees and taxes.

To that list I would add one simple item. Talk to the people. Offer them a window into your world, from which they've been isolated, and allow them to give you stories to bring back from theirs. **F**

getaway

ChildSafe®



A network protecting children from all forms of abuse. www.childsafe-cambodia.org.

battambang

La Villa

East bank of river,
Tel: 012 826 186
www.lavilla-battambang.com
Beautifully restored 1930s colonial house with six rooms.

Riverside Balcony Bar & 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
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.

phu quoc (vietnam)

Chenla Resort & Spa

Ong Lang Beach, Phu Quoc,
Tel: +84 773 995 895,
www.chenla-resort.com
Luxurious resort and spa on the beautiful island of Phu Quoc is less than five hours away from Phnom Penh. Set on a quiet bay, Chenla has 37 bungalows, including 6 Jacuzzi villas, a large swimming pool, relaxing spa and restaurant specialising in Mediterranean cuisine.

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
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
rikitikitavi@asia.com
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market 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
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.

Knai Bang Chatt Resort

Tel: 012 879 486
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 hobby cats.

Le Bout du Monde

Kep, Tel: 011 964 181
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 late at weekends.

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com

Traditional wooden bungalows set in the hillside, 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.

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
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

313 Sisowath Quay,
Tel: 023 426 288
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
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
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.rafles.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
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

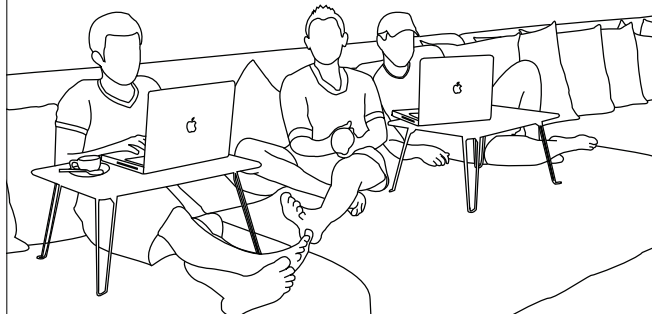
phnom penh - mid

Asia Club

456 Monivong Blvd., Tel: 023 721 766
This private club and hotel with the most beautiful gardens in Phnom Penh is a haven away from the busy Monivong Blvd. on its doorstep. The five bungalows and



the blue pumpkin



bakery
ice cream
restaurant
lounge

free old market - siem reap
www.tbumpkin.com
063 963 574
open 06.00 to 22.00



four rooms are air-con with bath, large safe, flatscreen tv and large working area for business clients. With use of meeting rooms and swimming pool, Asia Club is a good business option and hidden gem.

Almond Hotel

128F Sothearos Blvd. Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious 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
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
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves 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.fcccambodia.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
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
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
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
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.

River 108

2 Street 108, Tel: 023 218 785,
www.river108.com
Art deco hotel aimed at the flashpacker set. The 12 rooms, six of them with river views, are extremely comfortable with flat screen TV and separate bathroom and toilet. Efficient WiFi, good working space and spacious rooms make this a perfect business option. If available opt for one of the front rooms, where the large balconies afford great riverside views.

Villa Langka

14 Street 282, Tel: 012 449 857
www.villalangka.com
Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka that has competi-

tive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

phnom penh - budget

Blue Dog Guest House

13 Street 51, Tel: 012 658 075
Small guesthouse close to the Golden Mile with cheap upstairs rooms, some with A/C. Khmer art gallery on the ground floor, features artwork by the owner. Also has ground-floor restaurant.

Boddhi 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.

Feeling Home

Cnr. streets 278 & 63,
Tel: 02 221 522, www.feelinghomecambodia.com

Stylish nine-room boutique hotel with ample rooms at competitive rates, including flatscreen TV, air-con, security box and great beds. Also has two apartments, an Asian restaurant and a Café Sentiment.

L'Imprevu

Highway 1, 7km past Monivong Bridge
Tel: 024 390 405
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.

Tonle Sap Guest House

4-6 Street 104, Tel: 023 986 722
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 spottless 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 Sothearos 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 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.

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

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



Independence Hotel
● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 300 - 303 H/P: 012 728 090 • Fax: +855-34 933 660
Web: www.independencehotel.net
Email: info@independencehotel.net or indph@online.com.kh

Upmarket French restaurant that outshines the other places on Sihanoukville'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 Sihanoukville, 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
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**

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.

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 Sihanoukville. 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.

Zoco

Independence Hotel, Road to Serendipity Beach

Two fashion boutiques – one on the way to Serendipity Beach, the other in Independence Hotel – run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another shop in Phnom Penh.

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
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**

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 Malone's

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

Sivutha 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 Blvd, 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.

4FACES Gallery

**Old Market Area, Tel: 089 20 83 36
www.4faces.net**

Large range of hot drinks, shakes, spirits, beers, cocktails and a selected menu of snacks in this café cum gallery. English Premier League on tv-screens. Happy hour from 4pm to 6pm. Free WiFi Hotspot. Open 10 am – late.

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.

4FACES Gallery

Old Market Area, Tel: 089 20 83 36

www.4faces.net

Photography gallery showing photojournalism, fine art and documentary photography by international photographers on the Black Wall in monthly exhibitions with a permanent display area black and white photographs by Dutch photographer Eric de Vries. Open 10 am – late.

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

Tel: 092 950 803, www.happypainting.net

Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 8am to 10pm.

Klick

Alley behind Pub Street, Tel: 063 761 084

Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti. 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

Golden Banana Boutique Resort

SPECIAL PROMOTION
15% off from room rate for stays living in Cambodia till 30th of September 09




 Wat Damnak, Siem Reap, Cambodia
 Tel: (855) 63 766-833 - (855) 12 654-638
 Email: goldenbanana@goldenbanana.com
 Website: goldenbanana.com

4FACES GALLERY

THE ART STREET GALLERY AND RESTAURANT

café bar gallery shop

EVERY MONTH EXHIBITIONS
of selected works by
photographers/artists

WATCH THE GAMES OF
English Premier League
on TV-SCREENS

FREE WIFI HOTSPOT
--- as bring your laptop

GALLERY SHOP with lots
of ANGKOR WAT
fine art photography

4FACES SIEM REAP
café bar gallery and gallery shop
Old Market area, Tel: 089 20 83 36
open 10 am - 10pm
www.4faces.net



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

Amansara
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.

