

PHNOM PENH

# ASIALIFE guide

102009  
ISSUE 34  
FREE



# ROADS

*where does the future of the ngo lead*



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Carbon Trading  
Vicious Cycle  
Chilli Wars  
Con Dao  
112



# Ritchy & Phil

guitar & keyboard duet  
at The FCC Friday 16 October

... DJ Illest ...

Old-school cutting and scratching  
Saturday October 10, 8 p.m.  
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## What's on in October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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<b>f@the</b> Happy Hours 1 - 2 pm daily FCC Bar Tel: 012 253 222	<b>cañafresco</b> 50% Discount on selection of bottle of wine and wine by glass From 5 - 9pm daily Fresco BKK only	7	<b>cañafresco</b> 50% Discount on selection of bottle of wine and wine by glass From 5 - 9pm daily Fresco BKK only	9	<b>d ow</b> Dj illest from 8pm until late at CHOW Roof Terrace	11
12	<b>d ow</b> DAILY HAPPY HOUR 4PM TO 8PM 50% ON COCKTAILS AND \$1 TIGER DRAUGHT	14	<b>PACHARAN</b> <i>Tapas &amp; Drinks</i> Daily Special Lunch 2 tapas + 1drink (from a selection) All for US\$7.06 + 10% VAT	<b>Phil &amp; Richy</b> From PARIS Playing at FCC Roof Terrace From 8pm until late all kind of music	<b>f@the</b> Happy Hours 1 - 2 pm daily FCC Bar Tel: 012 253 222	<b>d ow</b> Daily CHOW EIGHT Choose 1dish + 1drink (from a selection) only \$8
<b>d ow</b> Daily CHOW EIGHT Choose 1dish + 1drink (from a selection) only \$8	<b>f@the</b> Happy Hours 1 - 2 pm daily FCC Bar Tel: 012 253 222	21	<b>SALSA NIGHT</b> FEATURING DJ JIMMY @ PACHARAN <i>Tapas &amp; Drinks</i>	<b>cañafresco</b> 50% Discount on selection of bottle of wine and wine by glass From 5 - 9pm daily Fresco BKK only	24	<b>PACHARAN</b> <i>Tapas &amp; Drinks</i> Sunday Special All you can eat & free flow of sangria \$12 + 10% VAT per person from 11am - 5pm
<b>cañafresco</b> 50% Discount on selection of bottle of wine and wine by glass From 5 - 9pm daily Fresco BKK only	27	<b>PACHARAN</b> <i>Tapas &amp; Drinks</i> Daily Special Lunch 2 tapas + 1drink (from a selection) All for US\$7.00 + 10% VAT	29	<b>d ow</b> Daily BRUNCH \$8 Choose 1dish + 1drink (from a selection) 7am to 2pm	31 <b>Halloween Night</b>	<b>cañafresco</b> 50% Discount on selection of bottle of wine and wine by glass From 5 - 9pm daily Fresco BKK only

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## Editorial

BUSINESSES ACROSS the region have suffered from the global recession. This magazine is no exception. As advertising revenue – our only source of revenue – declined, I decided to introduce a US\$1 cover charge for the magazine earlier this year. At the time I felt this was the best way to maintain the high standards we have set and develop the project into the future. This move has proved unsuccessful. This month I have decided to remove the cover charge and make AsiaLIFE a free magazine once more. Normal service will be resumed. I confidently predict that it will be as hard to find a copy of AsiaLIFE at the end of the month as it has been for the previous two years. If you do find it impossible to find your essential guide to life in the Penh then email me at the email address at the bottom of this column and I will arrange for a copy to be delivered free of charge to your home. Those who wish to continue paying US\$1 for the magazine, simply put your money in the boxes as previously and we will donate the money collected to a local NGO.

AsiaLIFE is not alone in suffering from the downturn. For many years Cambodia has been a safe haven for NGOs. Evolving from post-conflict reconstruction to development and increasing Cambodian ownership, the sector has seen substantial changes since its inception in 1992. The current economic climate presents a new set of challenges. Donors and governments are reduc-

ing their budgets. NGOs are competing for a much smaller piece of pie. This is a situation that is likely to get worse before it gets better, as projected expenditure for 2010 will be fixed at a time of low GDPs and diminished savings. How have the country's 1,000 or so NGOs adapted to the changing environment? What should they do in the future? In our cover story Nora Lindstrom asks precisely these questions and finds people surprisingly upbeat about the state of NGOs within the kingdom. We also take to the streets of Phnom Penh to find out what you think of the role of NGOs in Cambodia.

As always we have the same mix of information about what is happening in the capital and places you can visit further afield. This month we get away to the Vietnamese archipelago of Con Dao – that country's Robben Island.

Despite the removal of our cover price, I feel confident that AsiaLIFE will grow over the next months and years. Increased coverage of the region is just one of the measures that we will implement as we continue to ensure that AsiaLIFE is your magazine of choice. This month we have introduced a Dispatches page with details of events and promotions across the region. For all those who told me that the US\$1 would not work, I'll buy you a drink next time I see you, so long as it doesn't cost more than a dollar.

Mark Jackson  
 Publisher – AsiaLIFE Guide  
[mark@asialifeguide.com](mailto:mark@asialifeguide.com)

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# in the penh

## The Month That Was

999, phare, friends, building tours



@Naga World

■ **LUCKY 9-9-9 AT NAGA**  NagaWorld celebrated the auspicious date of Sep. 9, 2009 in style with an impressive line-up of entertainment, a host of food and drink offers (for US\$9.99 of course) as well as a 9-9-9 Grand Lucky Draw, where the fortunate winner could get US\$9999 in play value at the casino, as well as US\$999 in cash. The celebrations kicked off with performances by Sovanna Phum Arts and Phare Ponleu Selpak circus group. Live bands followed, as did Apsara and peacock dances, performances by some of Cam-

bodias and Vietnam's best loved contemporary artists, a lion dance, a kung fu demonstration and a traditional performance of Hanuman and the Giant Drum.

The 9-9-9 celebration coincided with the soft opening of the casino's revamped night club, as well as the official opening of four poker tables.

■ **PHARE PONLEU SELPAK-WEEKEND REVIEW**

Squeezed into every possible corner and sitting shoulder to shoulder on straw-mats at the Chinese House, both kids &

adults enthusiastically awaited for the sold-out Phare Ponleu Selpak "the brightness of art" performers to miraculously twist, turn, bend and make them smile for one Saturday night. Two favorite red-cheeked clowns introduced the show and subsequently reappeared between acts, cheering and delighting with bursts of French, English, nonsense comical noises, and Michael Jackson routines. The male and female group of professional artists and students from Battambang achieved feats seemingly out of this world, dancing

with fiery hula hoops, balancing on uneven platforms and even riding a unicycle along a tight-rope. Audience eyes' stayed glued to bodies that twisted like rubber bands, even as they acted out dramatic love scenes. Post-show, artists continued to perform mid-bar and mid-air, as onlookers sipped glasses of soda, wine and beer upstairs.

■ **ALTERNATIVE DEVELOPMENT**

Dr Meas Nee presented his and Wayne McCallum's new book "Roads to Development – Insights from Sre Ambel

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**ASIA LIFE** guide



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district, Southwest Cambodia” at Meta House on Wednesday, Sep. 16. Exploring ideas of what “good development” means in the Cambodian context, the book offers ideas of alternative, more inclusive roads to development and discusses their potential effects. The book launch took place at the rooftop of the arts centre, while an exhibition also entitled “Roads to Development” featuring photographs by the book’s authors and others were exhibited in the gallery downstairs. The launch was followed by a screening of Chheng Phanna’s new documentary about the on-going border conflict around Preah Vihear. Roads to development is available at Monument Books for US\$10.

■ **FLOODING IN KAMPOT** 🏠

Early last month Kampot received the full brunt of the monsoon season as it saw more rain than it has seen since 1974. The overflowing river reached all the way to the centre of town where residents came out in droves to marvel at their floating city. Closer to the river Kampot locals abandoned their usual transport for boats, up turned tables and other makeshift flotation devices. The waist-deep and at some places shoulder-deep water had mostly drained away by noon the following day. Prime Minister Hun Sen was flown in by helicopter to assess the damage and show his support to the flood-affected villagers.

■ **CELEBRATING FRIENDS**

Sebastien Marot, co-founder and Executive Director of Friends I

nternational, was honoured last month by the Schwab Foundation for Social Entrepreneurship for the ongoing efforts the organisation is making in the promotion of social entrepreneurship. Arguing that social entrepreneurs play an important role in the current economic climate, Marot was one of five recipients to the Social Entrepreneur of the Year award, which was handed over at a ceremony at the World Economic Forum Annual Meeting in China. “This is an important recognition for Friends-International and the work of all its team across the world. This link with the business world will be essential to push further the social enterprise model of our organisation,” Marot commented.

■ **BUILDING TOUR**

A few dozen punters gathered early Sunday morning Sep. 13 for a tour of some of the Penh’s most iconic buildings, as well as presentations by organisations working in what is commonly referred to as ‘The Building’ off Sothearos Boulevard.

Organised by Khmer Architecture tours, the half-day walk started at Chaktomouk theatre, designed by the Kingdom’s first French-qualified architect Vann Molyvann. Following a short introduction to the history of Phnom Penh, tour-guide Sokly took the group around and inside the building, pointing out

its architectural successes and failures. The group then walked down the Bassac riverfront past the well-proportioned Buddhist Institute, the new Australian embassy, the French-designed housing complex for employees of the National Bank (which is now part of the Russian Embassy), finally ending up at the famed “Building”.

Though often attributed to Vann Molyvann, the White Building, as it was originally known, was in fact designed by Lu Ban Hap in 1963, following an Algerian model for low cost housing. It was constructed as municipal apartments particularly for artists, a legacy that is still visible amidst the squalor of the Building today.

Inside the complex, the tour group was invited to the Aziza School, where students and staff from Aziza and On Photography Cambodia gave presentations on their work as well as life in the Building. The final item of the agenda was a performance by students at Cambodian Living Arts, an organisation that supports masters of Cambodia’s classical arts and aims to preserve this historic legacy by transferring skills to the young generation.

The tour was part of the events organised during the month of architecture and urban design that took place throughout September in the capital.

■ **WORLD CLASS HIP HOP AT WHITE**

Club White showed its true colours on Saturday Sep. 5 as DJ Cash Money took to the stage and treated the crowd to some world-class tunes and tricks on the turntable. The atmosphere was already hot by the time the award-winning DJ came on around midnight, and it only got hotter as he played a mix of classic hip hop dance floor fillers as well as tunes by Nirvana, Blur and Michael Jackson thrown in for good measure. One punter commented that he simply could not believe he was in Phnom Penh any more, which is possibly what the party-throwers wanted to achieve. Cash Money himself was happy with the gig, commenting that playing in Cambodia was a truly unique experience.

■ **YOGIS AT THE VINE**

New eco-lodge The Vine in Chamcar Bei village in Kampot hosted its first official guests over the Pchum Ben weekend as the guesthouse was taken

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over by a dozen yoga enthusiasts on a short retreat. Organised by teachers Alison, Oskar and Kate, based at NataRaj Yoga, the retreat treated the twelve lucky participants to a weekend full of care for both mind and body. Sunrise meditation was followed by yoga, pilates, more yoga and finally relaxation. Interrupted only by excellent meals concocted by hostess Sarann. Lovingly built, The Vine was the ideal location for the retreat and most participants vowed to come back to enjoy the serene atmosphere and lush, hilly backdrop. The Vine, 4km off Highway 33, approximately 25 minutes from Kep town by tuk-tuk. For further directions, call 011 706 231 or visit [www.thevineretreat.com](http://www.thevineretreat.com)

■ **THE PLAYERS STAGE**

**CHEKOV** 🏠

The Phnom Penh Players took to the stage for the second time this year with two performances of An Evening With Chekov Comedies on Sep. 4 and 5 at Khmer Surin. Playing to full houses two nights in a row, the Penh's own amateur theatre group raised chuckles with performances of Russian playwright Anton Chekhov's one-act comedies The Proposal and The Bear. Directed by Brendan O'Driscoll, The Bear in particular had the crowd laughing with Christine Liehr and Stewart Jordan putting in stellar performances. In a town so often described as lacking cultural exploits, the Players' occasional performances

are usually well-received and An Evening With Chekhov Comedies was no exception. The group's next performance will be the annual Christmas panto, to which all and sundry are welcome to audition.

■ **VIVE LA FRANCE**

Who says you never win in supermarkets' lucky draws? Mr Check Sokry was certainly proved wrong when in mid-September he won a return ticket to France including a three-day stay at the vineyard of Les Vins Georges Duboeuf. The competition was organised by representatives of the winery in Cambodia, by way of introducing the French wines to the up-and-coming Khmer market. Mr Sokry, who admitted not to be a regular wine consumer, was surprised and happy to have won, though his current lack of a passport may pose some initial delays to the trip. The lucky draw concluded a three-month promotion of Les Vins Georges Duboeuf at Lucky Supermarket, which was facilitated by local partner Quarto Products.

■ **GREEN VICTORIA**

The sixth annual Green Day was held at the six properties of Victoria Hotels & Resorts in Vietnam and Cambodia on Sep. 16. In Siem Reap, over 100 school students joined another hundred staff from Victoria Angkor Resort and Spa to clean the area surrounding the central park and the embankment alongside



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the Siem Reap river. Resorts in Vietnam had a somewhat larger turnout, especially up north in the mountains, where clean ups were organized in 10 places around Sapa town including Sapa Lake, Ta Phin village, Ta Van village, Lao Chai village and Silver Waterfall. Over 700 people took part in the operation, including Sapa inhabitants, pupils and teachers from 10 local schools, and staff from the Victoria Sapa Resort & Spa.

**■ ICAN EARLY LEARNING**

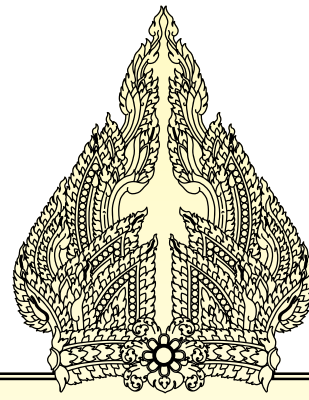
iCAN PLAY Early Years Centre opened its doors to the youngest members of the iCAN family, on Sep. 22. Situated just behind the main iCAN campus on Street 21, the iCAN PLAY has been specifically created for children between the ages of 18 months and 3 years. All of the equipment and activities within the bright and spacious Centre have been tailor-made to meet the needs of young inquisitive minds and encourage learning through imaginative play. The centre has the capacity for 60 kids, and is run by U.K. qualified early years specialists. The goal of the program is to focus on giving the children access to all six areas of learning as

set out in the British Early Years Foundation Stage curriculum. Children who are part of the latest iCAN venture are promised many creative opportunities including specialist music sessions. Contact iCAN on 023 222 416-7 or e-mail for further details at [ican@ican.edu.kh](mailto:ican@ican.edu.kh)

**■ SYRUPS AT KWEST**

It was all about liqueurs and syrups at KWest on Sep. 4 as liqueur-makers Giffard held a promotional event at the riverside restaurant. Attended mainly by industry professionals, punters were first treated to a drink of tea and passionfruit syrup, which was followed by inventive caipirinhas made with ginger liqueur, and coffee complemented with syrup. To get a first hand experience of the endless variations the company's products can be used for, attendees were also invited to mix their own cocktails at set work stations.

Distributed by Celliers d'Asie, Giffard products have been available in Cambodia for 15 years. The event was completed by a performance by Siem Reap-based Cambojam, who treated the audience to acoustic pop and rock tunes. **■**



**Diri & Goll**

Somewhere someone made a small mistake, and now Phnom Penh's markets are flooded with T-shirts exclaiming "Love Diri, Love Goll". We love them both, of course.

**Poker**



Fans of Texas Hold 'Em now have a whole new playground on which to lose their dosh as poker tables have opened at Naga casino

**Public Holidays**

Pchum Ben marks the start of the annual public holiday season – don't expect to get anything done at least before mid-November

**GOING UP**

**GOING DOWN**

**Imperialism**

Anti-globalisation protesters should be pleased as the government stood up against the World Bank and cancelled a joint land titling project

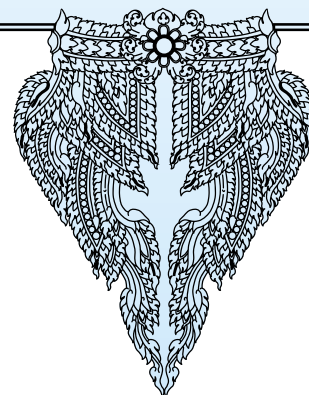


**Cyclos**

The Cyclo Centre yet again reports a fall in pedicabs in the capital – though a romantic mode of transportation in theory, travelling at the level of Lexus bumpers is rather unappealing in practice

**Street Vendors**

"Beautification" activities are all the rage in the Penh again. This time it's the street vendors that are getting the boot, though most seem to think their neighbourhood noodle seller won't be gone for long...





# BRIDGES

DIALOGUES TOWARDS A CULTURE OF PEACE  
Facilitated by The International Peace Foundation

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# BRIDGES



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Nobel Laureate for Physics

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# News and Events

football, hello, khlimb, bosbapanh, bridges

@Mekong University football pitch



■ **BOUNG KOK TAKES TROPHY** 🏆

Local NGO Sahmakum Teang Tnaut organised a football tournament for children at the Mekong University football pitch Sep. 24. A dozen teams of kids from relocation sites as well as communities under threat of eviction competed for the annual “Zero Evictions” trophy during the one-day event, which despite dark clouds gathering in the afternoon was spared of rain. The event was organised as a fun day out for the kids, but also to raise awareness of the ongoing struggle for housing and land rights in Cambodia. After a full day of matches, two teams from Phnom Penh’s quickly disappearing Boeung Kok lake had made their way to the final. The team from village 24 however dominated the game, beating village 6’s team 3-0 to

become Zero Eviction 2009 champions. Though only one team got the trophy, all teams were presented with gifts for taking part.

■ **HELLO, HELLO!** 📶

As competition in the telecom market rises, Hello last month launched the new “hello laor” service offering a flat 7 cents rate

customers. In an effort to eliminate confusion over on-net, off-peak, midnight and weekends rates, Cambodia’s first operator’s latest offer is a single flat rate







Bosbapanh

of 7 cents to “anyone on any network at any time anywhere in Cambodia”. The ‘good hello’ also extends to MMS, Voice SMS, music dedication service Music2gether and KwikChat. For more information, pop into your nearest Hello shop.

**KHLIMB THE PENH**

Join a group of more and less experienced climbers on the weekend of Oct. 3&4 for the first event of the Penh’s newest club – Khlimb the Penh. Sick of keeping their feet on the ground, a group of enthusiasts have come together to organise regular climbing events, the first of which will involve the scaling of yet-to-be completed building in Chroy Changvar. For only US\$5, punters will climb 25m up the concrete block, which according to organisers offers great views of the city from across the Tonle Sap. Full beginners are welcome, and organisers say all safety requirements will be met. For

more information contact Yves on 015 607 613, or check out [www.khlimbtech.com](http://www.khlimbtech.com)

**BOSBAPANH IN CONCERT**

See Cambodian child prodigy Bosbapanh in concert on Oct. 9 at Chaktomouk Hall, when the 12-year old Khmer coloratura soprano will also release her thirrd album. The two-hour performance, entitled Our Mothers, celebrates the love and dedication of mothers and reflects the lifes and responsibilities of Cambodian women. The concert will feature a mix of classical pieces, traditional mohori Khmer lullabies, as well as interpretations of more contemporary songs such as La Vie En Rose. A highlight of the evening will be a sibling duo, where Bosbapanh’s brother Sibxy Na Panh dances a Ramayana dance while his sister sings. Tickets for the performance are available at Monument Books and Carnets d’Asie (CCF) for US\$5-US\$15. For more information see [www.bosbapanh.com](http://www.bosbapanh.com)

# Schedule



INTERNATIONAL PEACE FOUNDATION  
NETWORK FOR THE PRO-MOTION OF PEACE

## BRIDGES

DIALOGUES TOWARDS A CULTURE OF PEACE  
Facilitated by The International Peace Foundation

- WEDNESDAY NOV. 4 2PM**  
*Prof. Aaron J. Ciechanover, 2004 Nobel laureate for Chemistry*  
Science and technology as a novel language of peace.
- THURSDAY MAR. 9, 7PM**  
*Vladimir Ashkenazy, Principal Conductor of the Sydney Symphony Orchestra*  
Concert for a culture of peace at Chaktomuk Theatre.
- WEDNESDAY, NOV. 11, 2PM**  
*Jackie Chan, Hong Kong actor, producer and philanthropist*  
Arts and culture as a pathway towards peace.
- WEDNESDAY APR. 7, 2PM**  
*Prof. Francoise Barré-Sinoussi, 2008 Nobel laureate for Medicine*  
Future challenges in HIV/AIDS prevention and therapy.
- WEDNESDAY NOV. 18, 2PM**  
*Oliver Stone, director and producer*  
Film-making and peace-building.
- WEDNESDAY APR. 21, 2PM**  
*H.E. President Dr. José Ramos-Horta, 1996 Nobel laureate for Peace*  
Building a culture of peace and development in a globalised world.
- WEDNESDAY JAN. 6, 2PM**  
*Prof. David J. Gross, 2004 Nobel laureate for Physics*  
The future of science and human development.
- WEDNESDAY JAN. 20, 2PM**  
*Prof. Eric Stark Maskin, 2007 Nobel laureate for Economics*  
Why global markets have failed to reduce inequality.
- WEDNESDAY FEB. 3, 2PM**  
*Prof. Torsten Nils Wiesel, 1981 Nobel laureate for Medicine*  
Science for peace.

All events are free of charge and take place at the University of Cambodia (except for the concert at Chaktomuk). For further information and free seat reservation, call 023 993 274, 023 993 275, or 012 483 508. Alternatively you can e-mail [malis.por@uc.edu.kh](mailto:malis.por@uc.edu.kh) or [info@uc.edu.kh](mailto:info@uc.edu.kh)  
Most events will feature simultaneous translation.  
For more information, visit [www.peace-foundation.net](http://www.peace-foundation.net)



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# Openings

new friends, tea, golf, comptoir




**■ NEW FRIENDS @ 240**  
After a much-anticipated renovation and expansion, urban fashion shop and tailoring service Friends@240 has re-opened with a new sleek look. Fronted by an old Trabant, the boutique shop stocks a funky new range of multifunctional vinyl bags with Khmer lettering made from recycled tyres.

There are also krama-detailed feel-good jumpers, hoodies,

T-shirts and sweatpants for adults and children. Next door is the tailoring service where former street youth custom make garments in any kind of fabric desired. Simple items cost between US\$6 and US\$8, but if you are looking for more advanced folds and details, expect to pay something in the region of US\$15. It's best to bring your own design as well as fabric. Pending custom, items

can usually be completed in less than a week.

*Friends @ 240 is open Tuesday to Saturday 10am-7pm, Sunday 9am – 2pm. Closed Monday.*

**■ TEA WITH TWG**   
No longer is it impossible to get a quality cuppa in the capital, as TWG opened its attractive tea shop in Amanjaya Hotel in August. Selling 27 varieties of loose tea, 18 varieties of ready-

bagged tea, as well as recently arrived tea flowers, the Singaporean company focuses on superior quality and beautiful presentation. The large selection includes teas with playful names such as Earl Grey Buddha and Darjeeling Phuguri FTGFOP1 (which stands for “finest tippy golden flowery orange pekoe first quality”) in colourful and fun packaging. Classy tins for keeping your tea fresh are also



85, Sothearos Blvd  
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www.ichingdecor.com  
ichingdecor@online.com.kh



on sale, as are various pots and other tea-related utensils. 100g of loose tea starts from US\$9, going up to US\$35 for the rarer varieties. Staff at the shop are also happy to give advice on steeping times and exactly how much tea should go into making that perfect cuppa, and you can further ask to sample some of the teas to make sure you get just what you want. In addition to the retail shop at Amanjaya, TWG teas can also be enjoyed at some establishments around town, most notably Java Café. Open 8am to 8pm.

*TWG Tea Shop, Amanjaya Hotel, cnr of streets 154 and Sisowath Quay.*

■ **SWING IT**

Fans of golf will be happy to hear of the recently opened driving range at Mean Chey Sports Club off National Road 2. Also offering snooker and table tennis, the new club currently has a special promotion on golf balls to help you get that swing just right. Between 8am and 3pm 4 boxes of 30 balls will set you back merely US\$4.8+, with two boxes thrown in for free, while after 3pm the same price gets you one

complimentary box. Mean Chey Sports Club, off National Road 2, 3km from Monivong Bridge. Open 8am to 8pm.

■ **COMPTOIR**

New French bistro Comptoir opened its doors on Street 240 in mid-September to a clearly eager public. Stylish and sleek, the new eatery offers a variety of dishes, including options to create your own salad, pasta or rice dish for US\$5.50 and up. The US\$9 meal combo also represents good value; it includes a fresh salad with ingredients of your choice, a glass of wine or fresh juice, and a slice of one of Comptoir's delicious cakes. The seating is a touch cramped at the front of the bistro, but the back houses a fabulous high-table perfect for groups to share nibbles and wine. The atmosphere overall is crisp and very Continental. Service so soon after the opening can be a touch hit and miss during busy lunchtimes, but there's no question the crowds love this latest addition to much-visited Street 240.

