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inside the capital's music scene







# FCC

PHNOM PENH

## what's on in January 2010

mon	tue	wed	thu	fri	sat	sun
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B-LATE







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## Editorial

WELL, CHRISTMAS HAS come and gone. New Year's resolutions have held steady or fallen by the wayside. Bellies have expanded, flights have been taken – and taken back. Now it's back to business as usual.

For our cover story this month we delve into the world of live rock in the capital. Things seem to be changing in this town we call home. I think it's safe to say Phnom Penh is actually getting cooler. Look out Bangkok – here we come... we may be 20 or 30 years behind you – but here we come none the less.

For the new year, we thought it fitting that we spruce up the magazine a bit for you, dear readers. We've cleaned up our design, and added a couple of new special treats. And since Siem Reap really seems to be back on the up-and-up we thought it high time we added a section devoted to the fair city of temples and tourists.


Our relatively new addition to our team, James Grant, has been extra busy of late – designing, choreographing and photographing our new fashion section. Let us know what you think. Are we ready for this influx of style? James spent a day with two sweaty male models in a

boxing ring. It's a bit of a fetish of his.

Kate Liana returned to the riverfront to finish what she started last month. It's new and improved and looking lovely as the billboards have been taken down and replaced with manicured lawns and colourful flowerbeds. Along the way Kate stopped for a somewhat inappropriately named, yet very tasty drink.

Since we knew you'd all be wanting to get back into shape after one too many mince pies and helpings of Christmas ham you'll be happy to know we sent Kate out to get the low-down on the personal trainer scene. Let us help you keep those New Year's resolutions. On the other hand, for those of you who have carried the Christmas cheer into the New Year, Simon Jacy has some great advice on where to go and what to drink to battle that hangover.

It's a rockin' issue this month. We hope you enjoy reading even more than we enjoy creating it for you. As always, if you have a comment or a question about this issue, please email us at [naomi@asialifeguide.com](mailto:naomi@asialifeguide.com), or comment on the stories online at: [www.asialifeguide.com](http://www.asialifeguide.com)

Happy New Year Phnom Penh! 

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# Behind the Curtain

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Keith Kelly

For over a decade prior to AsiaLIFE Guide, Keith worked extensively for Advertising Agencies in the USA conceiving, pitching and producing innovative campaigns for digital and print media. Some of his nationally awarded work ranges from promotional poster designs, beverage bottle and packaging, brochures for the Plácido Domingo directed Washington National Opera, to internationally reaching tourism campaigns for the States of Louisiana and Virginia. His work on high-pressure large-scale publications made him a perfect fit for AsiaLIFE Guide, which he has been a part of since it's conception in late 2006. Since moving to Cambodia he's also enjoyed the additional experience of working freelance for organizations and companies not just in Asia, but Africa as well. You can see more of his work at [www.keithakelly.com](http://www.keithakelly.com).

Nathan Horton graduated with a BA honors degree in Photographic Arts in 1990 from Central London after which he started a two-year photographic trip around Asia which turned into 4 years. He then settled back in London and embarked on a commercial photographic career. He became a widely published photographer, recognized for his great passion of life, people, travel, food and drink by major magazines and newspapers, including Elle, Food & Travel, Land Rover, and The Times. However he never managed to shake off the travel bug and he worked hard to win regular travel commissions. In September 2006 his infectious love of photography and South East Asia lead him to start running photographic tours in Cambodia. Again in Phnom Penh apart from running very successful workshops and tours he has quickly gained a good reputation as a professional photographer and subsequently a wide and varied client base.



Nathan Horton

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# in the penh

## The Month That Was

gold, carwash, birthday, musicians, silent movie

### ■ CHRIS MINKO GETS GOLD

Prime Minister Hun Sen himself awarded CNVLD Secretary General Chris Minko a gold medal for services for persons with disability on World Disability Day Dec. 3. Acknowledging his outstanding provision of sporting, rehabilitation and socio-economic opportunities for persons with disability, Chris was decorated for his work with CNVLD, which hosted the 2009 WOVD Volleyball World Cup in December. Whilst accepting the medal as a great personal honour, Australian-born Minko stressed the collective effort of the nation's athletes with a disability, the CNVLD management team and the hundreds of people who have contributed time, effort and funds to building the organisation since 1996. "It is the combined dedication of athletes and individuals such as National Coach Christian Zepp over many years which has allowed the CNVLD to develop into the most successful and respected sports organisation in Cambodia and as such this medal represents an award for the whole CNVLD family," Minko said.

### ■ GROOVIN' AT THE CARWASH

The funky side of Phnom Penh came out to groove at The Lounge for their popular Carwash party on Dec. 3. Staff were decked out in their finest



@Riverhouse



@Equinox

'fros, and the riverside club was transformed into a thriving discotheque a la Saturday Night Fever. The crowd steadily built up as the main attraction, DJ Dirty Darryl from NYC took over the tables and heated up the dance floor with his signature mix of

hip hop, funk, rock and soul. A mix of disco lovers, people out for a night of dancing, as well as regular nightlife denizens were all present and excited to hear the international DJ. Look out for theme parties every Thursday at The Lounge, and exciting new

developments at the adjacent former Jup space.

### ■ ASIAMOTION TURNS ONE

Local photo agency Asia Motion celebrated its first anniversary in style at Equinox on Dec. 4. Photographers at the agency, who shoot a mix of commercial, art and documentary work, showcased their work at the party, attended by Phnom Penh artists and art lovers. On hand to oversee the festivities and introduce her artists and guest photographer John Vink was Isabelle Lesser, agent and founder of AsiaMotion. The work displayed included various projections, slide shows, and still photography, some Cambodia-based and other international work. Upstairs guests were treated to a web documentary on the Khmer Rouge, 30 years later. Nicolas Axelrod also presented a slideshow that was later shown at the Elsewhere First Friday party the same evening.

### ■ NO SLEEP TILL BROOKLYN

New York City band Ratatat blew away a packed crowd at FCC on Dec. 4. Huge in the U.S. and Europe, the duo impressed fans and won many new ones with their unique, funk-inflected electronica. The evening started off with DJs T-Rock and Jordan Howard from the U.S., who got the crowd up and dancing with indie disco



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and dub-step. Rataat's dark, ambient, almost unearthly grooves kept everyone dancing until well after midnight, with the audience thrilled at the chance to hear music of that calibre. For the US\$5 cover charge, guests got not only admission to the show, but also two free cocktails. US\$1 from each ticket went to Friends International.

**PP HEARTS HIROSHIMA**

It was a field day for the Penh's indie kids on Dec. 5 when Brisbane band I Heart Hiroshima rocked into town. On what the band termed the "expat tour", 20-somethings Matt, Susie and Cameron arrived in the capital fresh from a gig in Ho Chi Minh City. At the F, the rockers treated Phnom Penh fans to an hour's set of thumping indie tunes led by Susie at the drums. Many of the songs were from the band's new album *The Rip*. The crowd obediently nodded their heads as is custom at rock gigs, but there was no mistaking I Heart Hiroshima hit the spot for indie-starved music lovers. Describing

their experience of playing in Southeast Asia as "totally crazy", after the gig the band said playing at the FCC was a great experience and that they would be happy to be back. For more information on the curiously named band, visit [www.ihearthiroshima.com](http://www.ihearthiroshima.com)

**NIGHT OF THE YEAR**

Phnom Penh Photo Festival came to a close on Dec. 6 at Wat Botum Park with the dazzling Night of the Year event. Featuring 12 screens of rotating photos, the public event showcased "one year of the world in pictures". Music accompanied each presentation, and mats were laid in front of each screen to allow guests to relax and enjoy the shows. Featuring everything from work by local photographers, through news shots, to art photography from around the world, the event gave interesting insights to events and issues that both did and didn't make the news in 2009. AsiaLIFE also took part in the show, exhibiting some of our photographers' most interesting work from the past year.




**ANGKOR WAT HALF-MARATHON**

Over 3,450 participants from 48 countries gathered on Sunday Dec. 6, to race in the 14th annual Angkor Wat International Half-Marathon, 10K, and 5K races. It was an early start for the half-marathon runners who gathered at 6.30am at the starting line. With the cool morning sunrise peeking up over the complex, eager runners sprinted off at the sound of the gun. Malaysian Kien Mau Lim took the gold in the men's half-marathon with a respectable time of 1 hr 13 min 25 sec, while or the women Singaporean Vivian Tang crossed the finish line at 1 hour 23 min 51 sec. Cambodians inspired their countrymen by taking first place in the 10K Artificial Leg Race and second place in the 21K. More than anything, however,

the races were about having fun and running in an utterly unique place, whilst raising money for the benefit people affected by landmines and HIV/AIDS.