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
Wat Damnak Area,
Tel: 012 654 638 / 012 885 366
www.goldenbanana.info
Villas and suites surrounding a salt water pool with WiFi, private outdoor bath and showers, bar and restaurant.

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 Residence d'Angkor
River Road, Tel: 063 963 390
www.residencedangkor.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
Huge 5-star resort, sister property to Sihanoukville'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
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
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 Quan 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,
Vitheh Charles de Gaulle, Tel: 056 396 4600,
golf@sofitel-royal-angkor.com
International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

Sokha Helicopters
24 Sivatha Road Siem Reap,
Tel: 012 184 8891,
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
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



សំណាក់ គ្រួសារ ក្នុង
GOLDEN ORANGE HOTEL

Group 1, House No 7, Slokram Village, Siem Reap
Tel: 063 965 389 - www.goldenorangehotel.com
reservations@goldenorangehotel.com

Rooms from \$30 (including breakfast). Free Broadband Internet / Wifi,
Rooms have air-con, in-room security box, mini-bar, private shower
with hot water, Deluxe rooms with jacuzzi, Cozy bar,
Roof top terrace area, 10 minutes from the airport.



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.

Maharajah
Next to Pub Street, Tel: 092 506 622
Halal restaurant offering 261 Royal Indian dishes, including a large selection of veg-

etarian 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.hoteldelaixangk.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 to 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 Siهانoukville.

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,
Tel: 012 623 945,
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 balgown 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

Blazing Trails
Killing Fields Road,
Tel: 012 676 381 / 012 542 916
Adventure tourism company that runs

trips on quad bikes to Phnom Tamao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

Cambodia Uncovered
Tel: 012 507 097
www.cambodiauncovered.com
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.


Exotissimo Travel
46 Norodom Blvd,
Tel: 023 219 151
www.exotissimo.com
Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Specialises in adventure tourism in Cambodia. Brochures are available online.

Helicopters Cambodia
658 Hup Quan Street,
Tel: 063 963 316
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Sokha Helicopters
2 St. 134 Phnom Penh,
Tel: 023 885 773
24 Sivatha Road Siem Reap,
Tel: 012 184 8891
www.sokhahelicopters.com
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

Travel Indochina
43-44EO Street 108,
Tel: 023 991 978
www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 



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Crossword Answers

unplugged

Finding the Perfect Hut

Will discovers that despite the global downturn, finding that perfect home in America is not as sweet as it might be.

MY WIFE AND I PACKED UP and left Cambodia to move to the United States — the land of opportunity, freedom and apple pie — so my wife could attend college, our son could enjoy the fruits of American civilisation and I could enjoy not being a minority.

The thing that we didn't know as we stepped off the plane on that warm summer evening in 2006 was that years of frenzied financial wheeling and dealing in the housing market were peaking. No one had any idea that the resulting "correction" — a cold and unassuming word favoured by economists — would be the worst recession in a generation, or three generations depending on what indicators you prefer.

We had found our way to rich America, but at the poor end of the scale. Cambodians often refuse to believe that life can be difficult in the U.S. In Cambodia, it is rumoured that the U.S. government sends its residents a check every month. While refugees might receive such benefits, the monthly checks were not forthcoming for us. As the mighty titans of America's news media folded, announced massive layoffs or cut hours like a coconut seller, being a journalist went from a middling income to tenuous. We ended up living in a cheap apartment complex almost completely occupied by itinerant farm workers. It's the kind of neighbourhood where everyone speaks Spanish, where the signs are in Spanish, where the door-to-door salesmen cannot speak of word of English — not that this deters them.

So once again, I stand out as being one of a few big white guys lumbering around the neighbourhood.

■ RIGHT TIME TO BUY?

However, this whole economic debacle was triggered by collapsing real estate prices, so shouldn't this be a great time to buy a home? I enjoyed my years of roaming the world, but marriage and the joyful, crushing burden of a child inspires



ILLUSTRATION BY WUTH / OUR BOOKS

a longing for homeownership — that grand American ideal that, according to some, plunged the world into financial ruin and turned back 20 years of economic development.

My wife and I, eager potential first-time homebuyers, have little hope. Even in the midst of a terrible slump, the median house price in Oregon is six to eight times my income. The cheapest houses are still far from affordable for us, and often lack important features like garages, foundations or proximity to anything. One house I took a look at in 2006 was, as they say in Cambodia, italicised. It was visibly listing toward the street, and the asking price was still six times my annual pay.

One advantage of working at a daily newspaper (besides the low pay and bizarre hours) is having access to the classified section of the paper hours before the subscribers. If you worked at a newspaper that was distributed to readers in the afternoon, you could get your hands on early editions by noon. That meant a perfect head start on snapping up all sorts of stuff people were trying to sell, from houses to hamsters.

At least that was an advantage before the advent of Craig's List, eBay and a bajillion other websites offering cheaper, more effective ways to sell your junk. Now, it appears that I will tell my son of the wonders of poring over soy-based ink and recycled newsprint in much the same way my mother describes collecting eggs from the chicken coop during her youth on the family farm in Nebraska.

While I've lost any edge on the news cycle, there's always one option my wife reminds me of. On the east bank of the Mekong near

Kratie, my wife's grandmother's traditional wooden house — built when Cambodia was still a colony of world empire and indoor plumbing was a new-fangled invention — stands empty. It's her inheritance, she says, and we can move there any time.

Free is a price we can afford. And being a century old it's probably in better condition than many overpriced houses in the U.S.