*Comptoir, 25 Street 240. Tel: 017 699 156. Open 8.30am to 10pm. Closed Sunday evenings. 🇫🇷*



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Phnom Penh, CAM  
M - Sa 7am - 3pm  
092 289 126

**Java TeaRom**  
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Phnom Penh, CAM  
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# calendar

## October

volleyball, djs, dates, data

sunday

monday

tuesday

wednesday

thursday

27

28

29

30

**Oktoberfest at One More Pub**  
US\$22 all you can eat and drink!  
**A Dark Corridor**  
Nicolas C. Grey @Java Café and Gallery

**The Lady Story**  
Exhibition by Attasit Pokpong at the Chinese House from 7pm

**"Lizards, Barks & Fragrances"**  
Exhibition of Cambodian spices & remedies @Romdeng. Runs until Dec. 10th.

**Live Music at Riverside**  
Talkin Lamb  
Glory Hole Gay Night @Pontoon

04 

**Full Moon Party @Pontoon**  
with DJ Blue and DJ Achaya

**Prosecco Brunch @Bistro Romano**  
(Naga World). Brunch Buffet US\$25.  
Includes unlimited Italian sparkling wine

**BarCamp @Pannasastra University**

**Live Music @Riverside**

**Intercon Sunday Brunch**

**Dine Around @Naga World**

**Pontoon - One Drop Sundays**

05

**Happy Hour all night @Pontoon**  
with DJ Blue

**Live Music @Riverside**

**Dine Around @Naga World**

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

06

**Live Music @ 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

**Talkin Head Trivia**  
Pit your brains against the QuizMaster at Talkin to a Stranger

**Dine Around @Naga World**

07

**Women's Internal Group (WIG)**  
Meets at 3pm First Wednesday. Email WIGcambodia@yahoo.com for info.

**Film Screenings**  
@The Chinese House 7.30

**Dine Around @Naga World**  
**Bollywood @Annam 7pm**

**Vespa Wine Wednesday**  
**Pacharan Loco Wednesdays**

08

**Ladies Night @Do It All Bar**

**Live Music @Riverside**

**Talkin Lamb**

**Dine Around @Naga World**  
3 Course Gourmet Meal from three restaurants in one place. US\$38. Prior reservation is required

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

11

**D'sco Geckos of Love**  
Play Talkin to a Stranger

**Intercon Sunday Brunch**

**Prosecco Brunch @Bistro Romano**

**Dine Around @Naga World**

**Pontoon One Drop Sundays**  
The best in reggae, dub and ska

12

**Happy Hour all night @Pontoon**  
with DJ Blue

**Riverhouse Lounge Divalicious**

**Live Music at Riverside**

**Dine Around @Naga World**

**Vespa Malt Monday**

13

**Live Music @Riverside**

**Alley Cat Rib Night**

**Gym Bar Quiz**

**Dine Around @Naga World**

14

**Australian Women's Connection (AWC) Lunch**  
Second Wednesday each month. For info call 012 223 801

**Dine Around @Naga World**

**Film Screenings @Chinese House**  
**Bollywood @Annam 7pm**

**Live Music at Riverside**

**Vespa Wine Wednesday**

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

15

**A Tribute to Louis Braille**  
Exhibition opens at the CCF

**Accumulation**  
Exhibition by 4 Khmer artists opens at the CCF

**Ladies Night @Do It All Bar**

**Live Music @Riverside**

**Talkin Lamb**

**Dine Around @Naga World**

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

18 

**Live Music @Riverside**

**Pontoon - One Drop Sundays**

**Dine Around @Naga World**

**Prosecco Brunch @Bistro Romano**

**Intercon Sunday Brunch**  
Free-flowing Laurent Perrier champagne every Sunday from 11.30am to 3pm @InterContinental Hotel

19

**Happy Hour all night @Pontoon**  
with DJ Blue

**Riverhouse Lounge Divalicious**

**Live Music at Riverside**

**Dine Around @Naga World**

**Vespa Malt Monday**

20

**Live Music @Riverside**

**Gym Bar Quiz**

**Talkin Head Trivia**

**Dine Around @Naga World**

**Alley Cat Rib Night**

21

**Film Screenings @Chinese House**  
**Bollywood @Annam**

**Live Music at Riverside**

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

**Dine Around @Naga World**  
**Pacharan Loco Wednesdays**

22

**DJ Jimmy plays Salsa**  
**@Pacharan**

**Ladies Night @Do It All Bar**

**Live Music @Riverside**

**Talkin Lamb**

**Dine Around @Naga World**

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

25

**D'sco Geckos of Love**  
Play Talkin to a Stranger

**Live Music @Riverside**

**Pontoon - One Drop Sundays**

**Dine Around @Naga World**

**Prosecco Brunch @Bistro Romano**

**Intercon Sunday Brunch**

26

**Happy Hour all night @Pontoon**  
with DJ Blue

**Riverhouse Lounge Divalicious**

**Live Music @Riverside**

**Dine Around @Naga World**

**Vespa Malt Monday**

27

**Gym Bar Quiz**

**Dine Around @Naga World**

**Alley Cat Rib Night**

28

**Film Screenings @Chinese House**  
**Bollywood @Annam**

**Live Music at Riverside**

**Dine Around @Naga World**

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

29

**Coronation Day**

**Ladies Night @Do It All Bar**

**Dine Around @Naga World**

**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 @Pontoon





## friday

# 02

**Housexy Party @Pontoon** with Dr. Wah Wah  
**DAfrican Dance Party @Do It All Bar**  
**Live Music @Riverside**  
**Hellhounds @Velkommen**  
**Winking Frog Live Band**  
**Double Layers**  
 Exhibition by Sokuntak Pitteak and Din Borin  
 @Meta House from 6pm  
**Jeju Island Buffet @Korean Grill**  
 (Naga World) US\$18

## saturday

# 03

**BarCamp @Pannasastra University**  
**24 Hour Drawing Day! @Java Café**  
**DJ Solo and DJ Illest @Pontoon**  
**Live at Riverside**  
 Live music played @Riverside Bistro every night  
 (See Arts Diary for details)  
**Dine Around @Naga World**  
**Winking Frog Live Band**

# 09

**Belly Dance Party @Le Liban**  
 with US\$14 Chawarma buffet  
**Salsa explosion with DJ Jimmy**  
 Playing Latin & salsa hits @Talkin to a Stranger  
**Bosbapanh concert @Chaktomouk Hall**  
**Superfly @Pontoon**  
**African Dance Party @Do It All Bar**  
**Live Music @Riverside**  
**Hellhounds @Velkommen Inn**  
**Dine Around @Naga World**  
**Jeju Island Buffet @Korean Grill Naga World**  
**Winking Frog Live Band**

# 10

**DJ Illest on the rooftop @Chow**  
**Live Music @Riverside**  
**Dine Around @Naga World**  
**Winking Frog Live Band**

# 16

**CNVLD Grand Finals**  
 7:00 pm @Olympic Stadium (free entry)  
  
**Phil & Richy playing live @FCC**  
**Mispent Yooth @Talkin to a Stranger**  
**Housexy@Pontoon with DJ Tim Coates**  
**African Dance Party @Do It All Bar**  
**Live Music @Riverside**  
**Dine Around @Naga World**  
**Jeju Island Buffet @Korean Grill Naga World**  
**Winking Frog Live Band**

# 17

**Diwali - Festival of lights @Annam**  
 Buffet dinner free flow beer  
**Pontoon's 1 year reopening party**  
 with DJ Ody-C  
**Live Music @Riverside**  
**Dine Around @Naga World**  
**Winking Frog Live Band**

# 23

**Housexy @Pontoon**  
 with Clockwork Soul  
**African Dance Party @Do It All Bar**  
**Hellhounds @Velkommen**  
**Live Music @Riverside**  
**Winking Frog Live Band**  
**Dine Around @Naga World**  
**Jeju Island Buffet @Korean Grill Naga World**  
**Alley Cat Friday Devious Dice**

# 24

**DJ Illest @Pontoon**  
**Live Music @Riverside**  
**Dine Around @Naga World**  
**Winking Frog Live Band**

# 30

**African Dance Party at Do It All Bar**  
**Live Music @Riverside**  
**Hellhounds @Velkommen**  
**Winking Frog Live Band**  
**Dine Around @Naga World**  
**Jeju Island Buffet @Korean Grill Naga World**  
**Alley Cat Friday Devious Dice**

# 31

**King Norodom Sihanouk's Birthday**  
**Halloween Party @FCC rooftop terrace**  
**Halloween Hydro Phonics Party**  
**@Pontoon DJ Dezire and Tiny Toones**  
**Dine Around @Naga World**

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 Group 1, Village 4, Sangkat 4, Mittapheap, Sihanouk Ville

# Pick of the Month

natural garden, nuxe, bbc, bar camp, boston books



**GREEN TIP:**

**Natural Garden**

Get your veggies fresh and organic at BKK's new favourite food shop on street 63. Stocking a variety of dry goods, fruit, lettuce and herbs grown by Cambodian farmers, as well as some fresh organic produce from Vietnam, Natural Garden is fast becoming a must-go for the Penh's greens. And no wonder as the produce both looks and tastes fresh, is guaranteed to be chemical free and the initiative further supports local farmers. Now there's no reason not to eat your greens. Natural Garden, 213 Street 63. Open 7.30am to 7.30 pm.

**BUY:**

**Nuxe Gold**

Natural beauty products by one of France's leading experts in natural cosmetology are now available in the Penh. Though the range of Nuxe products is limited, it includes the utterly fabulous Multi-use Golden Dry Oil – a preservative-free beauty treatment that leaves your skin satin-smooth and protected whilst giving it a radiant golden glow. It doesn't come cheap at, but it is one of the most luxurious things you find at UCare, and will last half a lifetime, or at least well over a year.



**WEBSITE:**

**Save Our Sounds**

Check out this utterly cool and rather addictive BBC project which aims to create a snapshot of the world in sounds. The interactive audio map allows users to listen to a variety of jingles, birdsong, traffic and even fog horns from all over the world, as well as upload the unique sounds from their own neighbourhood. The project is also a way of preserving sounds that are rapidly becoming extinct as modernity rolls on, and you can further participate in this experiment in acoustic ecology by joining in the project's Sound Scavenger Hunt. Add your own sounds on <http://www.bbc.co.uk/worldservice/specialreports/saveoursounds>



**PARTICIPATE:**

**Bar Camp**

Be part of the tech-crowd by participating in this year's Bar Camp, the annual open conference on technology, communication, and innovation. Part of an international network of "user-generated conferences" the BarCamp event is likely to be the annual highlight for Cambodia's geeks, twitters and online game aficionados. Last year's event gathered over 200 enthusiasts, and expectations are high for this year's event too, to be held at Pannasastra University on Oct. 3 and 4. For more information, go to [barcampphnompenh.org](http://barcampphnompenh.org)

## BOSTON BOOK COMPANY

**GO:**

**The other side of 240**

Go West is the word on Street 240, as the popular shopping and dining strip expands to the other side of Norodom Boulevard. Pop into the Sophy & Sina fashion emporium, a clothes and shoe shop worthy of its lofty building, or get your craftwork at Artisan's Collection, a new fair trade shop stocking silk products, grass mats and a variety of small gifts. Discount store Boston Books will fulfil most of your literary needs, while comfortable little hotel Mini Castello will do it's very best to make you feel at home.



## Japanese Kitchen

### Mr. Sushi & Kokoro

Sushi Buffet \$11.75\*



Salmon roll



Tuna sushi



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\*evenings only

# LUNCH BUFFET ONLY \$3

More **VEGGIES**, less meat, in this collaboration of Japanese food and Cambodian food

Located at the park in front of the Independence Monument (see map on page 90 for location)



## Phnom Penh Life: Mr No Buttons No More

The Cambodian king of fashion is back, bringing haute couture to the capital. He won't be living up to his nickname though, as **AsiaLIFE** has found buttons in his new limited edition collection.

MAKNORITH OUM HAS certainly had an interesting life. From refugee, to celebrated fashion designer, to returnee, and fashion designer yet again, he undoubtedly has one or two stories to tell. And to top it off he is cousin to the current King Norodom Sihamoni. "He is like a brother, because we were raised together since we were five years old. We are very, very close," he says of his relationship with the King.

Oum, or Chantha as he is known as among friends, left Cambodia in 1973 as a refugee. "We were meant to leave in 1970, but then my father was jailed," he says, referring to the effects of the Lon Nol coup. "My father was jailed for 3 years, 3 months and 22 days – I remember," he says. At that point, Oum was 19 years old.

After his father's release the family fled to Paris, France, where Oum as a fluent French-speaker immediately began studying at the Sorbonne, and later at the University of Fine Arts.

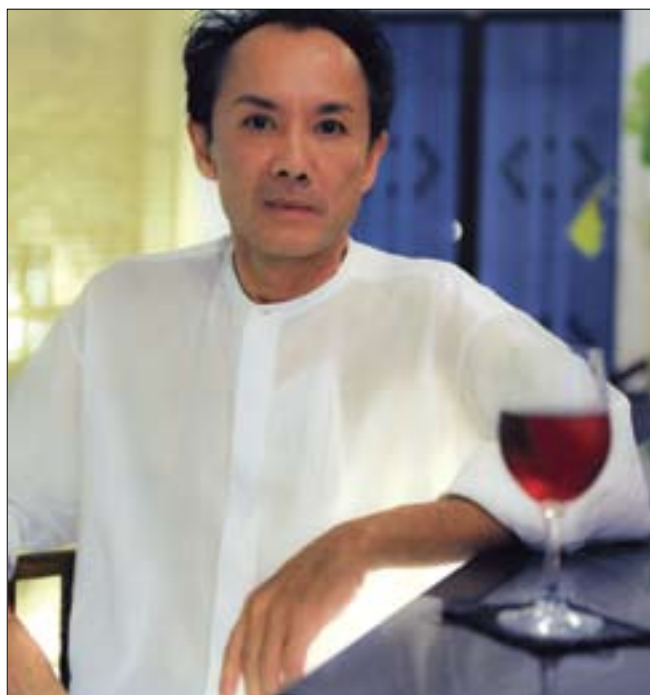
### ■ RISING STAR IN FASHION

"Whilst at the University of Fine Arts, I met a friend who was modelling for Guy Laroche. She saw my designs, and she introduced me and showed my designs to him. So from that time I became involved in the fashion business," Oum explains.

He spent his first few years designing jewellery and accessories for Laroche, then had a spell at Givenchy, before moving to the ready-to-wear sector. By 1981, he was ready to open his own shop.

"My clothes were inspired by Khmer fashion that uses only one piece of material that is wrapped. From that, my first collection used only tying, no buttons, no zips," he says. "It was a great success at that time".

His first collection earned him the name Mr No Buttons, and he became part of the crowd of young, upcoming designers in the French circles. Oum himself admits those were "wild times". "I had about 50



**Maknorith Oum: returning fashion guru**

outlets in France and 17 abroad," he says, though by describing the times were "wild" Oum is most likely not only referring to sales.

### ■ RETURN TO THE KINGDOM

"I actually didn't want to come back to Cambodia after all the tragedy here, but my family came because the King asked them to," he says. "My first time back in Cambodia was in 1996. I spent only one month, and then came back definitely in 1999".

The Parisian fashion designer's first impressions of the country he had not seen for over two decades were not favourable. "I was scared! I saw a lot of guns, so many people were armed, and the city didn't have any streetlights. Compared to what I was used to, it was like another world," he says.

Nevertheless he stayed, spending his time designing high-end interior decoration products in hand-woven silk, as he felt Cambodia was not ready for him to continue his work as a fashion

designer. Some ten years on, things have changed.

"This year, I wanted to come back to the fashion scene," he says. "I want to compete with other people again in Europe and the US," he adds, noting that if the Japanese can compete on foreign markets despite being based in Asia, so can he.

Oum is in the process of finalising his new limited summer 2010 collection, to hopefully be completed in late September. He won't be living up to his nickname though, as he admits some of the upcoming designs will in fact feature buttons.

Producing the clothes in Cambodia has posed its own challenges. "Like when I first started here [with interior decoration], I have to control the production," he sighs, explaining that the local level of skill remains relatively low. Nevertheless, all his clothes are locally made, though the patterns for the women's collection are cut in Paris.

"I'm excited to be back in fashion, at the end of 2010 I want to participate in the fashion weeks in Paris and New York," he says. "I have no expectations, I just want to be on the scene again, that's all. But I don't want big orders any more. Here, mostly we do things by hand, so we cannot take big orders," he says.

### ■ BUILDING LOCAL CAPACITY

Oum is however also keen on sharing his skills and knowledge, and help develop the arts and design sector in Cambodia. "I want to train young Cambodians in fashion. My goal is to open a free school and ask people who have retired from the fashion industry to come here and train the young," he says.

"Some of the young are very interested in fashion. I've met a few of them who are studying in Bangkok, but they're not open, they only have information from Thailand – so they copy only," he says. "I told them of course you can copy at first, but then you have to bring what you have inside, what you get inspiration from". He himself is inspired by different lines, materials and traditional Khmer clothes and patterns.

Oum is a truly multi-talented individual, designing not only haute couture and ready-to-wear clothes, but also tableware and jewellery. In addition, he runs tapas bar Pavot on Street 57. "The tapas is only a hobby," he says, explaining that the stylish lounge downstairs from his soon to be opened boutique is simply meant to be a space where men can have drink a while their women shop upstairs.

Additionally, Oum was recently given the title of "Ambassador near the Royal Cabinet" by his cousin the King. "It means I have to bring people there," he says of the duties associated with the title. In short, should you fancy an audience with the King, get pally with Oum. ■

## Streetsmart: Norodom Boulevard

Home to banks, government buildings and plenty of Lexuses, Norodom Boulevard is Cambodia's only tuk-tuk free street. Many classy restaurants and some more curious establishments also line the boulevard – just don't try to get to them by tuk-tuk. Words by **Nora Lindstrom**.



Books etc at Monument Books

FROM WAT PHNOM TO Monivong Bridge, Norodom Boulevard is one of the most beautiful and well-groomed streets in the capital. Though the ban on tuk tuks has done nothing to dispel its anarchy, and the rainy season results in flooding and traffic jams on the thoroughfare, it is certainly worth stopping in to many of the quality establishments that line the sides of this royal concourse.

### ■ NORTH OF THE MONUMENT

The boulevard starts its journey south from one of the most famous landmarks in the capital – Wat Phnom. Further south from the infamous Wat at the corner of Russian Boulevard, is the retail shop of the National Centre for Disabled People. Stocking a large variety of Cambodian handicrafts made by disabled people, it is a great one-stop-shop for all your souvenir-related needs.

Past some of the many government buildings on the boulevard, a branch of UCare Pharmacy comes up on your right at the corner of Street 136. Though slightly smaller than some of the other branches, the pharmacy nevertheless stocks a decent selection of all the usual suspects.

Next up is Sokha Club Hotel. Apparently commonly visited by the prime minister himself, the hotel has only 16 rooms (from US\$70), as well as a whole floor dedicated to karaoke, another to a spa, and one catering to private banquets. The ground floor houses a Chinese restaurant, Turmeric, offering nightly buffet dinners for US\$12+, while on the top floor Le Mediterranean hosts an all-you-can-eat seafood barbeque every Friday night for US\$18+, complete with a live band.

Across the street from Sokha is Cine Lux. Once upon a time, the establishment basked in the glory

of Cambodia's golden age of cinema, but today it screens mainly budget horror flicks with plots that never seem to stretch beyond constant mutilation. At 5,000 riel, popping in there is a weirdly wonderful, if cinematographically pointless, experience. Past some more banks as well as several gorgeous examples of colonial architecture, a branch of KFC serving the kingdom's favourite junk food is located in Pencil at the corner of street 208.

Before the magnificent Independence Monument, don't forget to pop into Monument Books for real, property-rights paid books and magazines, as well as plenty of kids' toys and trinkets. At the back of the bookstore is Java Tea Room, which despite the new, square, less homely sofas, retains an air of comfort and ease. Open 7.30am to 8pm.

Finally, if bling is your thing, don't miss Yem Jewellery shop

diagonally opposite from Monument Books, as well as recently opened Japanese beauty salon Menard.

### ■ SOUTH OF INDEPENDENCE

The Independence Monument, erected in 1958 to commemorate the country's independence from France, dominates the crossing of Norodom and Sihanouk Boulevards. Designed by Vann Molyvann, it is one of few structures created by the famed architect that has been well-maintained and is not under immediate threat of destruction.

On your right as you exit the roundabout is French restaurant Atmosphere. Tastefully decorated, the restaurant serves fine French cuisine at affordable prices. Be sure to check the daily specials menu, and don't miss out on the chocolate mousse for afters. Open 11am to 2pm, 6pm to 10.30pm.





**Fine dining at Topaz**

Opposite and a little south of Atmosphere is the modern Infinity Insurance building. Low-cost personal coverage starts from as little as US\$2 per month, so there really is no excuse to go uninsured. Should your home be filled with the latest hi-tech and other expensive appliances, you may also want to consider the burglary insurance. Open 8am to 11am, 1.30pm to 5.30pm.

Next door is a brand-new though not so shining BBC shopping centre. Reminiscent of suburban shopping arcades of the 80s, you really needn't stop by there unless you have a strange penchant for Khmer-style ballgowns or if you want to try your luck at Good Luck Restaurant.

The corner of Street 294 houses PharMart pharmacy, stocking a decent selection of health and beauty products. In general similar to the other quality, modern pharmacies in town, PharMart does stock a few brands unavailable elsewhere, so if you're after something particular it might be worth a stop. Open 8am to 8pm. The hospital across the street offers free HIV testing on weekday mornings between 7am and 11am.

Across Norodom, Ekareach Café is a relative newcomer at the corner of Street 294. It serves flame-grilled foods, such as squid, clams or prawns for US\$3, along with a variety of Khmer classics, including affordable breakfasts and free WiFi. Given the lack of atmosphere, drinks are slightly on the expensive side with US\$5 for a jug of Anchor and US\$3.50

for a gin tonic, but that may all change as the establishment finds its feet and expands to the first floor of the building. Open 8am to midnight.

On this strip of Norodom are also a number of printing shops specialising in T-shirts and other clothes. Quality, price and waiting times vary, but at least there are plenty to choose from.

Don't wear your NGO T-shirt when heading for dinner at top end restaurant Malis though, as a fine dining experience at this Cambodian establishment requires a touch more class. Try the roast chicken in prahok sauce, or go for chef Luu Meng's signature menu (US\$18+) featuring 4

courses, or the five-course discovery menu (US\$25) for some of the best of Khmer cuisine. With several water features the garden restaurant is a relaxing and elegant space, and indoor private rooms also available on demand.

Derma Care skin clinic at the corner of Street 306 is more than your average beauty salon, with two dermatologists on staff offering not only quality treatments but medical consultations too. In addition to excellent facials (from US\$35), this is also where to go for botox, liposuction and whitening treatments. Expect to pay big bucks for these.

If you want to match your perfect skin with a pepsodent

smile, pop into Pachem dentists a little further south. Claiming to be the largest dental group in Cambodia, Pachem has three branches in Phnom Penh and one in Siem Reap. The group offers a wide range of treatments for very affordable prices, and the Norodom branch is likely to be the oddest-looking building hosting a dental clinic that you have ever seen.

For less flair on the architectural front, try European Dental Clinic, located a touch further south on the other side of the boulevard. Run by French dentist Eric Le Guen, the clinic also employs a British dentist, Japanese-trained Cambodian dentist, and an Australian hygienist. Prices start at US\$30 for consultation, and emergency services are also offered. Open 8am to noon, and 2pm to 7pm.

Finally, should you fancy some fine dining of a more European variety, don't miss out on Topaz Restaurant and Piano Bar, housed in a beautiful water-fronted building just before the intersection with Mao Tse Tung Boulevard. It's certainly not cheap, but it is possible to sample chef Alain Darc's delicacies without burning a hole in your pocket. A three-course lunch with soft drinks and coffee or tea will set you back US\$20+, while set dinners menus start from US\$32. The restaurant has an impressive wine list, and the balcony at the upstairs piano bar is a lovely little spot to while away an evening whilst sipping cocktails (US\$5.50). Open 11am to 2pm, 6pm to 11pm. **F**



**Service with a smile? - Ekareach Café**

# Trading Places: Key to Cambodia's Preservation

Scientists and environmentalists have stepped up efforts to save what is left of Borneo's rainforests and wilderness areas with carbon trading emerging as a key next solution in preserving what's left of the world's natural habitat, importantly that includes Cambodia. Words by **Luke Hunt**.



DIGITAL ILLUSTRATION BY KEITH KELLY

NOT THAT LONG AGO, the prospect of carbon trading on global financial markets raised the hackles of environmentalists and a few laughs among the boardrooms of broking houses. Now, a study recently published in *Conservation Letters* says that selling carbon credits linked to rainforests on Borneo could prove just as profitable as clearing the land for rubber or palm oil plantations.

It also indicates that all over the region the gutted forests of recent decades may have been sold-off to loggers at fire-sale prices putting the reputation of past politicians at the mercy of generations to come.

Cambodian jungles have been cleared to make way for rubber and other crops. The clearing of Thailand is almost complete while plantation companies in Malaysian and Indonesian Borneo produce 87 percent of the world's palm oil.

They have come under continual fire for causing deforestation, which threatens populations of rare animals, such as orang utans, elephants, rhinoceros and clouded leopards.

Oscar Venter, a conservationist biologist with the University of Queensland and the study's lead author, says the time has come for governments to re-write policy to incorporate the latest scientific findings and help protect the natural habitat.

"I think it could go a long way to protect these forests. I mean whether it's going to protect all forests so no more forests are going to be cleared is doubtful," he says.

"But from our results, from our carbon prices I think certainly in some areas the reduced emissions from the deforestation and degradation carbon scheme will be able to protect forests."

The United Nations has endorsed a plan that would compen-



sate countries for protecting the rich bio-diversity of their forests, which soak up vast amounts of the carbon dioxide emitted into the atmosphere each year.

Many environmental activists hope the plan will be included in a new global agreement later this year on reducing greenhouse gas emissions, such as carbon dioxide, which many scientists think contributes to global warming.

The UN hopes that agreement will be reached at a summit in December in Copenhagen.

The compensation could be done through direct financial assistance or credits that can be sold on an international carbon market to companies that exceed their own allotted carbon limits.

Secondary markets would emerge in much the same way as they have on stock markets and the forests would be entitled to the same legal protection as any other corporate asset.

Ideally, values would be dictated by an informed market operating on a transparent trading platform and, given the nature of such assets, a futures market would follow. Derivatives spawned by call and put options would be a comfortable fit.

This would enhance any Cambodian stock market currently being considered.

According to Venter's study in Kalimantan, forests would be worth more than palm oil if carbon credits were priced between US\$10 and US\$33 a ton.