**SPANISH MUSICIANS AT FCC**

Dec. 8 FCC welcomed Actuacion de la Cuarentuna, an impressive 20-piece ensemble from Spain for an evening of traditional Spanish music. Decked out in ruffled blouses and jaunty red sashes, and armed with guitars and castanets, the musicians serenaded guests in deep, soulful voices. Music lovers swooned, and couples took to the dance floor to flaunt their moves. The ensemble, all of whom are lawyers, perform several times a year in South America, Ukraine, and Cancun. It was their recent trip to Bangkok, and the relationship with the FCC that led them to Phnom Penh. The band was



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as charmed by Cambodia as the residents, and they're eager to return. Even after they had left the stage, they wandered from table to table, strumming and serenading late into the night.

#### ■ GRI-GRI AT META

Phnom Penh-based artist Marc Pollack's latest exhibition opened Dec. 9 at the first floor of Meta House. Entitled 'Winter in Phnom Penh', it featured colourful, book-sized paintings the artist created intentionally to avoid any reflection of light. Also on display was a cabinet full of gri-gri – portable art objects designed to help their owners navigate the vagaries of life and protect them from evil. They are said to connect the spiritual and religious worlds with the world of art. Pollack has the rank of "Maribu" which entitles him to create gri-gri and other talisman and to imbue them with meaning and special powers.

#### ■ SEXY SPIES AND SECRET AGENTS

Spontaneous break-dancing lit up the dance floor as westerners and Khmer alike partied the night away for Roctopussy 007 at Riverhouse Lounge on Dec. 10. The event brought out the town's secret agents, as the theme was none other than Bond, James Bond. Free vodka guns circulated through the crowd as sultry Bond girls knocked back complimentary martini shots and everyone made merry. Bangkok-based DJ Octo, with a "license to thrill", took charge of the music playing the freshest blend of hip hop, r&b and electro. With the party in full swing tuxedoed westerners danced alongside locals as the whole building was shaken, but not stirred.

#### ■ FUNKASTIC PIRATES

It was a predominantly French crowd that welcomed the return of local band Mekong Pirates at the Chinese House on Dec. 12. Playing at the ground floor of the establishment, the ten-strong band packed the room, with some of the eager audience spilling out onto the street. In addition to their usual repertoire, new material in the form of five funky tunes was performed by the band, who – to prove their pirate credentials – wore an array of scarves and hats. Some of the group's keener fans were up and jumping from the very first chord. It didn't take long for the rest of the audience to follow suit as the Pirate's catchy tunes filled the room. Singing in French and Khmer, the band's evident joy of playing again after a break of six months ensured the party continued well into the night.

#### ■ STANTON WARRIOR MASH UP

Pontoon may still be absent from the riverfront, but that hasn't stopped DJ collective CP5 from catering to the appetite of Phnom Penh's party hungry expat crowd. On Dec. 12, Platinum Club opened its top floor for club night Mashed Up. Tiny Tunes, the capital's premier break-dance crew kicked the party off, dazzling the audience with a breathtaking display of choreographed acrobatics and raw hip hop style. The party then heated up with sets from DJ Blue, DJ Illest and U.K. act DJ Tech 12. The climax of the night saw Dominic B, one half of U.K. break-beat sensations Stanton Warriors take charge of the music. Supplying the perfect blend of progressive breaks and alternative electronic, he left the mixed Khmer-western crowd with no choice but to shock out to the sound of the U.K. underground.

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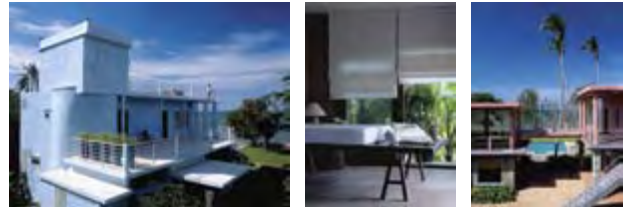
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@Le Liban

**STYLISH IN SILK**

The garden of Le Liban was the perfect setting for the Au Fil d'Asie fashion show on Dec. 12. Organised by local NGO shop UpToYou!, the show featured a variety of dresses made from silk from Takeo Province. While local models strutted along the catwalk in some of the shop's more modern and daring designs, foreign models showed how to pull off traditional Cambodian gear. Office suits, saris, shalwar kameez and full-length evening gowns were also showcased by the multi-ethnic crew of models. The show was preceded by a presentation on the production of silk. Le Liban treated guests to either traditional Khmer food including lok lak and papaya salad, or to the establishment's signature Lebanese set dinner (US\$12).

**MARINE KY AT JAVA**

The upstairs gallery of Java Café was the setting for the opening of an exhibition highlighting a sequence of new works by Cambodian artist Marine Ky on Dec. 15. Entitled Changing the here and now (Shall we start with ourselves?...), the exhibition showcases artwork featuring multiple stupas. These are considered to be the representation of Buddha's mind, as well as the embodiment of wisdom that reveals the path to enlightenment. Arranged across the canvas, the cut-and-pasted stupas are overlaid with quotes in English and French. According to the artist, the quotes were chosen for having made a strong impression on her life as they address the issue of inner change. The exhibition runs through to Jan. 15.

**CURTIS TALKS TO A STRANGER**

Dec 18 Curtis King Band brought the house down at Talkin to a Stranger with hard charging rock and blues. A lively crowd was up and dancing to covers by Radiohead, James Brown, Led Zepelin, and U2. Guest musicians floated on and off stage, the lead singer – Iggy Pop's long-lost twin – slithered through the crowd, and fans partied until the early hours. Founder Curtis King formed the band in Dalat 15 years ago, which has become a popular fixture on the Saigon music scene since relocating there. All the members agreed they love coming to Phnom Penh, where live music is rare and greatly appreciated. And the crowd agreed that they should return soon. "When we got to town, our picture was on the back of the tuk tuk we rode," said King. It doesn't get more rock-n-roll than that.

**SILENT MOVIES**

Fans of the silver screen received a special treat on Dec. 20 when Wat Botum Park played host to an evening screening of two early works of English comedian actor Charlie Chaplin. The films were accompanied by live music from the band of Yim Theatre, whose excellent timing and humorous interpretations added an enchanting Cambodian feel to the American classics. The event was organised by the CCF and was attended by an integrated crowd of Westerners and Khmer. Though Chaplin's slapstick performance is almost a century old, it still had the ability to make audiences laugh, while Wat Botum Park proved itself to yet again be the cultural outdoor space of the Penh. **F**



**Building Work**

Whether you're indoors or out, it seems drilling noises, hammering, and general screeching are simply impossible to avoid.

**New Year**

One is never enough, so it's a good thing there are another two coming up!

**Swine Flu**

The Ministry of Health in December reporting 480 people have contracted the virus since its arrival in the Kingdom in June. And no, you don't get the virus from pigs...

**Tiger**

Just do it Mr Playboy of the Greens.

**GOING UP**

**GOING DOWN**

**Recession**

New year, new economy, and talk of the downturn is getting boring.

**Temperature**

Blissful January is here. Enjoy it while it lasts (31 days).

**ECCC**

Set me free, said Duch, and the tribunal descended into uncertainty. Will the court's first trial also be its last?

**Golf**

A year without Woods is likely to make the course boring.







# News and Events

pamper, movies, rights, dance

@Bridges Project



**OLIVER STONE IN THE PENH**  
The Bridges project by the International Peace Foundation continues in January with a visit by none other than American filmmaker Oliver Stone. Speaking on film-making and peace-building, the famous director hopes to show how films break down barriers through communicating and sharing behaviour and ideas of a basic humanity that exists between all. Stone has a long-lasting affiliation to the region, having first arrived in Saigon as a young teacher in 1965. That same year, he also made his first visit to Cambodia. He later served in the Vietnam War, which he says changed his life forever. "I was never the same after Vietnam. It both deepened and softened me," he says. "The influence of the Asian mentality on my thinking perhaps eluded me at the time, but came back to haunt me in the subsequent years after returning to the West." Now a

Buddhist, Stone has made several films about Vietnam, including Platoon, Born on the 4th of July, and Heaven & Earth. Though he withdrew from a film project set in Cambodia, his upcoming visit may rekindle his interest in filming in the country. "Cambodia is a flower, and always was one of the most beautiful countries," the filmmaker says. Oliver Stone will deliver his public lecture at the University of Cambodia on Jan. 27 at 2pm. Other upcoming lectures in the Bridges series include "The Future of Science and Human Development" by Prof. David J. Ross on Jan. 6 at 2pm, "Why Global Markets Have Failed to Reduce Inequality" by Prof. Eric S. Maskin on Jan. 20 at 2pm, and "Science for Peace" by Prof. Torsten N. Wiesel on Feb. 3 at 2pm, all at the University of Cambodia. For more information and free seat reservation call 023 993 275, 012 483 508. Also visit [peacefoundation.net](http://peacefoundation.net)

# Grand Opening!



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**■ PAMPER YOURSELF**

Four girls, four hours, champagne and a gourmet dinner is the latest attraction at the Penh's casino cum entertainment complex Naga World. For US\$75 each, the establishment offers a party of indulgence featuring a foot massage accompanied with champagne, followed by a body scrub and a body massage at luxurious The Spa. Thrown in are also a private sauna and steam rooms, as well as a Jacuzzi. To top it off you and your friends are then treated to dinner at the sophisticated Le Gourmet restaurant. Though it may be out of most people's daily budget, everyone deserves a bit of pampering every once in a while, and what better way to bond with your girlfriends? For more information call Naga World on 023 228 822.