Will Koenig is a journalist in Oregon, where he lives with his wife and son. E-mail him at: will.koenig@gmail.com. ■

- 1) The North Pole 2) The Witches of Eastwick 3) Westminster Abbey 4) East Pakistan 5) Westside Story 6) South West Africa 7) The Beautiful South 8) East Germany 9) North and South Islands, New Zealand 10) The Good Witch of the North 11) Thailand 12) King Arthur 13) Good King Wenceslas 14) Queensland 15) King Hussein of Jordan 16) Queen Elizabeth II 17) Queen's Club 18) Romania 19) Stephen Hawking 20) American Football 21) The Mary Rose 22) Mary Shelley 23) Mary Quant 24) Mary Poppins 25) Mary Decker (Slaney) 26) Jack the Ripper 27) Bloody Mary 28) Christian Science 29) Let It Be 30) Dusty Springfield ■

Pub Quiz Answers

Vox Pop: Crime

A recent exchange on Facebook prompted **AsiaLIFE Guide** to go to the streets asking Penhites what they thought about crime in the city. The clear message is don't take much out with you at night, and remember to lock your door.



John



Sean



Erika

■ JOHN

Age: 27

Occupation: Backpacker

Length in the Penh: 3 months

Have you ever been robbed?

Never in Phnom Penh. I was robbed in Ho Chi Minh City though. I was buying some fruit off a fruit seller and her little brat of a daughter picked my pocket without me even realising it. She only got my phone so it wasn't too bad.

What is your best safety tip?

Easy! Don't go to Vietnam. And if you want to be extra safe, stop eating fruit too.

Is Phnom Penh safe?

To be honest, there are too many police in Phnom Penh for the city ever to be safe.

■ AURORE

Age: 28

Occupation: Project Manager

Length in the Penh: 6 months

Ever been robbed?

At a wedding party, I'd just left my bag for five minutes to say hello to my colleagues. When I came back, my bag had disappeared. I had my "wedding donation", my mobile phone and my house keys in it, so I couldn't

go home and couldn't call anyone after that. Two days later, someone brought back my phone at the office.

Best safety tip?

Carry the minimum amount of money. Don't bring your credit card along. And try not to take a moto dop when you go home at night.

Is Phnom Penh safe?

I lived in Mexico for three years, and someone even tried to shoot me to steal my purse. I've learned to be careful and I can't say that Phnom Penh is unsafe.

■ SEAN

Age: 24

Occupation: University Lecturer

Length in the Penh: 1.5 years

Ever been robbed?

Thankfully not.

Best safety tip?

Don't drive a motorbike on your own late at night. I have had a few friends who ran into trouble and it always seemed to happen when they drove on their own at night. Don't carry a lot of cash or wear really expensive jewellery. Don't go to Lakeside. I lived there for a few months before moving out. My new area is much poorer

than Lakeside, but there is never any trouble. On Lakeside, there were incidents nearly every night. It really is a dodgy place.

Is Phnom Penh safe?

Yes, I think it is. I would go as far as saying it is probably safer than back home in the U.S.

■ ERIKA

Age: 28

Occupation: Advocacy Advisor

Length in the Penh: 5 months

Ever been robbed?

Yes, I was on my bicycle and I got sideswiped by a moto. One of the guys on the moto got my purse from my basket. I nearly got knocked off my bike. I then pedalled as fast as I could to see if I could get my bag back. I didn't!

Best safety tip?

After I got robbed I went to Friends and bought a bicycle basket cover that zips around the basket and keeps everything safe. I'd recommend it to other people too.

Is Phnom Penh safe?

Yes. When I first came I was a bit scared, just because I was in a new place with a lot of unknowns. But I don't feel scared or paranoid here. The bike cover is very useful. I don't feel unsafe.

■ MEGHAN

Age: 26

Occupation: Marketing Advisor

Length in the Penh: 5 months

Ever been robbed?

Yes. I had my bike stolen from outside my house.

Best safety tip?

I have a rucksack that I wear on my back, not over the shoulder. When I walk around I hold my bag in front of me. Also, I don't talk on the phone in the street.

Is Phnom Penh safe?

Yes during the day. But after 10pm I feel unsafe so I usually go out near my house, so it's easy to get back home.

■ SIMON

Age: Not provided

Occupation: Freelance Expat

Length in the Penh: 2 months

Ever been robbed?

Someone broke into my house three weeks ago. While I was sleeping they stole my computer and my camera. I called the police, but that wasn't very effective. But it was my mistake, I was alone in the house sleeping over lunch and didn't lock the door.

Best safety tip?

Be careful. Especially if you're a girl, don't walk alone down



Meghan



Kate

dark streets. Don't forget that some people simply see you as a suitcase full of money.

Is Phnom Penh safe?

Yes. When I got robbed it was my own bad decision. You just have to be vigilant, that's all.

KATE

Age: 33

Occupation: Writer/Yoga and Pilates teacher

Length in the Penh: 1.5 years

Ever been robbed?

About five times in a year and a half. Everything from having a bag stolen from a car, to having my bag pulled off my shoulder, to having my house broken into.

Best safety tip?

Try to go home at night with friends, take a tuk tuk instead of a moto, and have a good network of friends. Me and my friends tend to text each other to make sure we got home safely.

Is Phnom Penh safe?

You have to be careful wherever you are, so having been robbed here just makes me more cautious. Sometimes I feel like Phnom Penh is a really dangerous place, but other times I just feel like I've been really unlucky.

SAM

Age: 28

Main Occupation: Teacher

Length in the Penh: 10 months

Ever been robbed?

Yes. My wallet was stolen on a drunken night out. It had US\$150 inside.

Best safety tip?

Don't carry too much money and if you were ever to be mugged, don't resist. It's only money at the end of the day.

Is Phnom Penh safe?

Yes. Crimewise, I think Phnom Penh is safe. The roads on the other hand aren't.

FRANK

Age: 36

Occupation: Technical Advisor

Length in the Penh: 10 months

Ever been robbed?

A thief tied our door with a hanger to prevent us going out. He actually tried to fish the landlord's daughter's bag from upstairs, made some noise, and got noticed. So he ran away with nothing more than my roommate's new shirt.

Best safety tip?