Figures vary dramatically but, according to the UN, carbon credits could be worth up to US\$20 billion a year to Indonesia alone.

And New Carbon Finance, a London-based investment adviser that tracks the market, predicts a world carbon trading market will reach US\$3 trillion by 2020.

It's a point not lost on David Ashwell, a long time environmentalist in Cambodia who is helping to formulate Phnom Penh's position at the Copenhagen conference later this year.

As a consultant for the US-based Centre for Clean Air Policy (CCAP), he says a day could emerge when Cambodia's rainforests are a protected asset that enables carbon trading on a local stock market.

Comparatively, Cambodia's rainforests are small when compared with Brazil or Indonesia.

Ashwell adds that there were many developing countries with

small plots of rainforests. By working as a bloc their value would increase and so would their voting power in the international system.

"Everybody is on a learning curve – but I'm pleased to say rainforest administration is taking a big interest in this," he says. "It could really work and my big hope is Cambodians will find somewhere more useful to put their money instead of environmental degradation."

For countries that maintain their rainforests, this market has the potential to add substantially to government coffers and help preserve the remaining wilderness areas of places like Cambodia and Borneo, crucial to the survival of many of the world's most endangered species.

Erik Meijaard, a senior ecologist with the US-based Nature Conservancy, also contributed to the study. He says putting a fiscal value on a natural habitat is a modern day reality and by attaching a fair value much of the world's rainforests could be saved.

"We talk a lot about social values, we talk about environmental values, we talk about opportunities for economic development but in the end its pretty much all about money," he says.

According to him, South East Asian governments will need five to ten years before a viable carbon trading market can be established.

First, he says, for a carbon accounting system, the financial framework and good governance procedures need to be established which would allow carbon trading to move beyond the "pet project stage" where it currently sits.

"Only then will investors trust the system enough to put their money in," he says, adding the system would provide some much needed clarity to who owns and who is in control of the rainforests.

"Once people start paying for actually keeping the forests, then there can be a balance between the forests that are used and the forests being kept for the reduction of carbon," he says.

If that balance can be found then places like Cambodia will be rewarded for maintaining their rainforests and one amazing scenario will emerge. If the value of a rainforest is greater than the crops the land can produce, what does that spell for this country's future environmental landscape? ■

December  
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# 14th Angkor Wat International Half Marathon



06  
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05  
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# Vicious Cycle

Setting the pace for adventure tourism in Cambodia, Vicious Cycle and Grasshopper Adventures are running cycling tours with an intimate feel. **Craig Gerard** sits down with partner **Adam Platt-Hepworth** to get the scoop on the Penh's only tour company/bike shop/café/laundromat.

"YOU CAN'T BEAT THE freedom of a bike," explains Adam Platt-Hepworth, partner at Grasshopper Adventures. Founded in 2004, Grasshopper Adventures aims to take tour groups to out-of-the-way locations. According to Adam, on a bike trip you can go at your own pace, stop when you want, and go slow enough to enjoy the scenery while still covering fairly large distances.

Vicious Cycle, the Phnom Penh franchise of Grasshopper Adventure, opened a shop about four months ago, but have been running tours in Cambodia for the past few years. From their corner location at Streets 130 & 5, they fix bikes, rent bikes, sell bikes, and most importantly, ride bikes.

Karma Cambodia is just one of eight tours that Grasshopper Adventures leads in Cambodia, ranging from a half day to 25 days. Each ride offers something different, from high adventure to photo tours. More rides in the works and each ride having different difficulty ratings means almost anyone in Cambodia who can balance on two wheels can find an appropriate adventure to fit their style. For an adventure further abroad, Grasshopper Adventures has nearly 50 tours in 17 countries around the world.

Yet, with all the products they offer, this company feels more like an intimate group of friends rather than a large churning tour operator. The rides can be fully supported with bike techs and sag wagons to add comfort. Each adventure is researched thoroughly by the guides that lead the tour. "Our guides spend a lot of time looking for dirt track roads without a lot of cars," explains Adam. The guides also find the evening accommodations, learn about the villages they ride through and know the



**Vicious Cycle: geared up for two-wheeled adventures**

equipment they are using inside out. "It's about love for the bike and love for getting on the bike," says Adam. There are both Cambodian and expat guides, including Adam's business partner Maria, from Stung Treng. Each tour guide will train for several months, participating in a given ride two or three times before being called in to lead a group. The end result is guides who can be trusted, who know the country, and who are always up for an adventure.

Unfortunately, not everyone has the two weeks to spare to cycle around Southeast Asia. Not

to fret. Grasshopper Adventures runs numerous trips geared towards expats living in the Penh. One of the most popular is the half-day trip around the islands of the Mekong. They also have day trips up to Oudong and other surrounding areas. Grasshopper Adventures are organizing monthly "Family Rides" – all fairly flat and short distances, utilising their children's tandem attachments and children's bikes. According to Adam, 80 percent of their business is coming from expats in Cambodia, who want to see their temporary home from a new perspective.

At the end of the day, the focus is on creating the best tours possible for exploring this part of the world. New off road tours are in the works in Monduliri and Ratanakiri. The new "Wild Cambodia" tours will be available soon, and offer three to four day segments of mostly single-track mountain biking through less travelled areas of the country. Adam is still personally developing these tours, including a support elephant – instead of van – and working with local NGOs to make sure the areas have been swept for land mines.

Vicious Cycle aims to show off the real Cambodia. For Adam, this means that tour participants interact with as many locals as possible. What makes him happy is to hear someone at the end of a tour say, "Yea, those temples in Siem Reap were okay, but the people in Cambodia were so amazingly nice!"

Of course, this is Cambodia, and no company is complete without their quirks. Vicious Cycle offers world-class biking adventures, but also tasty Cambodian and Western cuisine at their café. Stop by for a bike tune-up and enjoy a delicious Banana-Peanut-Butter milk shake while you wait. Or bring in your laundry and rent a bike for US\$8/day. "We loved this location," Adam explains about the new property, "but we needed to do something profitable with the extra space because the rent is high." He admits that while they have the touring part of the business down pat, the café has proven to be a steep learning curve. It does provide a nice area to meet while you wait for your tour group, and the half-day tour ends with lunch in the café, included in the US\$29 price. There are a few reputable bike shops in town offering quality bike accessories, but only one that also offers Sangria with your new brake pads. ■



# Imaginary Park of the Arts

As part of the Our City Month of Architecture and Urban Design the CCF challenged ten teams of young artists and architects to compete in creating a proposed outdoor public space for artistic expression and recreation. Words by **Zoe Daniel**.



**The winners: Hour Kimhout, Khat Chhorvy, Touch Mey with Vann Molyvann (far right)**

IT IS A WARM, LATE summer's day in Phnom Penh. Families picnic on the grass and their children dance in the sunshine to the music floating by from a concert at the nearby open amphitheatre.

Couples stroll through the galleries of the art museum, and remark on the sculptures and frescoes scattered through the manicured gardens. Street artists paint on the pavements, while dancers lope by, disappearing into the national theatre to prepare for the night's ballet.

From a bird's eye view, the park unfolds like a lotus flower in final bloom. Each petal is one element of an integrated space for art and community – a cinema, outdoor performance spaces, galleries, play areas for children, space for picnics and kite flying and badminton, are all set around a central theatre, designed as a hub for people and performance in Phnom Penh.

The director of the Centre Culturel Francais (CCF) Alain Arnaudet describes it as “a dream”.

We are viewing models of what could be the park of the future for Cambodia's capital. The CCF, with the support of renowned Khmer architect Vann Molyvann, is exhibiting concept models put together by 11 groups of local university students as part of a competition called “The Imaginary Park of the Arts”.

The architecture students were asked to create a place where art and leisure could co-exist, in a city where open space is meagre. Most of the world's major cities are grappling with how to quarantine public space in the face of development. In Phnom Penh the need for investment makes the developer's dollars even harder to resist.

“Phnom Penh is getting bigger and bigger and bigger but nobody thinks about the daily life of the people. In Asia everywhere

there is pressure from investors and sometimes the people are so poor the government doesn't have enough strength to fight,” says Alain Arnaudet.

The competition and resulting exhibition aims to point out the intangible value of community and artistic spaces. The students were asked to be creative, even radical in their approach.

“The models are much more detailed than they need to be,” says Alain. “That is good for the project because it is a dream, to inspire.”

The designs are diverse; some modern, others more traditional, but the tiny Ferris wheels, flowering gardens and ornate bridges make it easy to imagine what such a public space would bring to Phnom Penh.

Student Pan Virak from Norton University says his group based its design on a traditional Khmer village. “The concept related to Khmer culture and

the social style of village life.” It includes performance spaces and leisure areas. He says his group used Khmer art and architecture for inspiration. Other models use elements of Chinese and Japanese design, while some are strikingly angular and modern.

The students were given an imaginary land area of thirty thousand square metres. Their designs were required to include a theatre, a cinema, an exhibition hall, a restaurant, creative workshops, and outdoor performance and play areas.

Student Pan Virak says that may seem like a lot of space in a city like Phnom Penh but he believes it would attract tourists and perhaps more importantly locals. “I think Cambodians would come a lot to visit our buildings and our gardens.”

The winner of the Imaginary Park of the Arts competition was decided by a jury of five experts. Winners Hour Kimhout, Khat Chhorvy and Touch Mey impressed the judges with the fact that they changed the topography to create hills and valleys within the landscape. “What you can see inside you can't see outside,” Hour Kimhout says. “It's only when you go in that you can see the secret spaces inside the park.”

Alain believes the winning concept was the most creative. “Phnom Penh is very flat, but in a park you can create whatever you want,” he says. “And when you have hills the place doesn't look so crowded.”

After the announcement of the winner architectural visionary Vann Molyvann said he wanted to challenge the students to consider the impact that rampant development is having on the city.

He points to the filling in of Boeng Kak Lake as an example of ill-considered planning. “I want to make the young people think about that,” he said “They are our future architects.” ■





# WINDS





# OF CHANGE

are blowing through the NGO sector in Cambodia. Since the early '90s, the country has seen a proliferation of non-governmental organisations. An estimated 1,000 NGOs are currently active in the Kingdom. If the post-1997 stability has allowed many organisations to prosper and grow, then some ten years on a new set of challenges are facing the industry, making even established actors consider their future. Words by Nora Lindstrom.

NGOS IN CAMBODIA COME IN ALL shapes and sizes, from big international organisations with million-dollar budgets to small, community-centred organisations with annual budgets in the thousands. The work of NGOs spans a variety of sectors, from health to education, through human rights and community development, to microfinance and de-mining. All are non-governmental and by and large not-for-profit. Consequently, the NGO sector is often spoken of as one homogenous group, though in truth it is highly diverse. As the economic recession takes its toll and the government increases its control, the

differences between the actors is becoming more pronounced, with those able to adapt to the times staying afloat, whilst others being forced to abandon ship.

Chhit Sam Ath, director of NGO Forum, has worked in the NGO sector since 1992. He recognises that NGOs in Cambodia are facing a new set of difficulties, but notes that the sector has gone through a number of changes since its rapid rise after the 1993 election.

"The challenges have changed over time and so have NGO approaches," he says. "We've gone from rehabilitation and service delivery, to development and increasing Cambodian ownership of the sector." The

environment in which NGOs operate has also altered. In the past there were threats of physical violence, today these have been replaced by legal challenges, he claims.

Graeme Storer, director of capacity-building organisation VBNK, notes that there is no one cause for the changes currently sweeping through the sector. Like Sam Ath, he takes a long-term view, arguing that the sector has been very fluid since its inception. "When there's an economic downturn people start to look at the budget," he says. "But I also think people become more selective, and all of us need to be able to respond to the environment."



Graeme Storey

#### ■ NO MONEY, NO HONEY

The fall-out from the global recession is being felt in Cambodia too. According to Sharon Wilkinson, Country Director of CARE Cambodia, it's a shrinking world, financially speaking. The recession has affected CARE. Donor foundations, whose support is generally based on interest rates, have reduced their budgets. Governments, though not reneging on commitments, are providing less aid because this is calculated as a proportion of a shrinking GNP.

"In response, our plans had to be rapidly restructured and that impacted on jobs and the amount of development we could do," she says. "I think all NGOs are now looking at how their work continues and how to make every dollar count as a result of the funds that they do have."

Wolfgang Möllers is director of Deutscher Entwicklungsdienst (DED), a German donor organisation focusing on personnel cooperation. Though DED itself has increased both international and local development experts in the past few years, Wolfgang acknowledges funding problems are a reality for many of DED's partners. "Be it the recession, be it change of priorities – very often you cannot tell the actual reason – but the trend is clear, there is a reduction of funds," he says.

Sam Ath is not so sure. He argues that whether or not local NGOs are facing fund-

**National NGOs are in many ways more articulate than the international NGOs on the issues that they are faced with, precisely because they are Cambodian**

ing problems largely depends on the organisation itself. He considers it the responsibility of donors to ensure their funds go to accountable and effective organisations, implying those fulfilling donors' criteria are unlikely to be affected. "NGO Forum has not felt much impact yet," he says. However, he recognises that the effect might be delayed, as funding for 2009 was already secured by many organisations before the start of the recession.

#### ■ GOING PRIVATE

Some promote closer ties with the private sector and hence less reliance on donors as the way forward for cash-strapped NGOs.

According to Rupert Abbot, director of Development and Programmes at the Cambodian Centre for Human Rights (CCHR),

his organisation is looking to develop relationships with businesses. Though currently seeking mainly pro bono services from the private sector, Rupert believes civil society and the private sector will increasingly merge in the future.

"I think what we will see in the next few years ... decades ... is the rise of social entrepreneurship, or the sustainable NGO, which is somewhere in between a business and what we now know as an NGO," he says.

Susan Kennedy, a sustainable tourism professional running the Stay Another Day project, says a move towards the private sector is required. "I think a lot of NGOs don't think about the private sector when they do projects," she says. "Perhaps they don't have business mindsets behind their projects. It's all do-gooder stuff, but the minute they leave it falls apart." According to her, some of the eco-tourism projects in Cambodia are currently sustainable without donor backing.

The Stay Another Day booklet, which showcases socially responsible NGO and private sector initiatives, is an interesting example of a non-profit initiative going private. Heavily donor-funded before, when the project's main backer left the tourism sector last year, GTZ as the remaining donor began a search for a private partner.

"It's a great success story," says Sue, explaining that although going private led to signifi-





Sam Ath



Wolfgang Muller

“Be it the recession, be it change of priorities – very often you cannot tell the actual reason – but the trend is clear, there is a reduction of funds”

cant increases in the price charged to be included in the booklet, the project still achieved a 65 percent repeat rate and the number of initiatives featured increased from 37 to 45.

#### ■ LOCALISATION

Another trend is going local. Sam Ath says that many organisations are not only shifting towards employing more local staff, but also moving to change their registration from international to national NGO. “I think it’s a positive trend because it reflects that Cambodians have the capacity to take over and have ownership of the issues that we work on,” he says.

According to Sharon Wilkinson, localisation can also mean increased efficiency. “National NGOs are in many ways more articulate than the international NGOs on the issues that they are faced with, precisely because they are Cambodian,” she argues.

As a donor working with both NGOs and the government, DED’s approach has always been to ensure locals are at the forefront of activities. “Capacity building has been our idea from the very beginning,” says Wolfgang Möllers. He explains how DED-funded development experts work with particular organisations for four to five years, after which the organisations are expected to stand on their own two feet.

Graeme Storer agrees that local capacity building is crucial, recognising an on-going move in donors’ approaches away from



Prum Thoeun

one-off trainings, to longer-term commitment and the building of local capacity. “I think that’s the shift, in how donors are using their money. It’s about trying to be more strategic about it,” he says. Still, some things don’t change. “It’s interesting to look at what seems to remain important for people. Good management practice, accountability, and transparency remain high on the list.”

#### ■ SEPARATING THE WHEAT FROM THE CHAFF

To demonstrate these three attributes, self-certification is an increasingly common phenomenon in the NGO sector globally, and is slowly catching on in Cambodia too. The Cooperation Committee for Cambodia’s Good Practice Project (GPP) is the local leader in the field. “The NGO community should not only advocate for good governance from the government, but also build internal good governance,” says Pen Bopha, project manager of the GPP.

The project has developed a Code of Ethical Principles and Minimum Standards for NGOs in Cambodia, the satisfactory fulfilment of which gains organisations GPP certification. Bopha believes that certification allows organisations to differentiate themselves from others by proving to be transparent, accountable, and efficient. Though a challenge for the NGO sector, the recession provides an opportunity, as it is pushing more organisations to apply for the certificate, according to Bopha.



Rupert Abbot at Talkin to a Stranger

Graeme also sees opportunities amidst the financial gloom. “For VBNK, it’s really forced us to look at what it is that we want to hold on to, and what it is that we can let go of without being nostalgic,” he says.

VBNK is one of only twelve GPP certified organisations. Graeme hopes more organisations will hurry to sign up to the project. “For us it was important to be part of the GPP because we have always wanted to be a lead capacity development organisation. It was really about walking the talk,” he says.

The forward-thinking, Prum Thoeun, director of local NGO Salvation Centre Cambodia, also ensured his organisation gained GPP certification as a matter of priority. He perceived it as being crucial to ensuring continued donor support for SCC’s work in HIV/Aids. His efforts have paid off. “Our budget has increased despite the economic crisis,” Thoeun says. “Part of that is thanks to the GPP certification.”

**LEGAL CHALLENGES**

Certification or not, the upcoming NGO law has created uncertainty within the sector. “NGO laws are not necessarily bad

and they exist throughout the world,” says Rupert Abbot. “They can be useful ways of regulating NGOs and also preventing abuse by NGOs.”

Sharon Wilkinson echoes this view. While she has no problems with a law regulating the sector in theory, she says the current trend of using an incomplete and partial general legal framework to challenge civil society is worrying. “Bringing in a law that can close down the embryonic national and international NGO sector is of great concern,” she says.

Pen Bopha suggests that NGOs can use self-certification to prepare for the future. “We can’t stop or prevent the NGO law, but if the NGOs prepare themselves already then when the law comes it won’t affect them,” she says.

In an effort to alleviate government concerns, Sam Ath makes a point of stressing that NGOs are not working against the government. “The role of NGOs is to complement the government in helping poverty reduction – the overarching goal of the government and NGOs is the same,” he says. “We are not working against the gov-

ernment, but working to solicit government support to address issues affecting the poor and vulnerable.”

**FUTURE OF THE SECTOR**

Localisation, privatisation, mergers, partnerships and closures seem to be in store for the Cambodian NGO sector. Nevertheless few seem to think current challenges will stifle the sector.

“The government is right, no one voted us in,” Sharon Wilkinson says. “But democracy, particularly participatory democracy, demands that if you see something that is not in the interest of the public, the voice of civil society also needs to be heard. It does no one any favours to close that voice down.”

Graeme’s view is not far off. “You can look at any country, whether it’s developed or not developed, and find that there are NGOs,” he states. “They fill a particular place in the social sector that the government doesn’t reach. So there’s always a need for a non-governmental sector.”

The global recession does however mean there are hard times ahead. “I don’t think the

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**You can look at any country, whether it's developed or not developed, and find that there are NGOs," he states. "They fill a particular place in the social sector that the government doesn't reach. So there's always a need for a non-governmental sector**

current climate can sustain as many NGOs as there are at the moment. I can see NGOs merging, and collaborating more on projects," Rupert Abbot says. He adds that the innovative, flexible and increasingly professional actors are likely to survive.

According to Graeme, organisational change is imperative. "NGOs need to reassess their role, and particularly international NGOs," he says. "It always surprises me that NGOs come into countries and they don't have exit strategies."

Medecins Sans Frontiers Belgium recently quit Cambodia after more than two decades in the country, citing that Cambodia is no longer a conflict zone. Graeme suggests others should follow suit. "There are still a lot of NGOs in that service-delivery mode, and ultimately, that's not the role of the NGO. It's the role of the government to be the service-provider," he says.

Sharon stresses that despite a great deal of positive changes and development since the early '90s, Cambodia is not yet at a stage where international organisations are not needed.

"Cambodia remains one of the poorest countries in the region," she says. "This is not a country that an NGO interested in alleviating poverty and eliminating social marginalisation walks away from – you don't walk away from those issues and say the job's done." 🇰🇲



Sharon Wilkinson

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# food corner

## The Chilli Challenge

It's high time for **AsiaLIFE Guide** to set yet another challenge. We rang around restaurants in town and ordered three bowls of chilli from five different kitchens, placed them in front of our judges without telling them where the chilli came from. Here's what they had to say.



Scotty, Wendy and Andrew getting ready for their fiery challenge

## Judges

■ **SCOTTY:**  
 Age: 29  
 Profession: English Teacher  
 Home: Liverpool  
 Preferred Chilli Accompaniment: Rice

■ **WENDY:**  
 Age: None of your business  
 Profession: Restaurant & Bar Owner / Chef  
 Home: Adelaide  
 Preferred Chilli Accompaniment: Rice

■ **SGT. ANDREW:**  
 Age: 22  
 Profession: Sergeant of the United States Marine Corp  
 Home: Kentucky  
 Preferred Chilli Accompaniment: Cheese atop crackers atop spaghetti – well he is from Kentucky! 🇺🇸

■ **GARDEN CENTRE CAFÉ**

**Scotty:**  
 This is watery and the meat tastes powdery. It's not chilli con carne – it's just con carne. I wouldn't order this again.

Rating: 3

**Wendy:**

Bland, boring, zzzzzzz. I can't taste any chilli or garlic. There're not enough beans. They haven't reduced the sauce.

Rating: 3

**Sgt. Andrew:**

All I taste is tomato. It needs a bit more of everything. If you just came in from outside in the snow – you would NOT want your mom to give you this.

Rating: 4

**MEAN TOTAL:** 🍴🍴🍴🍴

■ **SHARKY'S**

**Scotty:**  
 This one is a little more spicy. You can actually chew it – you could drink the last one. The meat is really good.

Rating: 7

**Wendy:**

This smells much better, it has much more flavour, a much better reduction. I'd like it to be

a touch spicier, but the beans are much better.

Rating: 7

**Sgt. Andrew:**

Ooo! Cheese! This is way better. It's hearty – pretty thick and it's got more seasoning. It's got a good heat to it but it's not too spicy.

Rating: 8

**MEAN TOTAL:** 🍴🍴🍴🍴🍴🍴

■ **WINKING FROG**

**Scotty:**  
 That's just water! It's got real chillies in though, but the beans just disintegrate. They're like mush. Hang on, it get's better the longer you eat it. This one has got potential. However this one is the chilli equivalent of a human – it's 80 percent water.

Rating: 5

**Wendy:**

No beans – where are the beans?!! It does grow on you.

Rating: 4

**Sgt. Andrew:**

It sure smells good. It seems like they made a good chilli – then added water. It's better than the first one though. It's spicy and its got a real

good taste. If I went to a football game and they gave this to me in a paper cup with a spoon then that'd be okay. But I ain't at no game. I don't think it's bad – but it's not great.

Rating: 6

**MEAN TOTAL:** 🍴🍴🍴🍴🍴

■ **ALLEY CAT**

**Scotty:**  
 This tastes exactly like that chilli sauce from the bottle. That's not what chilli is supposed to taste like. That's the wrong kind of chilli! I don't even want to eat this.

Rating: 1

**Wendy:**

Yuck! That's horrible! This one and the last one are using the same spice mix. That's worse than the first one! It tastes processed and fake. There is nothing fresh in this.

Rating: 2

**Sgt. Andrew:**

Oh no, that's not right. The first one at least had a chilli flavour. This is no good, it's the worst one yet. If I ordered this at a restaurant I would be depressed.

Rating: 2

**MEAN TOTAL:** 🍴🍴

■ **GYM BAR**

**Scotty:**  
 This is the best one! The polar opposite of the last one, but it's like a stew. Hmm it's the least of the five evils.

Rating: 7.5

**Wendy:**

The onions are not nearly cooked enough, but the beans are firm, they're good. From a chef's point of view this chilli has the right consistency.

Rating: 7

**Sgt. Andrew:**

It's got a real good flavour. I like the crunch of the onions. I'd put this on a cheeseburger, it's really thick. This would be good as a dip, but it's not a soup chilli. (To Scotty) Is this how you'd eat your chilli in Liverpool?

Rating: 6

**MEAN TOTAL:** 🍴🍴🍴🍴🍴🍴🍴🍴🍴🍴🍴



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## Food Talk: Restaurant 112

One of the longest standing high-end restaurants in town has watched the city change around it while going through quite a few changes itself. **Kate Liana** gets the story.



Passionate about providing the finest cuisine

VISIT RESTAURANT 112 and you feel like you've stepped into some kind of lost colonial luxury watering hole. If, upon entering, you feel a funny sense of déjà vu, it is not your imagination. The restaurant design is a copy of the Elephant Bar at Raffles, that other colonial hotspot on the adjacent block.

From the white leather banquettes and wrought iron lamps, to the vaulted ceilings and arched windows looking out over a turquoise courtyard pool, the sense of refinement and elegance is palpable. Framed black and white photographs of Cambodia's storied past through the turn of the century further this atmosphere. Many high-end, upscale establishments have popped up around

town that cater to well-heeled Khmers and expats taking advantage of their newfound status as the glitterati, and trying to find new ways to spend their salaries. After all, for many people Phnom Penh feels like the ultimate fantasy land, where everything is possible, or at least affordable. So what better way to live it up than in plush style before the economy truly bottoms out or we have to trudge back home to the glories of grey, anonymous, middle-class existence and take-aways.

Enter Restaurant 112 into this scene, though what sets it apart is its attention to detail and insistence on importing the highest quality food and creating a first class experience for its customers. While the restaurant

has gone through many changes – it started off as Restaurant 102, then became Restaurant 192, and has now settled on the hopefully auspicious numeral title of Restaurant 112 – its excellent food and loyal customers have remained. Its other main asset, behind the scenes of all this glamour, is a dedicated, determined staff led by Executive Chef Tep Chantha and the restaurant's manager, Vanna Thoeun.