**■ US FILM SHOOTS IN THE PENH**

The Cambodia Film Commission played host to the crew of upcoming US-film "I am that Man" over the first few days of December. Shooting for two days in the capital and two in Kampot, the mixed American-Khmer crew among other things staged a car explosion by Norodom School featuring 150 kids as extras. The film itself is about a Navy SEAL team that rescues an agent and uncovers a plot against the US, led by a Chechen separatist with strong ties to the Mexican Drug Cartels. With time running out, the SEAL team must act immediately to save thousands of lives. Written by Kurt Johnstad of "300" fame, and directed by Scott Waugh and Mouse McCoy, the flick naturally ends with the SEALs foiling the plot and saving the world from Mexico-Chechen mayhem.

**■ CELEBRATING HUMAN RIGHTS**

Dec. 10 saw nationwide celebrations for International Human Rights Day, an official holiday in Cambodia. In Phnom Penh, thousands marched through the capital to Wat Phnom in an event organised by human rights organisations. Decked in matching T-shirts, participants gathered in the park to listen to speeches and watch various performances. Christophe Peschoux, head of UNOHCHR, also used the occasion to address the rally. The UN's top rights official issued a stark warning describing ongoing land disputes and a crackdown on dissent as "worrying trends" in Cambodia. Celebrations elsewhere in the country tended to be more low key, with disputes



with the government overshadowing some planned events.

**■ PROMOTING SUSTAINABLE TOURISM**

The third edition of Stay Another Day, a guide to sustainable and responsible tourism in Cambodia was launched at Hotel Cambodiana on Dec. 11. Featuring a mixture of NGO and private initiatives, the booklet aims to encourage tourists to see more of Cambodia than simply Angkor Wat, whilst simultaneously supporting good causes. "Stay Another Day in Cambodia gives a perfect guidance to all those who want to learn more about a country," Peter Bolster, Chief Technical Advisor for GTZ Private Sector Promotion, said. "They will understand Cambodia better and I'm confident that they will come again one day." Available free of charge at a variety of establishment around the country, the booklet is also a good guide for expats wanting to experience something new and different, but not quite sure how to do it.

**■ QUALITY RECOGNITION**

Champey Spa and Salon, one of the Penh's longest serving spas in November received an International Quality Crown Award from the regulator Business Initiative Directions. At the awards even in London, U.K., the award was given as an acknowledgment of the spa's commitment to customer satisfaction, leadership, innovation, and efficiency. Established a few years ago, Champei continues to be popular, offering services ranging from traditional massages to facials, at very affordable prices.

**■ DANCE WORKSHOP**

Things are on the go at Amrita Performing Arts, which will in January host a major exchange programme entitled the Flying Circus Project. with nearly thirty distinguished artists from around the world, fifteen of the organisation's local young dancers will be exploring new concepts of developing contemporary dance. The project is produced



by Theaterworks of Singapore with well-known Ong Keng Sen as artist director. It aims to begin a process of aligning Amrita's efforts to develop Cambodian contemporary dance form with current trends taking place throughout the international contemporary arts community. The workshop will take place between Jan. 6-10 in Phnom Penh and Jan. 11-14 in Siem Reap, with a public showing to be confirmed on Jan. 13.

**■ BBAC FOR CHARITY**

The British Business Association in Nov. 11 organised a family event to coincide with annual Poppy Day celebrations, marking the end of the First World War in 1918. Attended by British Ambassador Andrew Mace, the event included delicacies by DanMeats, Tiger beer from Cambodia Brewery, Coca-Cola courtesy of the multinational company, as well as face-painting for both old and young. The event raised US\$330 for the Earl Haig Fund, a charity set up in 1921 assisting veterans and former military servicemen. The raised funds were matched by the BBAC, bringing the total donation to US\$660. The association's next even is the Speaker's Dinner at Raffles Hotel Le Royal on Jan. 15, where Anees Ahmed, senior prosecutor at the UNKRT, will brief members on developments at the tribunal.

**■ CAMBOFEST**

The third annual Cambofest film festival successfully came to a close in Kampot on Dec. 20, despite rumours that the event would not be held at all. Climax of the event saw films screened over two days at Kampot's old cinema The Royal. The Grabay Meas, or Golden Buffalo, is the festival's Cambodian themed proxy for the Oscar award. And this years winners are "The Sky in December" for Feature Fiction, "Surprise!" for Short Fiction, "Agent Orange: 30 Years Later" for Feature Documentary, "Schritt fur Schritt" for Short Documentary, "Shadow of Darkness" for Local Cambodian Showcase, "Mime vs. Junkie" for Universal Language, "Meltdown in Tibet" for Social Issue Movie, "LoopLoop" for Very Short Movie, there was a tie for Animation with "INK" and "Mosquito in Dreaming."

Early submissions for next year's festival are already being accepted, for more information, see [www.cambofest.blogspot.com](http://www.cambofest.blogspot.com)



# Openings

t-bone, kfc, cali 2, studio 182

**■ BUSINESS TRAVEL COMFORT**  
Business travellers to the Penh got a new place to stay in November when DP Lodge opened its doors. Housed in a spacious modern villa, the lodge offers nicely decorated rooms, each of unique design, starting at US\$38 per night including breakfast. A business centre supporting video conferencing is also on hand, and special packages for longer stays are available upon enquiry.

The restaurant on the premises serves affordable Asian and international cuisine, while the in-house bakery keeps guests supplied with freshly baked bread and other goodies. Also open to outsiders, the lodge further features an outdoor bar area, as well as very comfortable balcony for guests

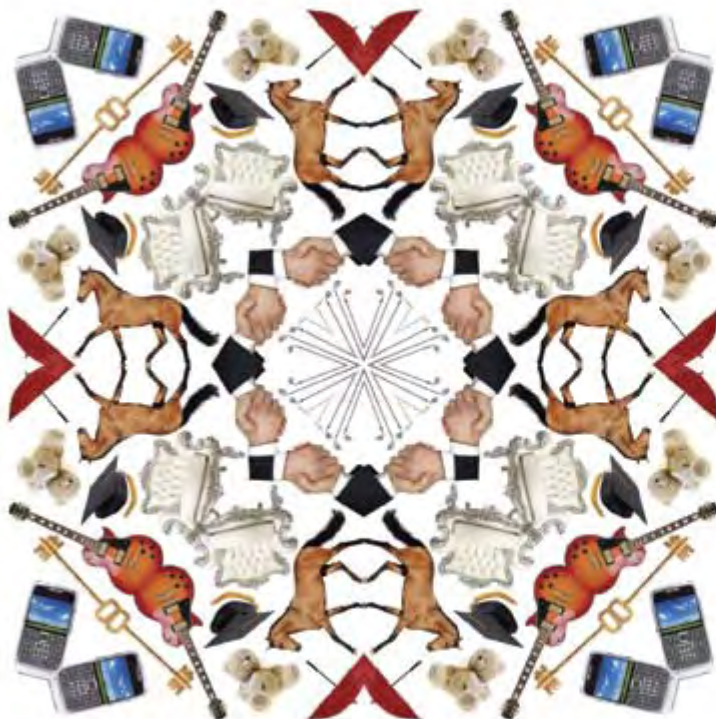
to while away the evening sipping cocktails.