After what happened, my landlord got paranoid, he put barbed wire around our house and was pretty insistent on locking every single door. Since then I tried to look out for my belongings, but I am not so rigorous.

Is Phnom Penh safe?

I've heard a lot of robbery stories since I live in Phnom Penh. As long as you don't carry much money or important things, being robbed is not such a big deal. What is scary is physical aggression. You can be really hurt and shocked especially if you get mugged on a motorbike. **!**



Sam

Best Kept Secret: A Korean Sunflower

The "permanent" closure of Pyongyang Restaurant has given vent to many cries of foul play. Gone has Phnom Penh's only North Korean Restaurant, so people say – they couldn't be more wrong, says Mark Jackson.

READING AN ISSUE OF THE Phnom Penh Post the other week, I noticed reports that Pyongyang had closed. This concerned me as I tucked into my kim chi with belly of pork, not so much that the restaurant was closed, as that there was no mention of the other North Korean restaurant – the one I was sitting in at the time.

Daedonggang 'Sunflower' restaurant might not have the same reputation as Phnom Penh's original North Korean restaurant, but maybe this is no such bad thing.

The service is impeccable. A smiling greeting shows you to your seat and attentive, but not obtrusive servility ensues with constant filling of the teacup. Occasional broken English – there is only so far that "I'm on the Top of the World" gets you – is only mildly intrusive, and above all the food is excellent. You can't go far wrong with the set meals (US\$8 / US\$10) or the bibimbap (US\$8), which is meticulously cut up at your table by your waitress. It is though the belly of pork (US\$6) that I find myself returning to time and time again. Flavour-some without being too spicy, fatty enough to enhance the taste of the supporting kim chi without becoming gross, this is a great way to spend a quiet lunch with your favourite newspaper, or if it is that time of the month – AsiaLIFE Guide.

Quiet at lunchtime it might be, but come sunset this place bursts into life with greater venom than Dracula from his coffin. (Don't worry there is sufficient garlic in the food to deter even the most voracious of vampires.) Korean expats and tourists are here to see the floor-show. Starting at 7.30pm, the waitresses put down their teacups and move towards the stage. Whether it is playing the gayageum (a long, multi-stringed zither), dancing in circles or singing fervent nationalistic songs, the women are transformed into flawless pillars of Kim Jong-il's perfect society.

In truth, the performers are talented, especially the gayageum player, whose cheeks burn with fire as she plucks away at her instrument. However, the show is disappointingly brief, around 20 minutes, unless one of the guests emboldened by cheap Soju decides to grab the microphone to sing some traditional Korean folk karaoke.

Either for a peaceful, air-conditioned lunch, or in filling the void that Pyongyang's closure has left, Daedonggang is well worth a visit.

*Sunflower Daedonggang Restaurant, First floor, Cnr. of Street 466 & 456A Monivong Blvd. (above the entrance to the Asia Club), Tel: 023 726 084. **!***



Challenge Nora: From Finland With Love

Cambodia, a hot and hectic country located as good as on the equator, has very little in common with Finland, a generally cold and ordered place up by the Polar Circle. Still my demanding editor challenges me to find something Cambodian in Finland. The answer is, of course, karaoke.



Aikuinen nainen mä oon, en enää eksy maailman tuuliin, liittomme vahvistukoon...

WHETHER CONSIDERED A form of art or parody, karaoke unites people the world over. In Japan kids belt it out in private little boxes, in Wales it unites run-down former mining communities, while in Cambodia even the most quiet office mouse is prepared to grab the mic and sing about unrequited love.

Though I've been told karaoke is on the rise in Finland as a result of the proliferation of games such as SingStar, I have always resolutely associated it with sad, middle-aged semi-alcoholics. You can thus imagine my surprise when my friends, none of whom are sad, semi-alcoholic or even middle-aged, decided to welcome me back to the motherland by dragging me to a karaoke bar.

■ WELCOME TO ANNA K

As we enter the small hole-in-the-wall bar, a large blonde woman is belting her heart out to some old Finnish tango while a wrinkly old man sips his pint. My friends ex-

press their satisfaction at the lack of other customers – hurrah, we'll get to sing as much as we want!

Having sat down and ordered a few pints, the song catalogues are in high demand. I am told to come up with a 'karaoke name' – preferably something old-fashioned like Marjatta or Aino.

Not wanting to disappoint, I pick a name and start looking for a song. I figure making a fool of myself in front of my friends, the fat woman and the drinking man is just about bearable. Surely the place will stay this quiet all night. My friends may have developed a weird fascination for this karaoke business, but I'm sure it can't be universal.

Yeah, right! By the time the fat woman has been told off by the staff for submitting too many song requests and it's my turn with Frank Sinatra's Strangers in the Night (a choice I will later regret only a few seconds into the song) the bar is full. And not with sad middle-aged alcoholics.

There are 30-something guys in military trousers, a group of platinum blonde teenage girls, men in perfectly passable suits and at some point a very respectable looking dinner party tries to enter but by this point the place is already packed.

And so I, or Mervi as I've been re-christened, sing Strangers in the Night off key and out of tune. I even forget the melody at times.

Post-performance, returning to my table is a struggle. I want the ground to open beneath my feet and eat me up. I can't look my friends in the eye afterwards and inevitably there is no applause. This is a nightmare.

Things get even worse when the fifth division football team of the National Symphony Orchestra arrives. Breaking all rules of recreational karaoke, one of its members gives a near-perfect performance of operatic Con Te Partiro. In full-blown Italian!

Disgusted and embarrassed, I vow never to sing again. Alas I forget Mervi has already signed up for another number – You're So Vain, by Carly Simon. The only thing that saves me from complete humiliation is the mortician look-a-like who in black leather and heavy make-up treats us all to some Finnish heavy metal before it's my turn. After that, my bad singing is almost like music to the ears – not that I'm vain.

