

PHNOM PENH

ASIA LIFE guide

112009
ISSUE 35



THE RETURN OF FILM

Cambodia's Movie Industry Comeback?



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what's on in
november 2009

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atow 2 WATER FESTIVAL	atow 3 WATER FESTIVAL	4	5 F Happo House FCC Bar t: 012 253 222	6 atow	7 atow HABANA REVOLUCIÓN	8
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16	17 cañero 50% discount on selection of bottle of wine & wine by glass 5pm - 9pm daily Price \$6.00 only	18	19 atow Daily Happy Hour 4pm - 8pm 50% on Cocktails & \$1 Tiger Draught	20 atow @CHOW JURAM	21 atow @FCC PP JURAM	22
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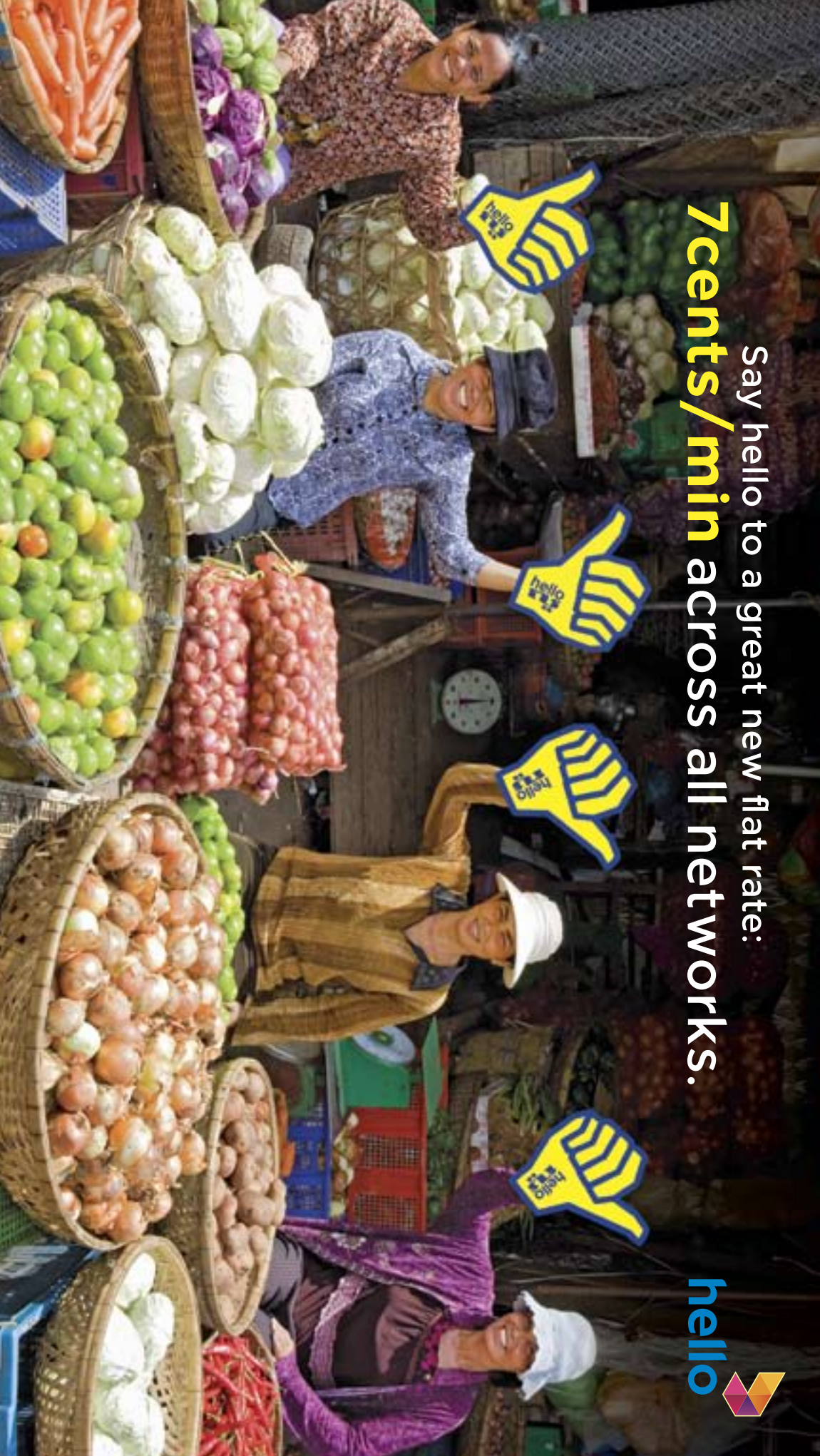
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Editorial

ONCE UPON A TIME IN A kingdom not so far away there was a thriving film industry. People would flock from the provinces to line up to see the latest Ly Bun Yim film. Men and women would marvel at Dy Saveth's beauty on the big screen. Last month saw a festival and exhibition at The Chinese House that commemorated the 'Golden Era' of Cambodian film. Our quest this month was to discover if this once thriving industry could re-emerge from its own ashes. Nora Lindstrom spent some time speaking with the new film 'heavies' as well as some of the remaining superstars of the past. She even got to have some one-on-time with everyone's favourite Hong Kong Kung Fu King, Jackie Chan.

With the same topic in mind we sent our photographers out to speak to Phnom Penhers about their favourite films, be they Khmer or otherwise. Danielle Craishe caught up with the members of the film company Good Morning Beautiful about their jaunts around the globe creating hard hitting documentaries

about the world's most precious commodity.

With all the new additions to Street 240, we felt it was high time to revisit the beloved expat street. All the oldie goodies are still there, but you might be surprised at the shiny new gems that have recently appeared.

On the food and drink front, - even with Mark out of the country - we've gone very English this month. No, we haven't delved into beer, Pimms and curry, think more traditional - think tea and fish'n'chips. Nora searched for the perfect batter and learned a thing or two about "the way of tea".

Last month, in our leisure section, we suggested that all of us could do with a bit of inner calm. This month we've let the pendulum swing to the other side and have headed for the casino. Or maybe we're just so Zen that we've mastered the perfect poker face.

From film stars to shuffleboard bars his issue has everything - even a superhero.

Naomi T. Robinson
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The Month That Was

sports, comics, beer

■ NEAR-OLYMPIC RUGBY

Olympic Stadium was taken over by rugby on Oct. 24 as this year's ANZ Royal Angkor 10's tournament kicked off. The 12 participating teams included not only Cambodia's own Sisowath Knights, Stade Khmer and Les Piliers d'Angkor, but opponents from further afield such as the Seoul Survivors, Dubai Exiles and Manila Nomads. The tournament was fast paced as the 2009 champions had to be found by nightfall due to lack of floodlights at the stadium, and the visiting teams that proved tough opponents for the Cambodian teams. The final saw Hong King's Rhinos RFC pitted against the Bangkok South-erners, which they eventually beat with a respectable score of 7-0. The event was completed with an awards dinner buffet at Himawari Hotel, where Cambodian Bun Thon, of Stade Khmer, was awarded most valuable player.

■ ROAST PIG AND SAUERKRAUT

As Cambodians celebrated Chinese Moon Festival with cakes and crackers on Saturday, Oct 3rd, the capital's friends of all things German headed to One More Pub to celebrate the traditional Octoberfest with beer and a buffet. With Bavarian music playing in the background, punters eagerly munched on the

whole pig that had been roasted especially for the occasion, as well as other German delicacies such as sauerkraut, Bavarian sausage, pig's brawn and pretzels. Free flow of wine and beer (alas not of the German kind) was included in the US\$22 priced buffet, though amounts drunk were likely to pale in comparison with the almost 7 million litres of beer drunk every year at the official sixteen-day festival in Munich. One More Pub owner Peter noted the Phnom Penh party came at the very last official day of the Octoberfest.

■ LADY STORY

On a night of not one or two but three exhibition openings, Thai artist Attasit Pokpong's "The Lady Story" opened at Chinese House on Thursday Oct 1st. The exhibition features large, spell-binding portraits of demure young women in a blend of vivid and pale colours. The theme was originally inspired by Pokpong's girlfriend, though the series of portraits later began including female creations of his own imagination.

The exhibition is the well-known artist's first in Cambodia, though he has exhibited extensively in his native Bangkok, as well as the UK over the past 15 years. Despite the size of the paintings, the artist said he only spends up

to five days making each, as he feels the emotion gets lost if he spends weeks preparing them.

Chinese House, which is increasingly making its mark in the local arts scene, was the perfect setting for the paintings, as the spacious gallery with high ceilings allowed viewers to take a step back to feel the full impact of the entrancing portraits. The exhibition will be showing until Oct 15th.

■ BONG THOM IN HARD COPY

Popular job seekers' website Bong Thom expanded its reach in October by launching a printed version of its listings. Promising to be of "international standard", the hard copy publication will feature shortened versions of the website's listings, which in addition to vacancy announcements include classifieds sections for property, accommodation, vehicles and IT services among other things. The short listings will then point readers to the well-known for the full listing. For more information, visit www.bongthom.com

■ ROCK 'N ROLL PARTY-GOLDEN REAWAKENING

It was not the South East Asian version of American Bandstand that followed the Saturday, October 24th conference on '60s Cambodian Music and fashion show. Instead, a live spunky

Cambodian Rock n' Roll DJ set complete with boogie woogie beats that was responsible for inspiring the "Golden Reawakening" of Khmer cinema and music not seen in this country since the latter half of the last century, before the Khmer Rouge. In classic rock attire, men showed up at The Chinese House outrageously clad in colorful patterned shirts and bell-bottom pants, their partners carefully dolled up in '60s skirts, rosy cheeks and puffy hair ready to roll back into the style of the golden era. In the presence of the elderly producer Ly Bun Yim and surrounded by vintage Cambodian cinema posters depicting his famous productions like "Khmer After Angkor", all party-goers broke loose—free-style Apsara hands beckoning dance partners onto the floor and gyrating hips twisting long into the night.

■ A NIGHT OF WINE

On Oct. 23 Quarto Products hosted an evening of Premium Italian wines matching Asian flavors at Raffles Hotel Le Royal. In the beautiful, chandeliered dining room guests were treated to a six-course meal prepared by guest chef Wayan Mawa, paired with seven wines, from the northern region of Italy. Stand-outs were the 2003 Garofoli Podium, an intense, complex, woody white paired with lemon-



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grass and cumin cured salmon, and the rich, spiced duck breast paired with a spicy, mountain-berry tart, velvety Mantellassi Querciolaia Alicante.

Quarto and Grandi Vini D'Italia Group, who provided the wines, are eager to stoke the embers of an emerging market that's heating up as wine grows more popular in the region, and to meet the unique, exciting challenge of matching wines to Asian flavors. "Wine is a beverage, but so much more – intimate and personal, that's what this event is about, finding deeper understanding and pleasure through the flavors," explained Renato Buhlmann, Quarto Product's Managing Director.

All of the wines featured can be purchased at Quarto Product's new showroom, along with a variety of premium wines and specialty foods. #30 & 31, Street 108, open Monday – Friday, 8:30-7pm, Saturday 8:30-1pm.

■ TWISTED, YET DELIGHTFUL ART AT JAVA

The dark and discomfiting art of Nicolas C. Grey took centre stage at Java Café & Gallery on Oct. 1, with the opening of A Dark Cor-

ridor, the self-taught artist's second exhibition at the venue. Featuring unsettling drawings, strange collages, as well as disturbing photographs of social outcasts, the exhibition questions the common perceptions of good and evil. By combining religious symbols with surrealism and pop culture, the artist invites the viewers to see the real nature of humanity, beyond the garb of seemingly benign authority. Although the sinister atmosphere of the exhibition was accentuated with music, smoke and live candles, there was nevertheless something strangely enchanting in the intricate drawings of suffering people and menacing apes created by the artist. As usual, Java treated Phnom Penh's art enthusiast to drinks and snacks. The exhibition runs through to Oct. 24.

■ 24H COMICS

The new extension of Java Café was the scene for Phnom Penh's second annual 24h Comics Day on Saturday Oct 3rd. Organised by comics aficionado John Weeks, the event started at 8am and continued through the night until the next morning, with artists pop-

ping in an out to make their contributions. The idea behind the international initiative, now in its 6th year globally, is for each artist to spend 24 hours straight making a 24-page cartoon. Weeks adapted the concept slightly, challenging Phnom Penh's comickers to spend one hour making one page each, all of which will be exhibited at Java for the coming month. The event marks the first full-blown 24h comics marathon in Cambodia, though a smaller event was held last year too. The 'Best of' pages from both 2008 and 2009 will be collected in a photocopied 'zine' collection and archived on the web as a 'Who's Who' of contemporary Khmer comic art by Our Books, as well as sent to the permanent 24 Hour Comics archive. For more information, see www.comicslifestyle.com

■ IMPACT AT BOPHANA

VIPs and other distinguished guests gathered at Bophana Audiovisual Resource Centre on Wednesday, Sept. 30 for the launch of Impact, an art exhibition about landmines in Cambodia. Featuring artwork by ten Cambodian artists, the exhibition aims to raise awareness of the destructive power of mines, as well as celebrate the achievements of mine action in Cambodia so far. As part of the two-month long UNDP-funded project, the participating artists were taught about mine action, met with survivors of landmines and were further taken to minefields to experience the safe detonation of a real mine. The group of artists includes established names on the Cambodian arts scene such as Srey Bandol and Em Riem, as well as young landmine survivors exhibiting their works for the first time. The interesting and well-presented exhibition was curated

by Sasha Constable, and is open to the public until Oct. 10, after which it will travel to Colombia.

■ IF LOVE IS SILK, ERIC RAISINA – MCDERMOTT GALLERY

In an unusual move on Oct. 15, the McDermott Gallery opened an exhibition of the fashions of long-term Siem Reaper, Eric Raisina. Not art as such, it's much, much better than that. This is the kind of creative work that you, not your walls, wear. It's all about the texture" says fellow designer Don Prosatio, "he takes it beyond mere silk. It feels like so much more." and it really does. Raisina's signature "silk fur" is exquisite to touch, and this texture is perfectly worked by Eric, who designs relatively structured pieces, designed to show off the fabrics, crotchets and motifs to their best effect, creating clothes that are gorgeously romantic and ultra-feminine.

Eric's clothes are sold in Siem Reap and Phnom Penh, as well as Paris, Shanghai and Johannesburg. This is your chance to pick up haute texture, haute couture, with a Cambodian touch.

■ GOLDEN ERA AT CHINESE HOUSE

Phnom Penh's film buffs turned up en masse to Chinese House on Oct. 17 for the opening of Golden Reawakening, a festival and exhibition celebrating Cambodian film from the 1960s and 70s. Though over 350 films were made during what has been dubbed the "golden era" of Cambodian film-making, only 33 movies remain. Curated by Davy Chou, the exhibition showcases major actors and filmmakers from the time, together with themed art created by contemporary young Cambodian artists. In addition, 11 films from the period will be screened on a daily basis for a week.

The opening event was attended by a number of dignitaries supporting the project. Also present were Ly Bun Yim, a filmmaker in the 60s, and Dy Saveth, one of the most famous actresses of the time. Both lamented that so many of their co-workers perished during the Khmer Rouge, but expressed their joy to see such a tribute to a bygone time.

The exhibition runs until Oct. 25, with film screenings at 4pm and 6/7pm daily. For more information visit www.konkhmerkounkhmer.blogspot.com

■ EXCITING VOLLEYBALL FINAL

The grand final of the Cellcard-sponsored National Volleyball League 2009 took place at Olympic Stadium on Oct. 16 with

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the Kampong Speu Global Giving Scorpions against the Siem Reap Globe Magazine Eagles. In front of a 200 strong crowd, the teams battled back and forth in the first match, with the Eagles pulling ahead with some fantastic untouched serves, to lead 9-14 midway through the first set. However, the Scorpions played the ball skillfully and tied it up at 15-15, after which the game went neck to neck until the teams were at 26-26. No one could get the required two point lead to break the set, until the Eagles set up a beautiful spike and put it away for a 26-28 win of the first set. The Eagles also dominated the second set, with the Scorpions increasingly losing confidence, losing the set 14-25. By the third set, the banging of plastic bottles and chirping of bats was getting both teams fired up. The Eagles continued to dominate though the Scorpions were unwilling to let go of the trophy easily. At one point the Scorpions managed to get to 18-22, but in the end it was the Eagles who took the win at 21-25. Both teams finished with a celebration, with the Eagles cashing in \$3000 in addition to the championship title, while the Scorpions were awarded \$2000.

■ SUGAR AND SPICE AT MALIS RESTAURANT

Chef Luu Meng showed off his skills on Oct. 7 when a group of dignitaries and industry professionals gathered at Malis restaurant for a special dinner highlighting Kampot Pepper and Kampong Speu Sugar Palm products. The menu, designed especially for the occasion, consisted of delicious rolled chicken and beef, young bamboo and smoked fish soup, as well as fries and scrumptious pumpkin dessert. All dishes were made using pepper and sugar palm, showing how unique Cambodian products can be used in top end restaurants to achieve delicate and mouthwatering flavours. Speeches detailing the history of the products were also given, and it was noted that both Kampot Pepper and Kampong Speu Palm Sugar have recently been promoted as far away as Paris.

■ BRAILLE AND ACCUMULATIONS

The French Cultural Centre was the site of not one but two exhibition openings on Oct. 15.


Introducing the sighted to the world of the visually impaired, the bicentenary of the birth of Louis Braille was marked by an exhibition

showcasing the development of a reading method for the blind. Hosted by local NGO Krousar Thmey, the exhibition details the history of the Braille method, as well as the life of its inventor Louise Braille, himself blind. In addition, it outlines how the system has been adapted for Khmer script, and efforts to support the blind in Cambodia.

Though the visually appealing displays were lost on the blind visitors, all material was also available in Braille and sighted visitors were encouraged to get a feel for the method through an interactive display of Braille books. Guests were also invited across the street to view Accumulations, an exhibition curated by Erin Gleeson featuring artworks by four young Cambodian artists. Made using pencil shavings, plastic bottles, egg shells and incense sticks the artists' works speak of the social and environmental conditions in contemporary Cambodia in an innovative fashion. Perhaps the most interesting creations were Chan Dany's pieces made of intricately arranged coloured pencil-shavings in shapes familiar from traditional reliefs. Resembling textiles from a distance, the pieces show how given patience and a creative mind something seemingly useless can be given new life and used

to create mesmerising shapes. Both exhibitions will run until Nov. 21.

■ BLACK AT THE HOTEL DE LA PAIX

The Hotel de la Paix continued to showcase the best and brightest of Cambodia's blooming modern art scene with the opening of Black by Kong Vollak, a graduate of the Royal College of Fine Arts, and member of the Khmer artists' cooperative Art Rebels. A series of charcoal drawings, sculptures, paintings and installations expressed the unease and discomfort of modern industrialisation. Through the linear charcoal sketches of "buildings that haven't yet been built, only imagined" to Pich Sopheap influenced sculpture, and installations including one that involves dozens of small 'black' canvases suspended from wires topped off with a smoke machine, the artist is asking us to examine Cambodia's development and its actual and potential impacts, not just on the environment but on how others perceive this country and the anarchy that underpins its growth. Open until the end of November, the exhibition brings us a further example of how Cambodian artists are breaking the international arts scene – Vollak's industrial installation is rumoured to be en route for exhibition in New York. 

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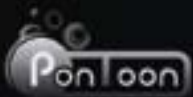
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■ CARTER IN CAMBODIA

For the benefit of three hundred families across the Mekong region, Habitat for Humanity will in November host the Jimmy and Rosalynn Carter Work Project, building homes for the region's poor and vulnerable. Joining hundreds of volunteers at the Cambodia project site in Oudong, project patron and former US President Jimmy Carter will together with his wife muck in to highlight scourge of sub-standard housing and demonstrate what can be accomplished when families, communities and nations come together to build a better future. The beneficiaries of the build in Cambodia are 21 families who are relocating from the recently closed Steung Meanchey Municipal Dumpsite. For more information about the build and volunteering in the project, contact Melissa Cronin at 092 763 257 or mcronin@habitatcambodia.org. The build in Oudong will take place Nov. 15 to 20, 8am to 5pm.

■ ANNIVERSARY AT THE VESPA

From a spit and sawdust drinkers den to a popular pub-restaurant has been the five-year journey

of Phnom Penh's very own Green Vespa. As the establishment celebrates the anniversary on Nov. 13 from 6pm, both regulars and new friends of the pub are invited to join in on the fun. Proprietor Alan promises several two-for-one drinks deals throughout the evening, as well as free nibbles and a number of drinking games, such as half a yard of ale. Birthday cake will naturally also be provided, and Alan expects the party to continue until the small hours of the morning, as he together with customers will drink to another five successful years of providing drinks and comfort food to the pub's loyal following.

■ TEP KUNNAH CUP

Exciting times are ahead as the Tennis Federation of Cambodia along with EZECOM will between Nov. 20 and 28 host the Tep Kunnah Memorial Cup tennis tournament. Organised in honour of Cambodian former Davis Cup player Tep Kunnah, this year's biggest tennis tournament will take place at the Cambodian Country Club. Eight international players, four of whom are ATP ranked, will

take to the court, including American Nathan Thompson, currently 350th world player. At this 14th edition of the tournament, they will be met by Cambodia's two best contemporary players, Nysan Tan and Kenny Bun. In addition to the men's and women's singles categories, there will also be men's double, juniors under 18, and veteran's

single categories. The event is free of charge.

For more information see www.tennisfederationcambodia.com

■ CARTER IN CAMBODIA

For the benefit of three hundred families across the Mekong region, Habitat for Humanity will in November host the Jimmy and Rosalynn Carter



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Work Project, building homes for the region's poor and vulnerable. Joining hundreds of volunteers at the Cambodia project site in Oudong, project patron and former US President Jimmy Carter will together with his wife muck in to highlight scourge of substandard housing and demonstrate what can be accomplished when families, communities and nations come together to build a better future. The beneficiaries of the build in Cambodia are 21 families who are relocating from the recently closed Steung Meanchey Municipal Dumpsite. For more information about the build and volunteering in the project, contact Melissa Cronin at 092 763 257 or mcronin@habitatcambodia.org. The build in Oudong will take place Nov. 15 to 20, 8am to 5pm.

■ WIG CHRISTMAS FAIR

The traditional Christmas Fair organised by the Women's International Group will again take place at Hotel Intercontinental on Nov. 29 from 10am to 5pm. Featuring around 60 vendors selling a variety of handicrafts, books, toys, soft furnishings, house accessories, and homemade produce, the event is designed as a fun family affair where you can also get unique presents for all your loved ones. Sovanna Phum's performing clowns along with Santa Claus will also make an appearance, and organisers promise the raffle will have some fabulous prizes. All proceeds from the event will go WIG-funded projects that support vulnerable women and children in Cambodia. Entrance costs US\$3 (free for children under 12).

■ ELEGY TO ANGKOR WAT

Photographer John McDermott's new book *Elegy*, featuring striking

photos of Angkor Wat from the past 14 years will be launched in November, along with a similarly titled exhibition at the McDermott Gallery in Siem Reap opening on Nov. 15. The book and exhibition will showcase over 100 of the artist's sepia images of the world-famous monuments, which are fast becoming overrun by tourists. One memorable image shows the causeway of a completely deserted Angkor Wat, an image it would be almost impossible to take anymore. The images are part of the photographer's series on monuments and sacred sites throughout Asia, some of which are on display as part of the permanent collection at the National Museum in Phnom Penh. For more information visit www.mcdermottgallery.com or www.asiaphotos.net to view the photos.

■ THE VINE PHOTOGRAPHY RETREAT

Photographer Nathan Horton will be running weekend retreats to Kampot eco-lodge The Vine starting Nov. 27. Nestled in foothills of Phnom Vor just outside Kep and Kompong Trach, the sophisticated yet comfortable guesthouse provides the perfect base for a weekend of short photography workshops followed by different field trips in the region. Having run tours up and down the country for a few years now, Nathan, a professional photographer for almost two decades, is certain to make sure you go home with some cracking shots.

The weekend includes two nights' accommodation and boarding from US\$250 per person, including transport to and from PP, leaving Friday evening. Discounts for couples and those who have previously taken part in Nathan's tours are available. For more information see www.nathanhortonphotography.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.

■ WEDNESDAY, NOV. 11, 2PM

Jackie Chan, Hong Kong actor, producer and philanthropist
Arts and culture as a pathway towards peace.

■ WEDNESDAY NOV. 18, 2PM

Oliver Stone, director and producer
Film-making and peace-building.

■ 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.

■ THURSDAY MAR. 9, 7PM

Vladimir Ashkenazy, Principal Conductor of the Sydney Symphony Orchestra
Concert for a culture of peace at Chaktomuk Theatre.

■ WEDNESDAY APR. 7, 2PM

Prof. Francoise Barré-Sinoussi, 2008 Nobel laureate for Medicine
Future challenges in HIV/AIDS prevention and therapy.

■ 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.

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 or info@uc.edu.kh

Most events will feature simultaneous translation. For more information, visit www.peace-foundation.net ■



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Openings

soul, skin and lust



■ **SWEET SOUL**

The hip hop scene is slowly developing in the Penh, and now all friends of the genre can not only drop it to the tunes but dress the part too. Cool new hip hop boutique Sweet Soul stocks everything from trousers (in sizes up to 40in), to hoodies, through throwbacks, caps, shoes, to the compulsory bling, for the Penh's emerging hip hop posse. All clothes are original brands imported from China, such as Sean John and Rocawear. The collection of shoes includes the highly sought-after brand Su-

pra, in addition to Nike and DC shoes. Though mainly catering to guys, the mezzanine of the small boutique also stocks women's tracksuits. Owners of the shop say they eventually want to start supporting hip hop events and help develop the scene in the capital to include more than booty dropping to mainstream tunes.

35E Street 288, Tel: 023 307 685, Open 10am to 7pm.

■ **EL SKIN & WELLNESS CENTRE**

New salon EL officially opened its doors on Oct. 18 offering

facials, nail care, hair treatments and quality cosmetics. Connected to Dermalogica, the new salon both retails products of the popular brand and offers facials and body treatments using the products. Another well-liked brand, OPI, is used for nail care, while L'Oréal products are used for hair treatments. EL also retails American Jane Iredale cosmetics, a range of natural mineral cosmetics claimed to be particularly suitable for problem skin. The make-up brand's base foundations are especially appropriate

for the Cambodian climate – oil-free and non-comedogenic. Staff are happy help you find the right beauty products and cosmetics for your skin type.

115 E0 Street 109, Tel: 012 681 948, Open 10am to 7pm.

■ **CLOTHES LIKE CANDY**

Wanderlust, one of Siem Reap's most sought after fashion boutiques, has finally arrived in the Penh. Full of the brand's signature women's clothes as cute as candy, as well as funky, colourful accessories, Wanderlust is a very welcome addition to street 240. The range of affordably-priced earrings is certain to delight cash-strapped fashionistas, though the lovely dresses are undoubtedly worth the small US\$30-US\$40 splurge. Owned by Elizabeth Kiester, a former fashion magazine editor turned designer, all clothes in the shop are 100% cotton and made locally in Siem Reap by ten young Cambodian women. To cater for the more expat-oriented market in the capital, the Phnom Penh boutique also carries a range of home accessories, such as pillow covers, tea towels and posters. The shop with its fresh air of fashion is worth a visit even if only for a browse.

21 Street 240, Tel: 023 221 982. Open 10am to 7pm (Sunday 12pm to 5pm)

វីទេតស មជ្ឈមណ្ឌលថែទាំសុខភាពស្បែក

EL Skin & Wellness Center

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Tel. 012 681 948 / 023 884 390. Email: sovarratana.sim@yahoo.com. Open: 10am-7pm Everyday

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YUMI RESTAURANT, BAR AND GRILL

Newcomer, Caspar von Hofmannsthal, has opened his Yakitori restaurant this month to much excitement in the expat community. Last month a lucky few were treated to a couple of 'soft opening' evenings during which much of the menu, and even more of the wine cellar, was consumed. The Yakitori

fare is essentially the Japanese version of Pub food, albeit a whole lot tastier. Don't look for sushi here as the idea is BBQ meat and nibbles to accompany your Asahi, Saki, or Plum wine imported directly from Japan. Join Caspar and his crew at their official opening on Nov. 6 for some drinks and food. Doors open at 7pm.