**DP Lodge**, 47 Street 322, Tel: 023 213 503, Café open 6.30am to 9.30pm, bar open 5pm to 9.30pm

**■ CARNIVORES DELIGHT**  
If meat's your thing, look no further than newly opened T-Bone Steak House. Serving a premium selection of both imported and Cambodian beefs, the establishment provides high quality air-conditioned dining for the modern day carnivore. The biggest steak on the menu weighs in at an impressive 900 grams. Should you be up for the challenge, it will be cooked to your specifications by well-trained chefs who understand how important it is to get it right. The menu also offers alternative main courses



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@T-Bones Steak House

including lamb, pork and salmon, as well as a wide range of side dishes and a mouth-watering desserts selection. Steak prices start at US\$8, cocktails are US\$3 and beer begins at US\$1.50. A respectable range of wines and soft drinks are also available.

**T-Bone Steak House,**  
392 Monivong Boulevard,  
Tel: 012 900 138, Open 12pm  
to 2pm and 5pm to 11pm

■ **FAST FOOD ON RIVERSIDE**

Kentucky Fried Chicken, the only international fast food chain in the Kingdom, is quickly making its presence increasingly known. The latest KFC outlet recently opened on the northern end of riverside, featuring the usual menu of chicken in various fried forms for around US\$2. The air-conditioned establishment is certain to satisfy fans of the chain, as it looks exactly like all KFC outlets and serves the same “finger lickin’ good” fare prepared according to Colonel Saunders’ secret recipe. Home delivery from the restaurant is also available for orders over US\$5.

**KFC, Northern Sisowath Quay,** Tel: 023 992 002, Open 10am to 10pm

■ **BACK IN ACTION**

After a year and a half on hiatus, California 2 bar, restaurant and guesthouse reopened on new premises in November. Open 24/7, the well-known establishment comes complete with a good-sized pool table, tequila shots for US\$1.50 and WiFi. The big round bar allows for plenty of banter among punters, while the flatscreen TVs show American football and British classics are played in the background. On the food side the California 2 offers Khmer foods and usual pub grub, including fish & chips for US\$4. Upstairs, the newly refurbished and tastefully decorated rooms start from US\$25, up to US\$35 for a deluxe room. Accommodation includes free breakfast and free-flow coffee all day.

**California 2, 79 Sisowath Quay,** Tel: 077 503 144

■ **STYLISH COTTON**

Street 282 really is quickly becoming the new place to go. The latest addition to the increasingly hip strip is Kabas Boutique, a cute yet sophisticated bar and clothes shop/tailoring service. Meaning cotton in Khmer, Kabas stocks stylish cotton tops, skirts and dresses for women, shirts for

men, and cute baby clothes. Prices are very affordable, at around US\$20 per item. All clothes are made on the premises, and there is an in-house tailor at hand should your size be unavailable or should you like the garment in a different fabric. The shop stocks a range of fabrics, from earth-coloured plain cotton, through striped fabric perfect for shirts, to boldly patterned material for dresses as well as silk. Serving wine and cocktails, the bar is a relaxed space with outdoor seating in the pretty garden. There is also free WiFi. The serviced apartments above the shop start from around US\$550 per month.

**Kabas Boutique and serviced apartments, 18 Street 282,** Tel: 016 331 117

■ **COOL FOR THE KIDS**

There can be no more moaning about kids having nothing to do in the Penh with the recent opening of Kidz Cool Children & Family Village in Chroy Changvar. Complete with a paddling pool, water slides, a 400m2 indoor playground, a mini tennis club, a beauty princess parlour, as well as holiday camps and other events, this new establishment is every kid’s dream. Parents are set to like it too, as Kidz Cool

staff are professionally trained emergency performers and sports teachers, allowing for complete peace of mind. Owner Eric also says treats for parents, such as a spa on the premises, are planned for the future. Entry costs US\$5 on weekdays and US\$10 during weekends, with annual memberships for US\$300. Only children pay, parents go for free. For more information, visit [www.kidzcool-cambodia.com](http://www.kidzcool-cambodia.com). Kidz Cool welcomes kids between the ages of 18 months and 15 years. A boat taxi shuttle for the establishment departs every hour 11am - 5pm from Sisowath Quay.

**Kidz Cool Cambodia, 74 Tonle Sap road, Chroy Changvar.** Tel: 017 933 620, Open 9am to 6pm

■ **NEW CHIC CLUBBING**

Studio 182, a new top end club, opened on Dec. 26 right in time for the New Year’s Eve celebrations. Run by the Thalias group, the new party establishment located at Topaz restaurant is a welcome addition to the Phnom Penh clubbing scene, playing vintage tunes from the 60s onwards, with a focus on disco, funk, pop, salsa and soul. Organisers also promise a range of live bands at the venue, and there are regular club nights, such as World Art Lounge on Thursdays and Saturday’s Night F(or)ever, set to get your mojo back. With a cosy roof terrace, as well as a VIP section, Studio 182 is set to be the classiest new club in town, with prices to match. It also has some royal flair; once a month, the club will host His Majesty Prince Sirivudh’s Vintage Grand Orchestra for a Sunday Tea Dance Party.

**Studio 182, 182 Norodom Boulevard,** Tel: 077 555 182, Open Thursday to Sunday, from 8pm. [www.studio-182.com](http://www.studio-182.com)



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# Pick of the Month

malls, men, junk, footprints



**GO:**  
**City Mall**

As though there aren't enough shopping centres in the city, City Mall opened its doors in September this year. Housing a large and spacious branch of Lucky Supermarket, it also contains a number of fast-food outlets and modern shops catering mainly to the Penh's rising middle class. Though the building itself rather encloses the adjacent Vann Molyvann-designed sports complex, at least now there's somewhere to put the pounds back on after a workout at the stadium. City Mall, Monireth Boulevard (near Olympic Stadium).



**GREEN HINT:**  
**Offset your Flights**

You've undoubtedly raked some CO2 emission during your December holiday travels. To keep your conscience green, why not offset your flights? UK-based Carbon Passport is assured by the UK government and provides offsets using only UN approved Certified Emission Reductions (CERs). The website allows you to calculate the emissions of your flight, and then suggests you do the good deed and pay up. A return flight to Bangkok will set you back UK£1.98, at a rate of UK£18/tonne. For more information, visit [www.carbonpassport.com](http://www.carbonpassport.com)



**BUY:**  
**Funky Junk**

Promote environmental awareness and support innovative social enterprise Funky Junk by buying some of their products made from reclaimed plastic bags. The colourful range includes everything from rubbish bins, through floor cushions, to placemats, for reasonable prices around US\$15. The venture is a joint project between Carpe Diem Travel and BABSEA. For more information, visit [www.funkyjunkrecycled.com](http://www.funkyjunkrecycled.com)



**WATCH:**  
**Mad Men**

When men were handsome, women gorgeous, and every office came stocked with at least two bottles of whisky. The life of Madison Avenue ad men in the 1960s is portrayed as glamorous, exciting, and verging on morally corrupt in the American hit series Mad Men. The third season has just hit stores in the Penh. Get hooked.

**JOIN:**  
**[cambodiarentnetwork]**

For the latest details on houses for rent, nannies for hire, cars for sale and advice on everything from where to buy marmite and favourite guesthouses in Siem Reap. Though supposedly for parents, the host of information sent around on this network is useful even for those without sprogs. To join visit <http://groups.yahoo.com/group/cambodiarentnetwork>

# calendar

## January

everything you've wanted to know about what's going on in the Penh ...

- HOLIDAYS
- ARTS & EVENTS
- FILM
- MUSIC & PARTIES
- FOOD & DRINK
- SALES
- SPORTS



### 1 Friday

International New Years Day

Special New Year 2010 Menu  
@ Riverhouse Bistro, All day

Bistro Romano Recovery  
Brunch, US\$48 including  
unlimited champagne, 11am  
to 3pm

Start 2010 Party @ Studio  
182, including French break-  
fast at sunrise

College Bowl Games @ Gym  
Bar. For times and to ensure  
your game is available call  
012 815 884 to confirm.

**Texas Bowl:**

Navy vs Missouri

**Sun Bowl:**

Stanford vs Oklahoma

**Chick-Fill-A Bowl:**

Virginia Tech vs Tennessee

### 2 Saturday

What the Bleep do we  
Know? @ Meta House, 7pm

Ladies Night @ Studio 182,  
including French breakfast  
at sunrise

College Bowl Games @ Gym  
Bar. For times and to ensure  
your game is available call  
012 815 884 to confirm.

**Capital One Bowl:**

Penn State vs LSU

**Rose Bowl:**

Ohio State vs Oregon

**Gator Bowl:**

Florida State vs West Virginia

### 3 Sunday

The Rainbow Troops @ Meta  
House, 7pm

College Bowl Games @ Gym  
Bar. For times and to ensure  
your game is available call  
012 815 884 to confirm.