How does the son of rice farmers from Takeo province end up as the executive chef of one of Phnom Penh's most exclusive restaurants? Chantha came to Phnom Penh for school, and then found work as a sous chef during the restaurant's 102 days. He wasn't sure that restaurant work

was right for him, but as soon as he started he became hooked and was determined to advance. According to Vanna, the long-time manager, Chantha was an avid, eager student and hungry to learn everything about the different styles of western cooking. When asked if he grew up cooking as a child, he laughs and says when he's home, his mother is the executive chef. He slowly moved up the ranks and is now the head chef, a job he enjoys immensely and one he takes great pride in.

"I start with the freshest, best ingredients I can find," he says. "For instance, in the French onion soup – if the onions aren't very fresh and high quality, the soup will not be good." It is this respect for the flavours and natu-





The restaurant's interior has a distinctly colonial ambience

ral taste of the raw ingredients that ensures the quality of the dishes. His favourite dish – which is also the most popular – is the salmon tartare which uses fresh, raw salmon flown in from Japan.

Decor aside, the food is the star attraction here. The list of dishes on offer for lunch often include salmon tartare, Dover sole, Kobe beef, oysters, rack of lamb, sushi, clams and banana cake. The dessert table was loaded with Khmer, French, Spanish and American delicacies, such as chocolate mousse, caramel flan, sticky rice in banana leaf, and assorted cheeses. The food itself may have a busier travel itinerary than a UN consultant. Most of the fish is imported from Japan. The oysters, Dover sole, and duck fly in from France. While the beef makes its way here from Australia, the U.K. and the U.S. All wines are provided by Celliers d'Asie and Quarto Products, and

Restaurant 112 is now featuring Inky, a wine from France bearing the slogan "smart and dark" the latter perhaps not the most compelling marketing concept for this culture, but nevertheless. The thick, dark, dusky – yes, inky – wine is loaded with polyphenols, which purportedly enhance brain activity and offer many other health benefits. Smart wine? Why not. Bottoms up.

Vanna also came to the restaurant through a varied path. He started as a server at a restaurant on the Chroy Changvar peninsula, and also worked his way up, through some of the upscale, Westerns restaurants in Phnom Penh in the 90s. With 17 years of fine dining experience, he says his favourite part of the job is keeping his customers happy. "I love our regular customers, and I've known them for years. I know what they want and it gives me great satisfaction to be able to

give them a great ambience and experience."

One of the biggest differences cited by Vanna and Chantha between the early days and now is the sheer number of restaurants in the city. Being the only game in town – or close to it had its advantages, but now fine dining options abound in the capitol, and the challenge now is to separate themselves from the pack. To that end they are constantly experimenting with the menu, creating new dishes and devising new offerings to appeal to a large audience. One development is a private dining room that Mr. Vanna says is often requested by government ministers. The lunch buffet, at US\$10 a person, with free flow of soft drinks for US\$2 and wines at US\$2 a glass will make this one of the best deals in town. The lunch menu changes daily to keep the various ambassadors and ministers who

frequent the establishment happy and satisfied.

"We had some difficulties, after we were closed for two years [prior to re-opening as Restaurant 112]," Vanna says. "Some of our customers have returned, but some have not." But as one expat and regular from Norway maintains, it is one of the stand-out restaurants in town. A bold statement given the ever-growing field of opponents.

So, kick back on a white leather couch by the bar with a Singapore Sling in hand, sample the exquisite food and enjoy the fantasy while it lasts. **FA**

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## restaurant guide

### key to symbols

- 01** Under \$3 per average dish Air Conditioning
- 02** \$3 - \$6 per average dish Free home delivery available
- 03** \$6 - \$10 per average dish Free wireless Internet service
- 04** \$10+ per average dish ChildSafe®

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### cambodian

- Boat Noodle**  
 8B Street 294, Tel: 012 774 287  
 Khmer and Thai restaurant with excellent, well-priced food, set in a beautiful, traditional wooden house. Open 4pm to 10pm. **01**
- Fritz**  
 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 Sothearos Blvd., Tel: 017 417 776  
 Serving Khmer and Thai food in an 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](http://www.knyay.com), [knyay@hotmail.com](mailto: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 specialties. 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](http://www.malisrestaurant.com)  
 Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

**Magnolia**  
 55 Street 51, Tel: 016 944 493  
 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 selec-

tion 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 Sothearos Blvd., Tel: 023 220 822  
[www.almondhotel.com.kh](http://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 airon 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



# Review: La Patate

*Belgium could be the only country in the world famous for not being famous. Simon Jacy discovers that this proudly mediocre nation has one overlooked strength – food.*

JUDGE FROM OUTSIDE AND you could be very misled by La Patate's bright neon and clear glass frontage. The décor, a bold mix of yellow and red, is striking to say the least, though the quirky setup bears little relation to the cuisine.

For those who see the sum total of Belgian culture as Poirot with a dash of Jean Claude Van Damme, there is a complementary education on the walls awash with classic Belgica, including obscure Tin Tin covers like Ciagres du Pharon and other eclectic comic book art. A photo of the proprietor with his arms around Matt Dillon and Gerard Depardieu during the shooting of City of Ghosts has pride of place.

While the menu concepts are as simple as the cartoons on display, the dishes are cooked to perfection. The passion for simple, peasant food prepared well shouts much more loudly than the garish colour scheme. The menu – with more space devoted to trivia about Belgian comic strips like the Smurfs, Gaston, and Boule et Bill than to descriptions of the food – is refreshingly light on pretension and has English language descriptions alongside the French.

The Fillet de Boeuf (US\$9) is served Belgian style, thick and tall to seal in the juices. For once, the chef actually listens to his patrons – a medium rare steak will be ruby red inside, with every cut liberating a trickle of blood. The delectable, viscous

sauces – including ardenais, archiduc, estragon, forestiere and green pepper (US\$1.50), as well as the pungent roquefort (US\$3.50) – receive the same attention.

All main courses come with a choice of creamy mashed potatoes, pasta or Belgium's famed pommes frites. These are deep fried in sunflower oil to give authentic crispy fries that are even served in a branded cone, just like on the continent. A small salad of sharp pickles is the ideal palate cleanser, and the red cabbage is good enough to be a stand alone dish – a side that will please even the most demanding Belgians

Although skinfints might moan about prices that are slightly higher than elsewhere, the quality here blows away even much more expensive restaurants. Low income earners like English teachers will probably plump for the set menus – Tagliatelle Bolognaise, a glass of wine or beer, and a Tarte Aux Pommes Maison for US\$8.50 is a deal that's hard to beat.

Special praise must be reserved for the onion soup, currently a special. This clear culinary success that would be well-received in a European capital, never mind Cambodia. Tangy with crunchy croutons and rich globules of melted cheese that are almost indistinguishable from the soft onions, this is everything you ever



wanted from an onion soup and more. Incredible.

Regional specialities like tongue are more of an acquired taste but equally well prepared. Braised tongue, a notoriously difficult dish to get right, is cooked in a rich stew with thick chunks of bacon and thick cut mushrooms for a treat that harks back to the days of serfs (or perhaps smurfs) toiling in the low, flat Belgian fields. The tongue, a meat that usually tends toward chewy, is so soft and succulent that it can be sponged up with bread.

The desserts again showcase La Patate's devotion to robust, satisfying home cooking. The Tarte Aux Pommes Maison is chewy and caramelized on the bottom, the sweetness of the sugar not overpowering the delicate flavour of the apples.

A reasonably priced kids' menu means that La Patate is

a good pick for families, and bored children will be easily distracted by the wealth of colourful art.

Hard-driven parents can relax with another of Belgium's famous exports – beer. A wide array of hop juices are on offer, from dark Duvel (US\$4), to the cloudy but surprisingly clear tasting Hoegaarden (US\$3.50). Leffe Blonde and Brune (US\$3.50), and the rare-in-Cambodia Trappiste Chimay (Rouge US\$4.50, Bleu US\$5) complete a beer lover's wish list. Hooligans and philistines will probably choose the unimaginative wife beater's favourite, Stella Artois, a very cheap US\$1.50.

The service, efficient without being pushy, rounds off a memorable meal. Heartily recommended.

*La Patate, 14 Street 5. Also located at 128D Sot-hearos Blvd. 📍*

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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**  
Cnr. 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 Blvd.  
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 Café**  
1a Street 282,  
Tel: 023 996 516 / 17 760 740  
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 A/C ៊ែ**

**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 Blvd.,  
Tel: 012 813 817 / 023 213 062  
Decidedly upmarket and sophisticated

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www.mithsamlanh.org






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** 🌿

**Do It All Pub & Bistro**

**61 Street 174, Tel: 023 220 904**  
A restaurant/pub with it all. Intercontinental cuisine from African, Asian and Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

**Double XL Café**

**128 Sothearos 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**

**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**

**Cnr. 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](http://www.gardencentercfe.com)  
Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02** 🌿

**Garden Center Café 2**

**4B Street 57, Tel: 023 363 002 / 092 206 582**  
[www.gardencentercfe.com](http://www.gardencentercfe.com)  
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed 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 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-pannelled traditional English pub downstairs serving great pub grub. Comfortable Sport Bar located on the first floor. 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**

**Jaen**

**Cnr. of Sisowath Quay & Street 106**

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**Khmer Thai Restaurant**  
Serving Khmer and Thia Food  
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023 214 747 or 023 219 579  
email : reservation@amanjaya-pancam-hotel.com  
www.amanjaya-pancam-hotel.com

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 Bvd., 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.amaraspa.hotelcara.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.tonlesaguesthouse.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 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 night-club 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, Sunday to Friday. Sat closed But available for private functions. **02**

**The Shop**

39 Street 240, Tel: 092 955 963  
Stylish café, with a wide range of fresh bread, tempting pastisseries 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



# Bargain Bucket

**THE SIDEWALK GRILL** master working on the corner of Streets 294 and 63 is no amateur cook. He's busy turning over thin cuts of beef for PHO 294, the perfect corner restaurant spot in the heart of BKK for those needing to grab a quick lunch or dinner while en route to or from the office.

In an attempt to shield the restaurant from cars, tuk tuks, and motos zooming past, two small side walls of dark-green potted trees line the front of restaurant, giving the small outdoor eating area an intimate patio-like feel. Those searching to get away from the unceasing street honking can settle down for a more peaceful cheap meal by venturing inside the meticulously clean eatery.

On the right, a row of tables can seat parties of four to six, while on the left is the kitchen – allowing for easy-access plate service for the polite, wait-staff. The simple décor will soon be given a little colourful



boost by the owner's plans to put up pictures of Vietnamese cuisine. With a little humor and for those of us missing our childhood days, all utensils are brought out hot-water filled Disney, Winnie-the-Pooh mugs.

Serving up a large Vietnamese and English menu, with equally large portions of long white rice noodles in beef broth in the Pho Gà (chicken),

Pho Bò (beef), goat, or fish categories, brought out on silver trays with your complementary mug of weak yellow tea. Plenty of garnishes are brought to the table, including cilantro, holy basil, lime, chillies and bean sprouts, spicing up a simple beef or chicken noodle soup. For those with vegetarian consistencies, just point at the one salad alterna-

tive or the stir fried fresh vegetable platter sans the pork, chicken or beef options that provides an equally satisfying meal accompanied by the ever present, fairly large mound of white rice.

Prices are in riel and they vary between meat dishes, but both lunch and dinner prove to be a bargain with most Pho dishes priced at around USD\$1.75 to USD\$3. The more expensive goat fondue and fish platters range from USD\$4 to USD\$7.50, and a bottle of Heineken sets you back at US\$1.75. The location and price also make PHO 294 the unlikely place to stop for a quick morning 0.75-cent ice coffee. Simple, clean, cheap and satisfying, PHO 294 is open seven days a week, from 6am to 10pm, filling empty stomachs and small budgets with another inexpensive Asian cuisine alternative.

*PHO 294, corner of Street 294 and Street 63. 📍*

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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 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 Sotheaous 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** 

**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**

**Casa Lika**  
16 Street 136, Tel. 012 429 542.  
An American run family restaurant serving up some of the best Mexican fare in town. The rustic brick walls and colourful Mexican artwork sets an authentic tone. With great music and even better tacos. A great place to share some Coronas with friends. **02**

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

**Sharky Bar**  
126 Street 130,  
Tel: 023 211 825  
[www.sharkysofcambodia.com](http://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** 

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## 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 and lily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

### 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

7a 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 strong lily 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 changerroom. 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 Thaliss group that manages Malis and Topaz restaurants, has a good range of coffees and snacks. Free WiFi and aircon 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 overlooking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C**

### 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

## Cheers!

Sour grapes make for a bitter wine but what about wines made without any grapes at all? **Simon Jacy** investigates Cambodian drinking culture.



Rice wine comes in many different flavours

RICE WINE, MUCH LIKE rice itself, is much more than a mere provision. Over millennia of incremental civilizations, as societies inched gradually from hunter-gathering, to nomadic slash and burn, and finally to settled village life, fiery rice wine has been a comforting fall back after a hard day's work. And, as it has become the cornerstone of recreation and celebration, it has gathered deep spiritual and cultural significance.

This noble and distinguished history, however, can seem a distant dream indeed when toothless, cackling drunkards force their cloudy gut-rot upon the reticent guest. For those used to quaffing subtly brewed masterpieces from sparkling crystal glasses, a cut-off water bottle bottom full of evil-smelling rice liquor – usually with a few dead and dying flies floating for good measure – can come as a shock.

As with many countries across the globe, drinking in Cambodia is traditionally a social bonding

event, with friends and neighbours gathering at the end of the day to exchange news and jokes. Cambodians, ever welcoming to outsiders, will never fail to invite a passing foreigner to join their bender.

For foreigners wishing to join the fun, the first factor to consider is gender – while Cambodian women may drink, they usually do so behind closed doors, recounting the neighbourhood gossip and the dalliances of their husbands with a humorous, resigned gusto. Only those beyond reproach – the married matron with an improbably large brood or the extremely elderly – may drink in public without fear of criticism. Other women joining the men's drinking circle will be considered immodest, wanton even.

But the most striking difference between western and Cambodian drinking sessions will be the surroundings. Often conducted impromptu in the shade of a nearby tree, drinkers will be lucky if they can boast a rickety bamboo bed or cracked plastic chair to rest upon.

Urban sessions are somewhat akin to a seedy working man's club, the rural versions like passing around a paper-bagged bottle under a railway bridge.

Still, the *joie de vivre* in Cambodia leaves even the most raucous Westerner's celebration looking like a funeral. Jabs in the ribs and spirited encouragements to down more brew are the order of the day. Drunkenness is mandatory.

Binge drinking is very much alive and well in Cambodia, so what better way to ensure absolute intoxication than the honour-bound mutual toast? Whether the cheers' be ostensibly for good luck or to the drinkers' health, the real motivation is simple – alcohol induced oblivion in an alarmingly short space of time. Be sure to drain your glass completely and enunciate unfamiliar phrases clearly; the standard toast of *jol muoi* ('hit [the glass] once') is easily slurred into an unprintable curse.

While the peripheral details vary, the core of the session is universal; that bastion of upper class

university imbecility, the drinking circle. Initial curiosity will soon fade to apprehension, and then downright fear as the drinking receptacle repeatedly wends its way back. There is no escape.

The 'wines' themselves vary greatly in strength and quality, though flavour is way down the list of priorities for producers. Hygiene, usually a major consideration for expats, is in fact the least of your worries. While one might initially worry over the dirt encrusted fingernails dipped time and time again into the grubby bowl, or a cup that looks and tastes like something just recovered from an archaeological dig, your biggest concerns will soon become extricating yourself from your new buddies, followed by finding your way home, then possibly the best way to curl up in the gutter.

Any drink that is approaching clear is a relatively unadulterated rice wine, still the firm favourite. Cambodians with a farming connection – which is nearly everybody – will brew a family



rice wine from their own crop, a jealously guarded brew taken out only for special occasions. Still, these are easily the most palatable spirits you're likely to experience – local delicacies such as sweet longgan, fresh persimmon and spicy wild honey are added to create a surprisingly mellow flavour. Forest herbs, peeled fruits and exotic roots are soaked in strong, pure rice wine for several months for a medicinal tincture that is said to fortify the weak and give women who have recently given birth back their strength.

For ordinary gatherings, a mass produced tippie is preferred. Ramshackle stills across Cambodia distil this vicious brew from excess low-grade rice. The fat and constantly tipsy pigs which are fed on the leftover fermented rice must be kept permanently boarded up in wooden pens, as they are uncontrollably aggressive and unpredictable. Perhaps worth remembering for your journey home.

Toddy, the cloudy warm liquid carried in bamboo and drunk from plastic bags is naturally fermented palm juice, one of the many products of the versatile *Borassus* sugar palm. The unprocessed, mildly alcoholic sap – cloudy with a burp reminiscent of *Giardia* and often called 'palm beer' by Westerners – is popular for more



Toast "jol muoi" and then knock it back

moderate drinking; the Khmer equivalent of an 'all day sucker'.

But, never satisfied to leave the unbroken unfixed, the Khmers have upped the ante by synthetically concocting the most savage combinations of exotic ingredients imaginable, and, incredibly, view these cruel poisons – usually referred to in English as muscle

wines – as healthy pick-me-ups. The dark brews are said to contain everything from deer antler to rare mountain herbs, and are claimed to alleviate aches and pains, boost energy levels and even perk up flagging Romeos. These alleged hale tonics are instantly recognisable by both the involuntary icy shudder after

each gulp and a hangover that makes death look like an all-expenses paid holiday.

A slightly better bet (though not by much) are the side dishes said by some to enhance the drinking experience.

For Cambodian street hoods and ne'er-do-wells, no Saturday night is complete without a litre of firewater and a roasted dog. As most of the canines in question are rail-thin strays caught by roaming gangs of dedicated dog-nappers, it is unsurprising that the soft, dark meat falls far short of a T-bone. But, to devotees, the power and heat said to course through the veins of consumers are reason enough to choke down meat that even a hotdog manufacturer would balk at.

For the more discerning drinker who still wants the benefits of "hot internal organs," fresh snake's blood is another option. A live snake – preferably a cobra, though a large python will do in a squeeze – must be brought to the table and paraded at length. Then, suddenly, its throat will be dramatically slit and the thick, warm gouts of blood fired down mixed with whisky. A wave of heat grips drinkers almost immediately, though Cambodians swear the snake's blood fills them with vim and vigour for the month ahead. Chin chin! 🍷



# Bar Talk: Do It All Bar

*There is only one place to go in the capital if you crave the infectious grooves of West African music. With a little bit of something for everyone, the name Do It All Bar seems apropos. Craig Gerard chats with Enoch Smith to find out what "It" is.*

THOUGH IT'S LATE AFTERNOON, about the time when most establishments are cranking up their Happy Hour, Smith is fast asleep and camouflaged on a black leather couch. This catnap is not surprising. It is evidence of the constant late nights and long hours he puts into the Do It All bar. He is literally just a few hazy hours away from running a 24-hour establishment, with only seven staff members. It is the sort of drive and determination that an African businessman can bring to Southeast Asia.

He came to Cambodia three and a half years ago as a tourist. Living in South Korea at the time, he was familiar with the Thailand-Cambodia-Vietnam circuit. But as many expats find out, the Kingdom has an allure, especially to entrepreneurs. "I found Cambodia more open for doing business," Smith explained. With fewer barriers and lots of potential, the Penh seemed like an ideal location to settle down for a while.

He took some time to survey the market before settling on opening a bar. Noticing there were no restaurants or bars catering to the growing number of Africans in the capital, he found his niche. "Really, we are targeting everyone," Smith says, hoping to increase the appeal to Westerners as well as Cambodians. And to that end the menu has a spattering of Western dishes and a large selection of Khmer food. Though it's the African selections that set Do It All apart from other restaurants in Phnom Penh.

"I wanted to create an authentic African experience," he quips, showing me the "special" menu with Fufu, African-style BBQ fish, and other West African cuisine. According to Smith, "the chefs are very good," so the all-Cambodian kitchen can handle the subtle nuances of Nigerian cooking. Though you may be hard pressed to find West African dishes



actually listed in the menu, the regulars don't need a list – they know what's available and order what they want.

Before moving to Cambodia, Smith spent seven years in South Korea. Koreans who wander into the bar are always shocked to hear him converse

in their native tongue. He slides easily in Khmer while talking to his staff, but can address his other customers in Igbo, his childhood language. All together, he is fluent in five languages.

The drive that keeps his business successful in a difficult and saturated market

is not immediately apparent. Smith comes across as mellow, easygoing, yet calculated and sharp. His broad white smile hides something. Those eyes, outlined by two tribal scars on either side, have seen their share of difficulties. Regardless of the past, he seems to have settled into a comfortable, albeit exhausting life in Cambodia.

So, what about that name? While the Do It All bar may conjure up images of some of the Penh's less reputable night-life spots, the notion that this is anything more than a bar makes Smith chuckle with surprise. "Some costumers come looking for something else," he says, "it is a bar after all." But he assures a brothel was the furthest thing from his mind when he chose the name. "I wanted a name that would inspire customers," he offers. His wife, who is Khmer, didn't like the name at first, so getting Do It All on the billboard took some lobbying, but Smith says it has paid off. The name does attract foot traffic. Pedestrians stop by, curious about what "It" is. And almost all of them are pleasantly surprised to find a wide selection of drinks, a variety of food, and some great music.

"We play music you can't hear anywhere else in the city," boasts Smith. On an average night, DJ Rob spins hip hop, reggae and African music, but on the second and last Friday of every month, Do It All hosts the African Dance Party, with hits from Congo, Nigeria, Cameroon, Mali and Senegal. On these nights, partygoers shake their hips to lively West African beats. It is the kind of music that makes your hips move and keeps a smile on your face. And these intoxicating smiles keep the Do It All Bar entertaining long into the night.

**Do It All bar, 61 Street 174,  
Tel: 023 220 904, 012 976 762.  
Open 9am to 2am Mon.-Thurs.,  
9am to 4am Fri.-Sun. 🍷**



# 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*  
 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 Sothearos 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 Ily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **A/C**

**Do It All Pub & Bistro**  
*61 Street 174, Tel: 023 220 904*  
 A restaurant/pub with it all. Intercontinental cuisine from African, Asian and Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

**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 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 foosball 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.

**FCC Phnom Penh**  
*363 Sisowath Quay, Tel: 023 724 014*  
 The first stop for newcomers and it's easy to see why. Set in a beautiful colonial house with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight.

**Flavours**  
*Cnr. Street 51 & 278, Tel: 012 175 896*  
 Relaxing restaurant 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*  
 Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent international, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **A/C**



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 \*catering and private parties

# Chilli Chocolate Martini

WHAT'S HOT AND DARK and drunk all over? You after a couple of these on Chow's elegant rooftop. Chocolate and chilli sound like the perfect French / Asian fusion, but actually originated with early Central and South Americans who mixed a bitter, spicy drink of ground cocoa beans seasoned with chilli peppers and vanilla called Xocolt.

Watching Chhun make the drink is almost as fun as consuming it. The talented bartender wets the glass rim with a lime and dusts it with cocoa powder. A splash of hazelnut syrup is muddled with half a chilli pepper – he assures me more would be too much. Add Crème de cacao and vodka, shake over ice, strain, float a whole chilli on top as garnish, and voilà! Or salud!

The first sip brings a flood of rich sweetness. The Crème de cacao and

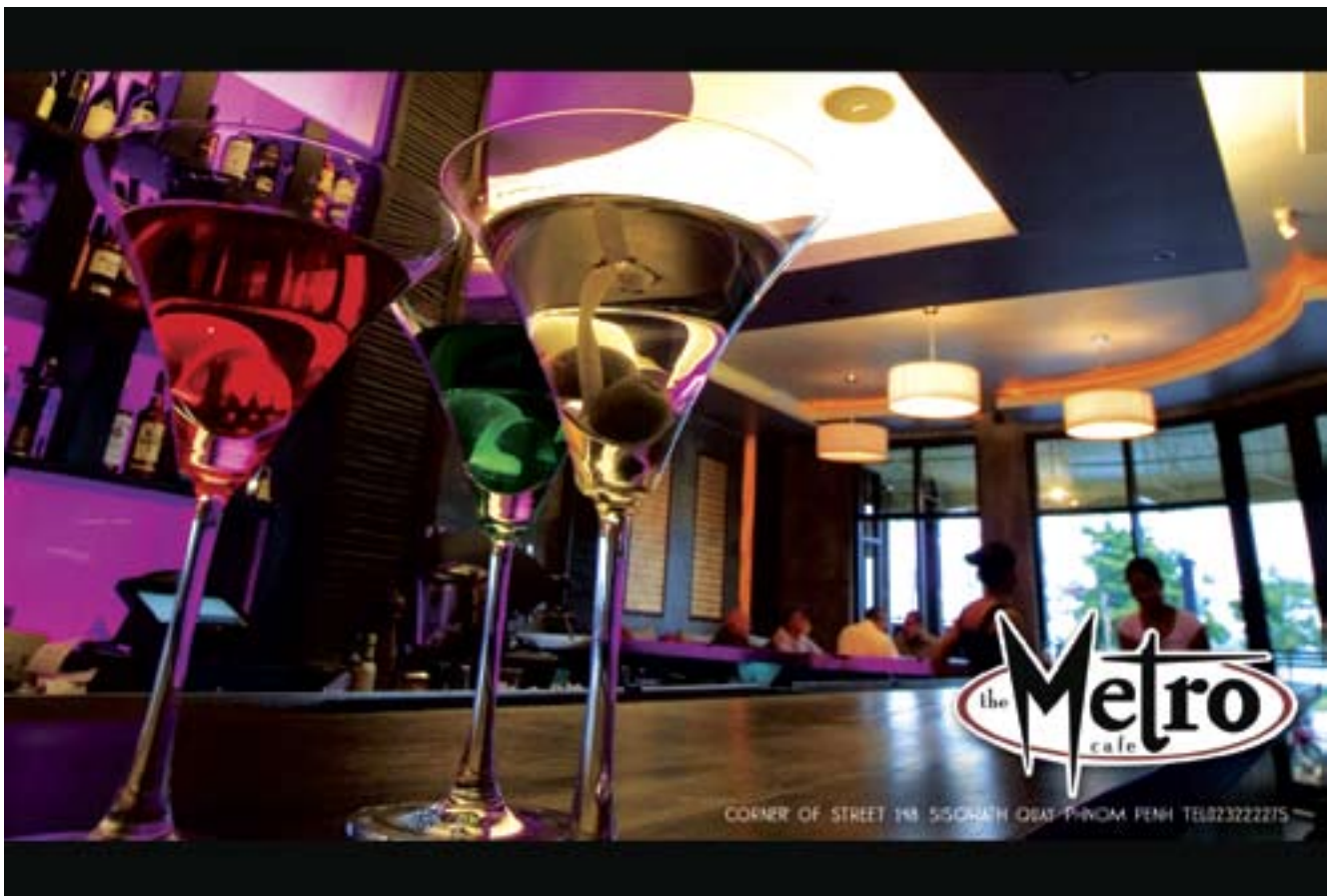


hazelnut fuses with the cocoa powder on your lips to create a flavour reminiscent of a gourmet truffle. Then the bite of chili hits, with the tinge of vodka, like a grown-up version of a childhood dessert.