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calendar

November

madness, roast, festival, film, dance

- Holidays
- Arts & Events
- Film
- Music & Parties
- Food & Drink
- Sports & Fun

Every Monday

■ Monday Madness @ Talkin to a Stranger. Beer and cocktail specials all night

Every Tuesday

■ Ladies Night @ Darlin Darlin (Naga). First Drink is free. All drinks half-off. Buy two bottles get 1 free.

Every Wednesday

■ Ladies Night @ Darlin Darlin (Naga). First Drink is free. All drinks half-off. Buy two bottles get 1 free.

■ Ladies Night @ Pontoon Lounge

Every Thursday

■ Lamb roast thursdays @ Talkin to a Stranger 7pm. Bookings essential

■ 'Glory Hole' Mixed Gay night @ Pontoon Lounge with DJ Rob Little

■ Glamour Party @ Darlin Darlin (Naga) 9pm. A night of Glamour and Beauty. Party all night with celebrities and Phnom Penh's top models.

01 Sun

■ Water Festival

02 Mon

■ Water Festival

03 Tue

■ Water Festival

05 Thu

■ A True Cannibal Tale: "Keep the River to your Right" @ Meta House 7pm

■ Afterwork @ Chinese House. Open bar and DJ from 6.30pm to 9pm US\$15

06 Fri

■ Habana Revolution @ Chow 8pm

■ Mysterious Sceneries @ Meta House 6pm Photographs by Moeun Nhean runs until Nov. 22 Followed by a screening of two documentaries about the art of photography



Mispent Yooth rockin' the Talkin'

■ "Prisoner of Age" and "Heroines" by Canadian Filmmaker Stan Feingold.

■ Sugar Party @ Pontoon Lounge with Rob Little and Steve J

■ Restaurant Opening Party @Yumi 7pm.

07 Sat

■ Metro/Spective @ Meta House 6pm Paintings and Mixed Media by Sous Sodavy. Runs until Nov. 22

■ Habana Revolution @ FCC Roof Terrace 9pm

■ DJ Blue and DJ Illest @ Pontoon Lounge

08 Sun

■ "Hellhounds and D'sco" Live @ Talkin to a Stranger 6pm.

■ "Freaks" @ Meta House 7pm One of the greatest cult films of all time.

■ Cult Directors @ Chinese House

■ Film screening at 4.00pm and 6.30pm. Free entrance

09 Mon

■ Independence Day

10 Tue

■ Talkin head trivia night @ Talkin to a Stranger 7.45pm

■ "Persepolis" @ Meta House 7pm. An animated Tale of Women's Empowerment

11 Wed

■ "Kampuchea: Death and Rebirth"

@Meta House 7pm

12 Thu

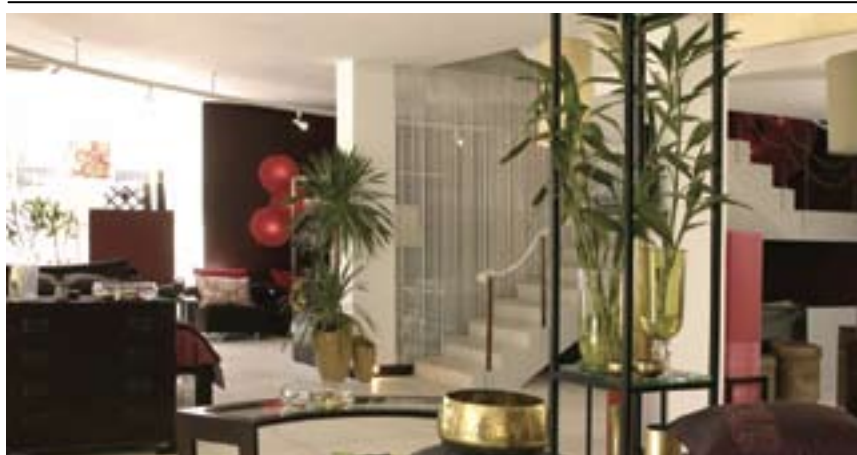
■ "Lost Children" @ Meta House 7pm Uganda - When kids become killers

■ Chasing the Dragon @ Chinese House 7pm. Portrait exhibition by Christian Develter

13 Fri

■ AsiaLIFE Presents Blind date @ Talkin to a Stranger 8pm. \$3 at the door gets you a free Tiger Draught. Special Guest Cilla Black hosting. More prizes than you can shake a stick at!

■ "Who Moves Phnom Penh" @ Meta House 7pm Students and Short from the DMC



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		Sihanouk Ville Office
		Group 1, Village 4, Sangkat 4, Mitpheap, Sihanouk Ville

5th Anniversary @ The Green Vespa 6pm. 2 for 1 drinks, drinking games and free nibbles.

Phil Manning @ Chow 8pm. Australian solo guitarist

Superfly @ Pontoon Lounge with Clockwork Soul

14 Sat

The Messenger Band @ Meta House 7pm A-capella band sings about social issues.

DJ Tu-Ru @ Pontoon Lounge. Japanese Hip-Hop

Phil Manning @ FCC Roof Terrace 8pm

15 Sun

Parents upstairs and kids downstairs @ Chinese House 6pm. US\$7

Screening and special menu for kids downstairs, includes one free drink for 1 person at the bar.

Boxing: Pacquiao vs. Cotto @ the Winking Frog. US\$10 includes roast pig and 2 San Miguel beers.

"Kandahar" @ Meta House 7pm a timely memorial to the brutality of the Taliban regime

16 Mon

Jimmy and Rosalynn Carter Work Project

17 Tue

Les Choses De La Vie @ CCF 7pm. If you want to find out how geckos can climb the walls or how to make a house made foaming cleaner don't miss the Scientific Film Festival at the CCF

"Wings of Hope" @ Meta House 7pm The essential Guide to Jungle Survival

Jimmy and Rosalynn Carter Work Project

Free Paella night @ Chinese House 8pm.

18 Wed

DJ Mouss and MC Eklips @ Pontoon Lounge

"The Rape of Nanking" @ Meta House 7pm The darkest chapter in History

Jimmy and Rosalynn Carter Work Project

19 Thu

"The Axe in the Attic" @ Meta House 7pm Hurricane Katrina Aftermath

Women's Wine Tasting @ Chinese House 7pm

Emanuel Skinner Bed Supper Club @ Pontoon Lounge

Jimmy and Rosalynn Carter Work Project

20 Fri

Salsa Explosion party @ Talkin to a Stranger 9pm. Dj Jimmy Salsa

Juram @ Chow 8pm

Green Night @ Meta House 6pm. Be Smart - Save the environment. Get the chance to learn more about Khmer carbon certificates.

Jimmy and Rosalynn Carter Work Project

21 Sat

"A Moment in June" @ Meta House 7pm Part of the New Queer Film Festival

DJ Illest @ Pontoon Lounge

Chinese House 1st Anniversary 9pm. Free entrance

Juram @ FCC Roof Terrace 7pm

22 Sun

"Hellhounds and D'sco" Live @ Talkin to a Stranger 6pm.

"Executive Action" @ Meta House 7pm In Memory of John F. Kennedy

24 Tue

Talkin head trivia night @ Talkin to a Stranger 7.45pm

"Die Angkar" @ Meta House 7pm German Language Only

25 Wed

"Cavite" @ Meta House 7pm Globalisation and the and the roots of Terrorism

26 Thu

Salsa Night @ Pacharan 8pm

"Wardance" @ Meta House 7pm This Music Will help you to Survive

27 Fri

Mispent Yooth @ Talkin to a Stranger

DJ Achaya @ Pontoon Lounge

"Twin Diamonds" @ Meta House 7pm the first film totally written, shot and edited by 60 Cambodian students

28 Sat

ISPP's Annual International Day 11am - 3pm. Food, drinks, games, rides, performances and pavilions

Fashion Show @ FCC 7pm. Mulberry Boutique

Opening of the PhnomPenhPhoto Festival @ La Mansion (building behind FCC) 12pm to 12am

PhnomPenhPhoto 2009 @ Multiple venues see page 14. For the second PhotoPhnomPenh event, 22 exhibitions on international artists will be presented in the main cultural spaces of the city. In the spirit of discovery, festivity and Asian-European encounters, PhnomPenhPhoto 2009 is offering 4 evenings of outdoor screenings in the courtyard of the beautiful Fine Arts University of Cambodia, followed by the Dazzling "Night of the Year" photographic slide shows. Runs until Dec. 6

4-Course FCC Dinner @ La Mansion

DJ Illest @ Pontoon Lounge

"Strictly Ballroom" @ Meta House 7pm Dance and Deication from Down Under

29 Sun

WIG Christmas Fair 2009 @ Intercontinental Hotel 10am - 5pm Entrance Fee US\$3 (free for children under 12).

PhnomPenhPhoto 2009 @ Multiple venues see page 14

4-Course FCC Dinner @ La Mansion

"Corto Maltese" @ Meta House Between History & Romantic Poetry. A melancholic but powerful literary animation movie

30 Mon

PhnomPenhPhoto 2009 @ Multiple venues see page 14

4-Course FCC Dinner @ La Mansion

Pick of the Month

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

WEBSITE:

King Norodom Sihamoni

Have a peek into the life of the reigning monarch by visiting King Norodom Sihamoni's personal website. Though it might not contain as flamboyant wallposts as the King Father's blog, you can find out who the latest lucky individual to have an audience with the King was, as well as who's been decorated with medals and other credentials recently. The King's biography reveals he graduated from high school in Prague with 'very good' marks, while the website also allows you to browse his recent official correspondence and social activities. Check it out on www.norodomsihamoni.org. Long live the King!



HITECH:

Blackberry

There are no ends to going online with the new hello BlackBerry Bold smartphone. Supporting tri-band HSDPA high-speed networks, it also comes with integrated GPS and Wi-Fi, as well as a rich set of multimedia capabilities. Perfect for showing off, the 3G-gadget has all modcons as well as a chic black exterior, satin chrome finished frame and leatherette backplate. Retailed by hello, the BlackBerry Bold is available for US\$630, with monthly call and data plans from US\$68 and up. For big spenders only that is.

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WELLNESS:

Muscle & Fitness Centre

Phnom Penh's favourite affordable gym has moved to a new location on street 95. Now in a bigger space, Muscle & Fitness Centre offers more equipment in an air-conditioned, window-fronted gym for the same small price of US\$2 per visit. Memberships are also available from US\$20 per month during off peak day hours, to US\$155 for a 6-month full-time membership. Locker and shower facilities complete the package, and staff advise a fitness consultant is available upon request. So get fit! Muscle & Fitness Centre, 65 Street 95. Open 6am to 9pm weekdays, 8am to 8pm weekends. Tel: 012 796 374

IMBIBE:

Black Noodles

As popular in Korea as pizza is in the West, black noodles have Koreans in the Penh going wild. Called jayangmyeon in Korean, the dish consists of thick noodles made from wheat flour topped with black bean paste. Traditionally, it comes served with diced meat and vegetables, and occasionally seafood. Despite the large amount of Korean restaurants in the capital, few serve the dish. An exception is restaurant Bi-Ryong, located in Phnom Penh's own Korea Town, just off Monivong Boulevard. For as little as US\$4 you fill your tummy with delicious zhajiang miang, the Chinese name for the dish. Don't miss out. Bi-Ryong Chinese Restaurant, off Monivong on Street 334. Open 11.30am to 9.30pm

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Phnom Penh Life: Movies that Matter

If art follows life then filmmaker **Poan Phoung Bopha** has made the most of a job complemented by the complexities, beauty and difficulties of Cambodian culture. Words by **Luke Hunt** and **Lim Seang Heng**.

OF HER 20-FILMS THAT were largely produced in the last five years their content was built on experiences that date back five decades, delving into the psychology of love and in particular her own sexuality.

She says her most famous film to date *Who Am I?* – a tragedy about a lesbian love affair – had propelled her to the front row of the Cambodian art world after it left a much greater impression on audiences than her other works combined. The film challenges contemporary Cambodian notions about homosexuality, which is traditionally frowned and looked-down upon in this country.

“I want to see discrimination against gays and lesbians stop. People are born this way and the public needs to be educated.” Bopha continues. “My film shows that this issue exists in Cambodian society and illustrates how these people love and live together. I want Cambodian people to be more open-minded and think about their children’s hearts.” Too often, she says, young Cambodians are bullied, cajoled or simply forced into a marriage with someone they do not love – by their own families.

Born in 1955 Bopha became a novelist at the age of 17 and found work as a journalist for *Pro Chea Chun* – or *The People’s Newspaper* – as civil war engulfed Cambodia and the Khmer Rouge were gaining ground. Any hint of the fame she would find much later in life ended there.

Under the Khmer Rouge, Bopha hid her background, fearing that as an author she would be classified as an intellectual and killed. She was forced to farm in Svay Rieng province. Her husband and father did not survive.

In 1993, Bopha returned to journalism. Initially she wrote for a local newspaper then



Educating the hearts of the public

from 1997 to 2003 she was responsible for media campaigns conducted by the Women’s Media Center (WMC) where she learned and developed her talent for making movies. From there it was a swift jump into Rock Productions which produces films for the Cambodian Television Network (CTN) while controlling a stable of local talent that dominate this country’s television and music industries. In 2007 she was awarded a Mekong Literature Prize.

Bopha wrote and produced *Who Am I?* She spent \$20,000 of her own money and six months writing scripts and another three on filming, with much of her

inspiration coming from the cosmetics industry where she found many of Cambodia’s gay and lesbians worked.

As in most Asian countries, Cambodian authorities are sensitive to the point of being thin-skinned when it comes to interpretations of local culture and this had Bopha worried, given the time and expense she had dedicated to the project. For many Cambodians homosexuality is considered to be immoral.

She waited restlessly for a license from the Ministry of Fine Arts and then took on the responsibility of producing a film that fitted the approved script. The great difficulty then

was finding actresses who could act like real lovers.

Some criticism followed – mainly from the wives of high-ranking officials. But more broadly Bopha was pleased with the response. This was new for Cambodia. “The feedback was very positive... people wanted to know how lesbians live and love each other, especially in sexual matters.”

The movie was a hit, proving popular among the Cambodian art scene and with overseas Cambodians. It recently screened on local television to a much more mainstream Khmer audience, and the lesser-developed countryside from where she expected the response might not be quite so endearing as in the capital. However, the results have been good, Bopha says.

Beyond this one film, her work has been prolific.

Current titles written and directed by her for television and broadcast over the past two years include *Suffered Heart*, *My Beloved*, *Parasite*, *Flower in Flower* and *My Love*.

Bopha says she hopes to continue making films for Rock Productions over the immediate future despite limitations on the industry, which mainly relate to high costs, comparatively small audiences, piracy and competition from international films.

She plans to create a film with a familiar ring. Entitled *Lady Tricks* the film follows the life of a young woman who must work to support her family, and tolerate the good with the bad. However, if that is not possible, she has every intention of maintaining her well-honed art of telling stories.

“I am getting older now,” she said, adding it was impossible to produce films without money. “I may even re-start my first career as a novelist, after all I won’t have to spend a lot on that.”

Streetsmart: Street 240

What can one say about Street 240? 'Love it', 'live on it', 'eat on it' for starters. But if you think you've been up and down this street and seen it all, it may be worth taking another look. Words by **Kate Liana**.



Find more friends on 240

STARTING EAST OF STREET 19 you'll hit Friends on 240, home to funky, youthful clothing and vinyl bags (US\$7) adorned with art from their children's program. They offer excellent custom tailoring and an impressive array of stretchy cotton.

If it's late afternoon it's too early for Love Orange Club, the popular Khmer discotheque that is opening a cafe next door. Too early also for Rubies, a little gem of a wine bar nestled in the corner of Street 19. Luckily Red Apron is next door, so quality wine will not elude you. The banner outside trumpeting their summer sale should not imply things are amiss. On the contrary, their carefully culled selection includes excellent deals on some high-end varieties. The tasting gallery next door is a refined but casual space perfect to sample their offerings.

Next door is Veggy's cute, well-stocked shop. Didn't think you'd

get misty eyed over a box of crackers, did you? Carrying your usual assortment of food for homesick expats, the walk-in refrigerator in the back, housing produce, cheese, meat and fresh herbs is the perfect place to refresh on a hot day.

As you pass Tamarind, of delectable-Mediterranean-fare and romantic-rooftop fame, don't forget to pop your head in and make a reservation for one of the cushioned lounge areas for the near future since they fill up fast on clear, starry nights. Then check out Comptoir next door, chic new Frenchie on the scene. Narrow and colorful, the blocky wooden tables and chairs and bright lime and cranberry color scheme give a funky, young, laid back vibe, offering salads, sandwiches, and heartier fare, with plenty of wine to wash it all down. If you take a wrong turn looking for the restaurant's second floor, keep wandering up



Get full-bodied and nice legs, but with out the work out at Red Apron

the stairs. You may find a man with no shirt on who invites you into a small, luxurious apartment. He will only speak French so you won't be able to ask where am I? or who are you? but no mind, he's quite friendly. As he leads you through the bedroom to the balcony, don't forget to admire the elegant, tasteful decor and furniture, and the view over street 240. Slip out when his mobile rings, and leaving the building you'll see the sign for serviced apartments offered by Comptoir. Realize you just invaded a stranger's hotel room, and keep walking briskly down the block.

The fabric selection at Jasmine and sister shop Bliss is a cut above the rest. Jasmine uses all rich, vibrant-colored Cambodian silk, for well-tailored, elegant gowns (US\$90 and up). They also make shoes and purses in matching colors. While using the same design sense, Bliss is all cotton. Smart,

pretty florals that aren't too dowdy or scream 'I went to a beach town!', the cuts are feminine and stylish, showing off the figure but still appropriate for work (US\$35 - 80). They also offer bags, pillows, and a small range of stylish men's shirts (US\$35). If Ferdinand the Bull was masculine enough to embrace flowers, there's no reason you can't too.

Continue to Couleurs D'Asie's meticulously curated collection of elegant bric-a-brac. Notable are the intricately carved candles depicting Apsara dancers, Angkor lions, and Bayon heads (US\$6-25), satin picture frames (US\$10), scented oil from Amata (US\$8), and wood chopsticks with grains of wheat encased in Lucite at the tips (US\$3). A curious item that looked like a giant, quilted cell-phone case turned out to be a sleeping bag for babies, with larger sizes for their elder siblings.

If your wrists, neck or earlobes are feeling neglected, adorn them with some of the rare, unusual creations at Water Lily, a quirky shop that looks like the love child of Tim Burton and Pipi Longstocking.

By now you may be craving a break. Thankfully you can replenish yourself in the leafy backyard of The Shop with quiche, salads, sandwiches, pates, and breads (around US\$3-US\$5). The Pumpkin and Spinach soup will look good as the clouds roll in and a breeze stirs the air, though tough to choose between the Pear and Honey smoothie or the Ly-chee and Mint Cooler (US\$2.50). Grab a butterfly, koala, elephant, dinosaur or flower-shaped sweet at the Chocolate Shop next door (US\$4/100g) for a sugar and caffeine boost to keep you going.

If this doesn't do the trick, try a Thai herbal massage at Image (US\$12 for 1 hour) or the Anti-wrinkle coffee massage (US\$35).

With all this wining and dining and shopping, maybe it's time to feed your brain. D's books, Openbook and Boston Book Company all offer used books on a wide selection of fiction and non-fiction, history, art, travel guides and more. Openbook has many children's books, and offers story time and drawing on Thursdays from 4-5pm.

When you see Song's ads with models in gauzy bits of fabric lounging by the sea or in a glistening forest, you may wonder where on earth this is and why your life looks nothing like it. Then a motorbike swerves into you and you dive for safety into the arms of a noodle vendor, and remember that life is not advertising. Now 20-35% off, their simple, elegant designs come in lightweight cotton, linen, hemp and silk.

Who hasn't longed to snuggle under a heavy blanket on those steamy, Cambodian nights? Maybe quilts aren't as appealing as a lemon soda or ice cold Tiger in these parts, but keep in mind for Christmas gifts or visitors from home. The silk and cotton blankets at Mekon Quilts, ranging from US\$130 for a basic cotton one to US\$200 for more elaborate designs are beautifully crafted and feather-soft against the skin. They also offer eyeglass cases, passport holders, Christmas ornaments (all under US\$10), and a quilted hammock for US\$55, a comfy alternative to the mesh version. Proceeds go towards health and sustainability projects in Svay Rieng Province.

Keo K'Jay is a lovely new environmentally friendly store selling unique clothing and accessories (US\$35 for bags, US\$4-US\$5 for funky bracelets) all made from recycled or natural materials.

At Norodom, pop into the World Bank for a loan to pay for all this loot. You'll need it at Sophy & Sina which houses chic fashions – their own and imported – priced and sized for Westerners. Shoes up to size 41 are tempting for us tall birds, and with an 80 percent sale on now, run don't walk for a pair of turquoise, snake-skin, kitten-heeled slides so you can teeter in style.

Mini Castello. Name: odd. Lobby: pretty. Rooms: spacious, well-appointed, clean, ranging from US\$25 for a single to US\$45 for triple. Free breakfast, laundry and internet sweeten the deal.

If you've thoroughly fallen in love with the street, Taprum Apartments have a few available, though if you've got commitment issues, try S Gold Hotel instead. The clean, large Karaoke rooms downstairs have a decent English song list and disco balls, and the US\$6 rooms on the upper floors are clean but a bit dingy. Asked if they can be rented for an hour if one is, um, sleepy and needs a nap, the vague, suggestive hand gestures made by the woman who showed the room implied that many sleepy people visit here.

Further along Panda Professional Massage is tidy with pleasant staff. Massages are US\$8 an hour. Mother In-Law House (or Chez la Belle Mere, on a more appealingly translated sign) has Chinese, Khmer and Vietnamese fare. Towards Monivong, amid local guesthouses and barber shops is a maternity clinic, if it turns out OK! Condoms were named for their quality and not as an enthusiastic endorsement of safe sex. Tarmac's Corner, a cheerful little restaurant and bar offers African food such as suji with ogbono and oxtail stew, US\$2.50 to US\$5.

Hit Monivong and you're greeted by a giant billboard depicting broad-chested men wearing only underwear. A much smaller sign declares it the Vina Mart, and quick inspection reveals they sell more than skivvies – men and women's fashion downstairs, and a supermarket and pho cafe upstairs. Evening is approaching, so you'd best turn around and head east for a bite to eat or a sunset drink at Comptoir. Maybe take another wrong turn and see what that Frenchman is up to. 



Savoury sinful sensations at The Shop



Keep warm with Mekon Quilts

Good Morning Cambodia!

It's a new slant on film making – but let's call it the backpack documentary. Words by Danielle Craishe.



The Crew in Petra

LOADED WITH LAPTOPS, digital cameras and user friendly editing software, the scope for groundbreaking, undercover work is on the rise.

And this is where Cambodia-based filmmakers Good Morning Beautiful are headed – undercover along the full length of the Mekong River working for a US based broadcaster.

From the icebound prairies where the river is born, through tropical jungles and rocky canyons – their forthcoming work will show the transformation of one of the world's last untamed rivers.

"It's a historical window," filmmaker Ben Pederick says. Because so much development is taking place, the Mekong could soon be one of the most dammed waterways in the world.

Good Morning Beautiful is a four-person film company with an emphasis on giving

people a platform. "Having local voices, people speaking their own languages, that's been a feature of our work," group member Jocelyn Pederick explains.

Film graduate Jocelyn came to Cambodia in 2005 to work on a project telling the stories of the indigenous people of Rattanakiri. She was soon joined by her brother Ben, his partner Ali Sanderson, who is a contemporary artist, and their friend Michael Duff. With combined expertise in film, journalism, art and photography they formed their company.

Good Morning Beautiful has since worked extensively with NGOs, mostly making publicity films to help attract donor funding, but is now doing more independent work.

The Mekong film is just one of the projects that have had them out of the country for 8 months so far this year.

They've travelled to 16 countries across five continents in that time, giving people a voice. Some have risked their lives to tell their stories.

On the Mekong "people are washing in the river, people are fishing in the river," Jocelyn says. "And the plans for development will pretty much wipe out the people who depend on the river right now."

This new style of work often means dangerous story-telling in contentious territory where information isn't cheaply gathered. That's especially the case in countries where governments take extreme action against critics.

But Ben says rather than criticise, the group wants to "start a conversation" to encourage governments to think about policy and the impact it will have on local people and the environment.

As a film company Good Morning Beautiful is part of a shift

which is seeing shorter films made that can be shown on a range of platforms. Many people now get most of their media from the internet and that's where a lot of the company's current work sits best.

"I think we have a shared desire not to be too corporate in our lives," Ben says. Using relatively cheap, simple equipment and software the production process is flexible and entirely mobile.

"We can pack it all into our backpacks and literally be editing High Definition footage before we get on the plane," says Michael, the post-production specialist.

This is the forefront of modern documentary film-making where expensive time in edit suites has given way to a seat of the pants approach. "We like editing on the road and producing on the road," says Ali.

Much of the group's travel this year has been with Alexandra

Cousteau – the granddaughter of environmental film luminary Jacques Cousteau – making a series of films for her Blue Legacy project.

On multimedia site www.alexandracousteau.org the films feature with photographs and blogs documenting the critical water issues of the modern world across five continents.

The work sits neatly with the social and environmental emphasis that Good Morning Beautiful has already developed.

“The dense forests that sent my grandfather rushing off to explore hidden ruins on his first visit here just a half century ago are virtually gone,” Alexandra Cousteau says about Cambodia on the website.

The work came about after she saw a film made by Good Morning Beautiful for the East West Management Institute and USAID. It documents the impact of land clearing at Prey Lang in Northern Cambodia.

The area is said to be the largest forest of its kind left in South East Asia, yet it's under threat from a series of internationally funded mines, plantations and dams.

The group has also begun work this year for National Geograph-

ic, collecting regional stories for a world audience. National Geographic is said to be the world's premier gatherer of natural history, which has pushed Good Morning Beautiful to lift its own production values as well.

The group is keen to pass those skills on.

The four Australians want to involve more local staff in the business as they grow. They'd like to tackle a full-length feature film at some point, and aim to train Cambodians to manage their NGO film projects.

“As with most expats, we're passing through so it would be nice to leave some skills here rather than just packing up shop,” explains Michael Duff.

The group has no imminent plans to leave though. Cambodia is a great place to be based because there are so many great, gritty stories to tell.

“The thing that appeals to me most about film making is the real world side of it,” Ben Pederick says.

“And this is better than what I ever dreamed I could do.”

www.goodmorningbeautiful-films.com

www.alexandracousteau.org



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Giving Peace a Chance

Exciting times are ahead as the Bridges project kicks off, bringing Nobel laureates and celebrities such as Jackie Chan to Cambodia. Words by Nora Lindstrom.

CAMBODIA IS IN FOR A novel experience as the International Peace Foundation's Bridges project begins in the capital on October 30th. Bringing six Nobel laureates as well as three other keynote speakers to Cambodia over a period of 6 months, Bridges aims to promote peace through strengthening dialogue and communication across both physical and mental borders in Southeast Asia and beyond. The project is part of a series of hundreds of events facilitated by the Vienna-based foundation in all ASEAN countries apart from Burma. Since its inception in Thailand in 2003, events have been also been organised in Malaysia and the Philippines. After this year's event in Cambodia, the project will travel to Vietnam, Singapore, Indonesia, Laos and Brunei.

■ BUILDING BRIDGES

Uwe Morawetz, the foundation's Chairman, has played a key role over the past two years in bringing the event to Cambodia. He says the project seeks to build bridges between Nobel Laureates and local educational institutions in Southeast Asia, that hopefully result in common research programs and other forms of collaboration in the future.

"We also hope to inspire these Nobel Laureates, who will all visit Cambodia for their first time, to experience a country which is far more than what Cambodia is associated with by many who live far away," he says. "We want them to listen and learn more about the needs of Cambodia's society today, and to see how they can be of use for the country's development in the long run".

Designed as a 6-month series of free public lectures at local universities, the focus is thus on kick-starting a dialogue.

"We have chosen Nobel Laureates and keynote speakers who can easily connect with people in all parts of society, but mainly



with young students," Morawetz explains. "They speak a language which is easy to understand, and they have the ability to engage in dialogues and extended question and answer sessions with their audiences," he says, adding that even the lectures given by top scientists such as physicist David J. Gross will be comprehensible to all.

■ PEACE THROUGH EDUCATION

A key aspect of the project is to give young Cambodians in

particular a chance to engage with the distinguished speakers. Morawetz hopes such interaction will inspire them to become actively involved in shaping their country's future.