**Autozone Liberty Bowl:**

Arkansas vs East Carolina

**Valero Alamo Bowl (LIVE):**

Michigan State vs Texas Tech

### 5 Tuesday

Behind the Burmese Bam-  
boo Curtain @ Meta House,  
7pm

### 6 Wednesday

The Private Life of a Butcher:  
Idi Amin's Self-Portrait @  
Meta House, 7pm

"The Future of Science and  
Human Development" by  
Prof. David J. Ross,  
2pm, University of Cambodia

### 7 Thursday

Victory over Genocide Day

Kampuchea – Death and  
Rebirth @ Meta House, 7pm

### 8 Friday

Meta House 3rd Anniversary  
Party! 6pm

JURAM @ CHOW, 8pm

### 9 Saturday

'How Do You Sound' @ Meta  
House, 7pm. New Khmer  
Dance Performance.

JURAM @ FCC, 8pm

### 10 Sunday

No Country for Old Men @  
Meta House, 7pm

### 12 Tuesday

Exhibition Opening – A  
Good Friend is Hard to Find  
@ Meta House, 6pm. An  
intimate look at the works of  
the late Ingrid Muan and the  
late Svay Ken.

Talking Heads Trivia @ Talkin  
to a Stranger, 7.30pm

### 13 Wednesday

Young and Restless in China  
@ Meta House, 7pm



**14 Thursday**

Rise Up! @ Meta House, 7pm

**15 Friday**

Punk's Not Dead – Degeneration Punk @ Meta House, 7pm

4th Anniversary Party @ Equinox, 8pm. Live music and art. All night 1\$ draft and more surprises

Dj Jimmy Salsa @ Talkin to a Stranger, 9pm

**16 Saturday**

Moving in to Feeling @ Meta House, 7pm. New Khmer Dance Performance.

MEKONG PIRATES @ FCC, 9pm

**17 Sunday**

Akira Kurosawa's 'Ran' @ Meta House, 7pm

**19 Tuesday**

Lost Children in Uganda @ Meta House, 7pm

**20 Wednesday**

Sita Sings the Blues @ Meta House, 7pm

"Why Global Markets Have Failed to Reduce Inequality" by Prof. Eric S. Maskin, 2pm, University of Cambodia

**21 Thursday**

Sonic Experiments from Cambodia and Jamaica @ Meta House, 7pm

**22 Friday**

Meet the Messenger Band @ Meta House, 7pm

Artisans d'Angkor grand opening in Phnom Penh in front of the Post Office



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@Cambodiana



PHOTO BY PETER STUCKINGS

@Comme à la Maison

My Gay Life: Queer Worlds in Cambodia and Taiwan @ Meta House, 7pm

**31 Sunday**

Australia @ Meta House, 7pm

**Every Monday**

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

NFL Gridiron @ Gym Bar

Open Mic Jam session at Riverside Bistro from 8.30pm.

Diva-licious Monday @ The Riverhouse Lounge. Girl DJs from radio 97.5 Love FM.

**Every Tuesday**

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

NFL Gridiron @ Gym Bar

Quiz Night at Gym Bar, 9pm.

**23 Saturday**

White King, Red Rubber & Black Death @ Meta House, 7pm

BAD NEIGHBOURS @ FCC, 9pm

**24 Sunday**

The Incredible Breakdance Phenomena: 'Planet B-Boy' @ Meta House, 7pm

**26 Tuesday**

Talking Heads Trivia @ Talkin to a Stranger, 7.30pm

**27 Wednesday**

Oliver Stone Meets George W. Bush @ Meta House, 7pm

"Film-making and Peace-building" by Oliver Stone, 2pm, University of Cambodia

**28 Thursday**

Exhibition Opening – Soe Naing @ CCF, 7pm  
Burmese painter, Soe Naing

Exhibition Opening – The Soliloquy of a Deaf Mute @ CCF, Cambodian Artist, Chath Piersath

Stories of the Living and the Dead @ Meta House, 7pm

**29 Friday**

Green House Effect @ Meta House, 7pm. Lectures, films and prizes.

**30 Saturday**

Grease Night @ FCC 7pm

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@Riverhouse

<b>Every Wednesday</b>
Talkin Bubbles Wednesday@ Talkin to a Stranger, 6pm Aus Sparkling US\$2.50, Champagne US\$7
Ladies Night @ Darlin Darlin (Naga). First Drink is free. All drinks half-off. Buy two bottles get 1 free.
Girls Gone Wild Night @ The Riverhouse Lounge. All cocktails (for ladies) Buy 1 Get 1 Free.
Section 5 (live music) @ Riverhouse Bistro, 8.30pm
Bollywood films @ Annam Restaurant. 7pm.
Movies @ The Chinese House. 7:15pm.
<b>Every Thursday</b>
Lamb Roast Thursdays @ Talkin to a Stranger 7pm. Bookings essential.
Section 5 (live music)@ Riv- erhouse Bistro, 8.30pm

World Art Lounge @ Studio 182, 11pm
Glamour Party @ Darlin Darlin (Naga) 9pm. A night of Glamour and Beauty. Party all night with celebrities and Phnom Penh's top models.
<b>Every Friday</b>
Melody Classic (live music) @ Riverhouse Bistro, 8.30pm
Thank God It's Friday @ Studio 182, 11pm
<b>Every Saturday</b>
Melody Classic (live music) @ Riverhouse Bistro, 8.30pm
Saturday Night F(or)ever @ Studio 182, 11pm
<b>Every Sunday</b>
Melody Classic (live music) @ Riverhouse Bistro, 8.30pm
Live music and steak for US\$7.50 (kid's half-price) @ Steve's Steakhouse, 6.30-9pm. <b>A</b>

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# storyboard

## Phnom Penh Life: A One Man Show

Not everyone is prepared to leave a cushy life in the U.S. for the streets of Phnom Penh. For **Isaac Veth**, however, returning to his homeland was a no-brainer almost from the moment he left. Words by **Nora Lindstrom**.

ISAAC VETH IS NO ORDINARY guy. Born in Battambang, he fled Cambodia in 1979 through the refugee camps in Thailand. Around seven years old, he and his remaining family were settled in the Projects of the Bronx, New York. Together with his mother and five siblings he later moved to Reading, California.

Growing up on welfare in the U.S. wasn't easy. Isaac describes how he and his brothers would support the family by collecting cans for recycling, or even diving into dumpsters for discarded food. "We've always been hard workers our family, we've never been taught to beg or steal," he says.

Despite the opportunities living in America offered, Isaac says he always wanted to return to Cambodia. "In third grade I wanted to come back to get rid of the Khmer Rouge," he says. "But as education helped, I wanted to come and educate Cambodia."

A graduate of early childhood education, Isaac first returned to his homeland in 1998, settling here on a permanent basis in 2003.

"I wanted to come and run an orphanage because I thought there were a lot of orphans in here," he explains. "But the more I studied the issue, I realised these kids are not orphans. Many have families, but they're stuck in an orphanage because their parents can't afford them." He soon abandoned the idea.

In an effort to improve his Khmer and be closer to his people, Isaac spent his first year in Phnom Penh working as a motodop and tuk tuk driver, sleeping in front of the FCC.

"I felt joy being with the lowest of the low, sleeping where they sleep, eating what they eat, and taking showers where they took showers," he says. In the U.S. too, Isaac had worked with the down and out, spending time with homeless people and drug addicts.

"I want to bring pride and honour back to Cambodia,"



Isaac provides medical care to kids at the dump

he says. "After all, we are the people of Angkor."

Describing himself as a "freelance individual", he performs occasional translation work and supports his family by teaching English. He also helps out the less fortunate, be it through giving directions to a lost tuk tuk driver or treating street kids' cuts and bruises.

"I fill in the gaps," Isaac says. "I'm not an NGO and will never register as one, because I want to prove to Cambodia that as Cambodians we can help ourselves."

Highly critical of NGOs, Isaac sees them as victimising the Cambodian people through handouts, while lining the pockets of their own staff. "The NGOs should leave," he says.

One of Isaac's ongoing projects is providing basic medical care from a mobile clinic to communities living around the former

municipal dumpsite in Stung Meanchey. He says some 300-400 people still live in the area despite the closure of the dump, which effectively terminated their source of income.

"Kids come to me with scabies and abscess on their head, pregnant women who haven't been seen by doctors... I make sure everything is ok, give them vitamins, tetanus shots," he says. "It's about showing them that we love them."

Though not a trained doctor, Isaac received basic medical training while in the U.S. army, and has taken courses in medicine. He also has friends in the medical field who help him out in treating more difficult cases.

"I'm just there to pick up what's left over," he says, describing how he will go to almost any lengths to help those falling through the gaps, such as

HIV and Hepatitis C positive individuals rejected by most medical institutions.