As both the sun and the liquid in your glass slowly sink, the drink holds its balance, skating on your tongue between spicy and sweet. A perfect complement would be salty, Cajun-spiced pecans, or even the ubiquitous dish of salted peanuts to offset the sweet notes.

Admittedly, the best compliment to Chow's Chilli Chocolate Martini is looking out over the river at dusk while the tourist boats turn on their fairy lights and the fishing boats float home. Count the boats, look for early stars in the sky, or flip a coin to see who has to eat the chilli.

*Words by Kate Liana. 🇰🇷*





**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

**Huxleys**

Cnr. of Streets 136 & 5, Tel: 023 986 602  
The wood-paneled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Garden bar. Well-stocked bar with fantastic cocktails. Sports bar upstairs! 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  
Stirringly eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's - or Snow's Bar - is well worth seeking out for its laid back ambience and old Indochine charm. Open 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**

Sothearos Blvd.  
Second of the Penh's micro-brewery of-

fers 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. 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

**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.

**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. 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

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# VINO MANGA by Darren Gall

IN THE UNITED STATES OF America they are known as 'Score Whores', wine buyers who select their wines based solely on the criteria that they must receive high point scores from the accepted 'experts' in the (mostly print) media.

If a wine receives a score over the magic 90 points - on the hundred point scale - from Robert M. Parker Jr. (one of the most influential wine writers both in that country and also worldwide), it is all but guaranteed success in the U.S. market. Mr. Parker's ratings scores for the Bordeaux vintages are acknowledged as having a significant impact on the pre-release prices set for these wines.

The 1990 vintage of the Australian wine Penfolds Grange was announced as the U.S. magazine, Wine Spectator's 'Wine of the Year' in 1995. Australian wine exports to the United States exploded and embarked on a ten-year boom.

In Australia, novice wine collectors can be seen wandering through wine stores clutching the latest editions from annual wine raters James Halliday and Jeremy Oliver. In the U.K. wine journalists like Jancis Robson and Clive Coates have gone on to be multi-media stars whose prognostications on vintages are hung on to like sonnets from the pulpit.

Recently, Asia has unearthed its own mega-multi-media wine star, one who is eclipsing anything the world has ever seen and who is set to become the most powerful and influential of them all.

His name is Shizuku Kanzaki, a young man who is the son of a famous wine critic. Trained by his father to develop his wine palate, Kanzaki rebelled and chose to work at a brewery until his father's death. Before his death, Kanzaki's father adopted a talented sommelier, Issey Tomine. In his will, he has pitted the two young men against each other to find 12 wines called the "12 apostles" and one last wine, the most beautiful, called 'The Drops of God'. Whoever can track the wines down will win the father's wine collection. Asian supplies of wines featured by Kanzaki are certain to disappear shortly after publication (or even beforehand if a leak occurs).

Such is the extraordinary influence of the manga comic series started in 2004 when siblings Yuko and Shin Kibayashi, under the pseudonym Tadashi Agi, set out to inform Japan of the delights of wine. It triggered a wine boom in Japan and today commands unprecedented influence over wine markets throughout Asia. The comics have millions of fans not only in Japan but in Korea, China and France. In January, Nippon Television in Japan began screening an evening adaption of 'The Drops of God', with a Korean production to be broadcast before the end of this year.

Wine industry experts believe part of the manga's



appeal is that it teaches readers enough about wine to understand the drink and impress their friends, but does so in an entertaining way.

D'Arenberg winery's octogenarian patriarch, d'Arry Osborne didn't seem to know what quite to make of the recent appearance of his wine in the manga series: "It's a crazy one, we certainly haven't ever gotten a review like that

before," he says. "It's all fun isn't it? I think it doesn't matter, so long as it's in a cheerful manner, what they say ... it creates interest and it's picked up straight away. So it's marvellous, really, from our point of view."

One thing that does seem certain is that Shizuku Kanzaki and 'The Drops of God' are set to further stimulate the thirst for wine across Asia. ■

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Talkin  
to a  
stranger

Don't drink someone  
else's Beer

Drink ours...  
in the garden!





**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 Sothearos 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 Sothearos 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. 🍸🍷📺

ish, 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**

**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.

**Riverhouse Lounge**

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

**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 🍸🍷📺

**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.

**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, styl-

**Restaurant Bar ONE MORE...**

16 Eo, St. 294 - Reservations: 017 327 378  
open 5pm - closed on Sunday

**INTRODUCING VIBE: V.I.P. EVENTS**

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**October 09 Friday: CLUB WHITE**  
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**October 16 Friday: RIVERHOUSE LOUNGE**  
Carwash ClubVisions brings the original CARWASH night to Cambodia featuring DJ Dirty Disco Daryl and MC "The 1 like Scotty" fresh from Ibiza. DISCO FUNK SOUL & OLD SMOUL ROCK & ROLL. COME TO SHAKE YOUR BOOTY HOLES!

**October 28 Wednesday: THE LOUNGE**  
Legendary House DJ & Vocalist Robert Owens ( Subliminal Records "The Greatest male voice in dance music" - MusiQone spinning and singing live from the DJ booth. If God could sing, he would sound like Robert Owens. D. Magazine.

**October 31 Sat: CLUB WHITE**  
( Halloween Weekend ) DJ Acee Named Switzerland's turntable queen and #1 hip-hop DJ, stunning diva DJ Acee (AKA-Gulianofas) puts Cambodia on the map with a weekend stop on her Asian tour with a flash of Halloween BLING!

**November 13 Fri: CLUB WHITE**  
( Phnom Penh falls ) Wipeout Producers bring the famous Poles party from Europe to Cambodia with an outrageous and unforgettable night of outrageous musical mayhem.

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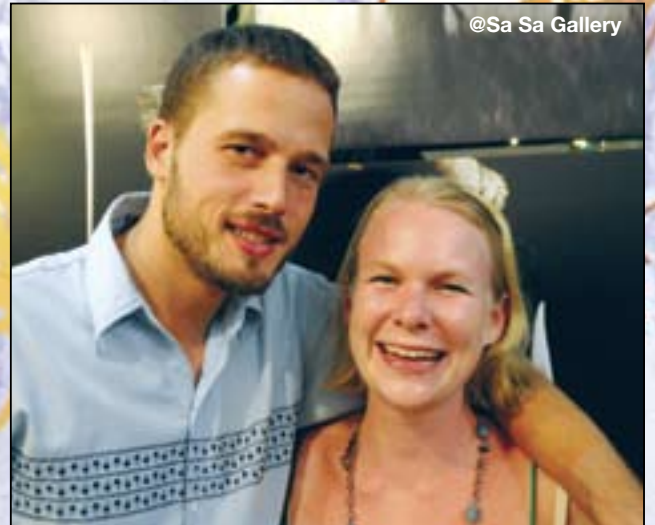
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# kaleidoscope

## From ERWs to Art

Explosive remnants of war (ERWs) are given new purpose in Impact, a new exhibition at **Bophana Centre** highlighting the destructive force of antipersonnel mines. Words by **Nora Lindstrom**



Artist Srey Bandol: landmines were an almost everyday part of his life

TO MARK THE TEN-YEAR anniversary of the Antipersonnel Mine Ban Treaty and to celebrate the achievements of mine action in Cambodia, in October Bophana Centre will host Impact, a unique “mine action art” exhibition featuring artwork by ten Cambodian artists. In the UNDP-funded project, ten artists were given the opportunity to meet with people living on mined and cleared land, as well as survivors of mine accidents, deminers, and others working in the mine action sector. This is intended to develop a deeper understanding of the issue from which to create their own artistic interpretations.

“We use a lot of jargon in our sector, so what we wanted to show is the basic principle that clearing landmines equals poverty reduction,” says Alex Hiniker, Communications and Advocacy Officer at UNDP, who played a key role in the project. Though she acknowledges that art is often an abstraction, Alex argues that the pieces in the exhibition in fact capture the essence of mine action. “Each artist wrote an explanation for what they made, which gives the artwork context,” she says. “Also, I think the abstraction helps. It makes people think about the issue more broadly,” she added.

The exhibition will feature paintings and sculptures by the artists, who took part in an application process in order to join the 4-month long project and resulting exhibition. Four young landmine survivors from the Cambodia Landmine Museum in Siem Reap also contributed artwork, produced under guidance by exhibition curator Sasha Constable.

Some of the featured artworks were created using ERWs (explosive remnants of war)

PHOTO BY SASHA CONSTABLE



## ...art speaks louder than words

which organisations involved in de-mining activities donated to the project. "Everyone involved in the sector was really keen to get involved," Alex says.

### ■ LONG-TERM GOAL

One of the participating artists, Srey Bandol, has seen the impact of mines first hand. He and his family left Cambodia in 1979 for the refugee camps along the Thai border, and it was there that the young Bandol had his first contact with mines.

"My dad was a soldier, so there were many mines around when I was growing up. I knew many people who died or had mine accidents," says Bandol. "Then when I returned to Cambodia I worked as a medical soldier in a hospital near Banteay Chmar. We were fighting the Khmer Rouge and there were many mine accidents."

When mines were an almost everyday part of Bandol's life, he says they had little effect on him. "If someone had a mine accident, I would feel normal, not sad," he says. The psychological impact remains, and the experience of visiting people still living in mined surroundings during the UNDP project had a strong impact on the artist. "I was very sad to see the people, but also happy that many now have cleared land on which to farm," he says.

Bandol says he wanted to participate in an exhibition on mines in Cambodia ever since he became an artist. "I'm very happy about this exhibition, it's my goal," he says. Through his contribution, he wants to create support for a universal ban on antipersonnel mines. "With my painting I want to show not only the effects of mines in Cambodia, but I want to ask why and from where do these mines come from," he says.

The visual exhibition will be complemented by a soundscape, a collection of sounds recorded during the artists' field visits. Featuring everything from landmine explosions, through children's laughter to oinking pigs and mooing cows, the soundscape was put together by Will White of the Propellerheads, a London-based group best known for their hit on the

soundtrack for James Bond-flick *Tomorrow Never Dies*. "The soundscape is another way to bring home the point that this is a real issue affecting real people," says Alex.


### ■ MINES STILL AN ISSUE

Though mine accidents and mine-related deaths are falling in Cambodia, Alex notes that mine contamination remains an issue in the Kingdom. In fact, though Cambodia is considered a leader in the field of mine clearance, it will not fulfil the mine ban treaty's requirement of clearing all contaminated areas within a decade of signing the treaty. Instead, due to the extent of contamination in Cambodia, the government has already submitted an extension request, which will be reviewed at an international mine convention in Colombia in December.

The Impact exhibition will also travel to Colombia, which according to Alex is a great opportunity for both up-and-coming and well known artists in Cambodia to exhibit their art abroad. "The artists involved range from aged 23 to 54. There are very well established artists like Chhim Sothy or Suos Sodavy, as well as a couple of really young artists. This is a really good opportunity for them to exhibit in Colombia," Alex says, adding that she expects the exhibition will travel elsewhere too.

As one of the contributing artists, Srey Bandol is also pleased to see his paintings exhibited further afield. "It's good for the exhibition to go abroad, because I don't think people abroad understand what it's like to live with mines," Bandol says. He adds that he hopes efforts like this one will make countries eventually stop the production of mines altogether.

For Alex, one of the greatest achievements of the project is the level of co-operation it has achieved between different actors. "Many organisations have shared time or resources to make it happen, so it's a good example of how the Cambodian Government, UNDP, donors, and mine action non-profits, all working together, can really be successful in addressing the problem of mines," she concludes.

Impact will open to the general public on Thursday Oct. 1 and will run until Oct. 10 at Bophana Audiovisual Resource Centre, 64 Street 200. 

## Bootleg

AsiaLIFE's **Simon Jacy** dusts off his boots and pulls a few quick draws off the shelf.

### ■ SIN NOMBRE

(*Cary Joji Fukunaga, 2009*)

Sin Nombre, also known by its international English language title *Without Name*, is a thought provoking drama. Weaving together initially unrelated stories about would-be illegal immigrants to the US and the callow brutality of central American street gangs, the film has pace and keeps the tension high.

Many will guess the ending, but the journey is what this feature is all about, and its spectacular rendering of the huge expanses of the desert earned Sin Nombre both the Dramatic Directing Award and the Excellence in Cinematography Award at the 2009 Sundance Film Festival. The Spanish language dialogue with English subtitles may put off the lazy but everyone else will enjoy a film that is engaging if a bit predictable.

### ■ THE PRINCESS BRIDE


(*Rob Reiner, 1987*)

An unashamedly frantic comedy, adventure, romance and fantasy, the *Princess Bride* has earned a special place in the hearts of children, many of whom are now showing the film to their own kids. Presented as a book being read by a grandfather (Peter Falk) to his sick grandson (Fred Savage), the narrative style is skillfully interwoven with slick action and suitably cheesy asides. Florin farm hand Westley (Cary Elwes) must track down the love of his life, a

beautiful young woman named Buttercup (Robin Wright-Penn), after she reluctantly agrees to wed evil Prince Humperdinck (Chris Sarandon), heir to the throne of Florin. A trio of outlaws: a Sicilian criminal genius named Vizzini (Wallace Shawn), a Spanish fencing master named Inigo Montoya (Mandy Patinkin), and a gigantic Turkish wrestler named Fezzik (André the Giant) also insinuate themselves into the chaos, as does a sinister masked man in black. You won't regret giving this one a hundredth look.

### ■ AWAYDAYS

(*Pat Holden, 2009*)

Following on the heels (or perhaps rather the coattails) of the hooligan portraits *Cass* and *Rise of the Foot Soldier*, *Awaydays* is the latest expose of the already over-exposed seedy underbelly of the UK. Starring the undeniably talented and increasingly ubiquitous Stephen Graham, this confused, third-rate yawn-a-thon could be the laziest also ran of the year so far. Genuine talent is squandered with a phoned-in script that doesn't know if it's a sensitive coming of age drama or hard hitting thug tragedy. The lack of a real life back story means the hooligans are left fighting for nameless teams and some of the actors look like they were picked up from a Wirral dole office. Not even the top notch soundtrack can save this one. Just leave it alone la! 



# Arts Diary

## ■ OPENING THIS MONTH

### *A Dark Corridor*

*What lies in wait at the end of a dark corridor, what strange but familiar figures appear, what secrets are born?*

An exhibition of new works by Nicolas C. Grey opens Oct. 1 at Java Café and Gallery from 6 to 9pm. The show will run until Oct. 24.

### *The Lady Story*

An exhibition of portraits of women by award winning Thai artist Attasit Pokpong opens Oct. 1 at 7pm at the Chinese House. His work is a blend of vivid and pale colours – his paintings stick to the eyes and to the mind. Not to be missed.



### *Double Layers*

Sokuntak Piteak and Din Borin team up for a powerful joint exhibition at Meta House on Oct. 2, running through the month. Doors open at 6pm.

### *24 Hour Drawing Day @ Java Café!*

Once a year, cartoonists around the world participate

in 24 Hour Comics Day. On Oct. 3 at 8am Java Café & Gallery will host the Cambodian contingent, joining cartoonists all over the planet who are attempting to draw 24 pages in 24 hours.

For more information go to: [www.comicslifestyle.com](http://www.comicslifestyle.com) or [www.24hourcomicsday.com](http://www.24hourcomicsday.com).

### *A Tribute to Louis Braille*

The French Cultural Centre is holding an exhibition about Louise Braille on Oct. 15 – the bicentenary of his birth. Visitors will discover objects and documents to better understand the achievement of Louis Braille, and how the system has been adapted for Khmer script. Exhibition organised by The Cambodian Foundation Krousar Thmey.

### *Accumulation*

Exhibition by four artists, Chan Dany, Than Sok, Phe Sophorn, Sam On, opens at 7pm at the French Cultural Centre on Oct. 15, running through the month.

## ■ MUSIC AND EVENTS

### *On Trial from DC-Cam*

Signing and book launch at Monument Books/Java Tea-Room at 5pm on Oct. 3.

### *Bosbapanh*

Child prodigy performs a concert on Oct. 9 at Chaktomouk Hall. Tickets are available at Monument Books and Carnets d'Asie (CCF) for US\$5-US\$15. For more information see [www.bosbapanh.com](http://www.bosbapanh.com)

### *Phil and Richy*

Perform live at FCC's roof terrace Friday, Oct. 16 from 8pm until late.

### *Mispent Yooth*

Perform the finest Jazz, Blues and Funk live at Talkin to a Stranger Friday, Oct. 16 from 8.30pm to late.

### *Riverside Rhythms*

Live music every night of the week at Riverside Bistro.

### *Winking Music*

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

## ■ FILM

### *Indian Movies*


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

### *Wednesday Screenings*

Every Wednesday night The Chinese House screens films at 7.30pm. The film is preceded by a vegetarian meal at 6.30pm.

### *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 films include: (7pm start time unless otherwise noted) Oct. 1 – *Three Generations and The Flute Player*; Oct. 3 – *Zeitgeist: The Online Sensation Against Globalization*; Oct.

4 – *Cronenberg's Wicked Computer World: Existenz*; Oct. 6 – *Was it All a Lie?: A Film Investigation into 9/11*; Oct. 7 – *In Memory of Fassbinder: The Marriage of Maria Braun*; Oct. 8 – *Banned for 25 Years: Work, Love and Everything In Between*; Oct. 9 – *Fighting the Establishment*; Oct. 10 – *The Wave & Sun Alley*; Oct. 11 – *Korea's King of Cinema: Sympathy for Mr. Vengeance*; Oct. 13 – *The Gendered Lens: No Shortcuts to Change*; Oct. 14 – *Religulous*; Oct. 15 – *No Safety at the Workplace: Glawogger's Workingman's Death*; Oct. 16 – *At the Death House Door: The Right to Kill*; Oct. 17 – *Queer Cinema at it's Best: John Waters' Dirty Shame*; Oct. 18 – *The Beauty and the Beat of Japan's Cinema: Fireworks*; Oct. 20 – *Jimmy Carter – The man from Plains Comes to Cambodia*; Oct. 21 – *Burma VJ: Freedom Fighters with Video Cameras*; Oct. 22 – *The Mystery of Picasso*; Oct. 23 – *War on Terror: Taxi to the Dark Side and Road to Guantanamo*; Oct. 24 – *Bitter Mekong and Kampuchea: Death and Rebirth*; Oct. 25 – *Cherry Blossoms Hanami (only in German)*; Oct. 28 – *Terror's Advocate*; Oct. 29 – *Shaping Cambodia's Fate: the best Docs about King Sihanouk*; Oct. 30 – *Shadow over Angkor: Royal Production*; Oct. 31 – *Heart Pounding Flamenco Rhythms: Blood Wedding*. 



**META HOUSE PHNOM PENH**  
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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  
Sothearos 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 Sothearos 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 Sothearos 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 Sothearos 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

## Calm your monkey mind

Living in the capital can at times be less than a bed of roses, so on a quest for some inner peace, AsiaLIFE delves into the world of meditation, and finds out what this sitting still is all about.



Meditation sessions at Kundalini Yoga

EVEN IN PHNOM PENH, the pace and madness of everyday life often leaves little time for reflection and silence. While lying in front of the telly for hours on end may be a favourite relaxation technique for many, sitting still and focusing inwards may in fact be much more effective in helping you unwind. Though meditating is often easier said than done, committed practitioners all assure that focusing on yourself for an hour or two is most certainly more beneficial than staring at the goggle-box.

### ■ FINDING PEACE AND SERENITY

"Meditation does not always come easily," acknowledges the venerable Yos Hut Khemacaro of the Khmer Buddhist Foundation. Despite having been a monk for the past 45 years, he admits he too finds it challenging at times. "It's a learning process," he says, adding that beginners need to practice on a regular basis to get used to the techniques and

develop their understanding of the exercise.

Khemacaro runs the open meditation sessions at Wat Lanka, where foreigners are given the opportunity to immerse themselves in the teachings of Buddhism and through meditation learn about the concept of mindfulness. "Through the concept, you begin to notice phenomena in both the mind and the body. You learn to know things as they really are, you see the truth," he says.

According to Khemacaro, open meditation sessions have been running at Wat Lanka for 12 years. They remain popular amongst both novices and those more experienced in meditative practices. "People of all faiths come here to meditate," he says. "Some come out of curiosity, while others have meditated for a long time already".

For first-timers, the session starts with a short introduction to meditation, its purpose and technique, how to sit, and why

the practice is beneficial. Leaflets explaining Buddhist teachings are also available. Participants are then encouraged to meditate on the cushions of the main building's gorgeous top hall for at least 30 minutes.

Clearing your mind, whilst sitting cross-legged without moving a muscle, initially takes some effort. "If something aches, don't ignore it," Khemacaro advises, "focus on it instead and it will go away".

Not that meditation is meant to hurt. Yoga and meditation teachers Ann Sorita and Em Hong at Kundalini Yoga describe meditation as release – a way of awakening energies and clearing chakras. "The important thing in the practice is to be in the present moment," Sorita explains. "Our mind is like a monkey, when we try to calm it, it always jumps in every direction," she continues. "When you're in the present, the mind becomes calm".

At Kundalini, mantras are sometimes used to help clear the

mind. Em Hong clarifies that although the mantras have a religious background, the meditation practice itself is not religious. "We want the benefit from the sounds," he says, explaining that when sung, the sound combinations of certain mantras are said to have a beneficial effect on the body.

In Kundalini practice, meditation is usually part of the yoga practice, but special "Miracle Mantra" sessions are also offered at the centre. During these, participants first warm up with some exercises, after which mantras are chanted to music for up to an hour. "It's very fast to stimulate the meridian point in your mouth," Sorita says, but notes that the chant itself is basic and easily remembered.

Em Hong says that the effects of meditating vary from person to person, with some feeling calm after the exercise, whilst meditating for others can release stress and emotions, leading people to cry. "But it's all positive," he says.





**Kumar teaches at Raja Yoga**

■ **THINK ABOUT IT**

Positivity is also the focus of Brahma Kumaris Raja Yoga meditation. The Phnom Penh Raja Yoga centre is part of a world-wide organisation established in 1937, which aims to revive ancient teachings and explore spirituality. The organisation has 8500 centres in 120 countries.

Singaporean Kumar is the current teacher at the centre. “We use the power of thought – think about peacefulness and you will become peaceful,” he says. He argues that it is the nature of the mind to think, however that by replacing negative with positive thoughts we can find happiness.

“The aim of life is to be happy, but very often that is challenged by external events or circumstances,” he says. The focus of Raja Yoga meditative practice is thus to find peace within, not in external things such as wealth or a job.

According to Kumar, thoughts slow down through meditative practice, which allows you to find peace in the spaces between your thoughts. It sounds simple, and the peace exuding from Kumar, a practitioner for over 20 years, serves as good proof. Though it is likely to take some time for novices to find peaceful spaces between thoughts. By way of introduction to the practice, Kumar offers a seven-day meditation course, with one session per day. Like all sessions at Raja Yoga, the course is free of charge.

Raja Yoga Meditation is somewhat unusual in that the practice is done with open eyes. “The eyes are the windows to the soul,” Kumar says, pointing out that you wouldn’t close your eyes on a beautiful sunset either. To enable peace in the mind, Raja meditation also does not prescribe a particular seating posture, instead practitioners are encouraged to sit in a relaxed, comfortable pose. “Once the mind is peaceful, the body will become relaxed too,” Kumar explains.

Whichever style of meditation you choose, all practitioners agree that the real difficulty is in maintaining the sense of peace and calm in your daily life too, not just whilst meditating. Thankfully, Raja Yoga maintains an open house, meaning you’re welcome to pop in to regain your positive thinking at almost any time.

■ **WHERE?**

*Miracle Mantra, Kundalini Yoga, 6pm to 7.30pm Fridays US\$8 foreigners/ US\$3 Cambodians (for more information see [www.kundaliniyogacambodia.org](http://www.kundaliniyogacambodia.org))*

*Beginners class, Raja Yoga, 6pm Mondays, free of charge (for more information, see [www.bkrajayoga.org](http://www.bkrajayoga.org))*

*Open meditation sessions, Wat Lanka, Mondays, Thursdays and Saturdays between 6-7pm, and Sunday mornings between 8.30-10.30am, free of charge. 🙏*



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# 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 Tmao Wildlife Park

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

### Sorya Centre

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

## beauty products

### Angkor Soap

16 Street 374,  
Tel: 023 223 720  
www.angkorsoaps.com  
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).

# Sam Moffett: Do You Want a Personal Trainer?

*Sometimes you need a mental push, as well as a physical one, to get in shape...and two minds can be better than one when you're trying to excel to that next level of fitness.*

THOSE OF US LIVING IN Phnom Penh haven't really had much option of using a personal trainer in the past. The good gyms have good instructors who can guide you in your workouts and use of the equipment, but until recently there have been few if any qualified personal trainers (PT) available. Now there are a few, and plenty of reasons to consider using them. Among them:

### ■ LOSE WEIGHT:

The number one reason people choose PTs is to lose weight and get into shape. PTs can help with dietary and lifestyle advice as well as exercise plans, and keep you on track.

### ■ MOTIVATION:

Many of us just don't have the motivation to stick with a consistent exercise programme, and PTs can provide structure and accountability.