"Peace begins with education," he says, explaining that the International Peace Foundation cooperates with major schools and universities in realising the project. "The seeds of peace need to be planted in schools, in universities, in the new generation," he says.

By supporting and enhancing the educational system in the countries where the project takes place, Bridges is thus claims to create the basis for peace. "Peace is not a given good. It has to be constantly learned, experienced and created anew. Peace is also not a passive state, it is a process which needs time, attention and the participation of all of us," Morawetz explains.

More tangibly, he says students participating in past events have later had the opportunity to work in laboratories associated with speakers at the events, and participating institutions have also launched their own research programmes thanks to links established during the project's events. Arts collaborations have also resulted, and keynote speakers have engaged in political advocacy during their visits.

Though King Sihamoni is the Honorary Chairman of the project, and Prime Minister Hun Sen acts as Chairman, the project itself is according to Morawetz apolitical, focusing instead on involving as many actors as possible. "Bridges is an independent platform for dialogue, which is the first step towards peace and cooperation not possible without it," he says. The foundation does however not follow-up on any links established during the visits of the dignitaries. "We are an independent facilitator who helps to start a process, but it's up to each country to continue it".

Whether or not future collaboration will result from the upcoming visits by Oliver Stone, East Timor President Jose Ramos-Horta and virologist Barre-Sinoussi (who among other things discovered AIDS), what is certain is that the next 6 months will offer a series of lectures by distinguished individuals, the likes of which are seldom seen in Cambodia. And if that promotes peace, so much the better. ■

Hello Mr. Chan

Recently AsiaLIFE had the honour of interviewing Hong Kong's finest actor, choreographer, filmmaker, comedian, producer, martial artist, screenwriter, entrepreneur, singer, and stunt performer to talk about his newest roll as a peace advocate.

This is not your first time in Cambodia. What are your impressions of the country from previous visits?

When I visited Cambodia in 2004, I was very impressed with the people; especially the children. I spent a lot of time with youngsters that had been hurt and maimed by the landmines. Although they had terrible injuries, many of them smiled and laughed with me and some were even excited to show me their new prosthetics. When I visited the center for women and children in crisis, I was very moved by the care that they were being given.

Why did you want to take part in the "Bridges" project?

When I learned about the Bridges project, I wanted to take part in it because it embraces the philosophy that I have been talking about for many years. I truly believe that if people of different races, religions, and political beliefs can get together and talk to each other; really get to know each other on a face-to-face basis, we can achieve world peace. For many years, my movies have been popular in countries all over the world. No one ever looked at my movies and thought about the fact that I was Chinese or wondered what my politics or religion were. I used humor and action as a "bridge" that in some ways connected the world. What do I mean by this? Well, if you have ever seen the people who attend my fan parties, you would know what I mean! People from Russia, Japan, Germany, England, South Africa, the USA...all of them laughing and talking together. A common interest in my movies brings them together physically and when they meet each other they discover that they are all people. I believe that a lot of the trouble in the world starts over some issue or another and then just builds up and gets worse when people think of others as "them" or "the



enemy." If we meet face to face and talk, we can see that we all want the same thing. Peace.

What expectations do you have?

I have great expectations that the dialogues I am part of and the words of encouragement that I can say will have some affect. I believe that all these people coming together in the name of peace can only have a positive outcome.

You founded the Jackie Chan Charitable Foundation in 1988, the Dragon Heart Foundation in 2004, and you are also involved in a number of other humanitarian causes. Why do you feel celebrities and others with available means have a duty to support humanitarian causes?

I believe that celebrities have an obligation to use their fame to draw attention to the problems in our world. What better use of fame could there be than to relieve the suffering and hunger of children or to build schools, provide clean water, or supply medical care?

Yes, I believe it is our duty as celebrities to think of others and to use our fame to make society aware of the issues that plague our world.

Have you ever considered making a film in or about Cambodia?

Yes, as a matter of fact, I have. After I visited Cambodia with UNICEF several years ago, I started to think about making a film there; I even spoke to the Prime Minister about it! I have so many story ideas in my head, but I had other obligations already in place. I haven't given up on this idea and maybe someday I will do it.

Do you hope to make lasting contacts here during your visit, with whom and for what purpose?

Of course I hope to make connections and establish friendships when I visit Cambodia. Every time I go places in the world, I meet talented people who have so many different resources and skills. These relationships are very

important to me and when there is some global disaster or a charity that needs a particular kind of help, I know who I can call. And these people know they can rely on me too.

You have achieved global acclaim as an actor, but seem to prefer making films for Chinese audiences rather than participating in large Hollywood projects. Why is that?

I prefer making movies in China because I have much more creative freedom and I'm not limited by the rules of the unions that are a big part of any US production. In China I can produce, direct, act, perform stunts, run the camera, push a dolly - - no one can tell me not to do something because of union rules. Of course I enjoy making movies in America too! The productions often have bigger budgets and it's always nice to work with my American friends.

The title of your lecture is arts and culture as a pathway to peace. How do you feel the arts can promote peace?

The arts can promote peace in so many different ways. Working together on a production - a concert or a movie - brings people together. The subject matter of plays or movies can make important statements about peace. And some types of creative arts have no language and can be enjoyed by anyone. People can join together in their common interest. All these things can help promote peace.

What are you currently working on?

I am just finishing the movie The Kung Fu Kid, which we've been filming in China for the past several months. After that I have projects lined up for the next few years. In between my film projects, I always put aside time for my charity work. I'm a very busy guy! 🇸🇮



Finding Cambodian Cinema

Recent years have seen a growth in the contemporary arts scene in Cambodia. Festivals such as the Angkor Photography Exhibition have put the kingdom back on the international arts map. *Dengue Fever* has introduced a Cambodian sound to the rest of the world. Cambodian artists are beginning to build a reputation in the region. But what of film? The opening of an exhibition celebrating the golden era of Cambodian film begs the question – is the Cambodian film industry ready for a take-off? Words by Nora Lindstrom.

THE ATMOSPHERE IS BUZZING, cameras are flashing, and the walls are covered in film posters and other movie paraphernalia. Journalists are queuing to interview the actress and the director, while a host of dignitaries await the opening speeches. Even without a red carpet, you would be forgiven for thinking you'd stumbled on the opening night of a new film. Except for that the contemporary Cambodian film industry is dormant.

Instead of celebrating the premiere of something new, this is the opening of Golden Reawakening, a festival and exhibition commemorating the 60s and 70s of

Cambodian film. The actress is Dy Saveth, one of the most famous actresses of the era, and the director is Ly Bun Yim, one of few from the then-budding Cambodian film industry who survived the Khmer Rouge. Many of the posters on the wall are reproductions made by contemporary, young Cambodian artists.

The crowd is right to celebrate what is known as the "golden era" of Cambodian film. With Phnom Penh high on the post-independence buzz, and King Norodom Sihanouk leading the way, over 350 Cambodian feature films were made over a period of about 15 years.



Excitement over the past



People used to crowd to Phnom Penh from the provinces to go to the cinema

“PEOPLE USED TO CROWD TO Phnom Penh from the provinces to go to the cinema,” Dy Saveth remembers. “The industry had a lot of support from the audience. There was only one TV channel, no karaoke, no cable TV, so there was a lot of interest in making and watching films.”

Ly Bun Yim agrees. The industry was very competitive at the time, with as many as 30 cinemas in Phnom Penh only. “All producers wanted to make quality films to attract audiences. That’s why a very developed movie industry emerged,” he says. “The actors and actresses were very skilled and very professional, not like today when many short-lived ‘stars’ are simply promoted by some rich people. Back then the stars were very famous.”

Few of the Golden Era films survived the Khmer Rouge. “We have only found 33 of the 350 films produced,” says Davy Chou, curator of the Golden Reawakening exhibition.

The 26-year old Frenchman has personal reasons to be fascinated by the era. His grandfather, Van Chann, was one of the best-known movie producers until his disappearance in 1969. “I’d never shown much interest in learning more about my grandfather, I just knew he used to make films,” Davy says. “Then one day I asked my aunt about it and she told me about the Cambodian movies of the 60s and 70s. It was such an amazing story, I just wanted to know more and more.”

An amateur filmmaker himself, Davy travelled to Phnom Penh with the intention of filming a documentary of the Golden Era. The festival and exhibition grew out of the material he managed to gather for the

documentary. “The quality of the old films is very bad, but the films... I can’t say that they are very good films, but what is so interesting to see, and what I hope people will take away from this exhibition, is the joy of seeing a happy time in Cambodia,” he says.

■ FALSE DAWN

In terms of the film industry, however, those happy times are far away. Few seem to expect their imminent return. Matthew Robinson, founder of Khmer Mekong Films (KMF), maintains there is no Cambodian film industry to speak of. “How can there be a film industry if there are no cinemas to show the films in?” he asks.

Matthew set up KMF in 2006 with the specific intention of making quality feature films for the Cambodian market.

“At that stage, there were many more cinemas than there are now,” he says. “We thought that there was a reasonable chance that if we made quality films that appealed to the Cambodian audience, then we would get our money back. We thought there was a chance to show them internationally and take off as a film company,” he explains. “But plans change.”

According to him, the film industry has collapsed since then, partly due to the rise in real estate prices that turned many cinemas into more profitable hotels and clubs. “Filmmakers stopped making films.” Currently, there are only two commercial cinemas left in Phnom Penh – Cinema Lux and Sorya.

Alain Arnaudet, Director of the French Cultural Centre, which houses one of the capital’s few remaining cinemas, shares Matthew’s opinion of the current situation. “I think it has a long way to go to be an actual film industry,” he says. “As far as I know, cinema in Cambodia is not really cinema.”

The most common film genre at the moment is what is known as “ghost stories”. These are generally cheap, inane films, loosely

based on traditional folk stories with bad special effects and often unintelligible storylines. Matthew dismisses them as “unwatchable”.

The Cambodian film industry is mired in a vicious cycle where bad films make for low audience turnouts, which in turn leads to the closure of cinemas. Without places to screen quality films, what’s the point of making them?

■ NEXT GENERATION

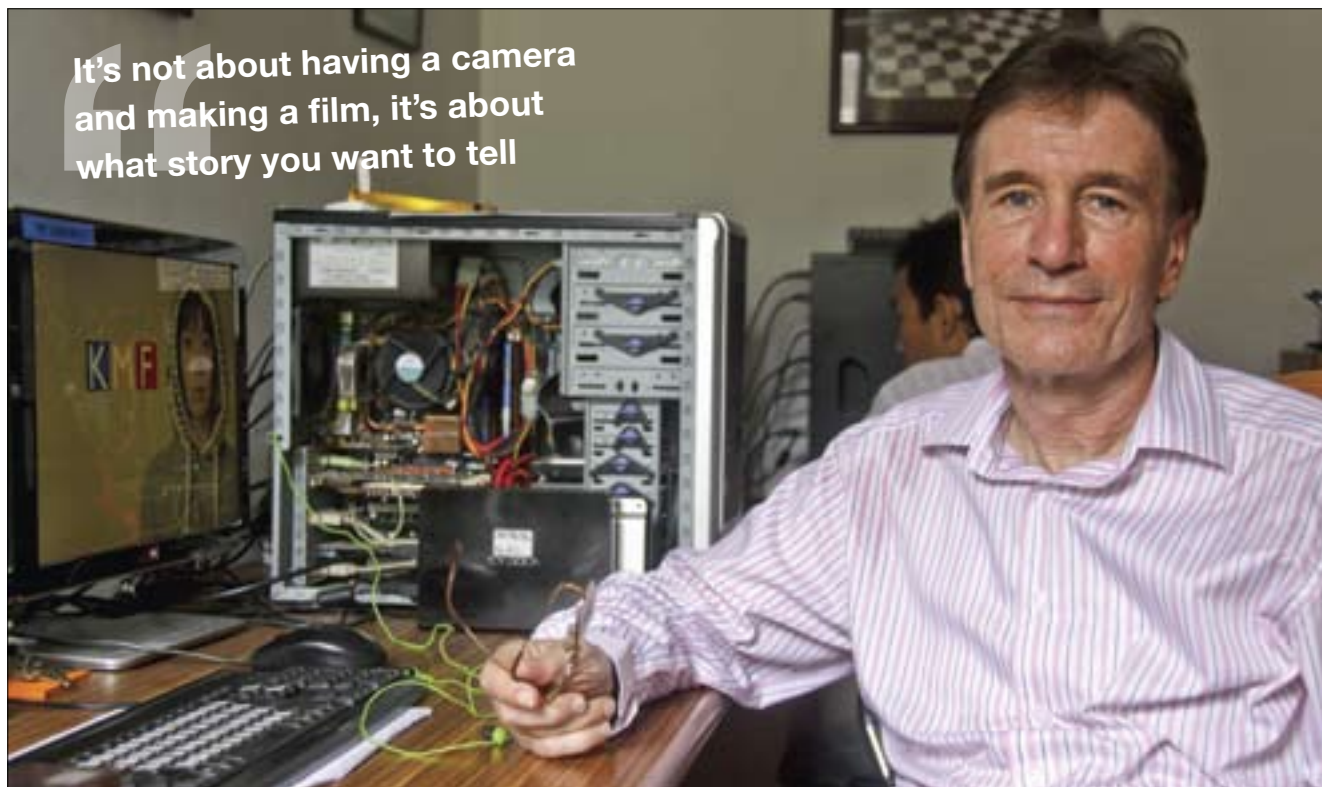
Lack of professional training for nascent filmmakers is another issue. Borei Sylyvann, 24, is a graduate of Department of Media and Communication (DMC) at the Royal University of Phnom Penh, perhaps the closest thing to a film school in Cambodia. Sylyvann’s friends Prum Seila, 22, and Lim Seang Heng, 21, are students there. The trio recently completed a short documentary, *Three Generations*, made with support from the U.S. Embassy and M.E.T.A. film school. Lamenting the piecemeal training in film available to young Cambodians, they say it’s difficult for young people to get support for realising their ideas.

Sylyvann finds little inspiration in contemporary Cambodian productions. Instead he looks abroad, as well as back to the 60s for motivation and encouragement. “We need more education, support and resources to bring back the glory of the past,” says Seila.

M.E.T.A film school, started by Nico Mesterharm earlier in the year, is one place those interested in films can receive training. A documentary filmmaker himself, Nico felt it was time to share his skills. Around 15 students work with Nico, getting on the job training producing short films.

“Students often underestimate the scope of the work, they think it’s an easy job to be filmmaker,” Nico says. Many of those who initially started the “master class” have dropped out. “You need to put in the hours,” he stresses. Simply picking up a camera doesn’t make you a filmmaker.

It's not about having a camera and making a film, it's about what story you want to tell



Khmer Mekong Films

Though Nico expects it to take at least a decade for the Cambodian film industry to develop, he nevertheless sees providing training to young people as worthwhile. "Filmmaking helps people develop a culture of discussion," he Nico. "Films in Cambodia, and in fact most developing countries, are the best way to reach out to people."

ON THE ROAD

Though the capital's cinemas may screen to empty audiences, there is demand for film screenings outside of the capital. The CCF runs an annual event called La Route du Cinema, where mainly French films dubbed in Khmer are screened in open-air tents to provincial audiences.

"For many this is the only possibility to access something different like this," Alain says. He describes the screenings as "very, very popular" with a festive atmosphere resembling a village fair.

Bophana Audiovisual Resource Centre also organises film screenings outside the capital. Established by one of Cambodia's most famous contemporary filmmakers Rithy Panh, the centre's aim is to create an audiovisual history of Cambodia.

Archive Manager Gaetan Crespel says its screenings usually attract hundreds. "It's not just for entertainment," Gaetan says. "Sometimes it's possible to present old movies or pictures from a particular province in that particular province," he says. Old footage allows people to reconnect with the past, according to him.

RAISING THE BAR

Despite his pessimism over the state of the current Cambodian film industry, Matthew is not ready to give up. KMF has so far

produced two feature films, *Staying Single When* in 2007, and more recently *Vanished*, a thriller that came out earlier this year.

"We lost a bucket load of money on *Staying Single When*," he admits. "But it was very positive in the sense that it was our calling card, we'd arrived on the scene."

Following the financial hit, KMF successfully diversified into TV productions, commercials and work with NGOs to stay profitable. He financed *Vanished* out of his own pocket.

"Why did I do it? Because I enjoy making movies," he says. "It's what I've always wanted to do as well as TV programmes. Second, I thought I'd learnt some lessons from the first one..."

Thriller *Vanished* was released to great reviews, including one in U.S. lifestyle magazine *Variety*, which called the film "of international standard". Audiences flocked to Sorya cinema to see the film, though the untimely arrival of heavy rains put an end to the run.

Ultimately, *Vanished* too proved financially unviable. Yet Matthew is content to have so far recuperated almost half the costs of making the film, which had a budget of just over US\$40,000.

Both *Staying Single When* and *Vanished* show that given a skilled crew and decent storyline it is possible to make quality films in Cambodia. The problem is their commercial viability.

Matthew says he will have one more shot. "I'm going to make a film again in a year's time," he says. "On the basis that if you can't beat them, join them, we are going to make a well-made ghost movie. If it doesn't work after that I'm going to give up."

Others set their sights lower. Over the past six months Davy Chou has run workshops for Cambodian youngsters interested in



Alain CCF

filmmaking. The result was *Twin Diamonds*. Each sequence was written and directed by a different group from the various schools and organisations involved in the project. Its first public screening at Cinema Lux in early October had the venue packed to the rim.

Another initiative is *CamboFest*, to be held in Kampot this December. Now in its third year, the independent film festival, features short films, videos and animations from around the world. Though last year's festival screened only a handful of Cambodian films, it offers an opportunity for local film buffs to experience something different.

The festival also has a wider impact. Recently, Cambodian-French documentary *L'Importante C'est De Rester Vivant*, became the first Cambodian film to be nominated for the Asia Pacific Screen Awards. It was submitted by *CamboFest*.



Bophana Film Archives

■ **LEARNING BY DOING**

Most Cambodians involved in film have learnt their trade on the job. The way they can improve their skills is by training with foreigners, according to Cedric Eloy, CEO of the Cambodia Film Commission (CFC).

“The idea [behind the CFC] is to work first on hosting foreign productions in the country, and through a complementary training programme recreate local know-how of making quality films,” he says. “Indirectly, it will have impact on the national production.”

By acting as a gateway for foreign industry professionals, the CFC hopes to attract more and more foreign productions to film in Cambodia, with the expectation that at least some of the film crew will be hired locally. Established in July, the CFC has so far hosted one German feature film, *Same Same, But Different*, which will be released in December.

“Initially, the film was going to use a German, Thai, and Khmer crew,” says Sovichea

Cinema in Cambodia is not really cinema

Cheap, director of the CFC. However, following discussions with the CFC the producers decided to go with a mixed German-Khmer crew. “We convinced them they could get all they needed in Cambodia.”

The film industry at the moment is very production cost driven, which gives Cambodia a distinct advantage as a shooting location, according to Cedric. “Low cost is our main draw,” he says. Documentaries, as well as TV-shows such as *The Amazing Race*, are increasingly looking to Cambodia as an untouched location.

■ **BACK TO THE FUTURE?**

Cedric recognises that improved technical knowledge is only a part of what the ailing

local film industry needs. “We are thinking of a few initiatives to help writers develop, but it’s not our main focus,” he says.

Matthew considers the lack of creative ideas as one of the main problems in the sector. “They talk about giving filmmakers an opportunity,” he says. “But what nobody does is to explain that it’s about ideas. It’s not about having a camera and making a film, it’s about what story you want to tell.”

For now, he thinks the future is in TV. Training Cambodian film professionals can only be seen as a long-term objective. “I would train them for what there is a demand for – low-cost entertainment shows and dramas,” he says. “I have a great team who can do TV drama extremely well.”

Alain believes the first step to creating a cinema industry is to have real cinemas. “That’s why we do screenings at Wat Botum, organise *La Route du Cinema*, and have the cinema here,” he says. “Then people can start

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having knowledge about cinema, images, what a story is and so on.”

Given time, it might even be possible to get the Golden Era back. “Cambodian youth is very interested in filmmaking,” says Nico. Like Alain, he notes that watching films is key. “For me what is essential to become a filmmaker is not to read manuals of cameras or clever books or even go to a class at university, but to watch films.” **F**



Nico at Meta House

Did you know..?

■ SEEN ON THE SCREEN

These films were partly or entirely shot in Cambodia: *City of Ghosts*, *Two Brothers*, *Lara Croft: Tomb Raider*, *Holy Lola*, *In The Mood For Love*, *Monsoon Wife*, *L'Empire du Tigre*, *The Curious Case of Benjamin Button*

■ CINEMAS IN PHNOM PENH THE FLICKS

39 Street 95

Weekly changing programme includes both contemporary and older films to suit all tastes. A 4.5m screen and optional popcorn complete the movie experience.

CCF

218 Street 184

Mainly screens French-language films, generally on Tuesdays, Fridays and Saturdays. Films dubbed into Khmer on Saturdays at 5pm. Also shows films

with English sub-titles. Schedule available on www.ccf-cambdodge.org

SORYA

5th floor of Sorya Mall

Several screenings daily, mainly of ghost movies popular amongst Khmer youth. Tickets cost 8,000 riel

BOPHANA AUDIOVISUAL RESOURCE CENTRE

64 Street 200

Regularly screens films about Cambodia. The public archives also allow visitors to watch films directly from the computers. Open Monday to Friday, 8am to 6pm, Saturdays 2pm to 6pm.

META HOUSE

6 Street 263

The capital's premier documentary film house. Artistic, political and thought-provoking screenings daily from

7pm (closed Mondays). Schedule available on the AsiaLIFE website.

CINEMA LUX

44 Norodom Boulevard

Four screenings daily of generally poor quality local and regional films. Occasional events in cooperation with NGOs or government bodies. Tickets cost 5,000 riel.

CHENLA THEATRE

Croner of Monireth and Mao Tse Tung Blvds

Occasional screenings for large audiences.

ANNAM RESTAURANT

1c Street 282

Bollywood films to go with your Indian dinner Wednesdays at 7pm

THE CHINESE HOUSE

45 Sisowath Quay

Regular Wednesday screenings at 7.15pm **F**



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food corner

Finding Fish & Chips

Quintessentially British, fish & chips bring a sense of home to the Penh's anglophiles. As is custom in the UK, the dish is also best served in a pub. Words by **Nora Lindstrom**.



Tuck in! Huxley's does it right.

■ HUXLEY'S

This is what fish and chips is all about. Two beer battered, good-sized pieces of fish, chunky, crisp chips, homemade tartar sauce and a side salad make for an excellent combination. The fish is particularly pleasant – lightly battered with not a hint of dryness. Peas would perfect the dish, but with a copy of The Sun, football in the background and a real pint to accompany the meal, you would be forgiven for thinking you're in England.

PRICE: US\$7.50

RATING: 🍷🍷🍷🍷🍷

■ THE WINKING FROG

The Frog's battered fish 'English style' comes with chips, peas and tartar sauce. The two pieces of fish are slightly on the smaller side, but the batter is light and the fish itself cooked just right. Nicely chunky and not too greasy, the chips have a definite lack of crisp, but the peas taste fresh and are not too mushy. The tartar sauce comes out of a bottle, but there is Heinz ketchup as well as vinegar to complete the meal.

PRICE: US\$7.

RATING: 🍷🍷🍷🍷🍷

■ GARDEN CENTRE CAFÉ

The fish & chips at Garden Centre are downright disappointing. The batter is tasteless and soggy, and the fish underneath hardly has any flavour at all. The best part about the meal is the large selection of side dishes you can choose to accompany the dish. Pick a side salad out of a dozen or so options, and decide if its traditional peas or some other veggies you want to complement your meal with. The homemade tartar sauce is a step in the right direction, and the chips are solid, but overall the dish is simply not quite up to scratch.

PRICE: US\$6.50.

RATING: 🍷🍷

■ THE RISING SUN

At first sight, the fish & chips at the Rising Sun come across as a bit of a poor man's lunch. The tartar sauce is not much different from mayo, each chip tastes different, and there are no greens to go with the meal. In fact, the only item on the plate that looks appetising is the battered fish fillet. And thankfully, it does not disappoint. The crispy batter gives way to piping hot, beautifully flaked

meat that is simply a delight to eat. The fillet is flavourful enough so that you won't even have to touch the 'tartar' sauce (though a little won't do any harm), and big enough to allow you to leave the chips untouched.

PRICE: US\$4.50

RATING: 🍷🍷🍷🍷

■ NATURE & SEA

There are people who rave about the fish & chips at Nature & Sea. They are wrong to do so. Firstly, these are not fish & chips. They are fish nuggets & fries. In addition, both are somewhat bland, and the nuggets are especially on the dry side. What saves the day is the fantastically crunchy homemade tartar sauce. The fresh side salad is also a nice touch, and the place deserves some credit for using local fish. But still, time to stop raving.

PRICE: 28,000 RIEL

RATING: 🍷🍷🍷

■ I ♥ FISH & CHIPS

If all you serve is fish & chips you had better do it well, even if you're catering to people at lakeside. I (heart) fish & chips gets it half right, with a fresh fillet

of fish in a perfectly passable, if a touch soggy batter. The chips however are below par. They are dry and taste like they have been re-heated. The tartar sauce is also a sad attempt, in fact it's more like a sauce concoction containing mayonnaise and dill. The price however is right, though you might want to consider ordering the fish without the chips.

PRICE: US\$3.50

RATING: 🍷🍷🍷

■ THE GREEN VESPA

A fillet of John Dory in beer batter should say it all. Though evidently imported, it tastes fresh and is cooked close to perfection. Complete with mushy peas, homemade chunky chips and great tartar sauce, also homemade, the fish & chips at the Green Vespa is simply a delicious meal. Big enough to fill a grown man, there is no fooling anyone the dish is unhealthy, but so are fish and chips everywhere so you might as well get your calories from a good one. Heinz ketchup and malt vinegar complete the meal.

PRICE: US\$8.25

RATING: 🍷🍷🍷🍷🍷

■ FISH

Served with a surprisingly large, fresh Greek salad, these fish & chips come across as slightly classier than the rest. Adding further sophistication, you also get to choose between snapper, sea bass, river perch or the traditional cod, as well as a choice between beer batter or crumbs. The dish itself is very good, served with homemade chips. Although the batter is not quite crispy enough, the fish has a nice mild taste to it. What the dish lacks however is vinegar and tartar sauce. Ketchup and what initially looks like tartar sauce accompany the dish, but the latter turns out to be something different with a mustardy taste. Not bad, but not tartar sauce.

PRICE: US\$8.50

RATING: 🍷🍷🍷🍷🍷

Wine dinner

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Food Talk: The Princess of the Sea

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.



Serving up European fare fit for a mermaid princess

THE GOLDEN MERMAID may sound like yet another hostess bar, but actually got its name from the small, intricate bas-relief mermaid that was uncovered when they began renovating the 1922 French colonial building near the post office. Serving an impressive range of old European fare in a tasteful but unassuming spot, it's almost easily missed, but it is actually one of the best kept secrets in Phnom Penh.

In the famous Khmer story of Hanuman, the Monkey General and Sovann Macha, the leader of the mermaids, Hanuman only realizes his love for the graceful Sovann Macha during their arduous wrestling match, while Hanuman is trying to capture and defeat her. She eventually gets

over her anger and grows to share his feelings. The tale is a good example of the strange mix of light and dark, profane and sublime, that pervades Cambodian history and culture, which contains so much beauty and seduction amid a painful backdrop.

Manfred Paul, the jovial German owner first came to Cambodia in 1995 while on holiday in Thailand. He saw children collecting rubbish on the street and felt a stark reminder of his own childhood, when he did the same after the war. His life-long passion for architecture and construction was also stirred by the beautiful, crumbling buildings here. He knew there was great opportunity for Cambodia to grow and rebuild, the same way Germany did, and he was excited to return.

Coming from a rural area in the south of Germany near the French border, his first major project, at 10 years old, was the construction of a coop for the family's chickens. "All my friends were out swimming and playing in the countryside, and I was hard at work building a chicken farm," laughs Manfred. "Eventually my father suggested I take a break from the chickens and focus on school." After school he started a construction and renovation business in Germany, which he owned for over 30 years.