A single father of three adopted children, Isaac is motivated by his love for Cambodia, and his determination to change what he sees as a mentality among his countrymen "to do anything for a buck". For him, money is not a goal.

"I don't need to be a millionaire to feel like one," he says. "I just need to help someone that day – it's incomparable to any money in the world."

In a country filled with NGOs, Isaac's one-man approach may come across as unusual. He admits even his family, all of whom remain in the U.S., is not entirely convinced. "But I don't think it's crazy at all," he says. "Cambodia is home and I'll do anything to benefit Cambodian society." ■



# Anyone for Tennis?

Time was when the Kingdom's tennis playing elite was feared across the region. After decades of neglect, is the sport set for a rally? Words by **Zoe Daniel**.



Training the next Federer?



THE HISTORY OF TENNIS in Cambodia reads like a history of the country. A powerhouse in the region in the 1950s and 60s, it fell to pieces during the years of the Khmer Rouge. Elite athletes were seen as part of the French influenced bourgeoisie. They were either killed or hid their talent. At least 37 top players died during those dire years, the rest worked their racquet hands to the bone in the fields like everyone else. The sport is only just recovering.

"It was very much an elitist sport," says Rithivit Tep head of the Tennis Federation of Cambodia. "But today we focus on the grass roots."

Rebuilding tennis is a personal mission for the federation's secretary general, who is the son of the late Tep Kunnah, Cambodia's most famous player ever. Even the young Prince Sihanouk used to watch the man they called "Mr Tennis" play at the city's exclusive French country clubs. He played at Davis Cup level and is now the legend behind the Tep Kunnah

Cup – played annually in Phnom Penh in his memory.

Rithivit Tep didn't make it to the top level as a player, so he feels he owes it to his father to contribute to the sport in a different way – getting kids involved.

When he returned to Cambodia in the 1990s, he set about recruiting ball boys and teaching them the game. They are now coaches in their own right. After starting with five schools in the year 2000, the Federation now works with 45 schools. It's teaching ten thousand Cambodian kids how to play tennis with equipment largely donated by the International Tennis Federation. Another twenty thousand children are exposed to the sport as spectators.

National coach Braen Aneiros is from Panama. He has coached players right across the international circuit including one Wimbledon junior winner.

According to him, Cambodia is well behind countries like Thailand when it comes to the number of young people playing tennis. It was Rithivit Tep's

approach to that problem that attracted Aneiros to coach here.

"I am completely committed to this and I really like what he's trying to do for the country. I'm Cambodian now," he laughs.

Many of the current crop of top players have learnt the game in France, among them Nissan Tan and Kenny Bun who were both born there. While they still do a lot of their training overseas, they're seeking sponsorship to spend more time in Asia.

"I have my Mum here and everybody, all my family's here," Tan says.

He won a Bronze medal at the 2007 Southeast Asian Games, which pretty much put Cambodian tennis back on the map. No one took any notice of Cambodian players before that, Rithivit Tep says, but "today we are contenders".

Cambodians who have trained internationally also have a sense of confidence that comes from competing overseas. Kenny Bun has no sense of being the underdog. "I will let my weapons speak on the court," he says.

While success on the international circuit is a priority for the federation, it's building the profile of the game locally that's really crucial to rebuilding its popularity.

Things have changed since tennis was a game reserved for the rich and famous, but the lack of sporting facilities is still a barrier to getting Cambodians playing. The International Tennis Federation is considering starting a fund to help. For now though, Rithi Tep and his team of former ball boys tour schools with balls, racquets and ropes, which they tie across playgrounds to make nets.

They just want to get children playing. After that, it's hoped the next champion will emerge with a passion for the game, and for the message that success will send to the world.

"These kids are hungry, they have a cause" Rithivit Tep says. "When one plays not for the money, but for the cause, to put the country on the map you have a different feeling when you play." ■

# Streetsmart: On the Waterfront II

When we last saw our intrepid streetwalker, she was snoozing outside **La Croisette** attempting to traverse the riverside and tell its tale. See how the story ends for **Kate Liana**.



**Le Quay – an oasis on the waterfront**

IF YOU TIRE OF PEOPLE-watching outside **La Croisette**, the interior decor is an eclectic mix. A French-Moroccan theme with beaded curtains is offset by Lichtenstein prints and a homage to Hunter S. Thompson. Excellent food, occasional live music and free WiFi keep patrons happy.

The next few spots follow a similar formula of rattan chair + happy hour + non-frightening food that attracts both tourists and the vendors who love them. **On the**

**Corner** has cheese and beef fondue, and a very happy hour that runs until 9pm. **Kandal House** offers paintings by a local Khmer artist and **Veiyo's** sign announces it is Cambodian-owned for the benefit of Cambodian children – same same, but with a conscience.

Next door is a coffin shop. Beautifully crafted, dragons and griffins are popular designs for your final vessel. You can choose carved or painted, though if your friends catch you perusing the stock don't

be surprised if they ask for any money they have lent you. If you think you'll live through the night, there are DVDs galore next door at US\$1.50 a pop to keep you entertained. If you're hovering between life and death, rejuvenate at **U & Me Spa** with a 15 percent discount on packages and select massages, facials and body treatments.

Moving along, it's **Cadillac Bar**, just rolling on the river as the sign declares. It's built a loyal following with excellent gumbo, ribs, red

beans and rice, and Texas chilli. Throw in great staff, music, laid-back atmosphere, and free internet for customers, this is a home away from home for many Americans.

Keep rolling along to **Chill** for something new on the sweet front. Serving some of the finest homemade ice cream in town, it offers daily sundae specials that combine unique flavours. Now ice cream cakes are also on offer. At US\$12.50 each, these flower-shaped beauties are custom made – order two days ahead – and feed six to eight people, or 10 kids, so keep in mind for birthdays.

Right next door, **El Mundo** offers an upstairs lounge that can be rented for groups for film screenings. The menu has a wide variety of western dishes, along with Thai, Vietnamese, Khmer or Chinese dishes, including excellent homemade desserts such as apple crumble and almond muffins. Friendly, knowledgeable staff round off the experience.

**Paragon Hotel** next door offers small, basic rooms for US\$17-38, depending on size and whether with or without windows. Cheap and cheerful, the rooms are clean and nicer than some other budget options on the river.

Hop along to **Perfume City**. The gang's all here – Burberry, Givenchy, YSL, and Anna Sui to name a few. Whether it's the real



**Café Fish – NYC meets Cape Cod**



**Chill – icy and sweet**





Fragrances abound at Perfume City

deal is questionable. Don't bother asking staff the prices, since they'll tell you every bottle is "100 dollars". A glance with your own eyes will reveal Versace's signature scent at US\$76 for 75ml, and Moschino's younger, casual line at US\$57 for 50ml. Men can brag they own a Ferrari, at just US\$46 for 75ml of the manly scent.

**Kiwi Bakery** has a long menu offering all kinds of food and drink, western and Asian, along with homemade baked goods, including pies and croissants. Free internet and wine by Celliers D'Asie are an unexpected bonus.

Head down the block to **Mekong River Restaurant** and sit down to breakfast, a steal at 11,000 riel. They show documentaries on Cambodia up to five times a day, and offer a pleasant spot to catch up on international and local papers, and watch the world wander by.

Newcomer **Jazz Rock Café** does not yet offer live music but hopes to soon. In the meantime they show all kinds of sport and live concerts on their huge TV. Come between 5pm and 8pm for US\$1 Anchor.

**Funky Frog and Shamrock** offers US\$8 rooms, cheap pub grub, western, Thai, and Khmer food, pizza, meat pies and daily specials. Employing local artisans Khmer Silk offers a pretty, eclectic range of silk and woven bags by KNN Cambodia Arts & Crafts. Reasonably priced men's ties, purses, wallets, ornaments, scarves and pillows are available as well.

Cashew, shortbread, macaroon and biscotti-style cookies are all on offer at **Camory Cookies** for around US\$1 for three. With free samples of most of the products available simply chomp away. The large, specially decorated cookies

run at US\$2, while gift baskets range from US\$35-80. The higher priced ones include wine, honey, tea and chocolate as well.

If booty shaking ever becomes an Olympic sport, you can find some eager contenders at **Riverhouse Lounge**. The Penh's prodigious party promoters bring in international DJs, and put on special theme-nights weekly, so check out the schedule.