### ■ INDIVIDUALISED PROGRAM:

A PT can work with you to plan a safe and efficient programme that meets individual needs, i.e. work

around an injury, running a marathon etc.

### ■ EFFICIENCY:

PTs help you focus on results and stop wasting time with inefficient workouts.

### ■ YOU ARE NEW TO EXERCISE:

If you're an exercise beginner, PTs are a great fitness coach.

### ■ BREAK THROUGH PLATEAU:

You may be in decent shape but you've been there for years and want to take it to another level.

### ■ WORKOUT AT HOME:

Some PTs make home calls, and can bring fitness to you.

### ■ WORKOUT SAFELY:

PTs watch your form and can advise on your limits and strengths, and push you or slow you down as necessary.

*Personal Trainers can now be contacted through many of the main gyms in town.*

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

## 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.



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2- House No. 7, St. 334

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





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

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

**gyms**

**Clark Hatch Fitness Centre**  
 Intercontinental Hotel,  
 3/F Mao Tse Tung Boulevard,  
 Tel: 011 380 769  
 Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 8am to 8pm (weekends)

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

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

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

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

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

**VIP Club**  
 Norodom Boulevard,  
 Tel: 023 993 535

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

**hairdressers**

**Arya Vong Kim**  
 P31 Street Platinum  
 (by Sovanna Mall),  
 Tel: 011 516 575  
 Professional beauty salon run by French-Cambodian hairdresser Arya Vong Kim. Mainly focuses on quality hair care, including great cuts and colouring. The only authorised L'Oréal Professional salon in Cambodia. Open 9am to 8pm

**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 Amtall**  
 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.

**Hair & Nail Studio**  
 51D Street 214,  
 Tel: 023 992 626  
 Sleek new Cambodian-run beauty salon offers quality nail care using OPI products. Other services include hair, body and facial treatments. Prices start from US\$3 for a haircut, going up to US\$80-100 for more specialised treatments. Open 9am to 8pm.

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

tors 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.

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The Phnom Penh Post  
 ASIA LIFE guide

design by fal

# Beauty Spot: Menard Beauty Salon

AsiaLIFE pays a visit to a welcome addition to the Phnom Penh beauty salons. Photo by James Grant.

THE NUMBER OF QUALITY beauty salons in the Penh is increasing, with Menard beauty salon having opened on the quiet in April this year. Specialising in skin care and focusing on excellence in customer care, the new salon offers facials using Menard products, claimed to be the seventh best selling brand on the Japanese beauty market. Facials start at US\$25 for a standard one-hour treatment, which can be lengthened by special additional treatments, from US\$10.

The design of the salon is almost kitsch. Deep purple walls are decorated with flowers, beads hanging around lamps, and golden shelving. Yet the overall atmosphere is of quality, be it somewhere a character from Dynasty might find herself at home.

Treatments at Menard begin with a private consultation, where the therapist first takes your skin care history and then uses a special little wand to have a close-up look at your skin. Pictures from the wand are transmitted onto a TV screen, on which the therapist will point out your particular skin problems. It's not exactly pleasant to see your skin so close up, but it certainly serves a purpose in pointing out your problem zones. Based on the consultation, the therapist then decides on the treatment, recommending one of three standard courses with added extras as per need.



The facial itself is non-invasive (no nasty extraction of blackheads) and suitable for very sensitive skins as no scrub is used. Using what are labelled as "Japanese massage methods" the therapist cleans and rejuvenates your face and décolleté, using a variety of products, gentle suction and a mask. The result is fresh and moisturised skin, with no unnecessary redness or puffiness.

Menard products come in four ranges at the salon, beginning with the affordable Tsukika range, to the high-

class Embellir range. Retail prices for the products start at around US\$20, going up to US\$262 for the Embellir night cream. Menard products are made using natural extracts; for the Embellir range, extract from the rare – and expensive – reishi mushroom is used to rejuvenate the skin.

In line with the salon's focus on customers, there are hair salon-like chairs in front of mirrors available for customers to try the salon's products. Staff say it is not about the quantity of customers, but the qual-

ity of service. "If we focus on providing the customers with quality care, they will stay for life," says manager Sok Meng. He adds that to ensure staff remain on the top of their game, training is organised every 6 months by Menard-licensed therapists.

Relatively affordable and certainly professional, Menard is a welcome addition to the local beauty industry. Good English skills are an added plus.

**98 Norodom Boulevard,  
Tel: 023 220 240, 011 229 999.  
Open 8am to 8pm. 📍**



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more services @ [dermacareskinclinic.blogspot.com](http://dermacareskinclinic.blogspot.com)



**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.

**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.

spas

**Amara Spa**

Cnr. Sisowath Quay & Street 110,  
Tel: 023 998 730, 012 873 999  
Fax: 023 998 731  
www.amaraspahotelcara.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.



## European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

**Deborah Moore (UK) Dentist**  
**Eric Le Guen (FR) Dentist**  
**Channarith Penh (KH) Dentist**  
**Angela Clifford (AU) Hygienist**

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# Nick Walsh: Sleep – luxury or necessity?

SLEEP IS ONE OF LIFE'S most precious commodities – and increasingly so. One hundred years ago, we slept an average of 10 hours a night. Now, it's down to 8 – and decreasing. A good night's sleep transforms the day, while poor sleep can make life extremely challenging. Up to 75% of people report some sleep difficulty, but only a third ever talk to their doctor about it.

We need sleep – but how much is enough, and what does it actually do? Why do some people need less than others?

Until recently sleep was poorly understood. Only with the advent of modern technology such as MRI scanning have we been able to understand sleep's role in life. Sleep is said to be 'by the brain, of the brain and for the brain'.

Sleep is all about the mind. It's an actively regulated process which should be regarded as a reorganising process of the brain cells. This results in memory consolidation and assists learning. The brain does this by replaying key components of behaviours and thoughts, thus reorganising them and transferring them from short-term to long-term memory. This means both remembering facts but also tasks – such as playing an instrument or riding a bike. Dreaming is part of this, though there is a time lag of up to several days between what one experiences during the day and dreams at night.



## ■ HOW TO HAVE A GOOD NIGHTS SLEEP:

It's all about habit. In modern society many of us tend to abuse our natural day-night rhythm (diurnal or circadian rhythm) resulting in so-called 'social jet lag'. Over the long term this can result in the development of insomnia which can be difficult to correct.

It takes a few minor adjustments of habit and lifestyle to achieve a good night's sleep. You should aim for 7 to 9 hours.

## ■ OBEY YOUR BODY CLOCK

Get up at the same time every day.

Don't ignore tiredness. Go to bed when your body tells you it's ready.

Don't go to bed if you don't feel tired. You will only reinforce bad habits such as lying awake.

Get enough sunshine. Exposure to light during waking hours helps to set your body clock.

Improve your sleeping environment. Invest in a comfortable mattress.

Make sure the room is at the right temperature and is dark enough.

If you can't control noise buy a pair of earplugs.

Only use your bedroom for sleeping and sex.

## ■ AVOID DRUGS

Cigarettes may feel relaxing but nicotine is actually a stimulant and will effect your ability to sleep.

Alcohol may help you get to sleep, but as soon as it wears off you'll be sent into a mild withdrawal and be forced awake - often too early and feeling tired.

Sleeping pills are OK in the short term (a night or two) but commonly result in dependence if used for more than this. Use only with medical advice.

## ■ RELAX YOUR MIND

Compartmentalise any worries before bed, so you can spend a few minutes before sleeping focusing on something more positive – or read a book if you can't stop thinking about something

Relaxation and breathing exercises can help

## ■ OTHER TIPS

Exercise every day, but not close to bedtime and try not to overheat yourself – your body needs time to wind down.

Try not to engage in mentally stimulating activities close to bedtime. Use the last hour or so before sleep to relax your mind.

Avoid caffeine (coffee, Coke, chocolate) close to bedtime. Instead, have a warm, milky drink, since hot milk contains a sleep-enhancing amino acid.

Take a warm bath.

Turn your alarm clock to the wall so you can't see it

If you can't fall asleep within a reasonable amount of time, get out of bed and do something else for half an hour or so, such as read a book.

If you have tried and failed to improve your sleep, consider professional help by seeing your doctor.

*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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**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](http://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](mailto: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](http://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](http://www.yogacambodia.com)  
Classes daily: Yoga, Pilates, check web-site for schedule and prices.

**Pangolins Rugby Club**

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

**Royal Cambodia**

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

tennis

**The Club at Northbridge**

1km off National Road 4,  
Tel: 023 886 012  
Excellent tennis court. Book in advance.

**VIP Sport Club**

Norodom Boulevard, Tel: 023 993 535  
Courts are available for hire by the hour or for members.

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# next generation

## Halloween Fun

If you are new to Phnom Penh don't be fooled into thinking you'll miss Halloween this year. My daughter is still haunted by the image of four giant eyeballs passing silently down Street 57 in a Tuk-Tuk at sunset. Words by **Georgie Treasure-Evans**.

THIS YEAR, GIVEN THE recent blood-thirst for Stephenie Meyer's series of Twilight novels, I expect to see a lot of romantic, well-intentioned vampires lurking in the shadows of Phnom Penh. Should they come knocking at your door, don't be alarmed. Meyer's vampires are mostly vegetarian. You might want to hang a crucifix and a string of garlic round your neck to be sure, but they will probably be pacified with a spider web chocolate fudge muffin or a basket of bleeding eyeballs. Read on for more haunting Halloween party ideas and ask at your local school for details of organised Trick or Treat Tuk Tuk tours. Happy Halloween!

### ■ REPULSIVE RECIPES

#### Spooky spider web chocolate fudge muffins

Preheat oven to 190°C/Gas 5.

Heat 50g dark chocolate, 85g butter, 1 tbsp milk until melted. Stir. Cool.

Mix 200g self rising flour,  $\frac{1}{2}$  tsp bicarbonate of soda, 85g brown sugar, 50g castor sugar.

Add 1 beaten egg, 142ml sour cream. Mix well.

Stir into chocolate, don't over mix.

Bake in greased muffin tin or cases for 20 min.

Spread cooled muffins with melted dark chocolate. Pipe 4 circles of white chocolate on top. Drag a skewer from centre to the edge to create a cobweb effect. Alternate dark on white.

#### Sugary Eye Balls

Fill a basket of blood-shot, blood curdling starey eyeballs and offer them to hungry vamps at your door. Dip marzipan or cookie dough balls into melted white chocolate, add a smartie for the pupil and drip red colouring for veins. Black grapes are an easier option but not as fun to make!



#### Pumpkin pie

A traditional Halloween party would not be complete without pumpkin pie. Serve to exhausted parents with a glass of wine while they sit back and enjoy the chaos.

Preheat oven to 180°C/Gas 4  
Bake halved pumpkin for 30 mins or until soft

Scoop out the flesh and mash

Grind a packet of Ginger Nuts / Digestives with a pinch

of ground ginger / Cinnamon Grahams. Mix with  $\frac{1}{2}$  cup of melted butter. Stir and cook on the stovetop for 2 mins. Press mix into bottom of greased tart dish. Bake 10 mins.

Turn the oven up to 220°C/Gas 7

Mix 1cup mashed pumpkin with 100g sugar,  $\frac{1}{2}$  tsp salt, 1\_ tsp cinnamon,  $\frac{1}{2}$  tsp ginger,  $\frac{1}{2}$  tsp nutmeg,  $\frac{1}{2}$  tsp allspice,  $\frac{1}{2}$  tsp

cloves and 1 tin evaporated milk. Pour into cooled biscuit base. Bake at 220°C for 15 mins. Turn the oven down to 180°C. Bake for another 35 mins. Serve warm with double cream or vanilla ice cream. Enjoy cold, set leftovers the next day.

### ■ FREAKY FASHION

Olympic market (2nd floor) and Orussey Market (outside) has great fabrics and sequins for costumes, including a range of printed fake fur for animal costumes. BKK market is worth searching for princess costumes and black and red velvet dresses for your little witches and devils. Pick up a pumpkin while you are there for your lantern carving.

Cheeky Monkey at Le Jardin, also sells good costumes. Friends has a face painting team at their shop on street 13. They have a good creative repertoire or take along your own ghoulish design.

### ■ GHASTLY, GHOSTLY GAMES

Apple bobbing is the perfect Halloween game for the tropics. Hot and sticky Trick or Treaters can cool off whilst trying to pick up floating apples from a bowl of water... with their teeth! Warning – face paints may run.

Pin the tail on the devil, wart on the witch's nose, fangs on the vampire... let your kids decide!

Wrap the Mummy – use loo roll or old sheets torn into long strips. Who can wrap up their friend the fastest?

Sleeping witches, vampires, ghosts... again let your kids decide! The kids lie very still on the floor and when you move you are out. Perfect for calming down sugar fuelled zombies.

*Le Jardin*  
16 Street 360, Tel. 011 723 399

*Friends 'n' Stuff*  
215 Street 13, Tel. 012 955 722



# next generation guide



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

## cafés & restaurants

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

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

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

**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.

## classes

**Kids Create**  
Café Living Room, 9 Street 306, Tel: 023 726 139  
Art classes with Leah Newman each Wednesday at Café Living Room.

**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.

**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.

## pre-schools

**Gecko & Garden Pre-school**  
1 Street 282, Tel: 092 575 431  
This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wednesday and Thursday and costs US\$80 per child (Sep. to Dec.). Also has yoga and Khmer classes.

**Giving Tree Preschool**  
17 Street 71, Tel: 017 997 112, [www.thegivingtreeschool](http://www.thegivingtreeschool)  
Play-based programme in both English and French includes storytelling, music, theatre, role-play, dance and gym with large outdoor play area, playground with sandbox, and swimming pool. Takes kids from 18 months to 5 years.

**Tchou Tchou**  
13 Street 21, Tel: 023 362 899, [www.tchou-tchou.com](http://www.tchou-tchou.com)  
Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.

## international schools

See Business Section page 76.

## shops

**Jolly Baby & Kids**  
108-110 Kampuchea Krom, Tel: 012 995 795  
Wholesale and retailer store that sells clothing and toys for children.

**Farlin Showrooms**  
129 Monivong Blvd. 175A Mao Tse Tung Blvd., Tel: 023 228 222 / 012 875 222  
Sells a variety of imported products for babies and mothers imported from Taiwan.

**Kid's World**  
112 Sothearos Blvd., Tel: 012 661 168  
Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available.

**Monument Toys**  
111 Norodom Blvd., Tel: 023 217 617  
To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games. 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, coats and toys. Open from 8am to 8pm.



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Early Years Centre

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**British International School**  
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email: [ican@ican.edu.kh](mailto:ican@ican.edu.kh) [www.ican.edu.kh](http://www.ican.edu.kh)

# shopping & fashion

## Hidden Promises

Selection of Promesses lingerie range



■ AUBADE, COLLECTION PRÉCIEUX TALISMAN, Price unavailable at time of print



■ AUBADE, COLLECTION FLEURS DE POMMIER, Price unavailable at time of print



■ AUBADE, COLLECTION CARESSE SENSUELLE, Price unavailable at time of print



■ AUBADE, COLLECTION ART NOUVEAU, Price unavailable at time of print



■ AUBADE, COLLECTION BAHIA, SOUTIEN-GORGE CORBEILLE US\$62.30



■ AUBADE, COLLECTION ART NOUVEAU, Price unavailable at time of print



■ AUBADE, COLLECTION ART NOUVEAU, Price unavailable at time of print



# shopping guide

## art

**Happy Painting Gallery**  
FCC; Domestic Airport  
[www.happypainting.net](http://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. 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 Cambo-

dia 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 Sotheaors Blvd., Tel: 023 220 873  
[www.ichingdecor.com](http://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. Retailers 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 from 9am to 9pm (closed Monday).



■ AUBADE, COLLECTION ASAKO,  
SOUTIEN-GORGE BALCONNET  
US\$90.30



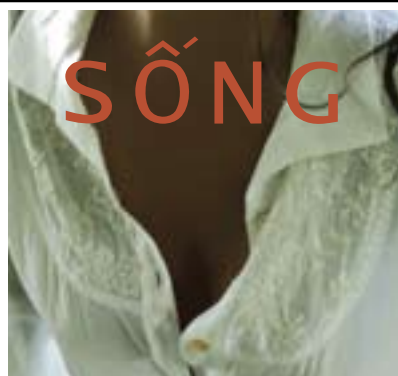
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CARETTE SENSUELLE,  
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■ AUBADE, COLLECTION ASAKO,  
SOUTIEN-GORGE CORBEILLE  
US\$83.30

### PROMESSES

20 Street 282. Tel: 023 993 527 / 011 527 074  
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### 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 amaz-  
ingly vibrant designs have collected quite  
a following throughout the fashion world.

### Jasmine Boutique

73 Street 240, Tel: 023 223 103

[www.jasmineboutique.net](http://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 de-  
signed to fuse west with east.

### Keo

92 Street 222, Tel: 012 941 643

Haute couture fashion house run by Syl-  
vain Lim, the grand master of Cambodian  
fashion. Has some pret a porter too.

### MDSF

71E0 Street 261, Tel: 017 467 986

[www.wwp-we.org/mdsf](http://www.wwp-we.org/mdsf)

Small garment factory produces simple  
clothes and bags. Proceeds go to sup-  
port 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 prêt-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](http://www.songresort.com)

Franchise of Vietnamese-based SONG label  
owned by Keo Sophea who managed Kam-  
buja. 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 con-

temporary 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 acces-  
sories, 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 sup-  
plies 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](http://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



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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.

**Madeleines Bakery**

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

**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.couleursdasic.net](http://www.couleursdasic.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**

**215 Street 13, Tel: 012 955 722**  
A colourful shop with unique products designed by Mith Samianh/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](http://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.

**Sobhana 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**

**Celiers d'Asie**

**635 National Road 5, Tel: 023 986 350**  
Wine supplier with the largest quantity of retail stock in town, the Celiers 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](mailto: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. **!**



shopping & fashion

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## The Hot Seat: Under the Mulberry Tree

AsiaLIFE talks with one of Cambodia's crop of emerging designers.

### Why did you choose to open a clothing shop?

When I first opened Mulberry, three years ago, I mostly sold Cambodian souvenirs. Then in 2007 the Cambodia hotel contacted me and asked me to design and create their staff uniforms. They wanted me to mix Chinese, Khmer and European styles. In doing this I realized that it had always been a dream of mine to design and sell clothes. I have always loved fashion.

### When did you first develop your sense of creativity?

I've been creative since I was young. I always cut my own hair and made my own clothes as a kid. I learned how to make traditional Khmer clothes from my Mother. She also used to make her own clothes.

### Do you design the clothing and accessories in your shop?

I design all of the clothes and the home décor – but the handbags and purses come from UNDP handicraft projects and from my friend's store, Kravan House.

### Where does your silk come from?

All of my silk is Cambodian, I buy it from Takeo and Prey Veng. I try to use all Cambodian products as much as possible. But for certain things I have to get materials from Thailand. For instance I use elastic thread for my dresses – this gives the pieces the ability to move with your body and makes for a more beautiful fit.

### Have you lived in Cambodia all your life?

Yes I have. I have been to Thailand and Vietnam but I've never been outside of SE Asia. I would very much like to travel around the world. I would love to go to Australia because I think I'd like the weather there. In November I'll be going to Singapore and Malaysia for a week on an iCAN school trip. (I also work as a kindergarten teaching assistant).



Sok Nareth: the woman behind Mulberry

### Where did you study fashion design?

I haven't actually studied fashion design in the usual sense. I used to work for a training organization called AAC, Artisans' Association of Cambodia. There I learned how to die cloth, and how to design bags and scarves, but they didn't teach me how to design clothes. I taught myself how to design clothes and how to embroider. Making European style clothing was something that I learned once I had opened my shop. It was difficult at first because Cambodian and western styles are so different.

### How did you learn to adjust your style?

I've learned from my customers. I also watch what foreigners

wear when they go to parties. I didn't know at first if people would like the styles I was trying or not because they weren't the styles I would wear. But I watched what my customers were ordering, and what they liked and made more of those designs and built new styles based on those.

### Where do you find your inspirations for designs?

I'm always looking at catalogues, magazines and the internet. I also like looking at what Angelina Jolie wears – I like her style.

### How is Mulberry different from other silk clothing shops?

I think we are all a little different. My designs are very unique because all of the styles come from


my head. In my shop I make only one of each design – so that people can look at what they like and then order one specially made for them. Also, I pay attention to what people like. So my clothes are carefully tailored to what people need, and what style will work well for each person.

### How have you promoted your shop and your designs?

Last year I had a fashion show at Gasolina. In the show I had some models wear traditional clothing while doing traditional things like harvesting the rice, and the men making palm wine. People loved it. This year I'll be having another fashion show in late November. I'm going to have it at FCC this time – just to do something different.

### Do you have any plans for expanding in the future?

I want to have the shop that is very fashionable. I want the inside to have a better design. I feel like everything in here is still very messy – I want it to look more elegant. This is only my first shop – I'm still learning.

Mulberry Boutique, 9 Street 51, Tel. 017 558 23. Mulberry Boutiques' silk dresses range from US\$60-140. Their silk shirts and trousers range from US\$30 to US\$45. Cotton dresses range from US\$20 to US\$45. All clothing can be custom made for you in two to three days – or 1 day if you're really in a rush. 

## CV

**Sok Nareth**

**Company:** Mulberry

**Position:** Clothing Designer & Owner

**Nationality:** Cambodian  
**Age:** 34

**Married:** No...but looking



# The Geek: Tips for PDF Applications



*This month Yeng discusses your options related to PDFs. PDFs are useful and important and certainly you've had some experience with them. But what exactly is a PDF? How do people use this format and why? What are the benefits and how can you use them on your computer?*

PDF STANDS FOR PORTABLE Document Format. As the name infers, this type of document is used for transforming any type of data file from any program to a printable version. It converts a document into a readable file so that the recipient doesn't need to have the program that the original file was created in. For instance, if someone created a brochure in Adobe InDesign and sends it to you, you would need Adobe InDesign on your computer to be able to open the brochure. InDesign is both expensive and large and most people, aside from graphic designers, are not likely to have it. That's where PDF comes into the picture. If you have a PDF reader and the file is sent to you in PDF format, you don't need to buy and install any additional software. Rendering the file into a PDF makes it accessible to everyone.

Another advantage of using PDF files is that they are usually lighter than the original file formats. This makes it faster and easier to send them via e-mail.

The current best PDF reader is without a doubt FoxitPDF. It's only 5MBs compared to Adobe Acrobat Reader's 35MB, making it lighter on your computer. Acrobat Reader takes a long time to load up whereas Foxit loads quickly, allowing you to access your documents right away. There are also free PDF convertors such as PrimoPDF (downloadable from [www.primopdf.com](http://www.primopdf.com)) and DoPDF ([www.dopdf.com](http://www.dopdf.com)). PrimoPDF is my favorite one because it gives you many options for

creating a document whereas DoPDF is simpler.

There is good news for Microsoft Office 2007 users as it has a free add-on available called Microsoft Save as PDF or XPS (only 934 KB to download). In any Office program, click the Microsoft Office button in the top left hand corner and then move the pointer over Save As. Then you can choose to download the add-on for Publishing PDF.

Portable files or extensions should be built-in or installed by default with the operating system, but annoyingly they're not. Having to download the 35MB Acrobat Reader while on a slow Internet connection can be really annoying. If you read this article all the way to the end, please text your name and 'PDF' to 012724100 to enter to win a prize. Give Foxit a try instead and save yourself some bandwidth and time.

*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](mailto:info@netpro-cambodia.com). Visit: [www.netpro-cambodia.com](http://www.netpro-cambodia.com) for more information.*



## business

### advisory services

**Alcoholics Anonymous**  
20B Street 286,  
Tel: 092 974 882  
[www.aaphnompenh.org](http://www.aaphnompenh.org)  
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

**Narcotics Anonymous**  
20B Street 286,  
Tel: 012 990 937  
Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

### Architecture & Design

**Architecture in Asia**  
Bassac Garden City,  
Street E Villar E10 (off Norodom Blvd.)  
Tel: 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](http://www.landscapecambodia.com)

### bikes & mechanics

**The Bike Shop**  
31 Street 302,  
Tel: 012 851 776  
[www.phnompenhbike.com](http://www.phnompenhbike.com)  
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

**Dara Motorbike Shop**  
339 Street 110,  
Tel: 012 335 499  
More of an off-road bike specialist, which also arranges Sunday trips into the wild.

**Emerald Garage**  
11 Street 456,  
Tel: 023 357 011  
Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a jeep.

### building

**Bizzy Beez**  
Tel: 012 755 913  
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

### business groups

**Australian Business Association of Cambodia (ABAC)**  
9 Mao Tse Tung Blvd, Tel: 023 215 184  
[www.abac.com.kh](http://www.abac.com.kh)

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

**Chambre de Commerce Franco-Cambodgienne**  
Office 13A Ground Floor  
Hotel Cambodiana, Tel: 023 221 453  
[www.ccfCambodge.org](http://www.ccfCambodge.org)

**International Business Club of Cambodia**  
56 Sotheaors Blvd, Tel: 023 210 225  
[zirconium@online.com.kh](mailto:zirconium@online.com.kh)

**Canadian Trade Commissioner Service Canadian Embassy**  
9 Street 254, Tel: 023 213 470 Ext 417  
[www.infexport.gc.ca/kh/](http://www.infexport.gc.ca/kh/)

**BCC / Malaysia Business Council of Cambodia**  
Unit G21, Ground Floor, Parkway Square 113, Mao Tse Tung, Tel: 023 221 386  
[mbcc.secretariat@gmail.com](mailto:mbcc.secretariat@gmail.com)

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

**Women's International Group**  
Tel: 092 942 435 / 012-934-831,  
email: [dortekieler@gmail.com](mailto: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](http://www.ababank.com.kh)  
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

**ANZ Royal Bank**  
Main Branch, 20 Street 114  
[www.anzroyal.com](http://www.anzroyal.com)  
Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of

## 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

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ATM machines around Phnom Penh and can arrange money transfers.