Initially he came to this project on the building side of things. A partner from Germany was looking to open a restaurant, and with Manfred's background in construction and renovation, it

was an obvious match. However, after the project was underway the partner returned to Germany unexpectedly, so Manfred was left to steer the ship alone. He brought in a talented team of Khmer staff, headed by executive chef Srun who had previously worked at Vann's and FCC. Srun brought a depth of knowledge in high-end Western food. For Manfred the learning curve has been quite steep, but enjoyable.

A glance at the menu reveals their not-so secret ambitions. With chicken liver pate, filet du boeuf in coffee sauce, steak with Kampot pepper and blue cheese and weiner schnitzel, it's clear the clientele they are aiming for. In addition to more affluent Khmers who are eager to expand their

palates, the area is home to embassies, businesses and some high-end hotels – the offerings match.

What doesn't match, however, are the prices. Unusually affordable, and much lower than neighboring restaurants that offer similar quality. With breakfast starting at US\$3, including specials with imported Black Forest ham, lunch ranges from US\$4 – US\$12, and dinner at US\$6 – US\$15, it's hard to find fare of that caliber for those prices. Drink specials during happy hour from 5 to 7pm are half-off, which unfortunately doesn't include the excellent German beers Erdinger and Schneider Weisse, the latter of which is worth every penny.

Srun and his team work out of a spotless kitchen with an open design, so it's possible to watch them crafting your meals. They recently featured Shrimp and Cognac soup, a French-style bisque that was deliciously rich with chopped shrimp and a cream finish. The seafood salad was a beautiful array of colorful greens, beetroot and red cabbage heaped with Mekong river fish, scallops, squid, mussels from New Zealand, large prawns and langoustine. Lightly dressed and ex-

ceedingly fresh, it was an exquisite meal for US\$7. Indeed, Manfred believes that the recession should not show itself on the plate, and is proud of their generous portions. Another important feature is the wine cabinet, which stores wines at their proper temperature ensuring that the flavors stay intact.

The small details of the building itself stand out. The tile floor was rescued by Manfred from a dilapidated building that was about to be torn down. The intact tiles were transported and used as the restaurant's floor; the broken ones make up the mosaic that decorates the marble bar in front. "That's a very Cambodian thing to do, to make use of everything," says Manfred.

When the mermaid sculpture was unearthed, Manfred spent 5 hours cleaning it with a toothbrush, which sounds like a very German thing to do. The walls are painted a warm, buttery yellow and adorned with oil paintings by a local artist, along with dark wood tables, outdoor seating, all create a relaxed but sophisticated feel. There's even an open space in front of the bar that Manfred jokes is for waltzing, if you get swept away by the schnitzel and Schneider Weisse.



Hearty fare.

Growing up in post-war Germany, Manfred seems to intimately understand the position that Cambodia is in, since his childhood memories are constantly evoked here. It is his attitude of hopefulness amidst darkness that makes Manfred a perfect fit with Cambodia and uniquely attuned to its problems and wonderful attributes. He sees architecture as one of the most attractive features of Phnom Penh, and hopes that some will be preserved in order to retain the city's charm and appeal.

Especially in the old quarter, where Golden Mermaid is situated, with its cobble-stone streets and old, colonial buildings it would be a shame if Phnom Penh didn't make use of it.

On the horizon for Golden Mermaid is an upgrade of the outdoor terrace, and in two weeks a guest chef from Germany who will create a special menu for a limited time. No longer a secret, make the journey up north on the riverfront and try your luck with the mermaid. ■

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restaurant guide

key to symbols

- | | |
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| 01 Under \$3
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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**
- Frizz**
67 Street 240, Tel: 012 524 801
Dutch-run, restaurant specialising in authentic Khmer cuisine. Serves very good amok. It has cookery classes too. Open 10am to 11pm. **02**
- Green Pepper**
6F 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, 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
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
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

Bougainvillier
277C Sisowath Quay, Tel: 023 220 528
Elegant, riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and excellent French wines. Three course set lunches are also available. Open from 6am to 11pm. Also has rooms upstairs. **03 A/C**

Comme à la Maison
13 Street 57, Tel: 012 951 869
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03** 

Equinox
3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has

Review: K'NYAY

In a country where even the monks eat meat, it can be difficult to embrace vegetables with a passion, but K'NYAY makes a strong case for it. Words by Kate Liana.

DO YOU EAT ENOUGH vegetables? Bloody Marys don't count. Nor do the mint sprigs in a Mojito, or the sprinkled chives atop your eggs benedict. Tucked into the north side of Sihanouk Boulevard in a leafy villa, K'NYAY (Khmer for ginger) is one of the most pleasant spots in town for a quiet, intimate meal that will leave you full, satisfied, and healthy. Before you run screaming for the nearest steak joint, be assured they also offer beef, fish and chicken in addition to vegan fare.

Kicking off the evening was the mixed bean, peanut and mint dip. A truly unique dish and a favorite, it features a thick, coarsely chopped mix of beans, celery, cucumber, peppers and peanuts. The mild, nutty flavor of the beans came through strongly and the peanuts were blended in well and didn't overpower while also giving a bit of crunch. The mint was faint but there. Served with vegetables crudite, it was well-sized and at US\$2 a steal and perfect for sharing.

The roasted pears in the roast pumpkin and pear salad were delicious, the smoky flavour a perfect foil for the pear's natural sweetness. The long strips of pumpkin were nice and sweet, if a bit dry. All are tossed haphazardly with romaine, batavia, and minuet greens, in a tasty mustard vin-



aigrette, so not the most visually appealing but the flavours blended together exceptionally well. Mango and beetroot gave the K'NYAY salad more colour, using the same greens and vinaigrette. Thin strips of raw ginger were a sharp and exquisite surprise, giving the salad a wonderful kick.

The sweetness of the carrot in the carrot and coriander soup almost overpowered, but was reined in by the savoury notes in the stock. Rich and sweet, the flavour worked but lacked depth, though I'd be happy with this on a cold, winter day. Just not sure when we'll see one of those. The roasted red pepper soup was rich and smooth, and the acidic bite of pepper kept the flavour bright and strong.

Though we were quite full at this point, we welcomed

the red fish curry in a spicy, mellow broth delicately spiced with star anise, cumin, tumeric and chili. The eggplant, green beans, onion and pumpkin were all cooked to perfection, tender but firm. The fish was stiff but exceptionally fresh.

The sweet potato and peanut stew was enjoyed immensely by the table. The sweet potatoes were a tad undercooked, but the onions and peppers had good texture. The peanuts, cooked soft and tender were especially nice. The flavour was earthy and savoury, though a bit of spice wouldn't hurt.

Food arrived in good time, and the only sour note was the wine. One in our party had a glass of fizzy and vinegar-tasting red wine, which was happily replaced with another just as bad.

The staff were friendly and helpful, and so accommodating they made no fuss that we stayed two hours past closing time, not that we noticed. The warm lighting and relaxed atmosphere encourage slow, leisurely meals, and the staff went out of their way to make us feel at home. In addition to being Cambodia's first vegan restaurant, this was one of the owner's main goals. Indeed, with the intricate iron-work, screened lamps, and comfortable seating, the decor is exceptionally nice and adds to the experience.

Overall the food was delicious, though a tad more spice or pungency would round out the overall culinary experience. Ingredients were exceptionally fresh, even the salad greens were incredibly crisp, and the vegetables were cooked to perfection. Thick, crumbly whole wheat bread was another pleasant surprise, along with the tasty wild rice, a nice change of pace from the steamed white stuff. Most impressive, executive chef Run continuously experiments to craft vegan versions of Khmer favourites, while flavour and texture are never sacrificed. With quality and freshness that's hard to match, especially at those prices (US\$2-US\$4 for starters, US\$5-US\$6 for main dishes), go make your mother happy and eat your vegetables. **F**

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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 ៧៩**

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 ៧៩**

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 ៧៩**

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 ៧៩**

Mount Manaslu Café
1a Street 282, Tel: 023 996 514/
012 637 485/017 760 740
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 ៧៩**

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 ៧៩**

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 ៧៩**

Shiva Shakti
70 Sihanouk Blvd.,
Tel: 012 813 817 / 023 213 062
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C ៧៩**

international
Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of



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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** ☎

Aussie XL Café
128 Sotheaors Boulevard, Tel: 023 301 001
Aussie style bistro food with quick lunch menu from \$5. Good selection of house wines and retail wines. Open 7am to 11pm. **03 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 changer room. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C** ☎

Do It All Pub & Bistro
61 Street 174, Te: 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.

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
On the 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**

Fish
Sisowath Quay, cnr of Street 108, Tel: 023 222 685
Contemporary, modern restaurant specialising in all things oceanic. Menu includes everything from lobster through sushi to gourmet fish and chips for upmarket, but reasonable prices. Open 7am to late.

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

Garden Center Café 2
4B Street 57, Tel: 023 363 002 / 092 206 582
www.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Tuesdays.

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

Green Vespa
95 Sisowath Quay, Tel: 012 887 228
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6.30am till late. **02 A/C**

Golden Mermaid
28 Street 13, Tel: 023 998 480
New, sophisticated restaurant near the Post Office in the old quarter, serving traditional Old European fare. Elegant, relaxed atmosphere, housed in a beautifully restored French colonial building. Open 7.30am to 2.30pm, and 5pm to 10.30pm.

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

Huxleys
Cnr. of Streets 136 & 5, Tel: 023 986 602
Wood-panelled traditional English pub downstairs serving 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

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Golden Mermaid restaurant

Traditional Specialities from Old Europe



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Corner Street 104 & 13 Phnom Penh (in front of Post Office)

7am - Late. Tel: 023 222 685

New school dishes



The best fish & chips in Asia
Corner of St.108 & Riverfront

after hitting the vodkas then you are doing well. Open 12pm until the vodka runs out. **02**

Jaon
Cnr. of Sisowath Quay & Street 106
Latest venture from the owners of the popular Flavours Restaurant and Liquid Bar on Street 278, this river-fronted restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. **02**

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

K West
1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747
Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. Now has a brasserie menu with daily specials. Also has free WiFi. Open 6.30am to midnight. **03 A/C**

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

Le Quay Café
Cnr. Sisowath Quay & Street 110,
Tel: 023 998 730,
www.amaraspahotelcara.com
The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on the menu. Le Quay is a very healthy addition to the riverside scene. Open from 8am to 11pm (to 1am on Friday & Saturday). **02 A/C**

Le Rit's
14 Street 310, Tel: 023 213 160
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden, the restaurant specialises in Asian and European cuisine. Open from 7am to 5pm, closed Sundays. **02**

Madeineles 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 Expresso 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**

Picked Parrot
4-6 Street 104,
Tel: 012 633 779 / 023 986 722
www.tonlesapguesthouse.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
Chic bistro with a simple, yet refined black & 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. Three private rooms. Open 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 patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday. **02**

The Winking Frog
128 Sotheaors Blvd., Tel: 023 356 399
Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool

Bargain Bucket

POPULAR CHEAP THAI diner, Tic's Place, made the move back to Street 63 earlier this year. Despite the relocation, the no thrills attitude to ambience remains – if anything the place is even more Spartan and smaller than the previous venue. Weave your way through the row of motorbikes parked outside and then stand waiting while the staff assemble and lay a table for you. Unfortunately it is not just the table you have to wait for.

After a long drawn out ordering process in both English and Khmer our first dish arrived. We then had to wait a further 20 minutes for our other dish, pad ka pow (US\$3.50). In the meantime another table was served a similar dish – we had been gazumped! Even by Phnom Penh standards this was very shoddy service.

The food is pretty standard Thai fare pad thai (US\$2.50), tom yam (US\$3.50) mixed with a range of other Asian cuisine – loc lak (US\$3.50). The food is tasty



enough without having quite the full heat of Thai food. For those who find Thai food overbearingly spicy this is a good option.

It also comes in two sizes – small and medium. We tried one of each with no discernable difference in portion size. Opt for the small and save the

US\$0.50 to US\$1 charged for a supersized helping. With no beer or wine on the menu, drinking options are limited to coffee and other soft drinks including well-priced watermelon shakes at US\$1.

All-in-all Tic's is a great place to get a well-priced

plate of Thai food. A reasonable option if you suddenly get a craving for Thai food at the southern end of Street 63.

Tic's Place, 72 Street 63, Tel: 012 540 515. Open 6am to 9pm (Mon. to Fri.) & 6am to 2pm (Sat. to Sun.)

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Open Daily
Reservation recommended 11 am - 11 pm
Free Delivery

60, Street 29
(Next to Independence Monument) 023 220 895 / 092 798 781

table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **02 A/C** 🍷

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

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 Blvd., 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 Sotheaors Blvd., 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**

Yumi Restaurant, Bar and Grill
29a Street 288, Tel: 092 163 903
An elegant but inexpensive English run Yakitori restaurant nestled in to a quiet street in BKK. Serving top-notch Japanese nibbles, hot and cold sake, plum wine, wine and beer. Don't leave without trying the salt and chili squid. **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
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** 🍷

Annam
The Indian food place



Crispy Masala Vadais
to
Juicy Murgh Kebab



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

Kucina Filipina

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

Lemongrass

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

Le Wok

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

Mt. Manasu Muraa's Café

1a Street 282, Tel: 012 176 0740 / 023 996 514
Serving up great Nepalese and Indian food at affordable prices with both open-air and air conditioned dining areas.

Paratan Restaurant

42 Street 172, Tel: 012 530 707/011 530 707
Cozy, traditional-style Khmer-Thai restaurant near Wat Saravorn. Set on two floors, the first floor also features a open-air balcony. Open 9am to 1pm, free delivery.

Singapore Kitchen

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

cafés

Art Café

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

Café Fresco I

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

Café Fresco II

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

Café Fresco III

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

Café Living Room

9 Street 306, Tel: 023 726 139
Set in a stylish villa, Living Room has

healthy salads and snack plates, plus a great coffee menu. Has a kid's playground 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 over looking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C**

Java Café & Gallery

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

Java Tea Room

Monument Books, 111 Norodom Blvd., Tel: 092 451 462
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

La Gourmandise Bleue Patisserie

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

Madeleine's Café & Bakery

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

Morning Café

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

The Coffee Maker

50 Sihanouk Blvd., Tel: 023 987 721 / 012 506 400
Recently opened, modern café overlooking Hun Sen Park, serves coffee, juices and light refreshments. Already popular with middle-class Khmers, this is a great place to watch the early evening exercises.

The Deli

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



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Bar Talk: Make Tea, Not War

Tea works a treat in any situation, yet until now quality teas have largely been unavailable in the capital. Nora Lindstrom talks with two tea-lovers on a mission to rectify that state of affairs, by introducing the art of tea to Cambodia.



China Brand Tea brings the passion of tea to Phnom Penh

FROM CREAM TEAS IN Cambridge to tea ceremonies in Kyoto, tea is the world's most popular drink. Made from the camellias sinensis plant, the beverage has a curious past including starting wars, sparking a revolution and making millions work in dire servitude. Always the satirist, George Orwell called it the mainstay of civilisation in Britain, referring not only to the British obsession with tea, but how the spread of tea was partly propelled by British colonialism.

Apart from wars and politics, there is also a benign, sociable side to tea. A cup of the local variety is a compulsory component of social events in many countries, and can serve to solidify friendships and build trust. In their traditional tea ceremonies, the Japanese have perfected "the way of tea", a phi-

losophy that combines tea with principles of harmony, respect, purity and tranquillity.

Though drinking tea in Cambodia is as common as potholes in the road, many claim the country lacks a refined tea culture, and lovers of the beverage often complain about the lack of quality teas. "All the restaurants serve tea, but it's very cheap tea because it is served for free," says Hong Bunty, Managing Director of TWG Tea in Cambodia, a Singaporean company. From its flagship store in Amanjaya hotel, TWG is trying to introduce superior teas into the market, and slowly raise interest in the art and culture of tea.

"At the moment, the Cambodian market for quality tea is very small. A lot of cheap tea is imported from neighbouring countries such as Vietnam and China," Bunty

laments. He notes that the quality of the final cup is a reflection not only of the tea leaves themselves, but also of how they are stored and whether loose or bagged tea is used. TWG Tea is careful not only to store its tea correctly, but has further created a recognisable brand, a logo reminiscent of colonial tea companies as well as appealing packaging to go with the product. At the shop in Phnom Penh, 30 varieties of tea from all over the world are available, as well as six different types of tea flowers.

Bunty's love for tea extends beyond the requirements of his job. He says he enjoys not only the delicate taste of tea, but also the air of timelessness it embodies. "The culture of tea is to relax, no rushing," he says, further comparing tea to wine, in its variety of subtle flavours and smells.

■ KUNG FU TEA

Chinese-Cambodian Huot Vong Botra is also a fan of the beverage. He learnt to appreciate tea during his 10 years in China. "Before I went to China I hated drinking tea," he says. "But over there everyone drank tea, and I noticed many people lived to old age and were healthy despite Chinese food being quite fat."

Botra was fascinated, to the extent that he sought out a Chinese tea master with whom he studied the art of tea for close to three years before returning to Cambodia. In May, he opened his own tea shop in Phnom Penh, China Brand Tea.

Like Bunty, Botra hopes to share his passion and introduce the art of tea to Cambodia. In his shop at the corner of Monivong and Mao Tse Tung Boulevards, Botra invites customers to try the different vari-

eties of mainly Chinese tea on sale, which include all main Chinese varieties from pu'er through green tea to oolong. China Brand Tea also stocks a large amount of tea sets, the prices of which can reach well into the hundreds.

Botra enjoys sharing his knowledge of making tea the traditional Chinese way. Though not quite as ceremonial as the Japanese way, has a particular sequence and purpose. "There are eight steps to making Chinese tea," he explains, showing the different pots and utensils required. "This way of making tea is called Kung Fu – like the martial art. It's about spending time and patience to make tea and enjoy the taste slowly."

DIY

After a tutorial at China Brand Tea, you can try out your skills at Tea Club Café & Restaurant. At the quiet Chinese-style tea rooms, you can order a complete tea ceremony set for as little as US\$2.50, with a choice of oolong, jasmine, long qin, pu'er or chrysanthemum tea. Served out of regular teapots, other teas are also available, including medlar jujube tea, a flower tea which amongst other ingredients includes raved-about superfood goji berries.

For a taste of TWG's teas outside of the shop where Bunty will gladly serve you a cuppa, head to Java Tea Rooms on Norodom Boulevard. The comfortable café stocks a wide range of the brand's teas, many of which, unlike traditional Chinese teas, are flavoured with herbs and spices. The brews come served in TWG's own metal and porcelain teapots, which according to Bunty are special in that they retain the tea's temperature for at least an hour. "Tea is meant to be enjoyed over time," Bunty emphasises.

Though the days of tea-induced wars may be over, controversies nevertheless remain. Thankfully, these are related mainly to milk and sugar, that is, whether these should be added, and in which order. However you choose to have your tea, with two new tea shops in the capital, you can at least be sure to get a nice, satisfying cuppa.

WHERE TO GO

China Brand Tea
cnr of Monivong and Mao Tse Tung Blvds

TWG Tea Shop
Amanjaya Hotel, 1 Street 154/ Sisowath Quay



BRASSERIE BAR, OPEN EVERYDAY 6 PM TO 12 PM

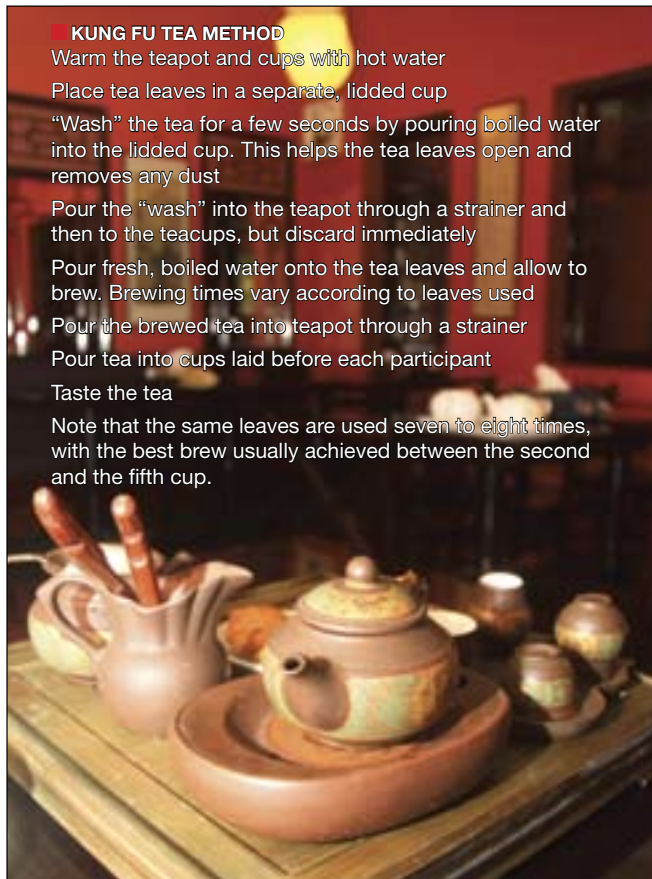
Free **Wi-Fi**

1 Street 154,
Sisowath Quay
Phnom Penh
Tel: 023 214 747

KwWEST BRASSERIE-BAR

KUNG FU TEA METHOD

- Warm the teapot and cups with hot water
 - Place tea leaves in a separate, lidded cup
 - "Wash" the tea for a few seconds by pouring boiled water into the lidded cup. This helps the tea leaves open and removes any dust
 - Pour the "wash" into the teapot through a strainer and then to the teacups, but discard immediately
 - Pour fresh, boiled water onto the tea leaves and allow to brew. Brewing times vary according to leaves used
 - Pour the brewed tea into teapot through a strainer
 - Pour tea into cups laid before each participant
 - Taste the tea
- Note that the same leaves are used seven to eight times, with the best brew usually achieved between the second and the fifth cup.



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Bar Talk – No Ordinary House

With a venue perfectly made for special events, Chinese House has drawn the Penh's expats to the north end of the city since its inception a year ago. Craig Gerard sits down with their latest addition, Paul Manem.



IT'S REFRESHING TO FIND someone who loves his job. And Paul Manem loves his job. "I've never before had a job that combines all my interests like this one," he explains of his position as Manager of Chinese House. With a background in new media, web design, and entertainment, he fits right in at the artsy lounge and gallery. And as a musician, he's got an ear for selecting exciting concerts for the venue.

With no food service or beverage experience, does Paul find the task of running a bar daunting? Not at all, he says confidently. Most of his confidence comes from knowing Kunkea and Daet, who Paul describes as the de facto bar managers, take care of everything from stocking to pouring. "They are completely trustworthy and very bright," he explains, "and people really connect with the staff here because they are here consistently." Assured the bar is in capable

hands, Paul is free to do what he does best, plan events.

While only a two-month veteran at Chinese House, Paul understands the Penh's predicament with live music. While having their regular acts such as D'sco or Mispent Youth does fill a void, Paul knows that to keep people coming out, entertainers need to be refreshing. "Our public demands more than just the same bands," he says. And to that end, he says Chinese House is willing to take a few risks. While details are shrouded in mystery, Paul says "Watch out for us in 2010... we plan to get very ambitious."

The house, built in 1905, is a unique meld of French Colonial and Chinese architecture. It is far enough from the over-populated River Front area that it doesn't attract many tourists, but it is close enough to still be very accessible. The bright yellow building jumps out from its otherwise musty neighbors. Inside, the faded wood floors


feel like a friend's comfortable old house. The downstairs gallery offers plenty of space for the rotating art exhibitions from hip Asian artists. But this space has also hosted a Pulitzer Prize winning play write, a Chinese punk band, Phare Ponleu Selpak circus, and films, just to name a few.

Up the stairs in the back, the lounge spreads out around the bar in the centre of the room. With cushioned couches to melt into, and plenty of little nooks to hide in, Chinese House can be a romantic escape for two or a place to relax with a group of friends. On non-event nights, patrons enjoy the mellow sounds of Afro-Cuban jazz while sipping mojitos. But on an event night, the crowd is as diverse as the programs.

On Nov. 21 Chinese House will celebrate their one-year anniversary. Paul says to look for a big celebratory event as well as innovative changes to the establishment. "We want to try new things, and

not get stuck on one idea just because it has worked," he explains. In addition to the much anticipated entertainment forays, Chinese House will see an expanded menu and the addition of some unique cocktails.

Since opening its doors, Chinese House has always been more of a venue than a bar, which is a major strength according to their events manager. "We understand that we are not getting foot traffic," Paul admits, "Mostly people come here for our events." Their flexibility and diverse programming is successful in bringing in the crowds. With a lot of imagination and unlimited potential, Chinese House should be celebrating their anniversary each November for many years to come. Paul is optimistic, especially about the 2010 lineup.

To be the first to know about upcoming events, you can join their mailing list by sending an email to events@chinesehouse.asia. 

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

Cadillac Bar & Grill
219E Sisowath Quay,
Tel: 011 713 567
 Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **A/C**

Cathouse Tavern
4 Street 51
 The longest standing of Phnom Penh's bars, which was the only bar in town during the U.N. days. The large curved bar invites you to sit and chat with the welcoming barstaff. Open 4pm to midnight. **A/C**

China Brand Tea
cnr of Monivong and Mao Tse Tung Blvds
 Stocks a large variety of mainly Chinese teas, as well as beautiful tea sets.

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

Do it All Pub & Bistro
61 Street 174,
Te: 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, wood-en 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. **WiFi**

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. **WiFi**

Flavours
Cnr. Street 51 & 278,
Tel: 012 175 896
 Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs that fall out onto the street. The mix of Asian and western cuisine has proved so



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Cocktail of the month: Vodka Lime Sorbet

Who says you can't have your ice-cream and drink it too? Kate Liana gets the scoop.

WORKING AS A NANNY IN a wealthy New York City neighborhood, I demurred when the family would suggest I drink wine at dinner to better handle their children. Later when I moved in with my then boyfriend and his young twins, I realized that caffeine and alcohol must have been invented five minutes after children were. And almost as fast, we realized that sippie cups (plastic, lidded contraptions with a spill-proof spout) were the perfect way to sneak alcohol in public. Evenings at the playground were now giggly, raucous affairs, outdoor concerts a blast, and after Opera in the Park one night the kids had to hail the taxi and make small talk with the doorman while we stumbled to the elevator.