Step into a little oasis upon entering **Le Quay**. The downstairs restaurant features wooden floors, birch trees, a mini-pond with fountain and plants for a truly calming, transporting experience. The fresh sushi and wine from Quarto Products are discounted during the L'after work promotion - 5pm-8pm Monday-Friday. Knock back some Deveau Champagne at US\$60 a bottle and imagine you're the Sugar Plum Fairy from The Nutcracker Suite - just don't get carried away and try your moves on the marble bar. Float upstairs to **Amara**, and the fantasy continues. With tile floors, wood and leather massage beds, and low lighting, the elegant spa uses Comfort Zone products from Italy, and sells Sukhita products from Thailand downstairs. The roof has a jacuzzi, sauna and steam room, along with a rooftop available to rent for parties.

You've made it. Cross the finish line and sink into **Café Fish**. Stylish and attractive, the decor is New York City chic with a dash of Cape Cod. Nibble the spicy crisps while you scan the menu for ocean-y delights. Lunch and dinner can be caught here. Along with the good wine selection, and friendly, attentive staff, this is why Fish is fast becoming one of the Penh's favourite catches. 🍷

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PHILIP POLINA





# ROCKS!

Phnom Penh's music scene is back from the dead. A weekend in late November saw no less than eight gigs in the capital, three by internationally known acts. Compare that to a year before, when the biggest thing to hit the country was still considered to be Ronan Keating in 2007, and gigs by struggling local bands were few and far between. Now both musicians and their audiences speak of surge in live music, but is the scene here to stay? Words by **Nora Lindstrom**.

**PHNOM PENH ATTRACTS** all sorts, yet surprisingly few musicians seem to find their way to the city. Recently, that's started to change.

"There's this huge music scene now, there's like 12 people – it's amazing," says the Penh's very own punk-rocker girl Melanie Brew. While she doesn't give much credit to the quality of the music played, she says it's stimulating to have so many musicians around. "There are no breakthrough bands here or anything, but everyone is having fun, and that's what it's all about."

Scott Bywater is one of the mavericks of the emerging scene. He currently plays in at least four different ensembles, and has further established a blog, *Following the Applause*, where he hopes to document the ongoings in the capital's world of music. "There is an increased demand for local bands," Scott says, adding that he is now also toying with the idea of starting a band making original music.

The increase in demand is partly due to more venues looking for live acts. The Cavern on street 104 was for

some time this year a hub for up and coming bands and other musical antics, including the Abbey Road event, which saw a dozen or so expat musicians join forces in a tribute to The Beatles.

Established venues such as *Talkin' to a Stranger*, *Sharky's*, *Memphis*, and the FCC also continue to feed music lovers, while the one-year-old Chinese House has proved itself a key player in the budding scene, most notably by hosting Chinese punk band *Rebuilding the Rights of Statues* in June last year to wide acclaim.





The Hellhounds playing with the Geckos of Love @ Talkin

■ **BAD BUCKS**

Finding the dosh to keep the scene going is however a problem for both venues and musicians. “If you want to do it for the money, forget it,” says Jimmy Baeck, of local band The Hellhounds. He, like the members of most Phnom Penh-based acts, has a “real” day job and plays music on the side.

With three gigs over one weekend, newcomers The Fumes knows being cheap pays. “We’re free and we’ll do almost anything,” says lead guitar player Soula Walters, half in jest. The five-member band, which started out from the ISPP where some of its members work, says playing is about releasing teenage frustrations and having fun, not making money. “I was starved for music so had to do it myself,” says singer Karen Schelzig Bloom.

According to Derek Mayes of Talkin’ to a Stranger, payments for gigs generally vary based on how well-known the band is, and how many players it has. “We usually pay a few hundreds for local bands,” he says, adding that it’s financially unviable to pay more given that gigs are generally free of charge. Though Talkin’ occasionally hosts foreign musicians, these are often friends of the owners. “Getting bands in from Vietnam tends to be expensive,” Derek says.

Memphis Pub owner Bona Thiem argues along similar lines. Since he opened Memphis some five and a half years ago, the establishment has been the Penh’s go-to place for regular live music. Bona is

the mainstay of the in-house band, which plays blues and rock covers every night bar Sundays. “We enjoy, we play, we survive,” he says. Though he has a few international acts lined up for this year, Bona considers getting foreign bands in a financial gamble. Charging entry is not on the table. “We don’t want to get into that yet,” wife Melanie chips in.

■ **FOREIGN WINDS**

Some bigger establishments are however looking for talent across the border and beyond. The FCC Group recently hosted New York band Ratatat as well as Aussie indie group I Heart Hiroshima. Both gigs were organised through links with the company’s establishments in Saigon, where the two bands also played.

■ **LIVE ACTS IN THE PENH**

**Dimple** – Nepali singer-songwriter plays mellow, acoustic world music

**The Hellhounds** - Purposefully limited repertoire of Americana and old school blues

**The Panthers** - Another of Scott and Dan’s outfits, focusing on standards and ballads

**Lazy Jazz Drunks** - Six-piece expat band playing rock n roll, indie, blues and punk covers

**Mekong Pirates** - Twelve-member band performs funky original tunes in French and Khmer

**Riverside Rhythms** – Experienced Filipino band plays well-known covers

**Stiff Little Punks** - The Penh’s first punk band, complete with proper attitude

**The Fumes** - New female-fronted expat band plays alternative rock, indie and punk

**Bum N’Draze** - Unclassifiable hard-rock led by Finnish duo

**Memphis Band** - Plays blues and rock covers nightly. Occasional jam sessions

**Melanie Brew** - No more of Betty & the GT Falcons, she does occasional solo gigs

**Phil & Ritchy** - Swing, soul, acoustic, jazz and pop by French duo

**D’Sco: The Geckos of Love** - Bluesy rock and pop by yet another of Scott and Dan’s ensembles





I Heart Phnom Penh

Craig Derbyshire of Saigon Sound System/Nine Dragons in Ho Chi Minh City accompanied the acts to Phnom Penh. According to him, the music scene across the border is quickly changing and becoming more established, as venues suitable for hosting bigger acts are cropping up. Craig himself is involved in The Hi-Fi, a 1000-person capacity venue set to attract internationally renowned bands.

Like the FCC during the Ratafat and I Heart Hiroshima gigs, The Hi-Fi charges entry. Craig acknowledges the cover charge puts some people off. "But as long as we keep the standards up and deliver, people are going to understand that it's worth it,"

he says. "You can't sustain an international act on bar takes alone."

Still, if the cover charge for two gigs is a lowly US\$5 with complimentary drinks like at the FCC, intakes are likely to remain low in the near future. International bands consequently need to be attracted to play in the Penh with more than money. "At the moment, we're selling the adventure of coming here, but that can only sustain itself for x amount of time," Craig notes. He adds that flexibility, meaning having venues able to put on shows at very short notice, is also key. "Predominantly, we're jumping on guys who are in the area already," he says.

For Susie, Matt, and Cameron of I Heart Hiroshima, playing in Phnom Penh was partly about being on holiday, and partly about doing something they'd never done before. "We were told when coming here that there were guys with AK-47s on the streets," Susie says. "But we haven't had any run-ins with the militia yet," she adds, almost with a hint of regret.

#### ■ MORE EQUALS BETTER?

Though everyone seems to welcome the arrival of foreign acts, many doubt the sustainability of bringing them in, citing lack of paying audience as well as suitable venues.

Mat, Chris and David of local act Mispent Yooth argue you can't expect Phnom Penhers who spend their time hunting for 75 cent beer to pay even a few bucks for live music. "People might pay a dollar," David concedes, but notes that most audiences seem to attend gigs less for the music and more for "background noise".

That may have something to do with the quality of the music. "There is a lack of competent musicians," Chris argues. Mat agrees. "The number of bands is up, but the quality remains the same," he says.

All three would however like to see the scene develop. Mat suggests making NGOs foot the bill. "I think music should form a part of development aid," he says. Punk gigs sponsored by USAID doesn't sound very rock 'n' roll though.

The capital's only full-time expat musicians Philippe Javelle and Richard Boisson of Phil & Ritchy however claim it is possible to make a living off music in Phnom Penh, provided you don't aim too high. Previously profes-

#### ■ THE VENUES

**The Tree** - Small shophouse bar with occasional gigs

**The Cavern** - Not quite its namesake in Liverpool, occasional gigs

**Talkin' to a Stranger** - Regular Sunday sessions and other gigs

**The FCC** - Usually hosts large international acts

**Memphis Pub** - Regular in-house band every night

**Huxley's** - British pub with occasional live music

**The Winking Frog** - Has Filipino band that plays on weekends

**Chinese House** - Regularly hosts both mellow acoustic sessions and larger gigs

**Riverside Bistro** - Live music by Filipino bands nightly, Monday open jam sessions from 8pm

**Sharky's** - Many musicians' favourite venue, regular rock gigs

**Rory's Pub** - Small Irish pub with occasional live music

**Velkommen Inn** - Relaxed Norwegian shophouse bar with occasional live music





The biggest band in town play the Chinese House

sional musicians in France, a combination of frustration with how artists are treated in their home country and falling in love with Cambodia brought them here. “But mostly we’re both 42 and now is the time in our artistic lives that we want to breathe – settle down a bit and write our own music,” Phil says.