Brandishing itself as "a centrally located bar for the busy friend of karaoke" Anna K certainly attracts a varied crowd. As we finally leave to catch the last bus home (no tuk tuks here) I'm oddly elated. Despite the mortification I experienced singing in front of a crowd, I think I secretly enjoyed it. And anyway, surely we operate under road trip rules – what happens in Finland, stays in Finland. Unless you happen to write for AsiaLIFE Guide that is. ■

This Month in History

Marilyn, Elvis, Diana, Cleopatra, Napoleon, Berlin Wall, Vietnam War

■ PAIN IN THE ASP »

August 12, 30 B.C.

Cleopatra, the last effective pharaoh of Egypt's Ptolemaic dynasty, committed suicide on this day in 30 B.C. After originally sharing power with her father Ptolemy XII, and later with her brothers Ptolemy XIII and Ptolemy XIV, whom she married, she eventually gained sole rule of the doomed Empire. As pharaoh, she consummated a liaison with Julius Caesar that solidified her grip on the throne. After Caesar's assassination in 44 B.C., she aligned with Mark Antony in opposition to Caesar's legal heir Augustus. After losing the Battle of Actium to Augustus' forces, Antony committed suicide. Cleopatra soon followed suit, according to tradition killing herself by means of an asp bite.



■ A MONTH TO DIE FOR »

August 5, 1962; August 16, 1977; August 31, 1997

Marilyn Monroe was found dead in the bedroom of her Californian home by her housekeeper Eunice Murray on Aug. 5, 1962. Aged 36, her death was ruled to be from "acute barbiturate poisoning" by Dr. Thomas Noguchi of the Los Angeles County Coroners office and listed as "probable suicide." Although no murder charges were ever filed many believe she was murdered. The death of Marilyn Monroe is arguably one of the most debated conspiracy theories of the Twentieth Century.

Elvis Aaron Presley died of a heart attack on Aug. 16, 1977. Health problems, prescription drug dependence, and other factors led to his death at age 42 – sound familiar? The King began his career in 1953 as one of the first performers of rockabilly. His novel versions of existing songs, mixing "black" and "white" sounds, earned him popularity – and controversy – as did his uninhibited stage and television performances. He is one of the biggest selling and most influen-

tial artists in the history of music, selling over one billion records internationally.

Diana, Princess of Wales, was the first wife of Charles, heir to the British throne. Since their marriage, Diana remained the focus of near-constant media scrutiny around the world. Her death on Aug. 31, 1997 in a Parisian hospital after a high speed chase with paparazzi was followed by a spontaneous and prolonged show of public mourning. The circumstances surrounding her death have led to more conspiracy theories than those surrounding Monroe's.

■ START OF A BLOODY, POINTLESS WAR

August 2, 1964

The USS Maddox (DD-731), a U.S. destroyer, was in the waters of the Gulf of Tonkin on Aug. 2, 1964 when it came under attack from three North Vietnamese patrol boats. Two days later, it reported a second attack, although Hanoi subsequently denied this. Within hours, President Johnson ordered the launch of retaliatory air strikes on the bases of the North Vietnamese boats. This marked the start of the Vietnam

War as Johnson stated, "expressing the unity and determination of the United States in supporting freedom and in protecting peace in southeast Asia."

■ BIRTH OF THE LITTLE GENERAL

August 15, 1769

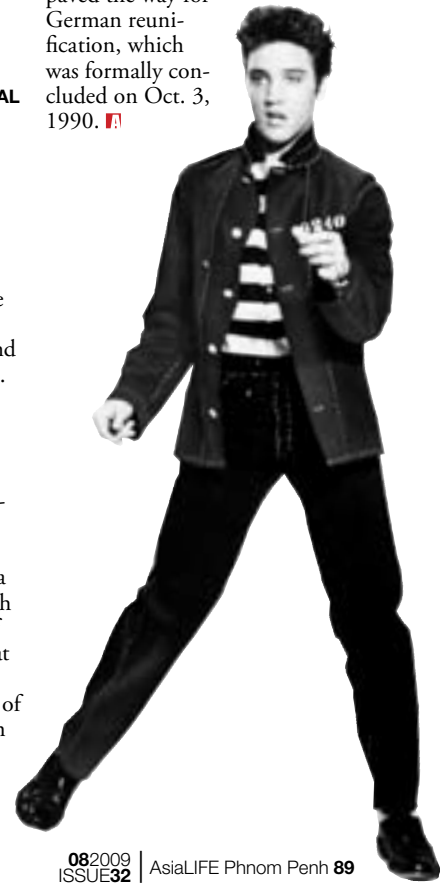
Napoleon Bonaparte was born in Corsica on Aug. 15, 1769. Trained as an artillery officer in mainland France, Bonaparte rose to prominence under the First French Republic, leading successful campaigns against the First and Second Coalitions. In 1799, he staged a coup d'état and installed himself as First Consul. Five years later he crowned himself Emperor. Over the next decade, he launched campaigns against every major European power and dominated continental Europe through a series of military victories. The French invasion of Russia in 1812 was a disastrous campaign, from which he never recovered. After a brief exile on Elba and ultimate defeat to Wellington at Waterloo in 1815, he spent the last six years of his life under British supervision on the island of Saint Helena. An autopsy concluded he died of stomach cancer, though

Sten Forshufvud and other scientists have since conjectured that he was poisoned with arsenic, thus sparking what is possibly the first conspiracy theory.