Continuing in this vein of boozy childhood indulgence is Chill, a lovely new riverside spot from the owners of El Mundo. Serving sandwiches,

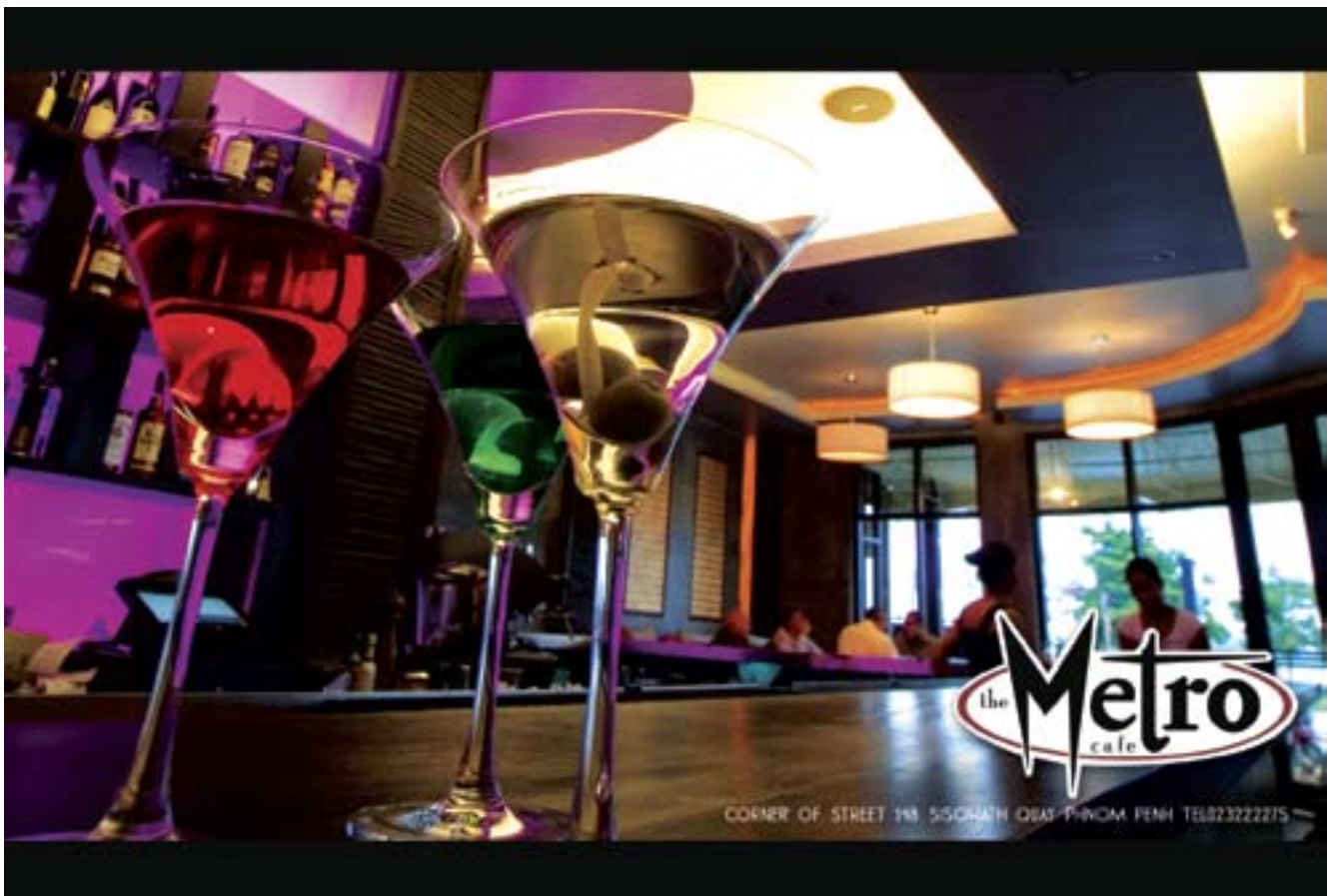


cocktails, and home-made ice cream, the stand-out feature is their ice cream and sorbet cocktails. Amongst the temptations, the Vodka Lime Sorbet – a takeoff of the famous French Colonel, looked too good to miss, with two

petite scoops of sorbet afloat on a vodka sea with mint leaf and lime garnish. To merely sip gets you a mouthful of strong, citrusy vodka, but with the heart-shaped spoon – nice touch – you can mix the flavors to your taste. The drink

really comes together when the tart, sweet sorbet melts into the vodka for a refreshing, spiked thirst-quencher. The Passionfruit and Cointreau version pair together even better, the mellow, rich sweetness of the passionfruit working nicely off the bitter orange liqueur. The black flecks of seeds in the sorbet also make it visually stunning. No less visually stunning is the decor, with dark wood tables, white banquettes, and silk-covered lamps, it's relaxed enough to bring the kids, but also perfect for a date or afternoon break.

Parents who have just chased their kids around a restaurant for two hours and still have to get through dessert, or couples looking for a kitschy date, or – actually, does anyone need a reason to drink in this town? Alcohol and ice cream, in the same glass, in the Penh. Spread the word. 🍷



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**

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-pannelled 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
Stirring eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's - or Snow's Bar - is well worth seeking out for its laid back ambience and old Indochine charm. Open 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** **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 offers a gold and stout beer at very reasonable prices - treat yourself to a stein.

One More Pub
16E Street 294,
Tel: 017 327 378
English-style bar with comfortable wooden bar stools. 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

Grapevine: Ode to Alsace

ONE OF MY FAVOURITE wine regions in the whole wide world is Alsace, not the most fashionable of regions I concede but, I find the very best of its exotic wines and its hardy cuisine sublime to my personal taste. Alsace is located on France's eastern border, on the west bank of the upper Rhine, adjacent to Germany and Switzerland. Most of Alsace's vineyards sit on the 'Rhine Rift', a geological fault between the Vosges Mountains to the west and the Black Forest to the east.

It is generally accepted that when the Romans arrived to run things in Alsace (58BCE), they quickly established commercial viticulture; Julius Caesar himself is quoted as remarking that the wines made here were the 'best in all of Gaul'.

An important influence in the history of Alsace wine has been the repeated changes of nationality of the Alsace region, which has passed between France and Germany several times. In the early history of the Alsace wine industry, they were traded together with German wines since Rhine provided the means to transport them. In much of the post-World War II era, wine styles in Alsace and Germany diverged, as Alsace wines remained drier, to a large extent because were intended to be paired with food. In the same era, Alsace has also experienced a drive to higher quality, which led to AOC status being awarded.

Almost all Alsace wines are white, except those few reds made from Pinot Noir, used to produce both red wines and roses. Sparkling wines known as Crémant d'Alsace are also made. Much of the white wines of Alsace are made from aromatic grape varieties, so many characteristic Alsace wines are aromatic, floral and spicy. Since they very seldom have any oak barrel aromas they tend to be very varietally pure in their character.

The classic white varieties of Alsace are Riesling, Pinot Gris, Gewurztraminer and the lesser regarded Sylvaner.

The best Rieslings to me are dry and offer incredible complex and lifted aromas ranging through citrus, white flowers, orange blossom, wild honey and garden spice, on the palate they are delicate, yet with the most impressive intensity of flavour, offering up lemon lime flavours, more honey and spices coupled with long lingering notes of wet stone, talc and chalky minerals, I find them to be not only very enjoyable but incredibly interesting drinks and exceptional food wines.

The very best, dry-to-just-off-dry, Pinot Gris in the region are deliciously exotic with aromas and flavours ranging through an assemblage of lemon cream, sorbet, persimmon, Turkish delight, almond, spices, even bacon and cheese

rind notes in some of them. They manage to combine delicacy and elegance with intensity and intrigue and are often very good with spicy foods.

The best Gewurztraminer wines often have a touch of fruit sweetness to them and are an exercise in the dance between sugar and spice, running through aromas and flavours of white flours, nettles, stone-fruits, spices and minerals.

■ DECLASSIFIED

The Sweet Wine classifications are Vendange Tardive which are late harvested wines and the Selections de Grains Nobles, which are Botrytis, (Noble Rot) infected grapes and are therefore sweeter than the VT wines. The very best SGN wines are like nectar, with incredible intensity of sweet fruit flavour superbly balanced by natural acidity, they are a revelation every wine-drinker should get to try.

For the best Alsace wines available in Cambodia ask for:

Domaine Paul Blanck, Schlossberg Grand Cru Riesling

Domaine Paul Blanck Schlossberg Grand Cru Pinot Gris

Domaine Paul Blanck 'F' Pinot Noir

Leon Beyer Riesling

Leon Beyer Tokay Pinot Gris

Louis Sipp Gewurztraminer ■

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**

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 paneled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

Saffron

11 Street 278, Tel: 012 247 832
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C**

Scoop Bistro Bar

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

Sharky Bar

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

Talkin to a Stranger

21B Street 294
Elegant bar with nice gardens set in the heart of BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. One of the few places in town putting on events and live music. Has a



www.harleycambodia.com
Tel: 012 385 157

Talkin
to a
stranger

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else's Beer

Drink ours...
in the garden!



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trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late Sunday- Friday. Closed Saturday. 🍷

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 🍷 📺 📶

TWG Tea Shop

Amanjaya Hotel, 1 Street 154 & Sisowath Quay

30 types of beautifully packaged loose and bagged teas, as well as six different types of flower teas. Also retails cups and teapots

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 Walk-about. Unique for Phnom Penh. Open 4pm to late. 🍷

Tel: 017 682 071

Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Thursday night is gay night with the place handed over to the Gloryhole Club - great name and a great drag show that you don't have to be gay to appreciate.

Salt Lounge

217 Street 136

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

Nightclubs

Heart of Darkness

38 Street 51

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

Memphis Pub

3 Street 118, Tel: 012 871 263

The only permanent rock venue in town with a house band that plays covers. Band plays from 10pm til 1.30am, later at weekends. Also has open mike sessions on Mondays. Open from 8pm till 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 Chilli

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,

ENGLISH PUB & RESTAURANT

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@Chinese House



@French Cultural Centre - Louis Braille



@Talkin to a Stranger - Mispent Yooth



@French Cultural Centre - Accumulation



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kaleidoscope

Chasing the Dragon

Semi-abstract meets pop art at Belgian artist **Christian Develter's** new exhibition at Chinese House. Words by **Nora Lindstrom**.



Hopes to help put Cambodia on the Asian art map

FOLLOWING A SUCCESSFUL exhibition at the Hotel de la Paix in Siem Reap two years ago, Bangkok-based artist Christian Develter is back in Cambodia with a new exhibition at Chinese House in November. Having developed a soft spot for the country during his last visit, Christian says he didn't think twice about returning. "As I learnt Cambodia is gearing up to be a regional art hub I thought [another exhibition] was an excellent idea," adding that he hopes to contribute to getting Cambodia on the Asian art map.

Originally from Belgium, Christian has been living in Asia since 1996. Like so many others, he initially arrived in the region by accident, and then found it hard to leave. "I was in India first,

and got enchanted by her colours and somehow lost the attraction of Europe," Christian says. "Once I started travelling in the region it got into my blood and I'm still here. Asia gives me a much more global platform to showcase my work. Europe can be sometimes very suffocating and I don't mean only the Belgian weather with its grey sky. Asia is the future and I love to be a part of it."

His art reflects his passion for the region, with many of the subjects of his portraits and lithographs being distinctly Asian. "Asia is a very good place for me to be as I don't seem to run out of inspiration in this part of the world," he says. He adds that almost anything can trigger his inspiration, from a woman in

the street to an old 30s postcard from Shanghai.

Christian's upcoming exhibition at Chinese House was partly inspired by the building itself. The title of the show, "Chasing the Dragon", a term with drug related connotations, is however somewhat misleading.

"When we chose the Chinese House as a setting for this show, I decided that my work had to be related to China and why not come up with icons such as Bruce Lee and Anna May Wong amongst others," Christian explains.

"As Bruce Lee was picked up to be the leading painting for the announcement of the show, we watched some old movies such as the "Return of the Dragon", and also noticed that he's been popu-

larly called the Dragon King. And so we came to 'Chasing the Dragon' expecting that it might attract the attention of people. So it's a bit of a set-up that seems to work."

The exhibition features Christian's signature large paintings, in a style the artist describes as semi-abstract meets pop art. "My paintings are mostly portraits with some abstract elements. By this I mean that some shapes, like clothes or jewellery, are simplified on purpose and when you would isolate these objects they look abstract," he explains. "Pop on the other hand has a lot to do with my use of colour. I have a rather mathematical approach and like to use opposite colours next to each other."



Though many of Christian's artworks seem to celebrate the decadence and sophistication of a bygone era in Asia, the artist is excited about the future of the arts in the region. He notes how the growing Khmer middle class plays a role in developing the scene in Cambodia, partly by reconnecting with their past. "Let's not forget that as close as into the sixties Cambodia was known as the Paris of the Far East and some of that feeling still lingers in the air," Christian says. "I find Khmers very sensitive to art and I think it's essential for the society here to have some beauty infused

in order to compensate for the horrors of the past."

Beyond the exhibition, Christian plans to continue his involvement in Cambodia. During his visit this month, the artist is also setting up a permanent exhibition at One Hotel Angkor in Siem Reap, and he intends to further develop relationships with galleries in Cambodia. Given his fondness for the country, exhibiting in Cambodia is for Christian more than just work. "It's also a perfect excuse to spend more time here," Christian concludes.

Chasing the Dragon will run at Chinese House from Nov. 12 to 22. **F**



Bootleg

AsiaLIFE's **Simon Jacy** jumps into action.

■ STAR TREK

(*J. J. Abrams, 2009*)

Just the words Star Trek, for those not versed in its labyrinthine plots and intricacies, are usually enough to write off a film before you've even seen the cover. Worryingly, this latest incarnation is an offshoot set in a parallel universe in the past. But this is just an excuse to wipe the slate clean and turn back the clock to the kitsch adventures of Dr. Spock and Captain Kirk. James T. Kirk is given a new lease on life by Chris Pine, who thankfully avoids the low-battery drawl of Shatner's original delivery. Spock is placed well by Zachary Quinto, as well as by Leonard Nimoy. A cynical 'Bones' and moaning 'she-cannae-take-it Scotty' also make an appearance to battle an evil Romulan from the future who time travels to destroy the present through the past. Tongue-in-cheek fun.

■ FACE/OFF

(*John Woo, 1997*)

The first big budget English-language John Woo film to make a real splash at the box office, Faceoff was a lesson to Western directors in visual style and flair. The plot is delightfully and simple: public enemy number one and freelance terrorist Castor Troy (Nicolas Cage) is being relentlessly pursued by FBI agent Sean Archer (John Travolta) because Troy years earlier killed Archer's son in a bungled assassination attempt. But there is an interesting twist – by way of a new surgical technique, the men swap

appearances and lives, allowing both actors to express the whole spectrum of fake preachy moralism and experimental anarchic criminality. All the Woo trademarks are here – twin handguns spewing fire and shattering panes that sprinkle glass like fairy dust. Inarguably his best film to date.

■ TRANSFORMERS: REVENGE OF THE FALLEN

(*Michael Bay, 2009*)

Michael Bay's Transformers: Revenge of the Fallen, sequel to 2007's Transformers, has set a new bar in cinema, one so low that even the most cynically commercial hack will struggle to even belly-wriggle underneath. Once upon a time, even brainless blockbusters were drawn from the hallowed realm of classical mythology – Cleopatra, Ben Hur – not to mention the sprawling biblical epic. Now that the public has been deemed too primitive for such intellectualism, features must tie in with semi-forgotten brands that can be resuscitated for a soulless profit. And so the film with the highest opening gross in history is a sequel to a film based on a cheap plastic toy.

A scene towards the end of this appalling sham, where the robotic cast – who out-act the humans by a long way – systematically destroy the noble ruins of Egypt, seems aptly symbolic of the befouling of the already putrid Hollywood industry with its vilest pollutant yet: corporate directors. Transform your US\$1.50 into something other than this DVD. **F**



Arts Diary

cannibals, mysteries, wings, wardances

- Arts & Events
- Film

05 Thu

■ A True Cannibal Tale: "Keep the River to your Right" @ Meta House 7pm

■ Afterwork @ Chinese House. Open bar and DJ from 6.30pm to 9pm US\$15

06 Fri

■ Mysterious Sceneries @ Meta House 6pm Photographs by Moeun Nhean runs until Nov. 22 Followed by a screening of two documentaries about the art of photography "Prisoner of Age" and "Heroines" by Canadian Filmmaker Stan Feingold.

07 Sat

■ Metro/Spective @ Meta House 6pm Paintings and Mixed Media by Sous Sodavy. Runs until Nov. 22

08 Sun

■ "Freaks" @ Meta House 7pm One of the greatest cult films of all time.

■ Cult Directors @ Chinese House

■ Film screening at 4.00pm and 6.30pm. Free entrance

10 Tue

■ "Persepolis" @ Meta House 7pm. An animated Tale of Women's Empowerment

11 Wed

■ "Kampuchea: Death and Rebirth" @Meta House 7pm

12 Thu

■ "Lost Children" @ Meta House 7pm Uganda - When kids become killers

■ Chasing the Dragon @ Chinese House 7pm. Portrait exhibition by Christian Develter

13 Fri

■ "Who Moves Phnom Penh" @ Meta House 7pm Students and Short from the DMC



PHOTO BY PAUL STEWART / MELON HOUSE

Phnom Penh Photo Festival

15 Sun

■ Parents upstairs and kids downstairs @ Chinese House 6pm. US\$7

■ Screening and special menu for kids downstairs, includes one free drink for 1 person at the bar.

■ "Kandahar" @ Meta House 7pm a timely memorial to the brutality of the Taliban regime

17 Tue

■ Les Choses De La Vie @ CCF 7pm. If you want to find out how geckos can climb the walls or how to make a house made foaming cleaner don't miss the Scientific Film Festival at the CCF

■ "Wings of Hope" @ Meta House 7pm The essential Guide to Jungle Survival

18 Wed

■ "The Rape of Nanking" @ Meta House 7pm The darkest chapter in History

19 Thu

■ "The Axe in the Attic" @ Meta House 7pm Hurricane Katrina Aftermath

■ Women's Wine Tasting @ Chinese House 7pm

20 Fri

■ Green Night @ Meta House 6pm. Be Smart - Save the environment. Get the chance to learn more about Khmer carbon certificates.

21 Sat

■ "A Moment in June" @ Meta House 7pm Part of the New Queer Film Festival

22 Sun

■ "Executive Action" @ Meta House 7pm In Memory of John F. Kennedy

24 Tue

■ "Die Angkar" @ Meta House 7pm German Language Only

25 Wed

■ "Cavite" @ Meta House 7pm Globalisation and the and the roots of Terrorism

26 Thu

■ "Wardance" @ Meta House 7pm This Music Will help you to Survive

27 Fri

■ "Twin Diamonds" @ Meta House 7pm the first film totally written, shot and edited by 60 Cambodian students

28 Sat

■ Opening of the PhnomPenhPhoto Festival @ La Mansion(building behind FCC) 12pm to 12am

■ PhnomPenhPhoto 2009 @ Multiple venues see page 14. For the second PhotoPhnomPenh event, 22 exhibitions on international artists will be presented in the main cultural spaces of the city. In the spirit of discovery, festivity and Asian-European encounters, PhnomPenhPhoto 2009 is offering 4 evenings of outdoor screenings in the courtyard of the beautiful Fine Arts University of Cambodia, followed by the Dazzling "Night of the Year" photographic slide shows. Runs until Dec. 6

■ "Strictly Ballroom" @ Meta House 7pm Dance and Deication from Down Under

29 Sun

■ PhnomPenhPhoto 2009 @ Multiple venues see page 14

■ "Corto Maltese" @ Meta House Between History & Romantic Poetry. A melancholic but powerful literary animation movie

30 Mon

■ PhnomPenhPhoto 2009 @ Multiple venues see page 14

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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 every Saturday & Sunday from 10am-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.

Reym 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. 🇰🇷

Best Kept Secret:
Shuffle on Up

Like a dark secret nestled in the quiet grove of St. 282, the Shuffleboard Lounge beckons those looking for an alternative to table-game entertainment.

AT THE OPEN TOP-FLOOR parlour at Hotel Scandinavia small mounted-ceiling electric-fans whir above the heads of players as they peel themselves off one of many cushioned black leather couches, before sauntering over to begin a game.

The game itself is simple. Traditionally, a player pushes weighted pucks down a long wooden table aiming for the perfect position at the opposite end while knocking their opponents pucks out of the way. In true Scan Hotel style the design of the tables has been bumped up a notch—a smooth granite surface sprinkled with soft silicone beads allows for effective long-distance sliding and makes for sexy twist on the age old classic.

Players can choose between hour or quarter-hour long table rentals at USD\$3.00 or 3,000 riel respectively. Both snacks and drinks are available at US\$2.

Ten-hour discount play cards are available for US\$20 each with a free choice of cocktail at the tenth hour. For those hooked on the game, a laminated US\$80 membership card to the Shuffleboard Lounge complete with a personal photo provides numerous discounts, a choice of shuffle lounge hat or shirt, free league play, and a day pass to dip in the S-shaped pool every tenth hour of table rental.

If you are new to the game, fear not, membership rules as well as the official shuffleboard game rules and regulations are neatly printed and displayed throughout the lounge. A sign stating "Absolutely no gambling," reinforces the fact that this red Chinese lantern-lit Shuffleboard Lounge is open to those keen on keeping it clean.

Hotel Scandinavia,
4 Street 282, www.hotel-scandinavia-cambodia.com 🇰🇷



leisure & wellness

Bring on the high rollers

Poker has officially arrived in the Penh, with Naga Casino opening five tables in September. **Chris Tessitore**, an American straight out of Las Vegas, has been integral to launching the game in Cambodia. Words by **Nora Lindstrom**.

“THE MOVIES AND TV shows about Las Vegas aren’t that widely exaggerated,” says Chris Tessitore, who used to work in the poker rooms at Caesar’s Palace casino in Las Vegas. “There are people who come in dressed very nice and with lot of money. They get great service...”

Chris’ first month in Phnom Penh was spent training staff. “They were all fresh, no knowledge or experience of poker, so we basically started from scratch,” Chris says. “Four weeks later we opened the doors.”

Chris says the training went smoothly. “To be a poker dealer, the most important thing is to understand the flow of the game,” he explains. Consequently, he first made the dealers-to-be play the game themselves.

“The difference between a good and a bad dealer is efficiency. Keeping the game moving, keeping it fair, and when a customer does something wrong explaining clearly why it is wrong,” he says. “It’s a management situation.”

■ SPECULATIVE RISK

Like many other poker aficionados, Chris points out that unlike most other games at a casino, poker is in fact not gambling, but a game of speculative risk. “It’s a game where you out-think your opponent, in black jack or baccarat you’re simply at the mercy of the cards,” he says. “You have the opportunity to win, although most people don’t of course...”

It is this characteristic peculiar to poker that keeps people playing for hours, Chris says. “If they believe there is a skill involved, they want to play more.” He describes how a typical poker player will play for four or more hours, with some spending the best part of the day or night at the poker table. Chris says he on occasion has left the poker rooms in the evening and returned in the morning only



The nuts?

to find the same players, in the same clothes, still sat there.

At Naga, it is the Texas hold’em variant of the game that is played. It was popularised partly being screened on TV, and partly when Chris Moneymaker in 2003 won a US\$40 online poker tournament and turned it into \$2.5 million victory in Las Vegas at a major poker tournament. “That put Texas hold’em on the scene,” Chris says, noting that the game has since then spread around the world like wildfire. “It took about four years before it reached Macao, and now 18 months later it’s in Cambodia.”

Though poker still has some way to go to become established on the Cambodian gambling scene, Chris says the poker rooms at Naga see about three games a day. The twice-weekly poker tournaments



■ STARTING HAND STRATEGY:

The two cards you choose to play at the onset of a hand will determine your chances of winning the pot. Stick to the below guidelines and you should be in good shape to start. Of course even good hands can go bad – so it is important to know when to hold ‘em and know when to fold ‘em.

Pocket Pairs: Playing pocket pairs means you are most likely holding the best two cards. The higher the pair the better. You will get three of a kind every 1/8 times you hold a pocket pair.

Black Jack Hands: This is any hand you would like to be dealt in Black Jack. Any card combination totaling 19, 20 or 21 is a great start.

Suited Aces: This is any hand that contains an Ace with any other card of the same suit. If you get a flush you are in a very good position to win, if you get a pair of aces however be careful about the value of your second card.

Suited Connectors: A suited connector is two cards in sequential order of the same suit. For example the 5-6 of hearts or 8-9 of spades are suited connectors. This hand can sneak up on an opponent and result in a straight or flush, when this happens a large pot is typically waiting for you!



have also proved popular. "It's mainly Cambodians with foreign passports, and a lot of Koreans and Chinese who play," Chris says.

Because so many customers are new to the game, the casino offered training sessions ahead of the poker rooms opening. Lessons

will be continued this month on Saturdays at 11am and 7pm.

The poker rooms at Naga Casino are open 24/7. Poker tournaments are held twice a week; a US\$20 no limit with unlimited US\$20 rebuys occurs every Sunday at 2pm, and a no limit US\$55 freeze out takes place on Mondays at 8pm. 🎰



■ **POKER GLOSSARY:**

Pot: This is the collection of all bets made during a single hand. The winner of each hand will win the pot.

Check: A player wishing to not bet on his cards may 'check'. This player retains the right to continue the hand.

Bet: A bet is when a player puts money into the pot based on the strength of the cards, or a bluff.

Raise: A raise is when a player puts out a larger amount of money than the last bet.

Call: To 'call' a bet is when a player matches the amount of the bet made by another player. Once a player makes a bet all players wishing to continue must call.

Fold: When a player no longer wishes to invest money in any one hand they may fold. Folding will forfeit the opportunity to win the pot as well as all money already put in by that player.

Bluff: Bluffing is making a bet that represents you hold a strong hand when you do not.

Board: The board is the set of community cards placed in the centre of the table and shared by all players in Texas Hold Em. The board consists of the 'flop', 'turn' and 'river'.



■ **POKER SLANG:**

Bullets / Pocket Rockets / American Airlines:

This is the name given to the starting hand Ace-Ace. This is the best hand to start a game of Texas Hold Em. Against one opponent this hand will win over 80 percent of the time.

Big Slick: This is the name given to the starting hand Ace-King. This is a very strong starting hand and desired by most players. Players jokingly refer to this hand as 'Anna Kornikova', because it looks good but never wins.

The Nuts: When a player holds a hand that cannot be beaten by any two cards, they are holding The Nuts.

All-In: This is when a player makes a wager with all of his/her chips.

Calling Station: This refers to a player that never folds, but instead calls every bet hoping to win.

Donkey: A bad player is notoriously referred to as a 'Donkey'.

Outs: Number of cards remaining in the deck that will make your winning hand. For example, if I have a flush draw (4 suited cards), I have 9 outs to make my flush since there are a total of 13 cards of each suit.

Tilt: This term refers to a player who is angry, upset, or emotionally unstable, impacting his poker game in a negative manner. A player on tilt will often play erratically and more aggressively than his usual tendency.



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amusement

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

Parkway Square

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

Phnom Penh Water Park

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

Phnom Tamao Wildlife Park

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

Sorya Centre

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

beauty products

Angkor Soap

16 Street 374, Tel: 023 223 720
www.angkorsoaps.com
Specialising in handmade soaps and natural spa products.

chemists

U-Care Pharmacy

26-28 Sothearos 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.

Global Art Centre

Behind house 206 Norodom Blvd.,
Tel: 012 514 790
An international art and creative program designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Courses cost \$38/month for 2 hrs lesson every week (including books). Free trial.

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

dental

European Dental Clinic

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

SOS Dental Clinic

161 Street 51, Tel: 023 216 911
International quality dental clinic, fully equipped with the latest equipment including dental cameras. US dentist

explains the process of what is going on with your teeth and has multi-lingual staff.

education

Khmer School for Expts and Travellers

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

Khmer School of Language

PO Box 1498, 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 Amtalla

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

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

57AEO Street 240, Tel: 012 455 239
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'Oréal 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
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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 PLATEAUS:**

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. ☎

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.

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

Fitness One

Himawari Hotel, 313 Sisowath Quay, Tel: 023 214 555
Outdoor hotel swimming pool, gym, steam room and Jacuzzi.

L'imprevu Resort

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

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

Raffles Amrita Spa

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888
Attractive pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi. Open from 6am to 10pm.

The Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com
Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Swimming hours from 8am to 8.30pm.

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

Beauty Spot: Hair & Nail Salon

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

IT'S CURIOUS HOW QUICKLY nail care becomes a regular part of life in Cambodia. Whether for relaxation and aesthetic value, spending a few bucks on getting your nails done is a part of a large proportion of women's lives in the capital, be they expat or locals.

Thankfully, there is no longer a need to rely on unhygienic market stalls with sub-quality nail varnish to get some colour on your fingers and toes. Professional salons using quality products and disinfected equipment are increasingly common. One such place is newcomer Hair & Nail Salon.

Using the popular brand OPI varnish, the salon offers manicures for US\$5 and pedicures for US\$6.

For the treatments, you are led past the bright hair studio to a separate backroom. Seated in a comfortable reclining chair, you are offered a drink while therapists begin work at your finger and toenails simultaneously.

Careful removal of old nail varnish is step one of the pedicure. Your nails are then clipped and filed into shape, before your feet are plunged into a special mineral bath that staff claim removes calluses. Using a brush, the therapist removes the worst of the dirt, though unfortunately she doesn't have a go at your heels with a pumice stone.

Meanwhile, your fingernails are also being trimmed

and buffed, and after being softened by lotion the cuticles are cut tidy and a special OPI replenishing oil is applied.

Your feet undergo the same treatment after the foot soak, and finally both hands and feet are treated with a lush-smelling coconut scrub. A short massage with body lotion ensues, after which your nails are ready for varnish.

At Hair&Nail, there are over 80 different colours of varnish to choose from, from white, through green, to every shade of red and pink you can imagine. All have deliciously humorous names such as Ladies & Magenta-men, Didgeridoo your nails?, and Gargantuan Green Grape. Staff claim the products are of high enough quality to be used without base or top coat, meaning the therapist applies only two layers of varnish and you are done. A small brush is finally used to remove any varnish stains from your fingers, and by the time the therapist has finished with this last procedure the varnish has most likely dried and you're all set.

The end result is evenly painted nails and deliciously-smelling hands and feet. If your heels are hard after much walking around in flip-flops however, it is likely calluses will remain.

Other services at Hair & Nail unsurprisingly include a



variety of hair treatments, from US\$5 for a haircut. Waxing and facials are also offered, as are a variety of massages.