**Maruhan Japan Bank**  
83 Norodom Blvd., Tel: 023 999 010  
First Japanese commercial bank in Phnom Penh.

### Insurance

**AG Insurance**  
Hotel Cambodiana, 313 Sisowath Quay  
Tel: 012 195 35 85, [info@ag-service.org](mailto:info@ag-service.org)  
Professional insurance company offering health, home, car, factory, employee and hotel insurance packages.

**Asia Insurance Cambodia**  
5 Street 13, Tel: 023 427 981  
[email@asiainsurance.com.kh](mailto:email@asiainsurance.com.kh)  
[www.asiainsurance.com.kh](http://www.asiainsurance.com.kh)  
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

**Forte Insurance (Cambodia)**  
325 Mao Tse Tung, Tel: 023 885 066  
[www.forteinsurance.com](http://www.forteinsurance.com)  
The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

**Infinity Insurance**  
126 Norodom Blvd, Tel: 023 999 888  
Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

### International schools

**iCan International School**  
85 Sothearos Blvd, Tel: 023 222 418  
[www.ican.edu.kh](http://www.ican.edu.kh)  
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](http://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](http://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](http://www.niscambodia.com)  
USA accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds. PYP/IBO candidate school.

**Zaman International School**  
2843 Street 3, Tel: 023 214 040  
[www.zamanisc.org](http://www.zamanisc.org)  
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

### IT & software

**Conical Hat (Cambodia) Ltd.**  
Norodom Blvd., Tel: 023 362 957  
[info@conicalhat.com](mailto:info@conicalhat.com), [conicalhat.com](http://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](mailto:info@netpro-cambodia.com),  
[netpro-cambodia.com](http://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 Bldvs., Tel: 023 997 492,  
[www.thesecretarycambodia.com](http://www.thesecretarycambodia.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.

## 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: 023 723 999

**Siem Reap Airways**  
61A Street 214  
Tel: 023 722 545

**Silk Air**  
313 Sisowath Quay (Himawari Hotel)  
Tel: 023 426 808

**Thai Airways**  
294 Mao Tse Tung Boulevard  
Tel: 023 214 359

**Vietnam Airlines**  
41 Street 214  
Tel: 023 363 396



# Trevor Keidan: Cash Cow or Calamity?

*Driven by the global recession some French companies have turned towards investing in cows – is this anything more than a load of bouse de vache?*



TIRED OF THE STOCK market? Fed up with mutual funds? Looking for investments that you can really sink your teeth in to? Well, it appears that there are some companies in France that might just have what you are looking for. They are encouraging their clients to invest in cows – quite literally!

It's a novel way to invest in commodities and one that keeps the investor's feet planted firmly on the ground! In fact, if you wish, you can actually keep an eye on your investment with a trip to the country. You can even pat it on the head!

In this particular scheme the investor buys one or more cows. The cows are then rented out to professional farmers. As the herd increases the investment grows - in some cases as much as 7% per year (although a 5% return is more commonplace).

How does it work? Well, it is estimated that a herd of 20 cows will bring one extra head of cattle per year which is a 5% increase. To turn this (cattle) stock in to money investors have two options. They can sell the new cows that are produced by the herd (and take the profit) or they can allow the herd to build up over the years. If they choose to keep the 'new' cows they can

earn a regular income from the rent that is produced from the offspring that are often rented out to professional farmers.

While relying on a cow for your pension pay out might seem a little unusual, investing in regular run-of-the-mill commodities is becoming more and more popular. So much so that there are reports of an increased demand for commodity traders. Much of this demand is in Asia. It is matched by China's own demand on the individual commodities themselves. This new found demand for commodities is being seen as another sign that the recession might be coming to an end. It is also having an effect on the markets.

Let's take oil. You would be hard pressed to find a business programme that does not at some point during its broadcast mention oil and the effect it is having on the day's trade.

The reason for this is that that if the price of oil goes too high it could hamper a global economic recovery. After all higher oil prices mean increased business costs. This in turn means that instead of spending their earnings on recruitment or marketing, businesses are forced to spend on energy consumption.

Similarly when it comes to consumers, higher oil prices

mean higher energy and fuel costs. This means that ordinary people have less to spend on shopping, entertainment and holidays – the drivers of any economic engine.

While there is some debate as to whether the high price of oil a year or so ago actually contributed to the global financial crisis, there seems to be no doubt that it did make the crisis worse. Now the concern is that if oil prices get too high it will stall a much anticipated recovery. This is why the price of oil is followed so religiously by analysts and investors alike.

In much the same vein gold is also a barometer of the health of the global economy. It is seen as a hedge against inflation as well as a traditional safe haven during times of uncertainty – as is the case now.

This month gold topped USD \$1000 per ounce. This was its highest since February this year. Its meteoric rise was attributed, by some, to the fact that the recession might be coming to an end and speculation that inflation may well be on the horizon.

There have also been reports that the Chinese have been buying up gold because they want to stop relying on dollars. This, however, is a hotly debated topic.

Irrespective of the China-dollar debate, the simple fact of the matter is that a weak dollar affects the markets. A weaker dollar means higher energy prices. This is because oil is traded in dollars and becomes cheaper when the 'greenback' – as it is sometimes referred to - is weak.

In addition investors often turn to commodities such as oil when the dollar becomes weak. This could now explain the commodity trader hiring boom.

So investors with their eye on a profit might expect the price of oil (or gold) to rise as the dollar falls further. While this might not be good for the markets and the global economy in general, it could turn out well for investors. So if you are interested in investing don't ignore commodities. Not only can they give you a good indication as to where things are headed, they might just turn out to be a real cash cow!

*Trevor Keidan is Managing Director of Infinity Financial Solutions. This company provides impartial, tailor-made, personal financial advice to clients in Cambodia and Southeast Asia. Should you wish to contact Trevor please send an email to [tkeidan@infinsolutions.com](mailto:tkeidan@infinsolutions.com).*

## 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](http://www.asiamotion.net)  
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

**Melon Rouge Agency**  
84 Sothea's Blvd,  
Tel: 092 644 811,  
[www.melon-rouge.com](http://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](http://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](http://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](http://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.

**Camshin**  
6B-7B 294 Mao Tse Tung Blvd.  
Tel: 023 367 801  
Internet provider that also installs land lines and issues the 011 SIM card.

**City Link**  
170 Norodom Blvd.,  
Tel: 023 220 112  
One of the major internet providers in Phnom Penh.

**Ezecom**  
7D Russian Blvd.,  
Tel: 023 888 181  
[www.ezecom.com.kh](http://www.ezecom.com.kh)  
Internet service provider that promises boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

**Hello**  
Tel: 016 810 000, [www.hello.com.kh](http://www.hello.com.kh)  
Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

**Mobitel**  
33 Sihanouk Blvd., Tel: 012 801 801  
Largest ISP in the country. Major mobile phone company which issues the 012 SIM card.

**Online**  
60 Monivong Blvd., Tel: 023 727 272  
The biggest and most reliable of the Internet providers. Watch out for their hotspots around town.

**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](http://www.telesurf.com.kh)  
Internet service provider (ISP) providing 24-hour broadband Internet service. **F!**

## Vietnam's Best Kept Secret

For some time now Phu Quoc has developed a reputation as the island of choice for those looking to escape from Ho Chi Minh City. However, as **Mark Jackson** discovers, the less contentiously Vietnamese island of Con Dao has a lot more to offer intrepid travellers from Cambodia. Additional material from **AsiaLIFE HCMC**.



The Con Dao Archipelago consists of 14 pristine islands

UNTIL COMPARATIVELY recently gaining access to Con Son, the main island in the tiny archipelago of Con Dao, was arduous. A long ferry journey from Vung Tau or an expensive helicopter ride on an ex-military helicopter were the only options. Now the trip is a short, hassle-free flight from Ho Chi Minh City. This isolation has helped to preserve a rural atmosphere far-removed from the hustle and bustle to be found in southern Vietnam's biggest city.

Here you can sit on the side of the road eating a bowl of congee and play spot the car – apparently there is only one petrol station on the island. Locals come up to you and say “hello” and keep on walking without trying to sell you anything. This is Vietnam before the advent of mass tourism.

Not that the string of 14 islands off Vietnam's southeastern coast has always been a fantasy island. Originally settled by the

British East India Company in 1703, within a few years all the British commanders were killed by Sulawesi mercenaries who had been recruited to defend the fort.

For a long time Con Son was the country's Robben Island. Used successively by the French, South Vietnamese and Americans as a penal colony to incarcerate and torture political opponents, the dilapidated remains of the prisons, including the main Phu Hai Prison, built by the French in 1862, serve as a stark reminder of the brutality of the times. Close to the Revolutionary Museum, the prison has several detention centres with all too lifelike mannequins. The infamous Tiger Cages, built by the French in the 1940s, confined prisoners like tigers in the sun as wardens walked above them on grilles.

Many of those killed in the prisons were buried at Hang Duong Cemetery, including Vo Thi Sau, Vietnam's most famous war

heroine, who was executed on the island in 1952, at the age of 19. Her cemetery has become a shrine particularly for young Vietnamese women. There is also a striking statue of Vietnam's Joan of Arc, a good example of Communist art.

While Vo Thi Sau's grave has a clear headstone, many of the 20,000 graves for those who died here between the 1940s and 1970s lie unmarked. Several prisons and other dilapidated buildings lie scattered around the island, making it an interesting place to hire a bike. Ma Thien Tanh Bridge serves as a testament to the French occupation. Allegedly 356 people died during its construction, which started in 1930, until it was suspended in 1945. As you look at the collapsed bridge on a deserted hillside, you can only wonder as to what it was all about.

Fortunately Con Dao's future looks much more promising than its past. The islands are becoming

a leading light in the country's eco-tourism industry. Several of their beaches are the breeding grounds for the endangered Green Turtle. Each year from April to November, turtles return to the beaches where they were born to hatch their own offspring. Some 50,000 hatchlings make their way into the sea. The Con Dao National Park Authority arranges tours to the breeding grounds on Bay Canh Island with overnight stays. The best time to see the turtles is in June and July, according to Huynh Van Hung Hong of the Park Authority.

The marine park also has a rich marine life, with 1,300 species so far identified, including 342 species of hard coral. However, what makes the waters stand out is the clarity.

“At its best, water temperature wavers at 32 degrees with unlimited visibility,” says Jeremy Stein of Rainbow Divers. Jeremy opened Vietnam's first PADI dive centre





The view of Con Son Bay from Con Dao Resort

in the 90s, so he should know more about the country's waters than most. Off the archipelago's outer islands are 50-metre plus wall dives. If you are lucky you might even spot some endangered dugongs in the shallow waters around the harbour, especially in December and January. Hon Cau provides the best diving in the archipelago, including "some of the biggest table corals I've ever seen," according to Jeremy. Although, if you want to combine a dive with some turtle watching it's best to head for Bay Canh. "May through August is the best time to go," he adds.

The archipelago's eco-attractions are not just limited

to the sea. The National Park includes some 5,998ha of forest in addition to the 14,000ha of the marine park. A steep 1.5km hike takes you to the old fruit plantation at So Ray. Originally built by the French, with forced labour, like the rest of the island's buildings it has fallen into disrepair. Most of the trees were wiped out by Hurricane Lynda in 1997, but the park authority has planted some new trees, which attract two animals endemic to the island – the Con Dao Monkey and the Black Squirrel. There are great views across the bay from the watchtower, where you can also arrange to stay the night

with the park authorities, albeit in basic conditions..

Although the local master plan for tourism predicted two million tourists per year, this was extremely ambitious. This really is a blessing. You can find other islands with turtle-hatching beaches, great dive sites and hikes in unspoilt forest, but these have largely become well-established tourist sites. Con Dao's real charm is that it has not. Savour those "hellos" while they last. The arrival of the island's first exclusive resort – the Six Senses Hideaway currently under construction – could herald the dawn of a new era for this hidden gem of an island. **A**



Vo Thi Sau's grave



Each year turtles return to the islands' beaches to lay eggs



1,300 species of marine life have been identified in the park

# Our Man in Bangkok

rooftops, tree-tops, oddities, dreams



Rock and roll a-bye baby!

■ **DRINK:**  
**Bar Phranakorn**

Cocktail hour at Phranakorn Bar's decidedly cool rooftop bar is just a stone's throw from the infamous Khaosarn Road – which despite having been open for years still remains off the farang radar. Artsy Thais and students from the nearby Silpakorn University make up the majority of the crowd (there's an art gallery downstairs) and the eclectic music mix adds to the charm – you can hear jazz, drum n bass, Elvis and The Smiths all on the same night. Prices are reasonable, the food is good and the bar offers some of the best night-time views of the Golden Mount. Open 6.30pm - 1am daily.

*Ratchadamnoen Road, Soi Rajadamnern Klang South, Tel: (0)87-106 1984, (0)2 622 0282*

■ **DO:**  
**Flight of the Gibbon Bangkok-Pattaya**

This tree-top adventure course and open zoo tour is about an hour's drive outside of Bangkok and makes a new addition to the local repertoire of day trips. It's also the longest course of its kind in Thailand with 26 platforms and more than 3 kilometres of zip line. While it's a bit pricey (entrance costs 2,500 baht) it provides an unique and sometimes exhilarating view of the local wildlife, which includes giant squirrels, barking deer, macaques and gibbons.

*Tel: (0)89-970 5511, www.treetopasia.com*

■ **PARTY:**  
**Club Culture**

The oddness of Club Culture is part of its charm, this transformed restaurant and theatre still sports its original teak facade and interiors and would unlikely be described as “glitzy” – but this is a good thing. There's little of the pretence and ponciness that is commonplace at many of Bangkok's clubs. The dance floor is spacious, there's plenty of crash spaces to chill, and the music policy is diverse: expect new goth nights, indie bands, local hip hop deejays, and international names such as Ken Ishii and John “OO” Fleming. Open: 8pm – 2am.



Going Tarzan

*Sri Ayutthaya Road, Tel: (0)89-497 8422, www.club-culture-bkk.com*

■ **SLEEP:**  
**Dream Bangkok**

Stylish design hotel with a sister property in New York that manages to stay on the tasteful side of garish: rooms are well proportioned with subdued lighting and feature 42” plasma TVs and a decent sound system -- you even can borrow preloaded iPods from reception if you've forgotten your own. The hotel's Flava Bar makes a pretty good place to kick off the night's fun.

*10 Sukhumvit Soi 15, Klongtoey Nua, Wattana, (formerly the Somerset Hotel), Tel: 66 2 2548500*

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Email: goldenbanana2@gmail.com  
Website: goldenbanana.info

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Old Market area, Tel. 089 20 83 36  
open 12 am - late  
www.4faces.net





# Dispatches

movenpick hanoi, expat expo kl, saigon intercon, borneo marathon



## ■ MÖVENPICK HANOI

Those thinking of getting away to Hanoi could do far worse than choosing to stay at the Vietnamese capital's most recent four-star hotel, the Mövenpick Hotel Hanoi. The former Guoman Hotel, has had a major face-lift from its new Swiss owners. The 154 rooms and suites are impeccably fitted out, spacious and ideally equipped for business visitors. The Mangosteen Restaurant provides a wonderful buffet breakfast that would not look out of place in the new owners homeland. The hotel has a series of promotions until the end of the year, including complimentary one-hour body massage, buy two nights get the second for half price at the weekend, book four nights and get the final night for free and special golf promotions. Rooms range from US\$140 per night including breakfast.

For more information visit: [www.moevenpick-hotels.com](http://www.moevenpick-hotels.com)



## ■ INTERCONTINENTAL SAIGON

Sep. 9 marked the soft opening of the InterContinental Asiana Saigon in Ho Chi Minh City. With 305 rooms, five restaurants and bars as well as a spa and health club, the InterContinental is the first international luxury hotel to open in the southern Vietnamese city in the last four years. The hotel also has eight meeting rooms and the largest ballroom in the downtown area. A special introductory rate of US\$195+, including breakfast for two and complimentary use of the spa and swimming pool – both due to be completed in October – runs through to Dec. 31.

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

## ■ THE EXPAT ECO EXPO KL

From Oct. 17-18, the KL Convention Centre will host The Expat Eco Expo 09. The event features seminars, focus groups and cultural showcases to promote Malaysia to the international community. Covering tourism, real estate, education, healthcare, art, local culture, traditional crafts and much more, this is an ideal event for people who are thinking of relocating to or doing business with Malaysia. Representatives from expatriate organisations will be on hand to assist with questions, as will experts in various field who will present seminars on their respective topics.

For more information, visit: <http://www.expatecho.com.my>



## ■ BORNEO INTERNATIONAL MARATHON

The State with the highest mountain in Southeast Asia (Mount Kinabalu), the largest flower in the world (the Rafflesia) and at least according to Scuba Travel the world's third best dive site (Barracuda Point, Sipadan Island), is hosting the Borneo International Marathon. Kota Kinabalu in Sabah, Malaysia is the starting point for the race that takes place on Oct. 11. The second largest city in Asia is becoming an increasingly popular eco-tourist destination, no least because the state is one of the few natural habitats for the orang utan. The last day for registration is Oct.5.

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

## getaway

ChildSafe®



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

## battambang

## La Villa

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

## Riverside Balcony Bar &amp; Restaurant

West bank of river, Tel: 012 437 421  
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

## chau Doc (vietnam)

## Victoria Chau Doc Hotel

32 Le Loi, Tel: +84 76 865 010  
[www.victoriahotels-asia.com](http://www.victoriahotels-asia.com)  
A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages.

## phu quoc (vietnam)

## Chenla Resort &amp; Spa

Ong Lang Beach, Phu Quoc, Tel: +84 773 995 895,  
[www.chenla-resort.com](http://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](http://www.bokorlodge.com)  
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

## Epic Arts Café

Old Market, Kampot  
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

## Jasmine

House 25 Riverside Road, Kampot  
Tel: 012 927 313

Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Serves tasty Thai, Khmer and café fare. Also has photography decorating the walls, and occasional film nights.

## Les Manguiers

2km north of Kampot, Tel: 092 330 050  
Small resort with bungalows and rooms set in beautiful gardens overlooking the river. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

## Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769  
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

## Rikititavi

Riverfront, Kampot, Tel: 012 274 820  
[rikititavi@asia.com](http://rikititavi@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 premier games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

## kep

## Beach House

Opp. Kep Beach, Tel: 012 240 090  
[www.thebeachhousekep.com](http://www.thebeachhousekep.com)  
Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain.

## Champey Inn Resort

Tel: 012 501 742  
Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

## Knai Bang Chatt Resort

Tel: 012 879 486  
[www.knaibangchatt.com](http://www.knaibangchatt.com)  
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hoby cats.

## Le Bout du Monde

Kep, Tel: 011 964 181  
[www.leboutdumondekep.com](http://www.leboutdumondekep.com)  
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

## Led Zeppelin

At the roundabout, Kep  
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

## Star Inn

Kep Beach, Tel: 011 765 999  
Hotel overlooking Kep Beach that has good sized and elegant air-con rooms. Rooftop restaurant serves seafood and cocktails. It stays open to late at weekends.

## Veranda Natural Resort

Tel: 012 888 619, [www.veranda-resort.com](http://www.veranda-resort.com)  
Traditional wooden bungalows set in the 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](http://www.amanjaya.com)  
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

## Cambodiana

313 Sisowath Quay, Tel: 023 426 288  
[www.hotelcambodiana.com](http://www.hotelcambodiana.com)  
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

## Himawari

313 Sisowath Quay, Tel: 023 214 555  
[www.himawarihotel.com](http://www.himawarihotel.com)  
The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

## Imperial Garden Hotel

315 Sisowath Quay, Tel: 023 219 991  
Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

## Intercontinental

296 Mao Tse Tung, Tel: 023 424 888  
[www.ichotelsgroup.com](http://www.ichotelsgroup.com)  
One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

## Raffles Hotel Le Royal

Street 92, Tel: 023 981 888  
[www.phnompenh.rafles.com](http://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](http://www.sunway.com.kh)  
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

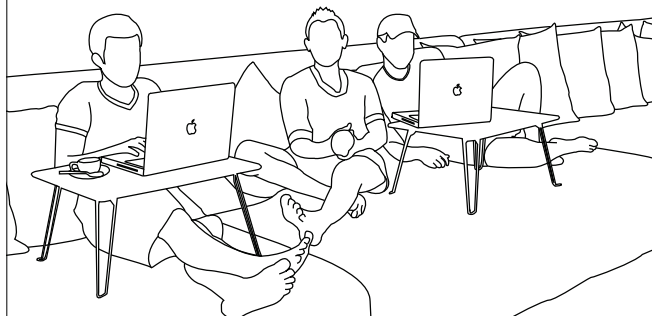
## phnom penh - mid

## 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 four rooms are air-con with bath, large safe, flatscreen tv and large working area



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# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



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 competitive 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.

### Bodhi Tree

50 Street 113, Tel: 023 998 424  
Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sieng.

### 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: 023 221 522,  
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.tonlesapguesthouse.com  
Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

### Velkommen Inn

23 Street 104 Tel: 092 177 710  
Just off the riverfront, situated above Velkommen Inn Restaurant is the guesthouse of the same name. The spotless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

### The Winking Frog

128 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 Pailote'

Victory Hill, Tel: 012 633 247  
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.



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

**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 Inde-

**The lesser seen Cambodia of Ratanakiri**

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. Superize 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 pastries 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 are 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

pendence Hotel – run by the Spanish-born Nunia, 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

PHOTO BY DAVID SEAFER

(1) Captain Scarlett (2) Deep purple (3) The Blue Lagoon (4) The Straus (the younger or !!) (8) Denmark (9) Take That (10) Libya (11) Trampoline (12) Curling (13) Disabled Volleyball (14) Cricket (15) Croquet (16) Football (Soccer) (17) Pelota or Jai alai (18) Gaelic football (19) Yachting (20) Ice hockey (21) Ruby (Ruby & Ruby Tues-day) (22) Annie's Song & Annie I'm Not Your Daddy (23) Maria (Maria & Maria) (24) Lola (Lola & Copacabana) (25) Delliah (Delliah & Hey There Delliah) (26) Sally (Mustang Sally & Sally Cinnamon) (27) Susie Q & Wake up Little Susie (28) Mary (Mary's Boy Child & Mambo No.5) (29) Sue (A Boy Named Sue & Peggy Sue (Got Married)) (30) Gloria (Gloria & Gloria) (31)

**Pub Quiz Answers**





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](http://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](http://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 photographers. Open 10am to 10pm.

**The One Gallery**  
The Passage, Old Market Area  
Tel: 015 378 088  
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. Open 11am - midnight.

**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**

**Amanrasa**  
Pokambor Avenue, Tel: 063 760 333  
[www.amanresorts.com](http://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](http://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](http://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](http://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.residenceangkor.com](http://www.residenceangkor.com)  
Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

**Raffles Grand Hotel D'Angkor**  
1 Charles de Gaulle, Tel: 063 963 888  
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds.

Has frequent art exhibitions and Apsara dancing on nearby terrace.

**Sokha Angkor**  
Cnr Sivatha Rd and National Rd 6  
Tel: 063 969 999, [www.sokhahotels.com](http://www.sokhahotels.com)  
Huge 5-star resort, sister property to 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](http://www.victoriahotels.asia)  
Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

**siem reap - leisure**

**Body Tune**  
293-296 Pokambor Avenue  
[www.bodytune.co.th](http://www.bodytune.co.th)  
Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

**Frangipani**  
Alley behind Pub Street,  
615-617 Hup Guan Street  
Tel: 063 964 391  
Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

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

**Phokeethra Country Club**  
Sofitel Royal Angkor Resort & Spa,  
Vithe Charles de Gaulle, Tel: 056 396 4600,  
[golf@sofitel-royal-angkor.com](mailto:golf@sofitel-royal-angkor.com)  
International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

**Sokha Helicopters**  
24 Sivatha Road Siem Reap,  
Tel: 012 184 8891,  
[www.sokhahelicopters.com](http://www.sokhahelicopters.com)  
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

**siem reap - restaurants**

**AHA**  
The Passage, Tel: 063 965 501  
Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open from 10.30am to 10.30pm.

**Alliance Café**  
7 Makara Street, Wat Damnak Area  
Tel: 017 809 010  
French restaurant established by Olivier Muzard in a beautiful building just across

**សណ្ឋាគារ ទ្រូងទំនេរ អង្គ**  
**GOLDEN ORANGE HOTEL**

Group 1, House No 7, Slokram Village, Siem Reap  
Tel: 063 965 389 - [www.goldenorangehotel.com](http://www.goldenorangehotel.com)  
[reservations@goldenorangehotel.com](mailto: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.

# 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	6	9	1	8	4	8	9	7
8	4	9	2	8	7	9	1	6
8	7	1	9	9	6	4	2	8
1	9	2	8	6	9	7	8	4
4	8	7	8	9	2	1	6	9
9	8	6	7	4	1	2	8	9
6	2	4	9	7	8	8	9	1
9	9	8	4	1	8	6	7	2
7	1	8	6	1	9	9	4	8

■ DIFFICULT

the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

### Burgers Without Borders

**The Passage, Old Market, Tel: 012 482 764**  
Specialty burger bar, with good burgers made from Brazilian beef and soy shakes. The burgers are between US\$3.75 to US\$4.75 and the shakes are US\$2.75.

### Butterflies Garden Restaurant

**535 Wat Bo Road, Tel: 063 761 211**  
[www.butterfliesofangkor.com](http://www.butterfliesofangkor.com)  
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

### Chez Ninie

**Lane off Pub Street, Tel: 012 582 782**  
Located conveniently right next to Miss Wong, this delightful small French restau-

rant 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-pannelled 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 vegetarian and non-vegetarian specialties. Open from 10am to 11pm with free home delivery.

### Meric

**Hotel de la Paix, Sivutha Boulevard**  
**Tel: 063 966 000**

**www.hoteldelapaixangkor.com**  
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

### Singing Tree Café

**Wat Bo Road, Siem Reap, Tel: 012 490 265**  
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialties. 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 Sihanoukville.

### Carnets d'Asie

**333 Sivutha Boulevard, Tel: 016 746 701**  
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

### Eric Raisina

**53 Veal Village, Siem Reap**  
**Tel: 012 965 207 / 063 963 207**  
Accessories, home decorations, textiles and clothing created by Madagascar-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 ballgown you forgot to bring with you.