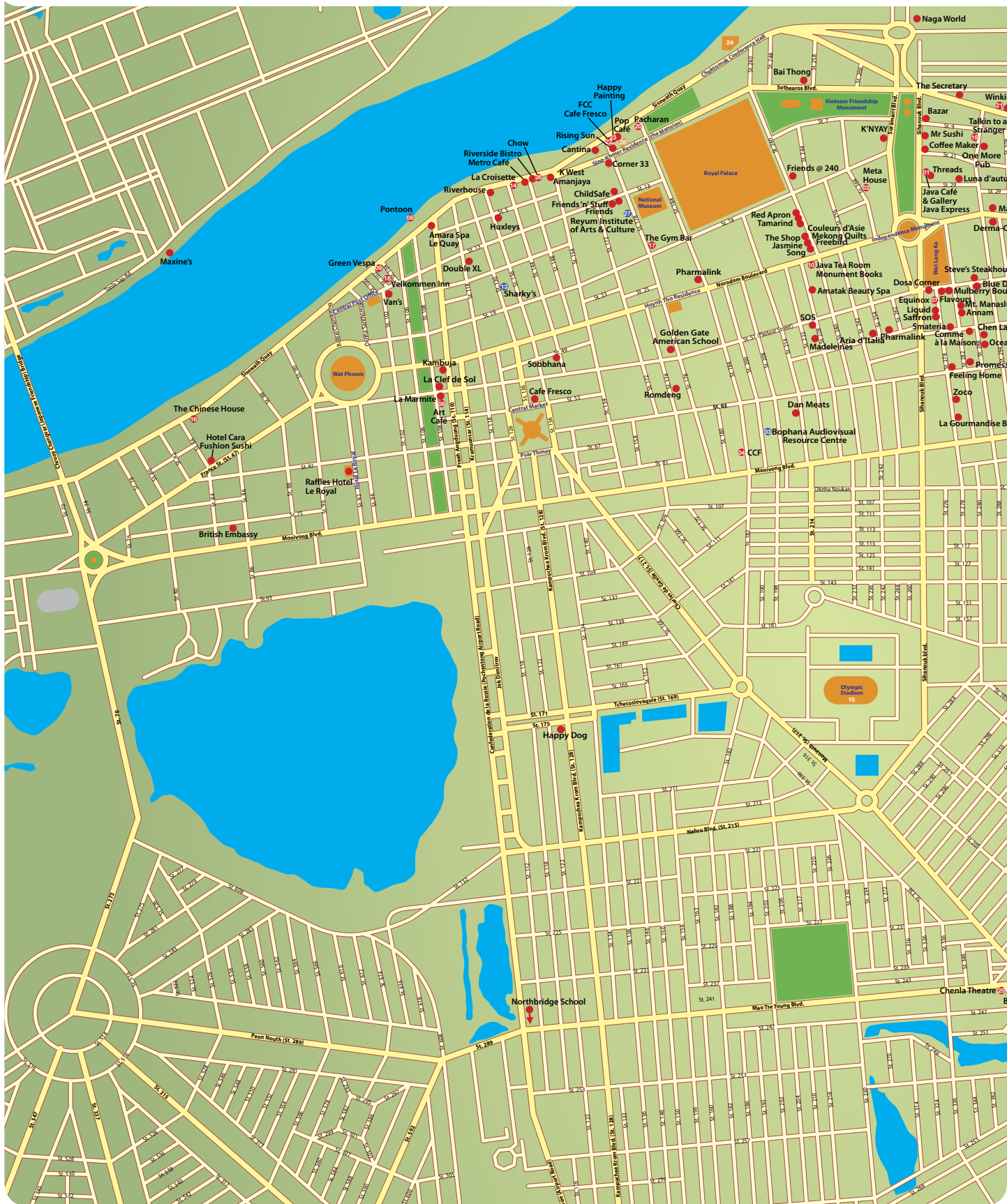
■ BUILDING A WALL

August 13, 1961

The Berlin Wall was a physical barrier completely encircling West Berlin, separating it from the German Democratic Republic, including East Berlin. The Wall came to symbolise the Iron Curtain between Western Europe and the Eastern Bloc. It separated the two Germanies for more than a quarter of a century, from the day construction began on Aug. 13, 1961 until its demolition on Nov. 9, 1989. During this period, at least 98 people were killed trying to cross the Wall into West Berlin, according to official figures. The fall of the Berlin Wall paved the way for German reunification, which was formally concluded on Oct. 3, 1990. ■



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August Horoscope

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LEO (JUL. 23 – AUG. 22)

Happy Birthday Leo! The spotlight is on you, your needs, and how you present yourself to others this month. Your mind is focused on security, finances, and practical matters. Matters of the heart touch you deeply, and could involve some personal sacrifices. A surge of personal magnetism and charm heads your way in the last week of the month, when your ideas and conversational skills are in demand.

VIRGO (AUG. 23 – SEP. 23)

This is a month of endings and some cocooning for you Virgo, as you instinctively need to assess what needs to go and what to carry forward into your upcoming year. However, this year, it's likely to be more active than usual. Friends are important, career goals and initiatives figure strongly, and your urge to talk, project, and learn is strong.

LIBRA (SEP. 24 – OCT. 23)

Others seek you out this month Libra, however you are not especially communicative when it comes to sharing personal matters until after the 25th. You are thinking things through and keeping your ideas and plans to yourself. Still, your social calendar is busy. It's a strong period for dreaming up new plans, making presentations, and connecting with others.

SCORPIO (OCT. 24 – NOV. 22)

Life isn't especially private for you this month Scorpio. You've been expanding your personal circle and home life is sometimes chaotic. You're filled with ideas about your goals and the future. With regards to romance, you have a strong desire for something different and perhaps a little exotic. Pay special attention to advice from an older (or more experienced) friend around the 16th to the 18th.

SAGITTARIUS (NOV. 23 – DEC. 21)

You are very busy thinking ahead of yourself in August, dear Sagittarius. Next month is strong for career matters, and this month, you are hatching many plans along those lines. Restlessness experienced from the 14th – 17th might prompt you to consider making travel plans, or plans to broaden your intellectual horizons—whatever it is, you feel the need to widen your experiences.

CAPRICORN (DEC. 22 – JAN. 20)

Much is going on with partnerships, sharing, shared finances, and work this month, Capricorn. August is strong for negotiating and ironing out differences with a special someone in your life. Love matters are both demanding and rewarding, particularly towards the last week of the month. Much of your energy is poured into work, health routines, and reorganising. Getting these matters into order will help free your mind.

AQUARIUS (JAN. 21 – FEB. 19)

The delicate balance between your needs for independence and your needs for close personal relationships is a big issue for you in August, Aquarius. Balancing can sometimes feel like a tug of war, but keeping alert to the heart of the matter will give you perspective and ease the tension. Consider the possibility that you may have misrepresented yourself if others are misunderstanding you.