Overall, the salon is a bright, clean and surprisingly

large space, with a mixture of private and common treatment rooms.

Hair & Nail Studio. 51D Street 214, Tel: 023 992 626. Open 9am to 8pm. 📍



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- ▶ Facial & Aesthetic
- ▶ "O.P.I" Manicure/Pedicure and Paraffin Treatment
- ▶ "LYCON" Waxing
- ▶ Radio Frequency
- ▶ CO2 Laser



Tel: 023 217 092 / 017 719 693 / 016 900 828 # 161B, Norodom Blvd., BKK 1, Phnom Penh

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.



Muscle Fitness will pump you up!

Derma 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

EL Skin and Wellness Centre
115E0 Street 109, Tel: 012 681 948
New salon that uses Dermalogica, L'Oréal, Jane Iredale and OPI products for a variety of face and body treatments. Professional, relaxed ambience, and opportunity for customers to sample products before purchase. Open 10am to 7pm.

In-Style
63 Street 242, Tel: 023 214 621
Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese. Open 9am to 9pm.

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

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

range and beauty treatments.

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

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

Sawasdee Massage
6B Street 57, Tel: 023 996 670
Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Open 9am to 11pm.

Seeing Hands Massage
6 Street 94, 209, 246, 253 Street 53
Tel: 016 856 188
String of massage parlours where the service is provided by the blind at a very reasonable price. Open 9am to 7pm.

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

and 2pm to 8.30pm, Tuesday to Sunday.

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

sports general

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

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

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

Football: The Bayon Wanderers
www.bayonwanderers.com
Mixed Khmer and western team. Training sessions are held at the City Villa court on Wednesday and Friday, 8-10 pm and at the Old Stadium on Tuesday from 4.30 pm until dark. Contact Billy Barnaart on 012 803 040.

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

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

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

Touch Rugby
Mixed touch rugby (touch football) is played most Saturday afternoons at 3:30 pm at Northbridge School. Tournaments also within SE Asia. Please contact Rowena (rowena.eastick@yahoo.com) 012 1896786, or Paul 012 516460

tennis

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

VIP Sport Club
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Amara Spa

Laura Watson: Move it

LETTING A SEDENTARY lifestyle choose you is one of the worst things you can do for your health. It's ok to sit and watch a film now and again but if you don't balance this with activity elsewhere you may be setting yourself up for an increased risk of heart disease, diabetes, cancer and poorer mental health.

Many people share a common path to decreased activity where they are reasonably fit in their youth then are pulled away by work, family, or travel commitments. Before you know it you are overweight and exhausted and you may begin to experience lifestyle-related diseases such as stomach ulcers, anxiety/depression, high blood pressure, and diabetes. Some of the risk of these diseases is set by your genes which you cannot do anything about. What you can do is maximize your genetic potential by choosing to be active.

Choosing an active lifestyle can have health benefits in so many areas. It will also improve your self-esteem and confidence. It feels great to be fit!

The evidence is clear that exercise reduces the release of the stress hormone cortisol which in turn reduces arterial constriction and so high blood pressure. Physical activity reduces harmful triglycerides (blood fats) while increasing levels of HDL or 'good' cholesterol. It reduces anxiety and improves mood and has been shown to be as good as low dose antidepressants in the management of mild depression. Exercise also decreases insulin resistance which means



your body can deal with sugar in your diet more effectively reducing the risk of diabetes.

■ THE NURSES STUDY

An excellent longstanding study on the health of some 120,000 nurses who have had their health followed for 24 years neatly illustrates the benefits of exercise and maintaining your weight. The study showed that for women who gain more than 25kg (55lb) from the age of 18 the risk of breast cancer is increased by 45 percent. Gaining 10kg after menopause increases the risk by 18 percent. Women who maintained their weight or lost weight reduced their risk of breast cancer significantly.

This effect is even more significant for diabetes. A weight-gain of just 7-10kg after the age of 18 doubles your risk of diabetes. Women who lose even 5kg of weight significantly reduce their

risk of diabetes. Weight gained in middle age is not inevitable and will increase your risk of cancer, hypertension and diabetes.

It isn't all about weight though. It seems to be better to be overweight (although not very overweight) and active, than skinny and inactive especially if you have unhealthy habits like smoking.

Remember that its easy to find excuses not to exercise – work or family commitments – but just remember that if you do get sick you will not be able to work effectively or care for your family and you will probably do both better with more energy if you are energized from your new found active lifestyle!

You don't have to run a marathon or become a gym rat to see great benefits from physical activity. Taking control of your health and your life through increasing your activity level will make you happier, stronger and healthier.

You can do this simply by taking the stairs, walking to work, cycling to the shops, spending less time watching television and taking any opportunities to be active. Monitoring your daily step count with a simple pedometer can be a good start, aiming for at least 10,000 steps a day. Get your friends involved, make it fun! Set an achievable goal and train for it – the satisfaction of reaching your goal will be immense. How about the 3, 5 or 10k run/walk events around the Angkor Wat complex on Dec. 5?

If you have underlying medical conditions, are very overweight, or are worried, please do see your doctor for advice before embarking on an exercise program.

Laura Watson is a general practitioner at the International SOS Medical Clinic in Phnom Penh. For more information please email: sue.kemp@internationalsos.com.

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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

6	9	5	3	4	8	7	2	1
2	1	4	7	6	5	3	9	8
7	3	8	6	1	2	4	6	5
5	6	2	8	3	9	1	7	4
9	4	3	1	5	7	2	8	6
8	7	1	4	2	6	9	5	3
1	5	7	2	8	3	6	4	9
4	2	6	5	9	1	8	3	7
3	8	9	6	7	4	5	1	2

■ INTERMEDIATE

(1) Artist and Strat (2) Glisten and Singlet (3) Ruffian and Funtair (4) English and Shingle (5) Alarm and Margal (6) Singer and Resign (7) Enlist and Silent (8) Ramble and Marble (9) Citadel and Dialect (10) Confers and Forensics (11) January and February (12) Danny and Sandy (13) Uruguay and Venezuela (14) Abu Dhabi and Abuja (15) Waterloo and Mama Mia (16) Delaware and Rhode Island (17) Greenland and New Guinea (18) Mondulkiiri and Kompung Thom (19) France and Germany (20) Switzerland and Austria (21) 1990s (22) 1940s (23) 1150s (24) 1880s (25) 1920s (26) 1780s (27) 1660s (28) 1830s (29) 1970s (30) 1950s

Pub Quiz Answers

Rajayoga Meditation
Ancient Wisdom For Modern Times

Three Lessons at:
Phnom Penh
#31 Street 288 (K1)
Tel: 01754395 / 0239912215

Siam Reap
#138 Mondol III
Slot Kram Commune
Tel: 012258984 / 06376712
www.bkrayoga.org

Worldwide centres at
www.bkwsu.org

European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

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

Secretary : 023 211 363 / 012 893 174



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next generation

Kid's Clothing

Shopping for your kids in Phnom Penh can be a challenge. Or it could be just the retail therapy you've been looking for. Words by **Danielle Craishe**.



A shopaholics dream



I HOPE MY HUSBAND'S not reading this because I have to confess that I'm a shopaholic. Even worse, I think I'm turning my children into shopaholics as well.

But I've been pregnant or breastfeeding for the last three and a half years which has destroyed any buzz that I previously enjoyed from shopping for clothes for me.

So I've had to turn the pleasure that once came from a slinky dress or a pair of shoes into a vicarious one; that comes from baby sized bargains. The beauty of Phnom Penh is that the cost of the addiction is about as teeny tiny as the clothes themselves.

Where to start? The Russian Market.

The piles of clothes can be daunting, particularly in the heat, but the trick is to target your search. The kids' shops are clustered around the South Eastern corner near the DVDs. Quality cotton Abercrombie and Fitch polo shirts sell for around US\$4 or US\$5. They look very smart on little boys, or as my fashion conscious two-year-old says "That's lovely

Mummy." Ralph Lauren shirts, Milo the bathing ape and Paul Smith t-shirts are a similar price. The colours are fabulous; vivid purple, bright reds and greens and soft blues. There are also lots of groovy shorts in wild prints or more tailored styles in khakis and browns and black.

For little girls it's a carnival of colour. Carter's and the The Children's Place use cheap, bright cottons. Some of their dresses, printed shorts and leggings come in wild patterns that young kids will love.

There's also cute baby stuff – cotton suits, overalls and t-shirts from newborn upwards. Check the items carefully though, sometimes they're marked or have an unstitched seam and beware 100% polyester, your kids will melt in it.

If you're into exploring you can also find the occasional special piece at both Olympic and Central Market but you have to take a bit of time to sift.

Since my baby girl was born I've been a sucker for pretty dresses. She's only just turned one but already says "Oh Wow!" every time I bring

another one home that I just couldn't leave behind.

It's better if the profits are going somewhere worthwhile though so I like Soksabbai and Cheeky Monkey; cute, inexpensive brands that are made as part of projects that deliver profits back to the women who make the clothes.

There are sailor's pants and lightweight jeans and checked shirts for boys. For girls the cotton dresses are pretty and full, just perfect for little princesses. They also make great gifts to send to little relatives and friends back home. The shop at Le Jardin on street 360 has the best range.

For pink and white knickerbockers with candy stripes, multicoloured soft cotton pants and little hair clips, browse Chilli Kids on Street 240. It's a relatively new place with some locally made stuff and some inexpensive imported board shorts and t-shirts for boys. Prices here are a little higher than the markets but it's air-conditioned and the locally made pieces are cute and a bit different.

After you break for a danish and a coffee sneak into Bliss if


only for a minute. "Oh wow" indeed. The little dresses are floaty and light and as pretty as can be. The price tag is high for Cambodia but still cheap by foreign standards and that vintage flower number will have definite wow factor when you take your little one home to see the grandparents.

Finally, for float satins and silks, in buttery yellows, vivid reds and romantic white, exquisite beading and extraordinary needlework; Ambre is the place. These dresses from baby sized to Mummy sized are the special occasion kind with prices to match. Little shopaholics will love them, and so will big girls so leave the boys at home.

Maybe Mummy is ready for that new dress and shoes after all? *Soksabbai and Cheeky Monkey, #16 Street 360, 011 723 399.*

Chilli Kids, #43Eo Street 240, 023 992 710.

Bliss, #29 Street 240, 023 215 754.

Ambre, #37 Street 178, 023 217 935. 

next generation guide



A network protecting children from all forms of abuse. 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

Global Art Centre

Behind house 206 Norodom Blvd., Tel: 012 514 790
An international art and creative program designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Courses cost \$38/month for 2 hrs lesson every week (including books). Free trial.

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

Monument Toys

111 Norodom Bvd., Tel: 023 217 617
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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shopping & fashion

A touch of New

Everyone is raving about **Poetry**, Siem Reap's latest retail addition. Words by **Nicky Hosford**.

IT'S HARD TO BUY clothes in Siem Reap, really hard. Alas, we can't wear silk every day, not even underneath. We're not really into "No Money, No Honey" t-shirts – Heaven forbid that one should ever be mistaken for a tourist – and we're not, most of us, so small that we can get into the clothes sold in the markets. "I shop once a year. When I go home", is the common, flat reaction when you ask someone where they obtained any particular item of clothing.

"Oh my God! You haven't been yet!! You have to go!" said my usually, mostly, measured friend. I'd asked her where she got her rather magnificent bracelet. Great chunks of fake amber, in a rather Queenly formation, wrapped her wrist. It was cool. I wanted one. "Poetry is the best shop Ever!" she said. Crikey, better do as she says.

So I went, and there I met Don Prosatio, the Filipino designer of the clothes in the shop and partial inspiration for all the madness contained therein. The other part of the inspiration is Loven Ramos, a Filipino artist who is also seeing significant recognition for his work. Between the two of them, and all their friends, the shop is an endlessly changing whirl of fashion, art, stationary, accessories, and random wares that they find. "It's very fluid then?", I asked. "Emm, actually I was going to say it's more chaotic" said Don frankly.


Like the river that is a reflection of your core, this shop will never be the same shop that you entered before. It is entirely a likeness of the personalities of the two men behind it: evolving, quirky and fun. "You know, someone asked me why we just

put in the bright yellow/green chairs", said Don, "and, really, there's no answer to that. We just like them! There are no rules in this place. The only constraint is space".

Lining the walls are Don's funky and magically soft clothing line is intended to create a sense of freedom and balmy ease. They're sloppy, loose and can be worn with anything. "I wanted to make stuff that I would wear", says Don. "I don't want costumes, I want clothes that can be integrated into any wardrobe".

And that's only part of the fun. Loven's artful sense of humour is everywhere to be seen, from his aspirational tote-bags, "Dear God Please Turn Me Into A Gucci", poetic books of matches, "Why do thee stir such fire?", and spunky notebooks and cards.

Then there's the jewellery. Scattered all over the shop, the collection is drawn together from all parts of the world, designed by friends of the boys, and by the boys themselves. This is not so much a cooperative of artists and designers, as a playhouse. Every piece is unique, frivolous and guaranteed to make addicts of this shop.

When asked if they had plans to expand to Phnom Penh, Don says no, not yet. For him and Loven, the shop is so much an extension of who they are that it would be impossible to run it remotely. For Phnom Penhers, make sure you put this on your itinerary the next time you're bringing relatives/friends up to visit the temples. To all who find this mad, magical Aladdin's Cave, you will never be stuck for birthday presents or that necessary accessory again. 



shopping guide

art

Happy Painting Gallery

FCC; Domestic Airport
www.happypainting.net

Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

books & cds

Carnets d'Asie

French Cultural Centre (FCC)

218 Street 184, Tel: 012 799 959

French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

D's Books

12E Street 178 & 79 Street 240

Tel: 092 675 629

Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

Monument Books

111 Norodom Blvd., Tel: 023 217 617

Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7.30am to 8pm.

Open Book

41Eo Street 240

A welcoming reading room open to anyone to drop in, with a good range of children's books in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

crafts & furniture

Artisans D'Angkor

Craft Centre Tel: 063 963 330

Silk Farm Tel: 063 380 375

Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

Bazar Art de Vivre

28 Sihanouk Boulevard, Tel: 012 776 492

Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

Beyond Interiors

14E Street 306, Tel: 023 987 840

This interior design showroom, managed by Australian designer Bronwyn Blue, can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambo-

dia are made with travel in mind and have been treated to withstand any climate. Open 7 days, 9am to 7pm

I Ching Decor

85 Sothearos Blvd., Tel: 023 220 873

www.ichingdecor.com

Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Rit's

14 Street 310, Tel: 023 213 160

Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

vPavillon d'Asie

24 - 26 Sihanouk Blvd., Tel: 012 497 217

Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

computers

S.I. Computer Tecnology

43-45 Street 43-45, Tel: 023 216 699

93 Sihanouk Blvd., Tel: 023 218 880

Top quality computer show room for company that deals in latest computer equipment. Retail a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

fashion

Ambre

37 Street 178,

Tel: 023 217 935 / 012 688 608

High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

Beautiful Shoes

138 Street 143, Tel: 012 848 438

Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am to 6.30pm.

Bliss

29 Street 240, Tel: 023 215 754

A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spina beauty products. Open from 9am to 9pm (closed Monday).

Eric Raisina

53 Veal Village, Siem Reap

Tel: 012 965 207 / 063 963 207

Accessories, home decorations, textiles and clothing created by Malagasy-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.



SONG - life . com Phnom Penh: #75 Street 240



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Threads
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Cottons and Silks
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56 E1z Boulevard Sihanouk Tonle Bassac, Phnom Penh (Behind Java Café)

SMATERIA
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.

Jasmine Boutique
73 Street 240, Tel: 023 223 103
www.jasmineboutique.net
Established in 2001 by Kellianne Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Open 8am to 6pm.

Kambuja
165 Street 110, Tel: 012 613 586
Stylish fashion outlet with clothing designed to fuse west with east.

Keo
92 Street 222, Tel: 012 941 643
Haute couture fashion house run by Sylvain Lim, the grand master of Cambodian fashion. Has some pret a porter too.

MDSF
71E0 Street 261, Tel: 017 467 986
www.wwp-we.org/mdsf
Small garment factory produces simple clothes and bags. Proceeds go to support women living with HIV and their children in Cambodia.

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

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

Smateria
8Eo Street 57, Tel: 012 647 061
Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango
4a Street 278 Tel: 012-915-968
29 Street 178 Tel: 023-215-017
Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

SONG
75 Street 240, Tel: 092 985 986 / 023 211 741 www.songresort.com
Franchise of Vietnamese-based SONG label owned by Keo Sophea who managed Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

Subtyl
43 Street 240
Up-market boutique selling Cambodian handmade women's clothes, scarves, shoes, bags and other accessories in contemporary and interesting designs. Run by French-born Sandrine and Indian Cinni, the Subtyl collection combines class with colour. Chillikids children's clothing is also stocked at the shop. Open 9am to 7pm.

Sweet Soul
35E Street 288, Tel: 023 307 685
Funky hip hop boutique stocking original brand clothes and accessories, including Sean John, Rocawear and Supra. Mainly

for men, though some clothes for women too. One of a kind in the capital. Open 10am to 7pm

Threads
56 E1 Sihanouk Boulevard (behind Java Café), Tel: 012 768 248
Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

Water Lily
37 Street 240, Tel: 012 812 469
Eclectic shop run by Christine Gauthier selling her distinctive range of colourful unique necklaces (US\$10 to US\$500), beads, earrings, flamboyant hats (from US\$26) and bags (US\$35). Open 8am to 5.30pm (closed Sunday).

Zoco
22B Street 278, Tel: 017 755 964
Fashion boutique run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another store on the way to Serendipity Beach in Sihanoukville. Two more shops in the pipeline and a boutique in the Independence Hotel.

food

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

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

Bong Karem
Shop at WarpZone, Pencil Supercenter (opposite Cambodiana Hotel), Tel: 092 235 336
Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeji. Delivery available from 12pm to 5pm.

Butcher & Co.
219 Street 19, Tel: 023 223 527
Quality French butchers in the same building as Open Wine. The meats here are some of the finest cuts in the city.

Camory - Premium Cookie Boutique
167 Sisowath Quay, Tel: 023 224 937 www.camoryfoods.com
Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Mondulkiri honey. A portion of the profits funds education for a local orphanage. Open 9am to 8.30pm.

Comme a la Maison
13 Street 57, Tel: 023 360 801
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. Small delicatessen and bakery at the back of the restaurant. Open from 6am to 10.30pm.

Dan's Meats
51A Street 214, Tel: 012 906 072
Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars



beyond interiors
No. 14, St. 306. BKK1
HP: 012 930 332
PH: 023 987 840
INFO@BEYONDINTERIORS.BIZ
WWW.BEYONDINTERIORS.BIZ

around town. A good range of quality products is for sale at his butcher's shop.

Kampot Pepper Promotion Association
www.kampotpepper.biz
 High quality green, black, red and white pepper from Kampot province produced according to traditional methods.

Kurata Pepper
 Chr. 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
 Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases & quilts. Has a selection of soaps and bath salts from Ser-teurs d'Angkor, Amata beauty products & 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
 Colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

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

Mekong Quilts
 49 Street 240 www.mekongquilts.org
 Outlet for NGO Mekong Plus, Mekong Quilts stocks a large range of hand-crafted bed cov-

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

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

NYEMO
 14 Street 310, Tel: 023 213 160
 NGO handicraft store on the grounds of Le Rit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

Sayon Silk Works
 Street 19 (behind Royal Palace),
 Tel: 023 990 219, www.sayonsilkworks.com
 Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

Silk & Pepper
 33 Street 178 & Amanjaya Hotel
 Range of contemporary silk home interior products inspired by Asian and western designs. Sells all kinds of tailor made silks and linens. Also sells Kampot pepper. Open daily from 8.30am to 7pm.

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.

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
 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. !

www.couleursdasic.net
 #33, Street 240 . Phnom Penh
 Tel./Fax 855 23 221 075 . info@couleursdasic.net

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 49, street 240, Phnom Penh. Tel.: 023 219 607
 S Sivutha bd, Siem Reap. Tel.: 063 964 498
www.mekong-quilts.org

HIP HOP BOUTIQUE

No. 202, St. 288
 St. Boeung Keng Kang |
 Phnom Penh
 Cambodia.
www.hip.hop@gmail.com
 Tel: 023 207 882

The Hot Seat: John Weeks – Cartoon Hero

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

How long have you been into comic books?

I've been interested in Comics / Sequential Art / whatever people call it since someone handed me a 'Tom and Jerry' comic in the 1st grade.

I started drawing my own comics and have been drawing, reading, researching ever since.

I've worked as an editor of mainstream comics in the States, and well as drawn/published/promoted alternative comics in places as near and far as Australia and Indonesia.

Who are your comic book heroes?

Energetic Cambodian creators such as Uth Roeun, Hul Sophon, Phouera Ing, Em Satya, Sin Yang Pirom, as well as the post-war younger generation, which is rapidly developing a voice of their own. There's a lot of indifference to the art form that needs to be overcome.

What exactly does Our Books do?

Our aim is to promote and advance comics culture in Cambodia.

What inspired you to start Our Books?

Our Senior Managing Editor Lim Santepheap, our President Chinn Piseth & I all agreed we should do something to cultivate the Cambodian comics community. Almost every country has a nonprofit or association devoted to comics. We became officially registered in 2006, and immediately began work on nonprofit outreach comics.

As Managing Editor what is your role at Our Books?

By day I work for House32 web design and consult in various fields of media. By night I don my cape and mask...well, in my off hours, I volunteer my time and assist in whatever needs doing, from proofreading to fundraising. We have a full-time sketch artist, graphic artist and



Our very own SuperGeek

Office Coordinator who keeps things moving.

Where can we see the work of some of Our Books's artists?

Java Cafe has a 'comics corner' downstairs showcasing the efforts of our recent participation in Global 24 Hour Drawing Day. There are more exhibitions to come.

And we have a gallery online of various projects at www.ourbookscambodia.org

How many projects is Our Books involved in?

Let's see... we are continuing to scan and archive historic Khmer comics, mostly from private

collections. (Over 300 so far) We just finished showing our wares at the French Cultural Centre's annual 'Lire en Fete' book show. We are continuing to sell and distribute commercial and nonprofit comics, in Khmer, English and French.

In September, I represented Our Books at the Bucheon International Festival of Comics in Korea and gave a talk on Khmer comics history. We are hoping to assist in a long term project with European cartoonists who may do a comics exhibition touring Asia.

And since January, we have been developing 'Our Books Illustration and Design' to generate

income to support our workshops, exhibitions and archiving. Every NGO in Penhville seems to need illustrations of countryside Cambodians for outreach, and we are happy to provide. www.ourbookscambodia.com

Is the idea to eventually remove yourself from the organization and let your minions take over?

Erm, the 'minions' are capably running our daily work right now! – Though world domination is always on the agenda. I'm turning my thoughts more towards research so that someday we'll have a publicly available history of Khmer comics.

What do you see for the future of Our Books?

More publishing, workshops, archiving and printing, at a slow and steady pace. The local and international art community has been a lot more supportive of late. Yay!

If you could have any superpower what would it be?

Ha ha! Superheroes are not really big in Cambodia; Ramayana drama is closer to Khmer sensibilities than caped crusaders.

I'd prefer the ability to magically make people literate. Comics are a great tool to encourage people to read.

Well then John, it looks as though you have, in fact, become a superhero. 🦸

CV

John Weeks

Years in Cambodia: Nine

Position: Managing Editor, Our Books

Nationality: USA

Age: 41 going on 14

Marital Status: Single; complicated

The Geek: A little organization goes a long way



In this month's article, I would like to tell you about a great way to keep your files and folders organized and searchable.

AS YOU MIGHT HAVE experienced trying to find a document or an email while working on a project with a tight deadline is not always easy. That's why I would like to give you some tips so you can stay on top of your files and find information on your PC quickly and easily.

The first option is Google Desktop. The great thing about Google Desktop is its easy to install and easy to use. It works really well with most recent Windows operating system and it's free. Google Desktop comes with a Gadgets side bar on your PC desktop. These Gadgets are lovable and useful. The Gadget side bar is loaded onto your desktop's right side. My favorite applications are the News Reader, weather forecast, Facebook, Gmail calendar and the wireless connection indicator. You can also click the plus button to add more applications such as sport news and others. A few minutes after installing Google Desktop, the search is ready for you to try your first search of your files. Google Desktop by default indexes your files, folders, pictures, bookmarks and emails so you can search them later very quickly. Google Desktop can be downloaded from <http://desktop.google.com>.

If you just want the search function without the gadgets, Microsoft Desktop Search or Microsoft Search is the program for you. Similarly to the indexing functionality of Google Desktop, Microsoft Search opens another window of its own to let you have a customized view of files that you are looking for whether it's a Word document or an email. I personally like the interface of Desktop Search better than Google Desktop because of the customization availability. Both of the software makers promise

to keep your data private. The search is 100 percent local without Internet connection.

And now for this month's "Geek's Command Line". There might be times where you would like to have a picture of how you have organized the files in My Documents or your network drives at work. The extreme way is to bring your camera and take a picture of the open folders for future reference. But, there are better ways you can do this without purchasing a camera. There is a very cool tool already built in to your Windows operating system. It's called the "tree" command. To give it a try, go to the Start menu then click Run. If you can't find the Run button, you can also use a shortcut by holding the Windows key and at the same time pressing R. Type cmd in the box then press Enter. You can now see another command line windows. While focusing on the command line window, type "cd my documents" and hit Enter. Type "tree /a >> printtree.txt" then hit Enter. Now a file is created called printtree.txt in the "My Documents" folder. You can now see all the subfolders in a tree view when you open the printtree.txt that you have just created. Copy and paste the list into a Word document so you can highlight and note for later change tracking. Enjoy!

The winner for last month's PDF Contest was Alice Tan!

She won a free 6-month subscription to AsiaLIFE delivered to her door!

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

business

advisory services

Alcoholics Anonymous
20B Street 286, Tel: 092 974 882
www.aaphnompenh.org
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

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

architecture & design

Architecture in Asia
Bassac Garden City,
Street E Villar E10 (off Norodom Blvd.)
Tel: 017 939 591

Architect with 15 years of experience in interior and architectural design in Asia.

Bill Grant Landscape Design
Tel: 012 932 225

Bill is the city's most exceptionally talented landscape designer. Check out gardens designed by Bill Grant at www.landscapecambodia.com

bikes & mechanics

The Bike Shop
31 Street 302, Tel: 012 851 776
www.phnompenhbike.com
Specialises in repairing trusty steeds as well as renting them out in the first place. Also offers 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. Renovations, construction work, electrics, plumbing, painting & landscaping, as well as general handyman work.

business groups

Australian Business Association of Cambodia (ABAC)
9 Mao Tse Tung Blvd, Tel: 023 215 184

www.abac.com.kh

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

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

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

Canadian Trade Commissioner Service Canadian Embassy
9 Street 254, Tel: 023 213 470 Ext 417
www.infoexport.gc.ca/kh/

BCC / Malaysian Business Council of Cambodia
Unit G21, Ground Floor, Parkway Square
113, Mao Tse Tung, Tel: 023 221 386
mbcc.secretariat@gmail.com

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

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

ANZ Royal Bank
Main Branch, 20 Street 114
www.anzroyal.com
Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

Maruhan Japan Bank
83 Norodom Blvd., Tel: 023 999 010

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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www.childsafe-international.org

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Run by Australian and American Social workers and Family therapists. Specialising in counselling for children, adolescents, couples and families.
1 hour US\$65, 1.5 hours – US\$85

Phnom Penh Counselling Centre

11 Street 420, Tel. 092 700 910

Individual, couple and family therapy as well as resolution of trauma and abuse residue using EMDR. Sliding scale fees based on income.

design & media

Asia Media Lab

Tel: 012 818 917, www.Asiamedialab.com

Full service video production company specializing in the creation of dynamic visual content to help bring NGO stories to life for fundraising and advocacy. Director, producer, storyteller Todd Brown has nearly a decade of experience producing compelling television programs in the US.

insurance

AG Cambodia

Hotel Cambodiana, 313 Sisowath Quay

Tel: 017 360 333, info@agcambodia.com

Professional insurance agent offering health, home, car, factory, employee and hotel insurance packages.