### U-Care Pharmacy

**Next to Old Market, Tel: 063 965 396**  
Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

## travel

### 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. ■

# Sihanoukville





# unplugged

## Letter from America: The Cut Above

Will tries to save money by having a DIY haircut to calamitous effect

IN A PREVIOUS COLUMN I commented that, whether in Cambodia or wealthier nations, the local barber is a better economic savant than a legion of economists. Part of that is because the barber will give you one answer, whereas two economists are likely to give you three or more opinions.

Of course, that assumes you can afford to go to the barber.

Unless you're working for a large multinational corporation or a development agency with the letters "U" and "N" in the name, you learn to be frugal in Cambodia. While a certain segment of the foreign (and local) population is chauffeured about in sedans with tinted windows, most foreigners get around on bicycles, a Honda Super Cub or – that luxury of luxuries – the Dae-woo Tico. If you are a humble English teacher, missionary or a backpacker, you eagerly trade tips on where to buy a cheap plate of delicious fried rice or what shopkeeper in the Russian Market offers a discount on DVDs.

As a volunteer surviving a monthly stipend that wouldn't buy an iPod, I was elated to discover 50 riel notes. Those small denomination notes promised a newfound power to bargain, to dicker down to the penny (or at least 1.25 US cents).

That promise turned out to be a lie, as it didn't have the slightest effect on my bargaining power in the local market. I'd march up the shopkeeper, name my new, low, ridiculously exact price and be met with either a confused stare or a string of shopkeeper chatter, which predominately featured the words "chukewit" and "barang." I ended up giving most of my 50 riel notes away to beggars, who were just as disappointed with them as I was.

Any experience gained in Cambodia was of little use upon returning to the United States. Businesses in the U.S. generally have a menu of prices already



ILLUSTRATION BY WUTH / OUR BOOKS

prepared. Clerks rarely have the authority to reduce those prices, and even fewer clerks have any interest in haggling with a cheap-skate looking to save a few dollars.

And one thing you most certainly don't want to do is to stiff your barber. Underpaying him will certainly lead to disaster.

While American businesses see little need to lower their prices, the average American journalist is not so lucky with his wage scale. This recession has taught most journalists new vocabulary like "wage freeze," "pay cut" and "our last edition is tomorrow." Despite living in the land of opportunity and plenty, I needed to relearn my frugal ways.

Not having money to pay my regular barber, I bought a home barber kit and cajoled my wife into cutting my hair. It seemed like a simple way to save money for other newly luxurious expenditures, like health insurance and rent. My wife, who took a hair-

dressing class years ago in Phnom Penh, was eager to try it out.

Things went well. The reassuring buzz of the clippers and my wife's deft hands was transforming me from a shaggy oaf into a more professional and close-cropped oaf.

Then she said: "Oops!"

When someone is cutting your hair, there's really not much you can do after she says "oops." Your options are quite limited.

Unfortunately for me and my dreams of frugal, professional haircuts, a set of poorly worded instructions for one of the clipper attachments led my wife to cutting off a rather noticeable chunk of hair. An arc of scalp, from just above my right temple to behind my ear, was suddenly exposed. In one smooth motion, she had


made me more bald than three years of negotiating the Russian Boulevard on a bicycle.

It was something I could laugh about, I did get what I paid for.


Apparently my arc of scalp is something that men 10 years younger and infinitely hipper than me pay a premium for. It may also be a symbol for local gang leaders. That may explain why I'm hassled less often as I walk down the street.

Or maybe the botched haircut shows that I'm too cheap to panhandle.

It's their loss, I'd gladly give them 50 riel.

*Will Koenig is a journalist in Oregon, where he lives with his wife and son. As of press time, he is still gainfully employed. E-mail: will.koenig@gmail.com. *

### ■ GET INVOLVED

Do you have something to add or discuss regarding this story? Get involved online at <http://www.asialifeguide.com/Forum/> 

# Vox Pop: NGOs in Cambodia

What are NGOs, what do they do and does Cambodia still need them. You tell **AsiaLIFE**.



**NAME: GRAEME**  
**Occupation:** Teacher/ Writer

**Time in Cambodia:** 17 years.

**Define?**  
 An NGO is an organisation not run by the state and whose objective is not profit.

**Roll of NGOs?**  
 To support and provide social services and advocate for improvements in sectors such as human rights, education and environment.

**No longer need?**  
 Never. Even in the most developed countries there are those that need a hand and those who organize to help them.

**Your opinion?**  
 For the most part I think they work well. Some give voice to groups who'd otherwise be easily swept aside. There's also work done that we don't hear much about. For example, initiating rural income raising projects or providing thousands of wells and latrines in remote rural areas.

**NAME: ROTH**  
**Occupation:** Seller

**Define?**  
 An NGO is different to government. NGOs help people for free. They don't charge fees because they get sponsorship from abroad.

**Roll of NGOs?**  
 NGOs help the poor, orphans, children, and disabled people. They also teach skills such as sewing and other trades.

**No longer need?**  
 Maybe in 10 years, because Cambodia will be more developed. Hopefully Khmer people won't need help from abroad anymore. Hopefully Khmer people will be able to help each other.

**Your opinion?** NGOs are good. I have never heard bad stories about them. I think they are all good because they help people.



**NAME: MIKE**  
**Occupation:** Lawyer

**Time in Cambodia:** 3 months

**Define?**  
 An NGO is an organisation that strives to help people in areas where the government has trouble reaching them.

**Roll of NGOs?**  
 Cambodia is still a developing nation that needs help in the private and public sectors to reach its full potential. The role of NGOs in Cambodia is to provide that help.

**No longer need?**  
 Well, even the U.S. and other fully developed nations still have NGOs working on various issues, therefore you can't presume Cambodia will not need NGOs at some point in the future.

**Your opinion?**  
 In my experience, NGOs are extremely effective, representing those in the country who cannot act on their own. In general, I would say that yes, NGOs are effective.







■ **NAME: NALYN**  
**Occupation:** Marketing Manager

**Can you define what an NGO is?**  
 A non-governmental organisation that directly helps people. They don't make a profit, but donate money, education or skills.

**What is your understanding of the roll of NGOs in Cambodia?**  
 NGOs, even in other poor countries, help or save people, especially in the areas of education. Their roll is to educate.

**When do you think Cambodia will no longer need NGOs?**  
 If we see the small local people in Phnom Penh, it is easier to help them, but if we travel to provincial areas we really need NGOs there not to give money, but to educate, provide skilled training and protect them from bad people.

■ **NAME: TOM**  
**Occupation:** Tourist

**Length of Time in Cambodia:** 2 weeks

**Define?**  
 A charity preferred by the world.

**Roll of NGOs?**  
 NGOs should help people by training them to help themselves and they bring in money, while ensuring it goes to the right people whenever possible.

**No longer need?**  
 I don't know. We live in frightening times. Many people think there is a bleak future out there – that the apocalypse will come in 2012, that oil will run out, etc. Cambodia will no longer need NGOs when they most need them, because that's the way it always is.

**Your opinion?**  
 They seem to work. For example, people donate money to orphanages and the kids get a better upbringing because of the money donated. It is frustrating not to know what exactly needs to be done though.



■ **NAME: KHOM**  
**Occupation:** Tuk Tuk Driver

**Define?**  
 NGOs don't get sponsorship from the government. They are funded internationally and usually aim to help people.

**Roll of NGOs?**  
 NGOs help the needy. These include people with diseases such as AIDS, orphans, disadvantaged students and poor people. Also there is a good NGO called LICADHO, which helps people to fight evictions. If there were no NGOs in Cambodia, life here would be much more difficult.

**No longer need?**  
 It is impossible to say for sure. I would prefer if the NGOs stayed forever. If they left, I would be afraid that the standard of living of most people in Cambodia would worsen.

**Your opinion?**  
 I think NGOs do a good job. They help the disadvantaged and also employ and train Khmers and offer them very good salaries.




■ **NAME: BORASY**  
**Occupation:** Inventory & Admin Controller

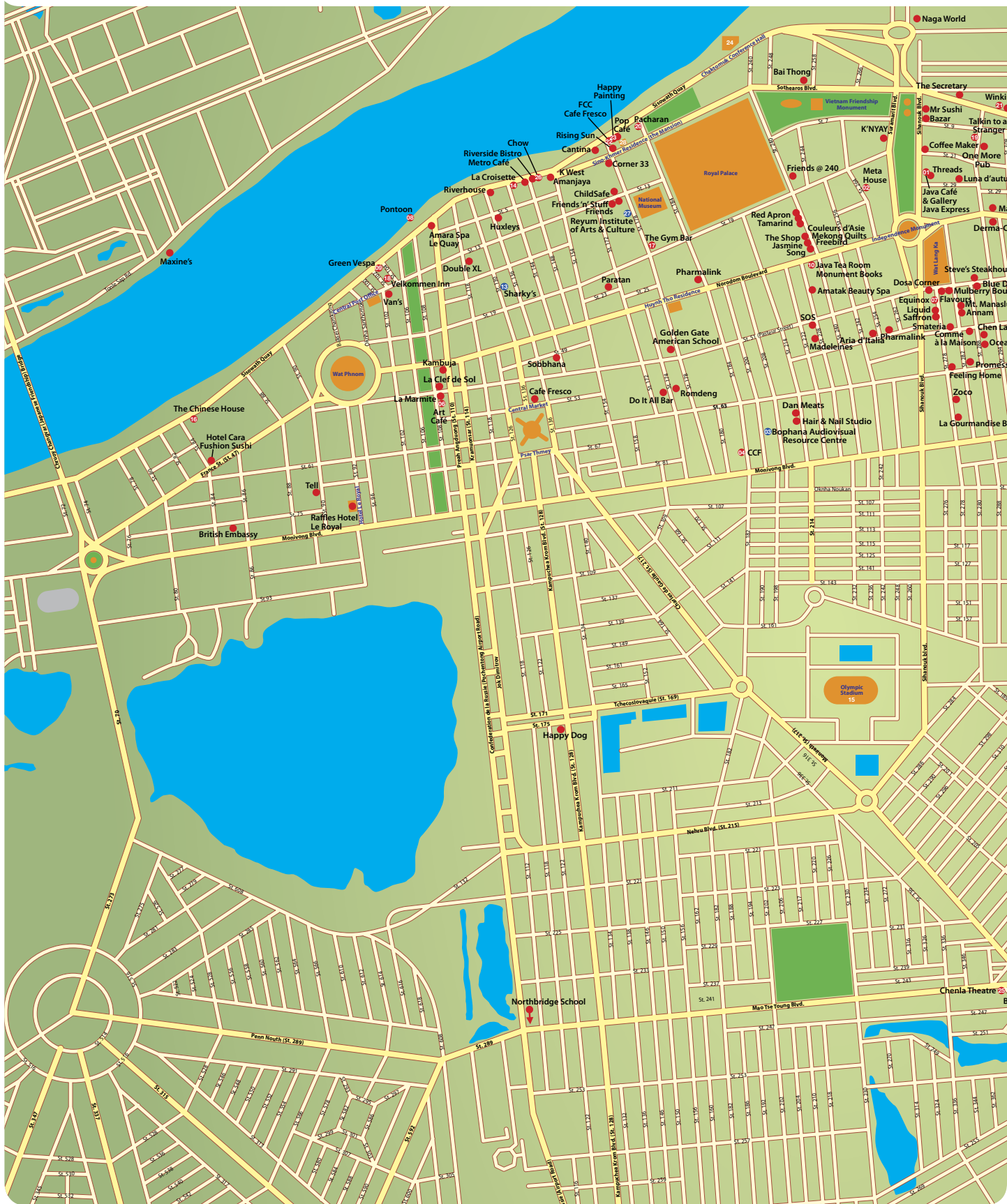
**Define?**  
 An NGO is an organisation that helps people with problems. NGOs are not connected to the government.

**Roll of NGOs?**  
 They do many things like human rights work, health issues, help refugees and help poor people.

**No longer need?**  
 Cambodia will always need NGOs because Cambodians will always have people who need help.

**Your opinion?**  
 I think that NGOs do good work here. They also tend to give good wages. 

# phnom penh: central







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# Horoscopes by hello

## Your future's looking bright

### October Horoscope

#### LIBRA (SEP. 24 – OCT. 23)

Happy Birthday Libra!! This is a strong month for you, Libra, in which your own personal needs, desires, and projects assume more importance. As you take a stronger, more assertive, and more independent stance, awareness of challenges from, and responsibilities to, a partner increases. In the next few years, you'll be especially aware of family dynamics – past and present – and how they are affecting your self-image today. Breaking free from past conditioning is a theme. The 3rd and 4th bring possible relationship tests, but also rewards.

#### SCORPIO (OCT. 24 – NOV. 22)

For the most part, this month will be a time of repose, of tying up loose ends, and perhaps letting go, Scorpio. However, career matters are dynamic, busy, and strong from mid-month. Sensitive issues or secrets are coming to light this month, and should be handled with care. The last week of the month brings a strengthening of personal spirit as well as increased focus, energy, and confidence. New responsibilities and commitments are presenting themselves, and you feel confident about taking them on.

#### SAGITTARIUS (NOV. 23 – DEC. 21)

This will be a powerful month for you, dear Sagittarius. The past months have been anything but light, and you are bound to feel more confidence, energy, and conviction now. By mid-month, your confidence in pushing matters forward and asking for what you want from life increases by leaps and bounds. Romantic connections and friendships tend to be supportive. Close personal relationships

are friendlier as well, particularly from the 20th to the 23rd.

#### CAPRICORN (DEC. 22 – JAN. 20)

This is a very busy month for career and professional matters, public exposure, and attention to business, Capricorn. What you do and say has significant impact this month. Tensions are building involving your own ability to take the lead and to manage others. It's a time of proving your worth, and you're likely to shine under this pressure. Domestic matters will need special care and attention early in the month.

#### AQUARIUS (JAN. 21 – FEB. 19)

October is a mostly happy and energetic month for you, Aquarius. Mid-month is a strong time for pushing forward with personal plans, particularly for presenting your ideas and matters related to learning or teaching. In the last week of the month, you'll be paying considerable more attention to both career and close personal relationships. Late this month you'll begin to see a new trend in which meeting your responsibilities not only comes naturally, it also feels good!

#### PISCES (FEB. 20 – MAR. 20)

Support from others, from friends, and business loans are in focus and possibly a source of stress this month, Pisces. Partnership matters improve, and you might even feel as if a weight has lifted from you in this area of life. However, relationships are not without intensity now. The need for new depths of intimacy will become increasingly clear. Career matters begin to move forward after a period of seeming standstill or stagnation.

#### ARIES (MAR. 21 – APR. 20)

A more sociable month is ahead for you, Aries. You're certainly more animated and self-expressive, as you leave work worries behind you. An opportunity for friendship from a surprising source is likely when the full moon stirs up emotional excitement. Relationships can be formed or strengthened on the 13th and 29th. But be aware that there is a building tension between your lack of attention to career and a close partnership.

#### TAURUS (APR. 21 – MAY 21)

Work matters are in strong focus for you this month, Taurus. You're also more concerned about your health and considering stepping up a fitness routine. There is a building tension, however, surrounding your attention to the more routine matters in your life and your need to move beyond the ordinary and mundane. Troublesome romantic matters are cleared up, and a new sense of purpose, or at least a new plan or resolution, is in place by the 13th. Expect renewed energy mid-month, and to enter a more sociable phase from the 23rd.

#### GEMINI (MAY 22 – JUN. 21)

A very sociable, lighthearted, and playful period in your life begins this month, particularly from the 10th forward. While last month you may have been cocooning a little, you're coming out of your shell now and determined to have some fun. Home life seems to be improving, ironically as you focus on it less. The last week of the month is busy and perhaps demanding when it comes to work and communications.

#### CANCER (JUN. 22 – JUL. 22)

The first two weeks of October remain strong for pushing personal projects ahead, Cancer, after which you begin to wind down and efforts to make yourself feel comfortable and secure are emphasized. The 3-4 brings the fruition of an important business project. This month is very active on the home front. Tension is building between domestic matters and one-to-one relationships, and finding a balance is something you'll be striving for.

#### LEO (JUL. 23 – AUG. 22)

This might be an especially busy and even hectic month for you, Leo. Your commitments to work and your need to run errands, learn, and network are both pressing, and finding a balance is necessary. The 9th to the 12th is a strong period for romantic relationships or creative projects. Watch for stress affecting your relations with others from the 28th to the 31st.

#### VIRGO (AUG. 23 – SEP. 23)

You have experienced some major changes recently Virgo, and this month new priorities are emerging as you restructure and begin a new phase in your life. There is a building awareness that you need to pay more attention to budgeting and paring down frivolous or otherwise unnecessary expenses in order to save more and consequently feel more secure and in control of your money. As Saturn moves out of your sign at the end of the month, you begin to feel re-energized and considerably more light-hearted. more private activities and passions. **F**

#### CELEBRITY BIRTHDAYS THIS MONTH

*Figures in brackets represent the age they will be on their birthday.*

Oct. 1 – Julie Andrews (74), Jimmy Carter (85); Oct. 2 – Sting (58); Oct. 3 – Neve Campbell (36), Gwen Stefani (40); Oct. 4 – Alicia Silverstone (33), Susan Sarandon (63), Anne Rice (68); Oct. 5 – Kate Winslet (34); Oct. 6 – Elisabeth Shue (46); Oct. 7 – Yo-Yo Ma (54), Vladimir Putin (57); Oct. 8 – Matt Damon (39), Sigourney Weaver (60), Chevy Chase (66); Oct. 11 – Luke Perry (43), Joan Cusack (47); Oct. 12 – Hugh Jackman (41); Oct. 13 – Paul Simon (68); Oct. 16 – Flea (47), Tim Robbins (51); Oct. 20 – Tom Petty (59); Oct. 21 – Carrie Fisher (53), Oct. 22 – Jeff Goldblum (57); Oct. 23 – Weird Al Yankovic (50), Michael Crichton (67); Oct. 27 – John Cleese (70); Oct. 28 – Julia Roberts (42), Bill Gates (54); Oct. 29 – Winona Ryder (38); Richard Dreyfuss (62); Oct. 31 – Peter Jackson (48). **F**



# This Month in History

revolutionaries, beer, poe, and good grief!

## ■ MARTIN LUTHER KING JR. AWARDED THE NOBEL PEACE PRIZE »»

October 14, 1964

Always a strong worker for civil rights for African Americans, King was, by this time, a member of the executive committee of the National Association for the Advancement of Colored People, the leading organization of its kind in the nation. He was ready, then, early in December, 1955, to accept the leadership of the first great African American nonviolent demonstration of contemporary times in the United States, the bus boycott, which lasted 382 days. On December 21, 1956, after the Supreme Court of the United States had declared unconstitutional the laws requiring segregation on buses, African Americans and whites rode the buses as equals. During these days of boycott, King was arrested, his home was bombed, he was subjected to personal abuse, but at the same time he emerged as an African American leader of the first rank. At the age of thirty-five, Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement.

## ■ THE FIRST OKTOBERFEST

October 12, 1810

Oktoberfest is a sixteen-day festival held each year in Munich during late September and early October. It is one of the most famous events in the city and the world's largest fair, with some six million people attending every year. It's an enjoyable event and an important part of Bavarian culture. The original Oktoberfest occurred in Munich, on October 12, 1810 to commemorate the marriage of Crown Prince Ludwig (later King Ludwig I) and Princess Therese of Saxe-Hildburghausen. The Munich Oktoberfest, traditionally, takes place during the sixteen days up to and including the first Sunday in October.



## ■ FIRST PEANUTS COMIC STRIP

October 2, 1950

Peanuts was a syndicated comic strip written and illustrated by Charles M. Schulz, which ran from October 2, 1950, to February 13, 2000 (the day after Schulz's death), continuing in reruns afterward. The strip is considered to be one of the most popular and influential in the history of the medium, with 17,897 strips published in all, making it "arguably the longest story ever told by one human being", according to Professor Robert Thompson of Syracuse University. At its peak, Peanuts ran in over 2,600 newspapers, with a readership of 355 million in 75 countries, and was translated into 21 languages. It helped to cement the four-panel gag strip as the standard in the US, and together with its merchandise earned Schulz more than \$1 billion. Reprints of the strip are still syndicated and run in many newspapers. It has been described as "the most shining example of the American success story in the comic strip field", ironically based on the theme of "the great American success story", since the main character, Charlie Brown, is meek, nervous and lacks self-confidence, being unable to fly a kite, win a baseball game and kick a football



(with the exception of "It's Magic, Charlie Brown" when he kicked the football while invisible).

## ■ THE DEATH OF EDGAR ALLAN POE

October 7, 1849

The death of Edgar Allan Poe has to this day remained a mystery. The circumstances leading up to it are uncertain and the cause of death is disputed. On October 3, Poe was found delirious on the streets of Baltimore, Maryland, "in great distress, and ... in need of immediate assistance", according to the man who found him, Joseph W. Walker. He was taken to the Washington College Hospital, where he died at 5 a.m. on Sunday, October 7. Poe was never coherent enough to explain how he came to be in this condition. He was buried after a small funeral at the back of Westminster Hall and Burying Ground, but his remains were later moved to a larger monument in 1875. It has been questioned if the correct corpse was moved. Theories as to what caused Poe's death include suicide, murder, cholera, rabies, syphilis and that Poe was a victim of cooping (Cooping was a practice by which unwilling participants were forced to vote, often several times over, for a particular candidate in an election). Evidence

of the influence of alcohol is strongly disputed.

## ■ THE DEATH OF AL JOLSON

October 23, 1950

Al Jolson was a Russian-born American singer, comedian, and actor, and, the first openly Jewish man to become an entertainment star in America. His career lasted from 1911 until his death in 1950, during which time he was commonly dubbed 'the world's greatest entertainer'. His performing style was brash and extroverted, and he popularized a large number of songs that benefited from his "shamelessly sentimental, melodramatic approach". Numerous well-known singers were influenced by his music, including Bing Crosby, Judy Garland, and Bob Dylan, who once referred to him as "somebody whose life I can feel". According to the St. James Encyclopedia of Popular Culture, "Jolson was to jazz, blues, and ragtime what Elvis Presley was to rock 'n' roll". Being the first popular singer to make a spectacular "event" out of singing a song, he became a "rock star" before the dawn of rock music. With his unique and dynamic style of singing black music, like jazz and blues, he was later credited with single-handedly introducing African-American music to white audiences. ■

# The QuizMaster

## COLOURS

1. Which Gerry Anderson creation worked for an organisation called Spectrum?
2. Ian Gillian and David Coverdale were both lead singers of which group?
3. In which film were Brooke Shields and Christopher Atkins shipwrecked on a desert island?
4. Whoopi Goldberg made her film debut in which film?
5. Which is the oldest national park in America?
6. How is Alecia Moore better known in the music world?
7. Who composed the waltz the Blue Danube?
8. Of which country was Greenland a colony until 1981?
9. Jason Orange was a member of which 90's pop group?
10. Which country's flag is only green in colour?

## SPORT

- In which sport would you:
11. Perform a Rudolph and a Randolph?
  12. Throw stones at houses?
  13. Watch the Phnom Penh ANZ Dragons vs the Siem Reap Globe Magazine Eagles?
  14. Stand at silly point?

15. Start at the south gate?
16. Nutmeg an opponent?
17. See the ball travel faster than any other sport?
18. Win the Sam McGuire trophy?
19. Trim your sheets?
20. Compete for the Stanley Cup?

## GIRLS IN LYRICS

- Which girls' names appear in songs by these pairs of artists?
21. Kaiser Chiefs & The Rolling Stones?
  22. John Denver & Kid Creole and The Coconuts?
  23. Blondie & Green Day?
  24. The Kinks & Barry Manilow?
  25. Tom Jones & The Plain White T's?
  26. Wilson Pickett & The Stone Roses?
  27. Creedence Clearwater Reviva & The Everly Brothers?
  28. Boney M & Lou Bega?
  29. Johnny Cash & Buddy Holly?
  30. Laura Branigan & Them?

ANSWERS ON PAGE 84

# Sudoku

**CANTINA**  
 Fresh Mexican Food

**Fun Mexican Food**  
 Kitchen open 3-10:30. Closed Saturdays.  
 347 Sisowath Quay. On the river.

This issue's puzzle is rated 'difficult' and includes eleven horizontal or vertical lines with only one or two 'givens'. Concentrate initially on the lines or squares that provide the most givens and you will soon start to make in-roads into the puzzle. Enjoy!!

8			6					
2								6
1	6			4		7		
6				7		9		
			2		8			
		4		9				1
		7		5			4	8
9								3
					1			2

Level: Difficult  
 Gwan Ching Lee's time: 30 mins  
 ANSWERS ON PAGE 86

# Quote Unquote

## WORK

- Some of us love it, some of us hate it...but we all have to do it.*  
 "Every day I get up and look through the Forbes list of the richest people in America. If I'm not there, I go to work."  
 - Robert Orben
- "Whenever you are asked if you can do a job, tell 'em, 'Certainly, I can!' Then get busy and find out how to do it."  
 - Theodore Roosevelt
- "Business conventions are important because they demonstrate how many people a company can operate without."  
 - Anonymous
- "If A equals success, then the formula is A equals X plus Y and Z, with X being work, Y play, and Z keeping your mouth shut."  
 - Albert Einstein
- "The best way to appreciate your job is to imagine yourself without one."  
 - Oscar Wilde

Tip #7

When everything's OK,  
say **"Min ey tay"**

by hello

015/016/081



# លោកឱ្យស្គាល់ មើលឱ្យឆ្ងាយ កសិឱ្យខ្លាំង ហើយសម្រេច យកជ័យជំនះឱ្យបាន

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ទស្សនាការប្រកួតកីឡាពាល់ទះជើងសជាតិ Cellcard 2009 វគ្គផ្តាច់ព្រ័ត្រ  
 ថ្ងៃទី 16 តុលា ខាងមុខនេះ នៅពហុកីឡាដ្ឋានជាតិអូឡាំពិក ចាប់ពី  
 ម៉ោង 7 យប់ ។ សូមចូលរួមទស្សនាដោយឥតគិតថ្លៃ !

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