PISCES (FEB. 20 – MAR. 20)

Life might seem a little chaotic this month Pisces, as you feel pulled in many directions. However, if you take extra time for relaxation and reflection you will find the energy to balance it all. It might seem counterintuitive to take extra time for repose when you're in demand, but you'll be far more effective if you do. A serious conversation with a partner might figure around the 17th.

ARIES (MAR. 21 – APR. 20)

The focus is on your personal life and goals this month, Aries. While much contentment can be found at home, you're also more than willing to make new plans for keeping organised and efficient on the job, particularly around the 17th. Demands from a friend, or the need of others to lean on you for support, can keep you especially busy in the first week of the month.

TAURUS (APR. 21 – MAY 21)

This month is strong for romance and finances for you Taurus, although impulsiveness is an inclination in both areas. Mid-month, a heart to heart with a lover has a more serious tone, and should be considered carefully. Changeful conditions surrounding your career this month eventually lead to improvement and an increased sense of personal fulfilment, even if it feels a little chaotic for the time being.

GEMINI (MAY 22 – JUN. 21)

In August, the spotlight is in the domestic realm. You've been quite 'me' focused recently, and a restless urge is likely to take hold in the first week of the month. Until the 25th, Mars in your sign keeps you on your toes, providing you with the energy and gump-tion to go after what you want from your life.

CANCER (JUN. 22 – JUL. 22)

This is a month in which you are hatching plans, resting more than usual, and experiencing less personal energy, Cancer. You are instinctively preparing for a more outgoing phase starting in the last week of the month, when energy returns, particularly when it comes to career matters. A struggle over matters of dependence and personal freedom might kick off this new cycle. 📌

CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Aug. 1 – Coolio (46); Aug. 3 – John Landis (59); Aug. 4 – Barack Obama (48), Billy Bob Thornton (54); Aug. 6 – Michelle Yeoh (47); Aug. 7 – Charlize Theron (34); Aug. 8 – Roger Federer (28), Dustin Hoffman (72); Aug. 9 – Whitney Houston (46); Aug. 10 – Antonio Banderas (49), Rosanna Arquette (50); Aug. 13 – Fidel Castro (83); Aug. 14 – Halle Berry (43), Steve Martin (64); Aug. 16 – Madonna (51); Aug. 17 – Sean Penn (49), Robert de Niro (66); Aug. 18 – Edward Norton (40), Christian Slater (40), Robert Redford (73), Roman Polanski (75); Aug. 19 – Bill Clinton (63); Aug. 21 – Kim Cattrall (53); Aug. 25 – Claudia Schiffer (39), Tim Burton (51), Elvis Costello (54), Sean Connery (79); Aug. 28 – Jack Black (40), Shania Twain (44); Aug. 29 – Elliott Gould (71); Aug. 30 – Cameron Diaz (37); Aug. 31 – Chris Ticker (37), Richard Gere (60). 📌

The QuizMaster

■ **ON THE COMPASS**

- 1) Where did man first set foot in 1909?
- 2) Which John Updike novel was turned into a film starring Jack Nicholson?
- 3) Geoffrey Chaucer was the first person buried in Poets' Corner – where is it?
- 4) What was Bangladesh previously called?
- 5) Natalie Wood played Maria in which film?
- 6) What was Namibia formerly known as?
- 7) Which band's greatest hits album was called 'Carry on up the Charts'?
- 8) Which state was ruled by the Volkskammer?
- 9) What does the Cook Strait separate?
- 10) In the Wizard of Oz, how is Glinda otherwise known?

■ **MONARCHS**

- 11) Which country's reigning monarch plays the saxophone and was born in US?
- 12) Glastonbury claims to be the final resting place of which monarch?
- 13) Which monarch was allegedly murdered in Bohemia in 929AD?
- 14) In which state would you find the world's largest sand island?
- 15) Who was the husband of Queen Noor?
- 16) Who was Time Magazine's man of the year in 1952?
- 17) Previously known as The Stella Artois Championships, it is now called the AEGON Championships.

Won this year by Andy Murray, where is this tournament played?

- 18) Which European country can boast two Twentieth Century kings called Carol?
- 19) Who wrote A Brief History of Time?
- 20) What sport did the London Monarchs play from 1991 to 1998?

■ **MARY, MARY**

- 21) Which ship sank in 1545 in the Solent and was recovered in the 1980s?
- 22) Who wrote the novel Frankenstein?
- 23) Which fashion designer once said 'A woman is as old as her knees'?
- 24) The author P L Travers created which famous film, book and stage character?
- 25) In athletics, who did the runner Zola Budd controversially "trip" up at the Los Angeles Olympics in 1984?
- 26) Mary Ann Nichols was the first victim of which serial killer?
- 27) Which nickname was given to the Queen of England and Ireland until 1558?
- 28) What was founded by Mary Baker Eddy?
- 29) Which well-known Beatle song contains the lyrics 'Mother Mary come to me'?
- 30) Mary O'Brien changed her name and found fame as which 1960s singer? Her last hit was a duet with The Pet Shop Boys?

■ **ANSWERS ON PAGE 85** 

THERE ARE PAPERS.



AND THERE ARE NEWSPAPERS.

Sudoku Answers

We can't give you a puzzle without providing the answers. So here is the completed puzzles from this month's issue of AsiaLIFE.