Asia Insurance Cambodia

5 Street 13, Tel: 023 427 981

email@asiainsurance.com.kh

www.asiainsurance.com.kh

Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

Forte Insurance (Cambodia)

325 Mao Tse Tung, Tel: 023 885 066

www.forteinsurance.com

The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

Infinity Insurance

126 Norodom Blvd, Tel: 023 999 888

Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

international schools

iCan International School

85 Sotheaors Blvd, Tel: 023 222 418

www.ican.edu.kh

iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

International School of Phnom Penh

146 Norodom Blvd, Tel: 023 213 103

www.ispp.edu.kh

Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

Lycée Français René Descartes

Street 96, Tel: 023 722 044

www.descartes-cambodge.com

French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Northbridge School

1km off National Road 4 on the way to

the airport, Tel: 023 886 000

www.niscambodia.com

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

International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

it & software

Conical Hat (Cambodia) Ltd.

Norodom Blvd., Tel: 023 362 957

info@conicalhat.com, conicalhat.com

Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

Netpro Cambodia

146D, Street 376, (near Toul Sleng Museum),

Tel: 855 23 215 141,

info@netpro-cambodia.com,

netpro-cambodia.com,

IT support company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia.

legal

Sciaroni & Associates

56 Sotheaors Blvd., Tel: 023 210 225

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: Inflation

Inflation can have positive and negative effects on an economy, but how should you be looking at things?

ARE YOU WORRIED ABOUT inflation? No...well, it would appear that there are those who are.

In fact there are enough people worried about inflation that there is a group in the United States dedicated to teaching people about the subject. They answer any questions a concerned American public might have about inflation - and the economy in general.

As one might expect the body is called the National Inflation Association. In its 'About Us' mission statement it describes itself as "an organization that is dedicated to preparing Americans for hyperinflation." It also offers articles about the economy and inflation, news stories, as well as important charts not shown by the mainstream media. The association goes on to say that it offers profiles of gold, silver, and agriculture companies that we believe could prosper in an inflationary environment.

However, with the Dow Jones Industrial Average reaching the psychologically all-important 10,000 mark last month the real question is just how busy will the NIA be in the coming weeks and months ahead. Will the US economy - and indeed the rest of the world - face inflation, deflation or stagflation as a result of what is happening in the world economies?

The case for inflation is fairly strong at the moment because there is so much money in circulation. After all, the United States government has pumped oodles in to its economy to stave off the collapse of the financial system. Inflation - which is the increase in price of goods and services (excluding property) - essentially erodes the consumer's purchasing power. And now with all the extra money in circulation this is a very real threat. The purchasing power of the dollar is diminishing.

One popular measure of inflation is the CPI - the Consumer Price Index. According to the United States Department of Labor "on a seasonally adjusted basis, the CPI-U increased 0.2 percent in September after rising 0.4 percent in August. The index for all items less food and energy increased 0.2 percent in September after increasing 0.1 percent in August." This would indicate that prices for urban dwellers have been on the rise the past few months.

When prices rise and the value of the dollar sinks investors generally look for safe havens. One of the most sought after safe havens is gold and low and behold quite recently the price of gold hit an all time high. Some

say its set to soar further because of the risk of inflation.

However, before you go out and buy as much gold as you can afford consider the other side of the coin - deflation. After all, demand in the United States is weak - and so is the dollar. This would indicate that prices have to come down rather than go up.

Deflation - which is the decrease in the price of goods and services - increases the consumer's spending power. During times of deflation the consumer can buy more for less.

Lately we have seen the dollar decline as a result of all the spending being done by the United States government. We have also heard plenty of discussion about the dollar losing its place as the global reserve currency. However, we have also heard that it is not in the Chinese government's interests (as a holder of significant amounts of dollars) to see the value of the dollar deteriorate. In addition commodities continue to rise which keeps the cost of products and services up.

Another word creeping in to the inflation-deflation debate right now is stagflation. This is when inflation and economic stagnation occur at the same time. Stagflation occurs when the price of a particular commodity - such as oil - increases the price of products while slowing the growth of the economy.

modity - such as oil - increases the price of products while slowing the growth of the economy.

Stagflation can also be caused by economic policies. In particular stagflation can be caused by permitting excessive growth of the money supply or by enforcing significant regulation of the markets. Sound familiar?

During periods of stagflation there is slow economic growth coupled with increased prices and a rise in un-employment. It is a very difficult cycle to break.

It is also difficult for ordinary folk to 'second-guess' the markets let alone the overall direction of world economies. Therefore those who have an interest in investing for their future should continue with their plan. The best approach - as always is to put something away each month. That way you don't have to worry about any trend - be it inflation, deflation or stagnation. You can leave that to the NIA.

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.

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
Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

Pets

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

Post Office

Main Post Office
Cnr. Street 102 & Street 13
Open from 6.30am to 9pm. The place to go if you want to send something overseas or get a PO Box.

Photography

Asia Motion
Tel: 092 806 117, www.asiamotion.net
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

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

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

Printing

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

Relocation

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

Security Firms

MPA
23 Street 214, Tel: 023 210 836
Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

Shipping

Crown
Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 986 680, www.crownrelo.com
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment.

Telecoms

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

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

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

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 Russom Blvd., Tel: 023 888 181
www.ezecom.com.kh

Internet service provider that promises boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

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

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

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

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

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

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

making the connection

The Old City of Jerusalem is home to some of the world's holiest sites for Jews, Muslims and Christians. But can someone without a connection to religion find a place there too? **Ginny Becker** visits the Holy Land. Photos provided by the State of Israel Ministry of Tourism.



Sunset over the Mount of Olives, with Russian Orthodox Church of Mary Magdalene (foreground) and Dome of the Rock

THE JERUSALEM SYNDROME affects an estimated 50 to 200 visitors to the Old City of Jerusalem each year. People become so overwhelmed with the religious significance of the city they begin to think they are biblical characters. Cases include a woman who believed she was the Virgin Mary, travelling to Bethlehem in search of the baby Jesus, and a Samson, who attempted to use his massive strength to smash through a wall. The syndrome lasts for approximately one week after which the person usually returns to normal, often quite humiliated, preferring not to speak of the incident again.

■ THE OLD CITY

Although my chances of acquiring this syndrome would be low, I knew that in order to understand Israel's present, an understanding of its past would be essential. The Old City, which encompasses only one of

Jerusalem's 125sqkm, is among the most coveted real estate in the world – not for its desirability as a living destination, but for the religious significance it holds for Jews, Muslims and Christians. Besides being home to some of the holiest and most contentious sites in the world, all three religions believe the Old City is the gateway to heaven – where they can be closest to God.

Entering the Muslim Quarter through Damascus Gate, I'm immersed in a bustling and chaotic Palestinian market. Of the Old City's four quarters, this is the largest and most densely populated. I follow its endless ancient stone walkways to my first destination, an elevated and heavily guarded 14-hectare esplanade.

■ GATEWAY TO HEAVEN

Jews know this land as the Temple Mount. Muslims call it Al-Haram-al-Sharif, or the Noble

Sanctuary. Its history is complex. The first Jewish temple was built here by Solomon one thousand years before Christ was born. It is said that the Ark of the Covenant was housed here. In 586 B.C. the temple was destroyed by the Babylonians. A second temple was built in 515 B.C. and later destroyed in A.D. 70 by the Romans, who erected a temple to Zeus in its place. After that, a Christian church stood here.

During the mid-seventh century, the prophet Mohammed is said to have travelled from Mecca to Jerusalem in one night, leading other prophets in prayers at the Temple Mount. Known as the *isra*, or the night journey, a *mira*, or ascension to heaven soon followed, and Mohammed was united with Allah, making this area the third holiest place in Islam, after Mecca and Medina.

The conflict lies in that the Noble Sanctuary was built where

the first and second Jewish temples used to stand. Jews believe the land is theirs, since they arrived long before the Muslims. The latter feel the land is their own. The wounds run deep for both groups and it is said that a person's loyalty is determined by the name that they call this area.

Non-Muslims are free to walk around the Noble Sanctuary, which houses a complex of holy shrines and gardens, but are prohibited from entering the Qubbat al-Sakhra or the Dome of the Rock. A prominent gold-domed and blue tiled structure built between A.D. 688 and 691, it was built to cover a tremendous rock that holds massive historical significance for Jews, Muslims and Christians. It is believed that this is the rock where Abraham prepared to sacrifice his son Isaac to prove his faith to God. Although the names and details of the event vary between the

faiths, both Jews and Muslims claim they hold the rights to the rock. Some ancient maps even list this location as the centre of the world. One thing all three faiths agree on is that the rock is a gateway to heaven and a direct connection to God.

■ THE WAILING WALL

Built 2,000 years ago the Ha-Kotel Ha-Ma'aravi, better known as the Western or Wailing Wall is the Jews' holiest site. It is the retaining wall from the Second Temple on which the Noble Sanctuary now stands. After the second temple was destroyed by the Romans in A.D.70, the Jews were sent into exile and the exact location of the temple was lost. When they were allowed back into Jerusalem, they purposely avoided the Temple Mount because they feared they might step on the Holy of Holies, the sacred inner sanctum of the Second Temple. Instead began to pray at the wall. From 1948 to 1967, Jews were denied access but reclaimed it during the Six Day War, making the wall even more bittersweet.

The wall is 20 metres high and constructed of square stones that measure more than a metre thick and weigh up to 100 tonnes each. The name Wailing Wall refers to the grief that Jews express at the

wall in regards to the lost temple. Many Jews say that this is as close as they can get to God. People leave kvitlach or scraps of paper in its cracks with messages and prayers that they hope will be answered by God.

A rabbi approaches me. "Where are you from?" he says, politely sizing me up. "New York," I answer, smiling. He stares at me a few seconds longer. "You're not a Jew," he says.

"How'd you know?" I answer, hoping he didn't think me disrespectful for touching the wall.

He points to the floppy gardening hat I'm sporting. "Most women who visit the wall wear a tichel (head-scarf) or at the very least a fancier hat than that," he replies.

Sensing my awkwardness he moves in closer and tells me a joke: "A Jew goes to the Western Wall every year and places a prayer in a crack that says: 'God, please help me win the lottery.' Year after year he loses. He doesn't understand why. But still, he returns each year with renewed hopes of a windfall. After several years of unanswered requests, God finally speaks to him: 'Nudnick,' he says, 'just go and buy a ticket already!'" And with that, the rabbi smiles and walks away.

■ CRUCIFIXION & RESURRECTION

The Christian Quarter is home to the holiest Christian site, The Church of the Holy Sepulchre. Many Christians believe this is where Calvary (also known as Golgotha) is located, where Christ's crucifixion and resurrection took place. As with the city's other holy sites, it has a long history of being built, destroyed and rebuilt. The church as we know it today was constructed approximately 300 years after the crucifixion when three crosses were excavated, one believed to be Christ's. For the past 16 centuries, pilgrims have been coming here to get close to God.

The church is quite gloomy, but also impressive. I'm struck by its many levels, altars, doors and columns, but all the while, I can't help but feel a pang of disappointment that the site of the crucifixion and resurrection are in the middle of such a busy city. I had always envisioned Calvary as a barren stretch of wasteland far from Jerusalem's city limits. When I address my concern to a priest standing nearby, he reminds me that 2,000 years ago Calvary was merely an empty plot of land. I find this bit of reassurance comforting and move on.

I queue for half an hour waiting to enter the Tomb of

Christ, where it is said Christ rose from the dead. A spectacular ornate altar covers the tomb and its innermost room is just over 1.25 metres high. I crouch low to enter. Before the church was built, the tomb was carved away from the surrounding rock in the hillside. It is said to look much the same today.

The tomb itself is tiny and I am quite cramped. Within 20 seconds I'm asked to move on. I can only describe the experience as surreal. I envisioned the tomb to feel touristy, but it wasn't. I later tried to make sense of it, and realised that it was quite different from my experience at the Temple Mount and Western Wall. I felt an almost physical presence here and a deep sadness within its walls. For the first time, I felt something other than apathy while in a church.

I'm relieved to get back into the sunshine. In the end, I didn't succumb to the Jerusalem Syndrome, but I did leave the city different from when I arrived. I came here for more than knowledge, but not necessarily for God. I'm still the perpetual observer, only now, with an understanding that we're all somehow connected, regardless of whether we worship or not. ■



A Hassidic Jew praying at the Wailing Wall

Our Man in Bangkok

drink, eat, party, sleep



Dine in luxury at Mahanga

■ **DRINK:**
HOB'S House of Beers
 Bangkok's only traditional Belgium pub and bistro boasts 22 beers, the widest range served in Thailand, which makes a very welcome break from the boredom of lager or mind-crushing local brews. The drinks are not cheap, but the bitter bliss soon washes away your worries. Open 11am-12pm.

522/3 Thonglor Soi 16,
 Tel: +66 (0)2-392 3513,
www.hobsbkk.com

■ **EAT:**
Mahanaga

Design is at the forefront of this chic restaurant and cocktail bar, which combines traditional Thai architecture and Moroccan interiors. The whole experience is

geared towards an international crowd and Hi-So Thais – the menu features Thai cuisine with occasionally more exotic and unorthodox ingredients, but it pretty much stays away from the “F word” (fusion) – and it's really more about the experience and environment than the eating. The food is good, but flavours are seriously tamed and meals are served separately rather than shared. Expect to spend about 3,000 baht up on a meal for two with drinks. Reservations advised.

Sukhumvit Soi 29, Tel (0)2-662 3060, www.mahanaga.com

■ **PARTY:**
Glow

Small, cozy and glowing – yep, there's a lot of underlighting



Dance till you Glow

at this cozy little venue – this multi-level club has plenty of space to chill out, with daybeds to rest your weary legs, and a small dancefloor. The crowd is friendly and generally unpretentious. Drinks are well mixed. Resident DJs play electro, breakbeat, tech-house and old skool drum n' bass. There's the odd Cayote dancer on the bar, but it's tasteful and Glow avoids the sleaze associated with many of the area's nightspots. The club brings in international DJs fairly frequently and hosts Facebook parties and other events. Open 7pm-1am.

Sukhumvit Road Soi 23,
 Tel: +66 (0)2-261-3007,
www.glowbkk.com

■ **SLEEP:**
MADUZI Hotel

Just a few minutes walk from Asoke BTS and Sukhumvit MRT stations this small-scale property is elegantly designed and informal. Minimalist rooms feature polished wooden floors, dark ceilings and cream walls. Guest can dine at La Truffe which serves contemporary French cuisine and there's a small fitness suite for those who can't stay away from the gym. The staff is attentive but not intrusive and the hotel attracts loyal guests who are burnt out on the corporate brand experience. Rooms from 8,000 baht.

9/1 Ratchadapisek, +66 (0)2-615 6400, www.maduzihotel.com 📍

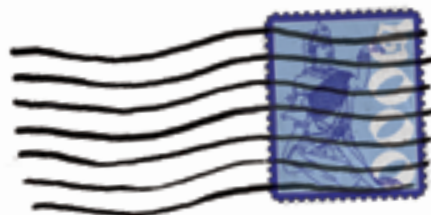
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Dispatches

aquatic nymphs, metropolitan bkk, applicable travel apps

■ PARTY: ZOUKOUT 2009 IN SINGAPORE

Asia's distinctive and largest outdoor dance music festival is back for the ninth year running on Siloso Beach at Sentosa, Singapore. One of the most anticipated festivals of the year brings forth a spectacular voyage of rapturous music, dancing, art and plenty of festivities. Last year's festival saw a record breaking 26,000 revellers and this year is promising to top that with artists such as DJ Armin Van Buuren, The Martinez Brothers and a live performance from special guests Miss Kittin & The Hacker. Inspired by Greek mythology's illustration of the legendary aquatic nymphs' irresistible allure, with seafarers captivated by the mythical temptresses' enchanting melodies and voice, the Sirens' call beckons the collective buoyant vibes of partygoers at ZoukOut 2009.



■ TRAVEL DEALS: METROPOLITAN BANGKOK

The Deal:

Through December 31, the Metropolitan Bangkok is offering its Ultimate Savings promotion, with three room types on offer at 50 to 60 percent their normal rates.

The Setting:

Located near Bangkok's major shopping centres, the Metropolitan is designed along an east-west motif and is home to luxury spa COMO Shambhala Urban Escape and award-winning Mediterranean restaurant Cy'an.

As part of the package, the basic queen-bedded City Rooms are \$99 (usually \$260), while Studio Rooms with silk-draped sitting areas and limestone and mosaic-tiled bathrooms are \$119 (\$300). Spacious Metropolitan Rooms run \$150 (\$320).

The Verdict:

At US\$99 to US\$150, these rates won't break the bank. Rooms must be booked seven days prior to arrival and rates paid in full at the time of booking (minimum two nights), but despite these minor hassles,

this is an affordable way to upgrade your next trip to Bangkok from mid-range to luxury.

Flights: FlightTrack Pro:

Travel apps are notoriously biased towards American and European destinations, leaving travelers in Southeast Asia out in the cold. However, the formula for FlightTrack Pro seems to have bridged the service gap. Since FlightTrack and partner Triplt.com work with more than 1,000 travel sites to access flight information, the app is able to cover airline routes throughout Asia.

FlightTrack Pro provides an easy way to stay on top of your trip. By emailing your airline confirmation to Triplt, you can pull up your itinerary or forward detailed flight information to friends and family. If there's a change in the flights status, FlightTrack buzzes your iPhone, and live international maps include weather radar overlays, allowing you to check flight progress and predict delays and cancellations. You can also pull up the last-known flight details with the offline mode. The app costs US\$9.99 at the iTunes store. ■

KEP

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DINNER
&
LOUNGING

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getaway

ChildSafe®



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

battambang

La Villa

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

Riverside Balcony Bar & Restaurant

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

chau Doc (vietnam)

Victoria Chau Doc Hotel

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

phu quoc (vietnam)

Chenla Resort & Spa

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

kampot

Bar Red

Old Market area, Tel: 092 724 720
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

Blissful Guest House

Kampot, Tel: 012 513 024
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

Bodhi Villa

Across the river, Kampot
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314
www.bokorlodge.com
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

Epic Arts Café

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

Jasmine

House 25 Riverside Road, Kampot
Tel: 012 927 313
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Serves tasty Thai, Khmer and café fare. Also has photography decorating the walls, and occasional film nights.

Les Manguiers

2km north of Kampot, Tel: 092 330 050
Small resort with bungalows and rooms set in beautiful gardens overlooking the riv-

er. 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
rikikitavi@asia.com
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

Rusty Keyhole

Riverfront, Kampot
This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

kep

Beach House

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

Champey Inn Resort

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

Knai Bang Chatt Resort

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

Le Bout du Monde

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

Led Zeppelin

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

Star Inn

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

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com
Traditional wooden bungalows set in the hillside, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

kratie

Cambodian Craft Co-operation

At Wat Roka Kandal

Small craft centre selling wickerwork by local artisans, housed inside Wat Roka Kandal. Funded by a German chamber of trades and crafts. The baskets and handicrafts have marked prices.

Red Sun Falling

Rue Preah Sumarit

Well-established western-run café and bar on the riverfront. One of the few bustling places in the evening, it has tasty food with dishes in the US\$1.50-2.50 range.

Star Guesthouse

Opposite the market, Tel: 012 753 401

A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms. The café serves up some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

phnom penh - deluxe

Amanjaya

1 Sisowath Quay, Tel: 023 214 747

www.amanjaya.com

Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

Cambodiana

313 Sisowath Quay, Tel: 023 426 288

www.hotelcambodiana.com

Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

313 Sisowath Quay, Tel: 023 214 555

www.himawarihotel.com

The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel

315 Sisowath Quay, Tel: 023 219 991

Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888

www.ichotelsgroup.com

One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888

www.phnompenh.rafles.com

Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

Sunway Hotel

1 Street 92, Tel: 023 430 333

www.sunway.com.kh

Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

phnom penh - mid

Asia Club

456 Monivong Blvd., Tel: 023 721 766

This private club and hotel with the most beautiful gardens in Phnom Penh is a haven away from the busy Monivong Blvd. on its doorstep. The five bungalows and four rooms are air-con with bath, large safe, flatscreen tv and large working area for business clients. With use of meeting rooms and swimming pool, Asia Club is a good business option and hidden gem.

Almond Hotel

128F Sothea 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 rooftop 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.

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



Independence Hotel

● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 301 / 012 728 090 / 012 221 373 • Fax: +855-34 933 660
Web: www.independencehotel.net • Email: info@independencehotel.net

Bodhi Tree

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

Cara Hotel

18 Street 47, Tel: 023 430 666
Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

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 Paillote'

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.

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.

Maharajah

Victory Hill Sihanouk Ville, Tel: 015 966 221
Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

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 Samleou and Koh Kon. Also run a range of PADI-certified courses. Has office in Phnom Penh.

Sokha Beach Resort

Sokha Beach, Tel: 034 935 999
With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the most up-market place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night.

Starfish Bakery Café

Behind Samadera Market, Tel: 012 952 011
Excellent place for a healthy breakfast or lunch set in a relaxing garden environment with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

Top Cat

Road to Serendipity Beach
Opposite the Reef Resort, this luxurious large screen movie house shows DVDs. The films are free but there is a charge for the air-con and comfortable couches.

Zoco

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

siem reap - bars**AHA**

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

Angkor What?

Pub Street, Tel: 012 490 755
"Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Open from 5pm to late.

Chilli Si-dang

East River, Tel: 012 723 488
Restaurant bar serving Thai food and a wide range of wines, with a cool design, pool table and good sound system. Open from 9am to 11pm.

ELLA Wine & Jazz Bar

Trajan Pro, 300m west of hotel de la paix
Tel: 092410 200
Set in an old Khmer house, with a large garden with platform beds, ELLA opened late 2008. It has an extensive wine list, international cocktails and tapas. The music is pure jazz and there is a separate wine room. Open Tuesday through Sunday 5pm to 1am.

Funky Munky

Pub Street, Tel: 011 481 303
The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention.

Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

Giddy Gecko Bar

Lane off Pub Street, Tel: 092 857 400
Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street.

Laundry Bar

Old Market, Tel: 016 962 026
www.laundry-bar.com
Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free Wi-Fi. Open from 5pm to late.

Miss Wong

Lane off Pub Street, Tel: 092 428 332
Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's

Pub Street Tel: 063 963 533
www.mollymalonescambodia.com
Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

Red Piano

Pub Street, Tel: 063 964 730
www.redpianocambodia.com
Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

The Warehouse

Old Market, Tel: 063 965 204
Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

X Bar

Sivatha Street & Pub Street,
Tel: 092 207 842
Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Superize TV screen, table football and pool tables provide a number of options for staying up later.

MAHARAJAH
Royal Indian Cuisine

TASTE OF INDIA
Simply Priceless

The only authentic Halal food in town

Sihanouk Ville: Victory Hill Tel: 015 966 221
Siem Reap : Street #7 Near to pub street old market area Tel: 063 966 221

maharajahcuisine@yahoo.com
www.maharajah.biz

siem reap - cafés

Blue Pumpkin
 Old Market, Tel: 012 946 227
 www.tbumpkin.com
 Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

Café de la Paix
 Sivutha Bld, Tel: 063 966 000
 www.hoteldelaipaixangkor.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 pâtisseries 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 by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

Happy Painting
 FCC, Old Market
 Tel: 092 950 803, www.happypainting.net
 Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 8am to 10pm.

Klick
 Alley behind Pub Street, Tel: 063 761 084
 Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretii.

Black and white photographs are given a face-lift using hand-tinted water colours.

McDermott Gallery I & II
 FCC Complex, Pokambor Avenue, Tel: 012 274 274
 Alley behind Pub Street, Tel: 092 668 181
 www.mcdermottgallery.com
 Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other 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 Sivutha Boulevard, Tel: 016 746 701
 Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Paisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

Wat Kandal Gallery
 River Road, near Wat Kandal
 Tel: 092 521 801
 Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.

siem reap - hotels

Amansara
 Pokambor Avenue, Tel: 063 760 333
 www.amanresorts.com
 The ultimate in Siem Riep's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

FCC Angkor
 Pokambor Avenue, Tel: 023 992 284
 www.fcccambodia.com
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

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

Golden Orange
 Off East River Road, Tel: 063 965 389



Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

Hotel de la Paix
 Sivutha Boulevard, Tel: 063 966 000
 www.hoteldelaipaixangkor.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
 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 Sivutha Rd and National Rd 6
 Tel: 063 969 999, www.sokhahotels.com
 Huge 5-star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant.

Tara Angkor Hotel
 Road to Angkor, Tel: 063 966 661
 Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

Victoria Angkor
 Near Royal Gardens, Tel: 063 760 428
 www.victoriahotels.asia
 Beautiful hotel with the most luxurious



សណ្ឋាគារ ទ្រូងស៊ី អ៊ិន
GOLDEN ORANGE HOTEL

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

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



swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

siem reap - leisure

Body Tune

293-296 Pokambor Avenue
www.bodytune.co.th
Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

Frangipani

Alley behind Pub Street,
615-617 Hup Guan Street
Tel: 063 964 391

Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

Helicopters Cambodia

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

Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa,
Vithai Charles de Gaulle, Tel: 056 396 4600,
golf@sofitel-royal-angkor.com
International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

Sokha Helicopters

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

siem reap - restaurants

AHA

The Passage,
Tel: 063 965 501

Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open from 10.30am to 10.30pm.

Alliance Café

7 Makara Street, Wat Damnak Area
Tel: 017 809 010

French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

Burgers Without Borders

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

Butterflies Garden Restaurant

535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com

Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Chez Ninie

Lane off Pub Street, Tel: 012 582 782

Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

FCC Angkor

FCC Complex, Pokambor Avenue
Tel: 063 760 280

The best example of contemporary Asian architecture in Cambodia, elegant bar & restaurant serve mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel & arguably the coolest pool room in Cambodia.

La Noria

Wat Bo Road, Tel: 063 964 242

Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Bistrot de Paris

Old Market Area, Tel: 092 964 790

Parisian-style bistro which opened in

December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

L'Oasi

East River Road, Tel: 092 418 917

The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

Maharajah

Street 7 Old Market Area, Tel: 092 506 622

Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Meric

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

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

Singing Tree Café

Wat Bo Road, Siem Reap, Tel: 012 490 265

Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities. Also a centre for yoga, meditation and reiki healing.

Tigre de Papier

Pub Street, Siem Reap, Tel: 012 265 811

The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management.

Viroth's

Wat Bo Road, Tel: 012 826 346

Elegant restaurant on the other side of

river with excellent terrace garden. A good place to try royal Khmer cuisine including amok and beef Lok lak.

siem reap - shops

Boom Boom Room

Old Market

Boasts a 176-page catalogue of tracks that can be burned to CDs or mp3 discs. Also sells its designer t-shirts and hoodies as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

Garnets d'Asie

333 Sivutha Boulevard, Tel: 016 746 701

Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Eric Raisina

53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207

Accessories, home decorations, textiles and clothing created by Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

Happy Painting

FCC, Old Market,
Tel: 012 623 945,

www.happypainting.net

Three shops selling the extremely colourful and positive paintings sculptured 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. 



unplugged

Letter from America: Head west young man, then north, south and east

Will attempts to convince his wife that road-trips are where it's at.



ILLUSTRATION BY WUTH / OUR BOOKS

FOR CAMBODIANS, MOST of the educational and vocational opportunities are in Phnom Penh, whether you work in development or a garment factory.

Where the brightest lights in America are – New York City; Washington, D.C.; Los Angeles; Wasilla, Alaska – is up for debate. Bitter, vociferous and all-too-often shrill debate. But whether you're at home in the urban jungle of Manhattan or the more literal jungle of Washington's Olympic rain forest, it's rare for Americans to stay put for long. Getting ahead in America, or at least not sinking below the poverty line, often requires moving hundreds or thousands of miles across the country every few years to chase work and educational opportunities.

My wife, being Cambodian, only had one real relocation before we got engaged. She moved from her home village to Phnom Penh to go to college and work somewhere other than a rice paddy. Before I nervously offered her a ring and mumbled something about

spending the rest of our lives together, I'd lived in 10 cities in my 25 years – far less than many upward-bound Americans.

Phnom Penh empties out during Khmer New Year as everyone heads back to their home village. But during America's holidays, everyone loads up their car or suitcase and essentially trades places for a few days, crisscrossing the country in a mad frenzy filled with McDonald's cheeseburgers, airport lounges and awkward silences as you try to remember the name of your second cousin's step-children.

For American families, the stretch of hyper-merriment begins with Thanksgiving in November (or even Halloween) and stretches until Eastern Orthodox Christmas is celebrated on Jan. 7, about the time the hangovers are wearing off for most everyone else. While some people say the holidays are about family and faith, and others say it's about buying lots and lots of stuff, for many families the holiday

season is about driving in a circle large enough to encompass all of France (perhaps that's why America is a popular vacation destination for Germans).


Because all the friends and family members you amass over a lifetime are themselves packing up and moving every few years, attempts to visit even a portion every year means radical changes in ever-inflating annual travel plans. Your oldest friend's been based in Phoenix – time to head south. And the friend you used to stay up all night with playing board games is in graduate school in Montreal – there's a straight line between Phoenix and Montreal, right? But your college roommate's ex-wife's brother got a new job in Seattle – any three points not in a straight line can be included in circle, but that circle can get painfully large.

Most Americans – those that can afford it – would fly when confronted with this kind of holiday geometry. But that misses the great American tradition of

long drives in the family station wagon, hopped up on turkey sandwiches and stopping at tourist traps caught between irony, camp and patriotic sincerity (Look, honey, we can stop at Point Pelee: the southernmost spot in mainland Canada!). Plus, I can't afford to fly.

I was ready to introduce my wife to the all-American (and partly Canadian) road trip. But then she began to discover how large the United States truly is. Washington, the next state to the north, is about the size of Cambodia. Oregon is about a third larger. California is twice as big as Cambodia. And that's just three out of 50. Spending 36 hours in a car, even to see an old friend, just wasn't going to happen.

So we keep our family vacations simple – we just drive across one state at a time. Montreal will have to wait.

Will Koenig is a journalist in Oregon, where he lives with his wife and son. E-mail: will.koenig@gmail.com. 

Vox Pop: Film

Our photographers **Conor Wall** and **James Grant** hit the streets this month to ask 'What's your favourite?'



NAME: DAVY
OCCUPATION: FILM MAKER
TIME IN CAMBODIA: 9 MONTHS
FAVOURITE FILM? 2046 – BY WONG KAR WAI
FAVOURITE ACTOR? LEE KANG SHENG (TSAI MING LIANG'S EXCLUSIVE ACTOR)
FIRST FILM? MAYBE SNOW WHITE OR BAMBI
FAVOURITE LINE? "I DREAM I DON'T HAVE TIME ENOUGH" AL PACINO IN HEAT BY MICHAEL MANN
IF YOU COULD BE ANY CHARACTER IN A FILM, WHO WOULD YOU BE? AUDREY HEPBURN IN BREAKFAST AT TIFFANY'S



NAME: SOMNANG
OCCUPATION: UNIVERSITY STUDENT
FAVOURITE FILM? 'A FATHER'S WILL' THIS IS A VERY SAD STORY ABOUT A FATHER'S LOVE FOR HIS CHILDREN. IN THE END HE DIES.
FAVOURITE ACTOR? 'SARAY SAKANA' - SHE IS A BEAUTIFUL AND VERY TALENTED KHMER ACTRESS.
FIRST FILM? 'KING KONG SNAKE'. I SAW THIS MOVIE WHEN I WAS 10 YEARS OLD AND I CRIED A LOT BECAUSE EVERYONE DIES IN THE END.
FAVOURITE LINE? THE FATHER IN 'A FATHER'S WILL' CRIES AND ASKS HIS SON "WHY DOES MY SON SAY THAT HIS FATHER DOESN'T LOVE HIM? THE TRUTH IS YOU ARE MY HEART AND SOUL."
IF YOU COULD BE ANY CHARACTER IN A FILM, WHO WOULD YOU BE? I WOULD LIKE TO BE NEMO, BECAUSE HE IS CUTE AND HE HAS A FATHER WHO REALLY LOVES HIM. ALSO IT WOULD BE FUN TO LIVE IN A CARTOON.



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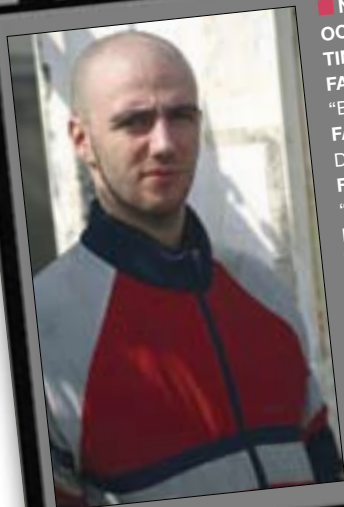
design by fcl



NAME: ELIZABETH
OCCUPATION: DESIGNER/STORE OWNER, WANDERLUST
TIME IN CAMBODIA: 1 YEAR
FAVOURITE FILM? "WAR PHOTOGRAPHER" – DOCUMENTARY ON JAMES NATCHWEY
FAVOURITE ACTOR? JIMMY STEWART
FIRST FILM? "THE SOUND OF MUSIC"
FAVOURITE LINE? "I'LL LASSO YOU THE MOON" – IT'S A WONDERFUL LIFE
IF YOU COULD BE ANY CHARACTER IN A FILM, WHO WOULD YOU BE? GEORGE BAILEY, "IT'S A WONDERFUL LIFE"



NAME: SRENG
OCCUPATION: BUILDER
FAVOURITE FILM? "STARKY & HUTCH" AND "SCHOOL OF ROCK"
FAVOURITE ACTOR? 'JACK BLACK', BECAUSE HE IS FAT AND FUNNY JUST LIKE ME.
FIRST FILM? THE FIRST MOVIE I EVER SAW STARRED JACKIE CHAN AND WAS CALLED 'DRUNKEN CHEN LONG'S TECHNIQUES'. I WATCHED IT WITH MY FRIEND WHEN I WAS 9 OR 10 IN THE LOCAL COFFEE SHOP IN MY HOME PROVINCE.
FAVOURITE LINE? IT'S FROM 'STARKY & HUTCH'. WHEN ONE OF THE POLICEMEN ASKS A LITTLE BLACK BOY HOW HE IS, HE REPLIES, WITH A HUSKY VOICE, "SAME OLD, SAME OLD."
IF YOU COULD BE ANY CHARACTER IN A FILM, WHO WOULD YOU BE? I WOULD LIKE TO BE ONE OF JACKIE CHAN'S CHARACTERS. THEY ARE ALWAYS FUNNY AND THEY CAN FIGHT REALLY WELL.



NAME: VICTOR
OCCUPATION: ART LECTURER
TIME IN CAMBODIA: 2 YEARS
FAVOURITE FILM? "BAD BOY BUBBY"
FAVOURITE ACTOR? DANIEL DAY LEWIS
FIRST FILM? "WATERSHIP DOWN"
FAVOURITE LINE? "MY FRIEND IS TRYING TO TELL ME THAT ANY INDEPENDENT CONTRACTORS WHO WERE WORKING IN THE UNCOMPLETED DEATH STAR, WERE INNOCENT VICTIMS WHEN THEY WERE DESTROYED BY THE REBELS."
 – CLERKS
IF YOU COULD BE ANY CHARACTER IN A FILM, WHO WOULD YOU BE? ROGER 'VERBAL' KINT AKA KEYSER SOZE – USUAL SUSPECTS

Le Bout Du Monde



Kep, Cambodia

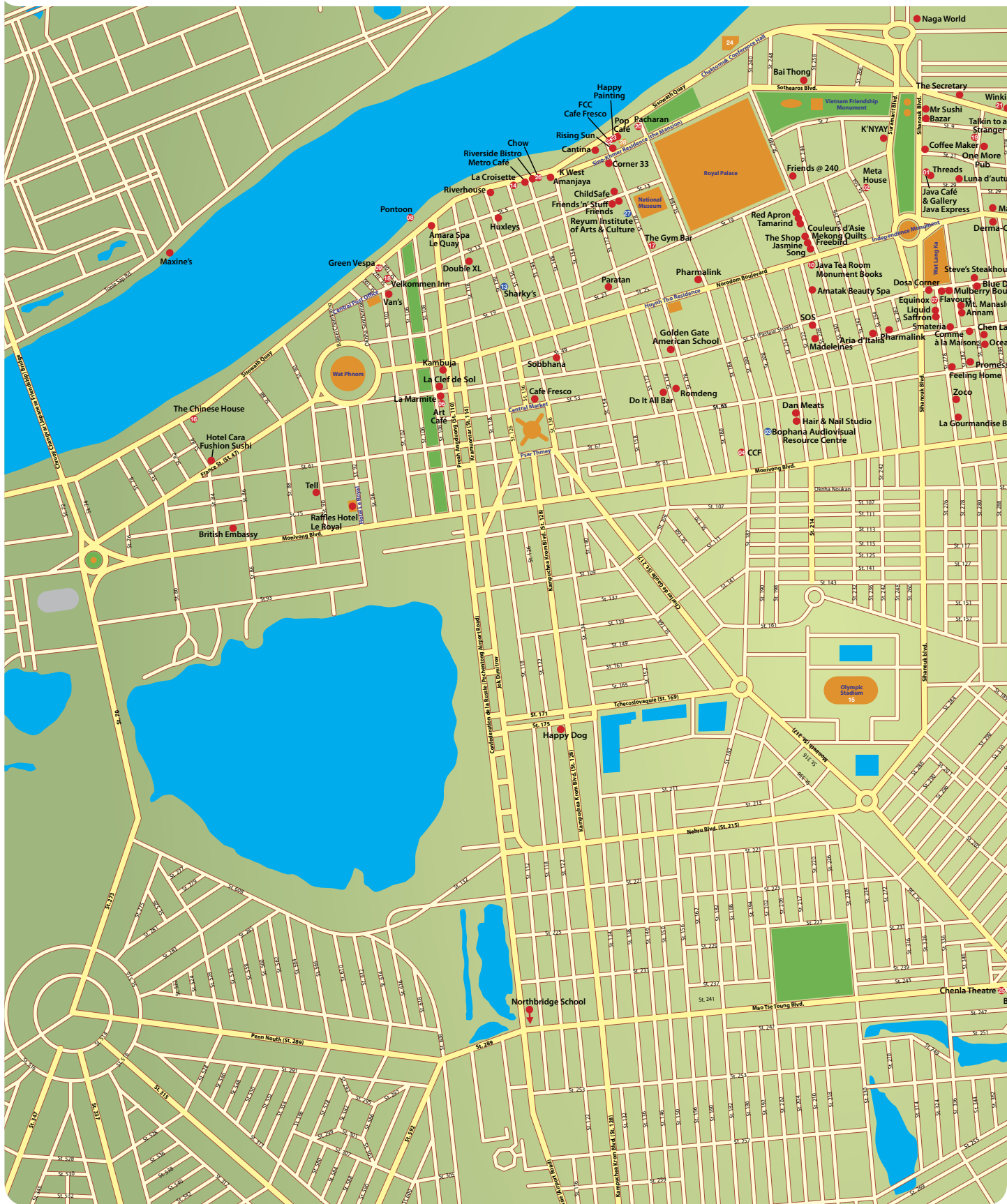


Le Bout du Monde, Kep sur Mer
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phnom penh: central





WE'RE EXPERTS ON WATER TOO.

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To ensure that we use only the freshest water available, we taste over 10 different water samples a day. It is then brewed together with the finest natural ingredients and undergoes over 200 quality checks. Not to mention a brewing process that takes more than 500 hours. Little wonder that it has won over 40 international awards and accolades. And counting.



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Horoscopes by hello

Your future's looking bright

November Horoscope

■ SCORPIO (OCT. 24 – NOV. 22)

Happy Birthday Scorpio! This will be a power month for you. The spotlight is on you, and you are feeling especially confident, focused, and ambitious. This is not to say that things are being handed to you by any means. In fact, a feeling of being blocked by others or by circumstances is likely with you now. However, this only serves to fuel your determination. Relationship tests in the first days of the month are likely, but a partner has your best interests at heart from the 8th, when Venus, the goddess of love, enters your sign. It's a time of greater magnetic appeal—when the world seems to be appreciating your style.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

While confident and assertive, you are also maintaining some distance from others as you get the rest you so deserve this month. It is natural for you to analyze what is working for you and what isn't until the 23rd, after which you are more certain of your goals. Love feels especially private from the 8th, but you are also enjoying a new sense of adventure and even a taste of the exotic in your love life these days.

■ CAPRICORN (DEC. 22 – JAN. 20)

Much of the pressure you were feeling last month is easing now. Group activities, friendships, and networking are coming more into focus while more altruistic goals occupy your thoughts. Nevertheless, a restructuring of your attitude towards your professional responsibilities is a long-term trend – it's simply not as urgent a matter to you now. After the 8th, love matters will be considerably lighter and easier.

■ AQUARIUS (JAN. 21 – FEB. 19)

A big focus on career is in store for you in the first three weeks of this month, Aquarius, after which professional pressures ease. While the spotlight is on your performance, it's not altogether uncomfortable. In fact, others are bound to find you especially attractive, personable, and approachable, particularly after the 8th. New responsibilities are welcome, as you are confident about meeting them effectively. Love might be complicated this month, although invigorating and certainly never boring!

■ PISCES (FEB. 20 – MAR. 20)

You have a pleasant feeling that matters are moving forward in your life this month, Pisces. Pressures are easing, your confidence is building, and the important people in your life are supportive. Work is especially dynamic, busy, and possibly demanding of your time and energy. It's also especially profitable! In the last week of the month, professional responsibilities are in focus, and you're expressing yourself in a highly competent manner. It's a good time to think in big terms, and seize career opportunities as they arise.

■ ARIES (MAR. 21 – APR. 20)

You are dealing with many emotions that have previously been buried this month, Aries. It's a time for ridding yourself of excess baggage, whether it's physical or emotional. More energy can be poured into professional matters, although partnering matters are certainly demanding your attention and can be distracting. You don't necessarily need a partner for your work, but you do need to

sort out your need for background support from a special someone.

■ TAURUS (APR. 21 – MAY 21)

Others are noticing you, and you're certainly in a partnering mood this month, Taurus. It's a month busy with negotiations, adjustments, and socializing, especially after the 8th. Charm comes naturally, and you want nothing more than to find peace with a special someone. An opportunity for a partnership or joint venture is possible in the third week of the month. Be careful, you'll be wearing your emotions on your sleeve around the full moon on the 2nd.

■ GEMINI (MAY 22 – JUN. 21)

It's time to roll up your sleeves and get to work this month, Gemini. You'll find that life is busy and perhaps hectic at times, but the work you tackle now will certainly allow you more freedom to enjoy yourself later. You have a strong sense of what needs to be done, and you actually enjoy getting yourself back on track. Relationships become more supportive by the last week of this month.

■ CANCER (JUN. 22 – JUL. 22)

This is a playful, romantic, and self-expressive month for you overall, Cancer. You might not have the necessary focus for effectiveness at work until after the 23rd, but your creativity is strong. Romantic feelings run high, although you are likely to feel somewhat entangled emotionally. Overspending might be an issue, as you are prone to purchase impulsively. You have no shortage of money-making ideas, however! Put your favourite one to the test!

■ LEO (JUL. 23 – AUG. 22)

You are feeling especially energetic and assertive this month, Leo. A sense that you can tackle any project or problem that comes your way is with you. Even if you haven't been feeling stress in your relationships, there may have been a feeling of stagnation, but this month brings a sense of moving forward. Much of your focus, however, is on your home and family until the 23rd, after which you will be more sociable.

■ VIRGO (AUG. 23 – SEP. 23)

A busy month is in store for you, Virgo. There are a lot of errands to run and general "catching up" work to do. While reorganizing your finances is something that you'll be focusing on for some time, you'll begin to feel less pressure in that area, and more interest in reaching out to others. Physically, you're inclined towards taking it easy. You are putting major, ambitious goals on the backburner so that you can focus on day-to-day activities.

■ LIBRA (SEP. 24 – OCT. 23)

You are focusing on comfort, financial security, and pleasure for the most part in this month, Libra. You are becoming increasingly aware of your responsibilities and limitations, and this is a trend that will last for a couple of years. It's a time of "growing up", no matter what your age, and learning to take better care of yourself and your loved ones. The stress around work matters is lifting, as you have a stronger sense of moving forward with personal projects and plans. ■

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Nov. 1 – Lyle Lovett (52), Larry Flynt (67); Nov. 2 – k.d. lang (48); Nov. 3 – Dennis Miller (56), Roseanne (57); Nov. 4 – Matthew McConaughey (40), Laura Bush (63); Nov. 5 – Tilda Swinton (49), Bryan Adams (50), Art Garfunkel (68); Nov. 6 – Ehtan Hawke (39), Sally Field (63); Nov. 7 – Joni Mitchell (66); Nov. 8 – Parker Posey (41); Nov. 11 – Leonardo DiCaprio (35), Demi Moore (47); Nov. 12 – David Schwimmer (43), Nadia Comaneci (48), Neil Young (64); Nov. 13 – Whoopi Goldberg (54); Nov. 14 – Condoleezza Rice (55), Yanni (55), Prince Charles (61); Nov. 17 – RuPaul (49), Danny Devito (65), Lorne Michaels (65), Martin Scorsese (67); Nov. 18 – Owen Wilson (41); Nov. 19 – Jodi Foster (47), Meg Ryan (48), Calvin Klein (67); Nov. 21 – Bjork (44), Goldie Hawn (64); Scarlett Johansson (25), Jamie Lee Curtis (51); Nov. 23 – Naomi T. Robinson (32); Nov. 25 – Christina Applegate (38); Nov. 26 – Tina Turner (70); Nov. 28 – Jon Stewart (47); Nov. 30 – Billy Idol (54). ■

This Month in History

war, democracy, independence



■ “BOOK-ENDS” FOR THE AMERICAN WAR IN VIETNAM

November 1, 1963

South Vietnamese President Ngo Dinh Diem and his brother Ngo Dinh Nhu were killed in a military coup. After initial support by US government in money and military personnel under JFK, the Ngo regime became increasingly unpopular, due to an unsuccessful forced rural resettlement campaign, and persecution of dissent. Systematic repression led to the killing and arrests of protesting students and Buddhists monks. Outraged by the Diem regime's repressive policies, the Kennedy administration indicated to South Vietnamese military leaders that Washington would be willing to support a new military government. After Diem and Nhu were assassinated in the subsequent coup, General Duong Van Minh took over the government.

■ “STEPPING STONES” FOR FULL DEMOCRACY FOR SOUTH AFRICANS OVER 20 YEARS

November 12, 1974

The UN General Assembly suspended South Africa over its policy of apartheid. November 3, 1983 - South Africans voted to allow Indians and ‘Coloureds’ limited power in the government, but continued to exclude blacks. Later on November 1, 1995 - The first

non-racial local government elections took place in South Africa, marking the end of the apartheid system. Nelson Mandela, declared ANC leader and President in 1994 after been released from 27 years in jail. His quote on the election: “Our country is today a democracy in the complete sense of the word. The people of South Africa have spoken. They have shown their resolve to unite the nation.”

■ AN EARLIER, AND LATER, NOVEMBER DEMOCRACY

November 19, 1863

US President Abraham Lincoln delivered the Gettysburg Address during ceremonies dedicating 17 acres of the Gettysburg Battlefield as a national cemetery. Famed orator Edward Everett of Massachusetts preceded Lincoln and spoke for two hours. Lincoln then delivered his address in less than two minutes. Although many in attendance were at first unimpressed, Lincoln's words have come to symbolize the definition of democracy itself. “Four score and seven years ago our fathers brought forth on this continent a new nation, conceived in Liberty, and dedicated to the proposition that all men are created equal... It is rather for us to be here dedicated to the great task remaining before us – and that government: of the people, by the people,



for the people, shall not perish from the earth.” President Barack Obama, elected on November 4, 2009 draws on Lincoln's character and writing for inspiration for his agenda for democracy and equal rights for all Americans.

■ WOMEN STEPPING UP ON TWO FRONTS

November 7, 1990

Mary Robinson became Ireland's first female president, serving until 1997. She is credited by many as having revitalised and liberalised a previously conservative political office. She resigned the presidency four months ahead of the end of her term to take up her post as the United Nations High Commissioner for Human Rights, 1997-2002. She went on to be a founding member and Chair of the Council of Women World Leaders: “A culture is not an abstract thing. It is a living, evolving process. The aim is to push beyond standard-setting and asserting human rights to make those standards a living reality for people everywhere.”

■ “HERE... FIDO”

November 14, 1666

The first experimental blood transfusion took place in England using two dogs. The naturalist and physiologist Richard Lower conducted the blood from the

cervical artery of one dog to the jugular vein of the other. This experiment then led one year later to the first attempt at therapy with humans, with blood from a lamb being transfused into a 15-year-old boy. Luckily the boy survived – one theory being that the lamb was considered peaceful, and physically and morally ‘pure!’ Blood from a variety of animals was transfused to humans until the early 1800's; it was widely believed that the psychological character of the animal was transferred with the blood. And it was considered barbarism to take the blood of one human being to save the life of another one. The first human-to-human blood transfusion took place in England in 1825 to assist a woman bleeding in childbirth.

■ FREEDOM KAMPUCHEA

November 9, 1953.

Cambodia gained independence from France, after being a protectorate since 1863. After France gave up its colony of French Indochina (Vietnam, Lao and Cambodia) Cambodia became a constitutional monarchy under King Norodom Sihanouk. The Independence Monument in Phnom Penh, is a memorial to Cambodia's independence from French colonialism, and November 9th is a national holiday. ■

The QuizMaster

■ ANAGRAM PAIRS – FIND THE TWO WORDS WHICH ARE ANAGRAMS OF EACH OTHER AND FIT THE FOLLOWING DEFINITIONS

1. a picture painter and a stretch of water
2. to shine and a type of vest
3. a hooligan and a type of travelling amusement park
4. a national language and a type of coarse gravel found at the seaside
5. worryingly surprising and meaning borderline
6. a vocalist and to voluntarily leave your employment
7. to join up and meaning to be quiet
8. to wander in the country and a monumental stone material
9. a stronghold and a regional variation of a national language
10. popular garden trees and the use of science and technology to investigate and establish the facts of a crime

■ TWO OF A KIND

11. Which are the 2 driest months in Cambodia?
12. What were the first names of the two main characters in the film 'Grease'?
13. Arranged alphabetically, which 2 South American countries are last?
14. Arranged alphabetically, which 2 capital cities come first?
15. What were ABBA's first 2 UK number one hits?
16. What are the 2 smallest US states?
17. Assuming Australia is a continent, what are the world's 2 largest islands?
18. What are Cambodia's 2 largest provinces by area?

19. According to the CIA, what are the 2 most populous countries entirely within Europe?
20. Which 2 countries border Liechtenstein?

■ IN WHICH DECADE DID THESE EVENTS OCCUR?

21. Nineteen European nations agree to forbid human cloning & pilots for Air Canada launch the first strike in the company's history.
22. Communists take power in Poland & Miracle on 34th Street, the timeless Christmas classic, is released in theatres
23. Work stopped on Angkor Wat & Richard I of England was born
24. Billy the Kid was killed & Robert Louis Stevenson published Treasure Island
25. John Logie Baird invented the first working mechanical television system & Charles Lindbergh became the first person to fly solo across the Atlantic Ocean
26. The first manned hot air balloon was invented in France & Great Britain established the prison colony of New South Wales
27. King Louis XIV became King of France and Samuel Pepys stopped writing his diary
28. Charles Darwin's expedition on the HMS Beagle & Andrew Jackson re-elected US President
29. The Sears Tower became the world's tallest building & Groucho Marx died
30. Sweden hosted the FIFA World & French rule ended in Algeria

■ ANSWERS ON PAGE 67

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 'Intermediate'. A string of blank cells or a box containing very few 'givens' can present us with a daunting prospect. In this puzzle the centre vertical column contains only one given. Concentrate on the parts of the puzzle where you have the most number of occupied cells and you will be amazed how the barren areas of the puzzle soon fill up. Good Luck!

	8	9			4	5		
4					1			
1	5				3			9
8	7		4				5	
9								6
5	6			3			7	
	3		9			4	6	5
			7			3	9	
			3		8		2	1

Level: Intermediate

Gwan Ching Lee's time: 25 mins

■ ANSWERS ON PAGE 67

Quote Unquote

■ WOODY ALLEN

Quotes from a film legend.

"I asked the girl if she could bring a sister for me. She did. Sister Maria Teresa. It was a very slow evening. We discussed the New Testament. We agreed that He was very well adjusted for an only child."

"I took a test in Existentialism. I left all the answers blank and got 100."

"I'm not afraid to die. I just don't want to be there when it happens."

"Eighty percent of success is showing up."

"My one regret in life is that I am not someone else."

"Money is better than poverty, if only for financial reasons."

– Woody Allen



Tip #8

When something is good,
you say it is "La-or"

by **hello**
015/016/081



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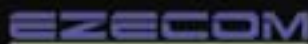


CAMBODIA
2 0 0 9
WOVD Volleyball
World Cup

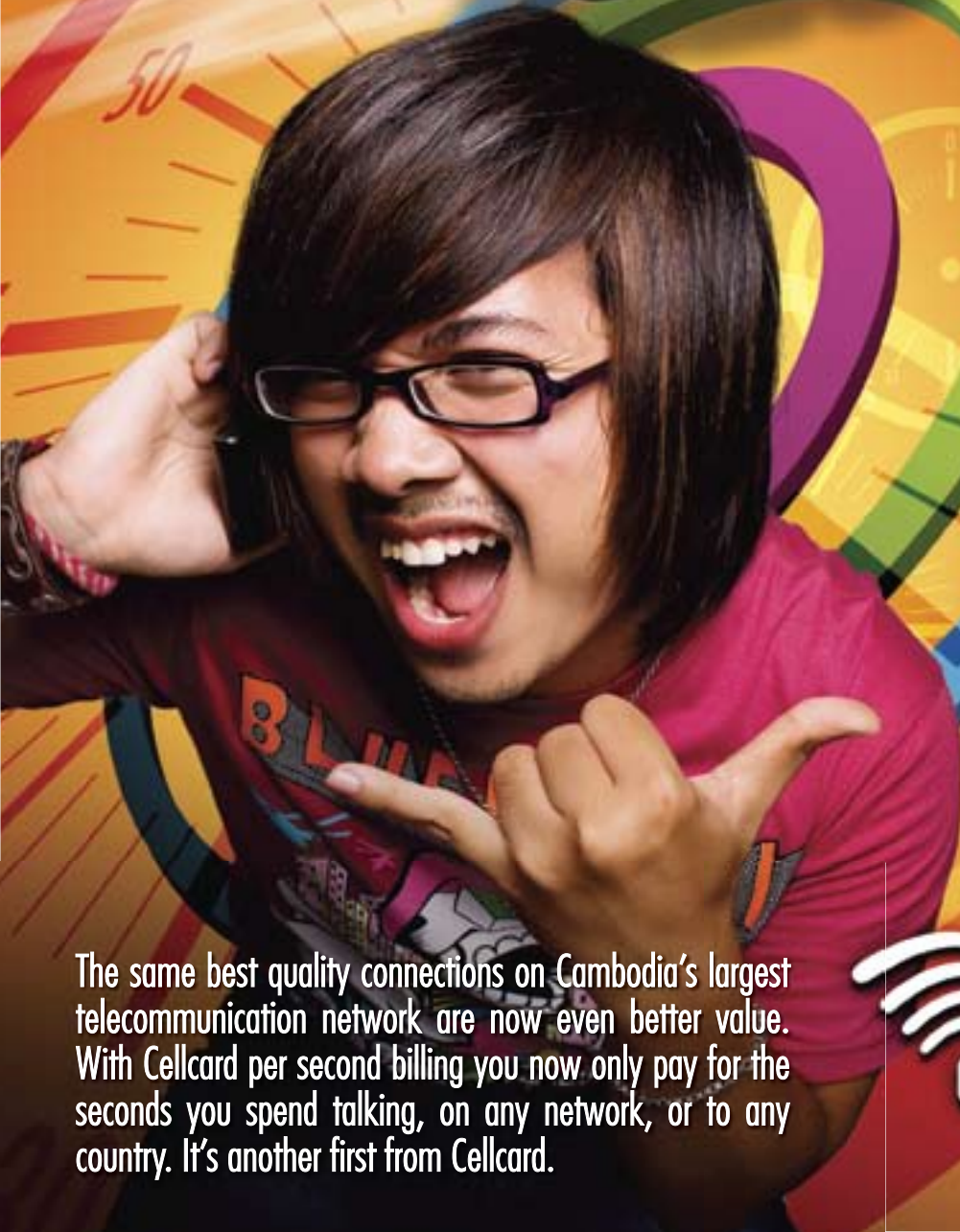
Patron: Samdech Akeamohasenapadey Decho Hun Sen

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