Gwan Ching Lee

2	7	1	6	8	6	4	3	5
6	5	9	3	7	4	8	2	1
8	3	4	1	2	5	6	9	7
7	8	3	4	2	6	1	5	9
9	1	5	8	9	7	3	4	2
4	2	6	5	3	1	7	9	8
4	1	8	6	5	6	2	7	3
5	9	2	1	3	6	8	4	7
3	9	7	4	2	5	8	1	6

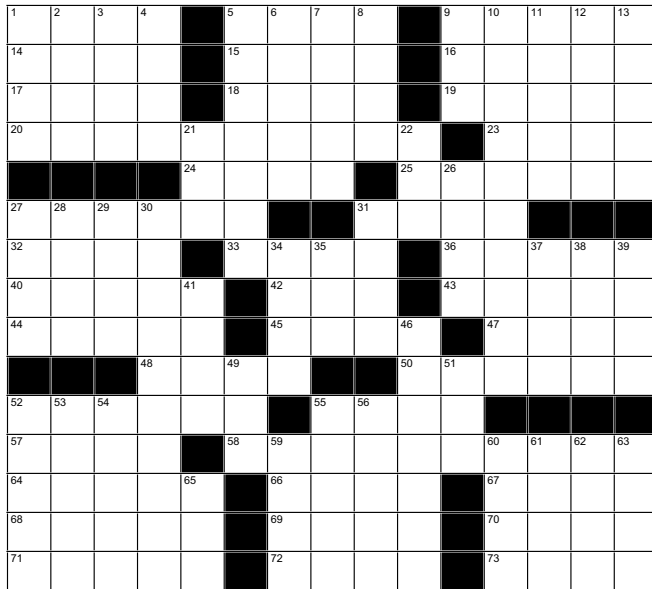
■ **INTERMEDIATE**

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ACROSS

- 1 Lower than treble
- 5 Gentle one
- 9 Palindromic no. collection
- 14 Credit, essentially
- 15 Basic brainwave
- 16 ____ to: should
- 17 Left on board
- 18 Elle's handle (with The)
- 19 Trap
- 20 "Three Cheers for the queer old dean," e.g.
- 23 Agenda component
- 24 RHCP's Balzary, commonly
- 25 Focus of the New York Times' national pages
- 27 Brook talk
- 31 Enthralled
- 32 Cookie since 1912
- 33 Apply too much makeup
- 36 "with malice ____ thought."
- 40 Cassoulet, tagine and more
- 42 PP to HCMC direction
- 43 Dressed like a wizard
- 44 Bashar al-Assad's land
- 45 1952 Olympic city
- 47 Boulevard or thoroughfare
- 48 Like most east-west street in PP
- 50 TV magician's tricks, sometimes
- 52 British roll or American sachet
- 55 Miss (an easy chance, perhaps)
- 57 Panache
- 58 Over-played piano waltz
- 64 It contains Earth Day
- 66 Olympic weapon
- 67 "Ebony and Ivory," e.g.
- 68 Become impatient
- 69 Pay to stay
- 70 Acquiesce
- 71 Had enmity
- 72 They're with the casino
- 73 Penny or Lois

DOWN

- 1 Euro peaks

- 2 Important shoe-tying stage
- 3 Vegetable that's toxic when raw
- 4 Know about (with be)
- 5 Defamed in print
- 6 More than have affection for
- 7 Publications and broadcasts, collectively
- 8 Reddish-brown horses
- 9 Emergency letters
- 10 Acoustic resonator
- 11 Quartz variety
- 12 Deliberately lost
- 13 Wineglass features
- 21 Sports division since 1922
- 22 Lorry driver's tea vessel
- 26 Gain altitude, like a Mirage
- 27 Leader who's Hugo's follower
- 28 Pretentious, often
- 29 Angkor or Asahi
- 30 Arkansas toothpick, colloquially
- 31 Explorer Tasman
- 34 Great time (var.)
- 35 Enterprise starter
- 37 The duck in "Peter and the Wolf"
- 38 Nurture
- 39 Sect founder Mary Baker
- 41 Word option
- 46 Compensates for
- 49 List reducer
- 51 To the stern
- 52 Mashed cheap fruit
- 53 International Space Station's original name
- 54 Measure of purity
- 55 Powered bicycle
- 56 Move through 1800
- 59 Honda's Indian partner
- 60 Kris Allen is an American one
- 61 Site of Guantanamo Bay
- 62 Eager for a broken knee
- 63 An infection of the sebaceous glands of Zeis
- 65 Zeppelin's predecessor

ANSWERS ON PAGE 84

Sudoku



Fun Mexican Food
Kitchen open 3-10:30. Closed Saturdays.
347 Sisowath Quay. On the river.

This Sudoku puzzle has a twist (literally). The usual rules of Sudoku apply – place a number in each empty square so that each row, each column and each 3x3 block contains all the numbers from 1 to 9. Next month watch out – it's Samurai Sudoku time!

6					2	7		
	8			1				
3								4
		7			5	9		
2					8			6
		1				3		
	9							8
				7			5	
		4	6					2

Level: Intermediate

Gwan Ching Lee's time: 25 mins

ANSWERS ON PAGE 93

Quote Unquote

FOOD

Has been the inspiration of chefs and comics throughout the ages.

*"I cook with wine; sometimes I even add it to the food."
— WC Fields.*

*"Strength is the ability to break a chocolate bar into four pieces with your bare hands – and then eat just one of those pieces."
— Judith Viorst.*

*"I'm at the age when food has taken the place of sex. In fact I just had a mirror put over my kitchen table."
— Rodney Dangerfield.*

Tip #5

Say "Or Koon" (thank you) to those who have done good things to you



015|016|081

លោកឱ្យខ្ពស់ មើលឱ្យឆ្ងាយ
 កសិឱ្យខ្លាំង ហើយសម្រេច
 យកជ័យជំនះឱ្យបាន



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ឧបត្ថម្ភដោយ :
សម្តេចអគ្គមហាសេនាបតីតេជោ ហ៊ុន សែន

ការប្រកួតកីឡាពាល់បាល់ទះដំបូងជាតិ Cellcard 2009 ជុំទី 2 នឹងចាប់ផ្តើមនៅ ថ្ងៃទី 22 និង 23 សីហាខាងមុខនេះ នៅពហុកីឡាដ្ឋានជាតិអូឡាំពិក ចាប់ពី ម៉ោង 2 រសៀល ដល់ម៉ោង 8 យប់ ។ សូមចូលរួមទស្សនាដោយឥតគិតថ្លៃ!

On August 22 / 23 witness Round 2 of the 2009 Cellcard Cambodian National Volleyball League, 2pm - 8pm at the Olympic Stadium. Entry is free.

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