The two first arrived a year ago, on what they thought would be a two-week holiday, but which turned into them playing 12 gigs. Demand has not dissipated. “We had to stop playing after a while, because we didn’t want people to get bored of us,” Phil says.

He suggests that the transience of life in Phnom Penh might be what is keeping other musicians from being more serious about their art. “Here when you’re an expat, I think most people just enjoy life and are not building something real because they think they won’t stay,” he speculates.

#### ■ KHMER AUDIENCE

Finnish hard-rock band Bum N’Draze is one of few long-term expat bands. Established in January 2003, it’s still going strong. “Rock and roll was going down and we’re here for the rescue!” exclaims the band’s drummer Jouni Anttonen, aka Twilight Dzouns. On tours with names such as “Unplugged Funeral”, “Year of the Cock”, and “Siberia Teaches”, the band has gigged through Cambodia from Takeo to Rattanakiri, and also performed in Thailand, Burma and Indonesia. “For this rock and roll thing, if we play to purely Khmer or western audiences, I think the Khmer audiences are more enthusiastic,” Jouni says.

While Finnish hard-rock may strike a chord among Khmers, Bona at Memphis says most

of his regular clientele is made up of foreigners. Danny, bassist in the establishment’s in-house band, further argues Cambodian musicians show little interest in playing to wider audiences. “Khmer bands play commercial pop. There is a limited supply of musicians interested in playing more international music,” he says.

Andy Stanke of Riverside Bistro agrees, also noting Khmer bands often seem to have inflated opinions of how much they can charge. Andy has two Filipino bands who play nightly at his establishment. Recently he launched Monday night jam sessions, where anyone can come and play with the in-house band using professional equipment.

Not that the expat music scene is entirely devoid of domestic talent. One to watch is Khmer singer Srey Thy, who has been spotted around town fronting bands playing 60s style Cambodian music. She is also involved in the Cambodia Space Project, the brain child of travelling musician Julien Poulson, currently in Cambodia.

Based on his experience in Saigon, Craig argues that in order to develop the music scene, relying on the expat buck is not

enough. It is essential to get locals to not just to play music, but to get excited about concerts too. Alas, that’s not easy.

Before their gig in Phnom Penh, Susie from I Heart Hiroshima describes her surprise at how many people refused to pay the entrance fee for their concert in Saigon. “Even though it was only 2000 dong or something!” she says.

Craig says the scene in both Vietnam and Cambodia has to be developed one step at a time. “We’re not making a fortune off it, it’s really just about trying to get something going in the area,” he says.

#### ■ LAMSTOCK

Somewhat surprisingly, one of the people getting things going in Phnom Penh is 17-year old Pieter Lam, a student at ISPP. Faced with a school project, he was inspired by a music festival broadcast on MTV, and decided on organising a similar event for his assignment. Thus LAMstock was born, the name inspired by Waynstock in the teen-film Wayne’s World.

Held in early December, the event attracted both young and old musicians, as well as friends of the bands. “The promotion for

#### ■ BLOGS

**Following the Applause**  
[phnompenhgigs.blogspot.com](http://phnompenhgigs.blogspot.com)  
 Insights into the emerging scene by Scott Bywater

**Leng Pleng**  
[lengpleng.blogspot.com](http://lengpleng.blogspot.com)  
 News on upcoming gigs and a place for the Penh’s musicians to share experiences





**The Fumes taking their music seriously**

the event was a bit late, but getting the bands and the venue was easy,” Pieter says. “I have a very good supervisor who knew lots of bands so we called everyone up and asked if they wanted to play.” Many said yes, with the final playbill of the day-long event at Gasolina including around a dozen acts, among them The Fumes, Bum N’Draze, as well as Pieter’s own student band Jebus.

Punk revivalists the Stiff Little Punks also made an appearance, with singer Ian Anderson turning up in a ripped shirt seemingly straight from their previous night’s gig at The Tree. “Phnom Penh is a hotbed of enthusiasm and rock and roll,” he exclaimed, “The spirit of rock and roll is still alive!”

Though Phnom Penh is still far off from hosting real music festivals like in HCMC, and the child-friendly festival was somewhat at odds with Ian’s hyperbolic attitude, LAMstock was certainly a step in the right direction. Darren Jahn of The Fumes says he would like to see more similar events, with a few local bands headlining. “It would be great to get three or four bands together for a gig, maybe at the Parkway studio where they had that Elsewhere party,” he says.

It’s too early to tell what 2010 will bring music-wise, but things are certainly looking up. Though Melanie Brew may still be some way off establishing her dream all-girl band Squishy, there are at least a dozen acts livening up the bar scene in the capital – a state of affairs that seems to keep everyone groovy. 🍷



**Too old to rock? - Lazy Jazz Drunks @ Huxleys**

# Up Close with Ratatat

Guitarist **Mike Stroud** and Synthesiser player **Evan Mast**, made the FCC's ageing timbers come to life in December. Playing to a packed crowd, the gig was widely claimed to be the best the Penh had seen since Dengue Fever struck town. AsiaLIFE's **Kate Liana** asked the duo that is Ratatat what the experience was like.

**AL: How did you guys meet?**

We met at Skidmore College (upstate New York), and started playing music together. Then after school when we were living in New York we kept playing together, and started building our sound.

**AL: What was your music like then?**

It was a lot funnier. We used to play a lot of fantasy music. We recorded a lot before we ever played live.

**AL: What do you think of Cambodia / Phnom Penh?**

It's great, it's an amazing country. Everyone's really friendly. We were in Siem Reap yesterday, it was incredible. We took the boat down here, so we saw some of the countryside, but we haven't seen as much as we'd have liked. We've hardly seen much of Phnom Penh but we'd love to come back, it looks great.

**AL: What have the shows here and in Saigon been like?**

The festival in Saigon was great, but we hadn't played in a while so it was good to jump back in. The show here was really fun, the crowd was great. It's so different from anything we've seen, it's just a really interesting place to be. It's hard because we couldn't communicate well with the sound guys, and it was also hard to hear ourselves onstage. But otherwise we really enjoyed this gig.

**AL: What did you think of the crowd?**

It was great to see a lot of Cambodians here. There were more locals than in Saigon. People were dancing onstage, which we love, but the stage is the same height as the balcony railing, we were afraid someone would fall onto the street. Luckily they got off after a few minutes.

**AL: How did you end up coming to Phnom Penh?**

We have a manager in Australia who books all of our shows in Asia and the region. We had played Asia before, and when we were booked for this festival in Saigon (LoretoFest) we knew we'd already be in the area. Our manager knew someone at the FCC group, and convinced us to play here and a few more gigs in Saigon at Pacharan.

**AL: Do you like touring?**

In general, yes. We've been on the road about six months of this year. When we travel it's

great to see other cultures and very exciting, but we're pretty focused on the music, so we don't get to explore as much as we'd like to. Our schedule is tight, so we don't see much of the place, but it's still really interesting.

**AL: What's been your favourite tour so far?**

We had a great tour in Asia before, through China and Hong Kong. We played an amaz-

ing gig in Buenos Aires, it was fascinating to see the different night life scene there.

**AL: Where will you go after this?**

This is the last stop on the tour, then it's back to NYC. We'll do some recording, hopefully, take a little time off.

**AL: What would be your ultimate fantasy gig?**

I don't know, maybe playing Machu Picchu? That'd be pretty awesome. **F**



Ratatat playing it cool @ the Mansion





It was great to see a lot of Cambodians here. There were more locals than in Saigon.

# food corner

## Food Talk: Intercontinental Blacksmith

From the English countryside to the world's most populated country, **Paul Wood** has always been up for a challenge. **Kate Liana** meets the Intercontinental new executive chef.

HOW DID ANY OF US END up in Cambodia? Whether escaping a stolid, stodgy life at home, or by chance accident, everyone's story is in turns unique and typical. In the case of Paul Wood, the new executive chef at the Intercontinental Hotel, it was a desire for new experiences and a passion for food and travel.

He comes to Phnom Penh from China, where for the last 12 years he's run operations at luxury hotels in various provinces, intermeshed with stints in Thailand and Indonesia. Taking on a behemoth like the Intercontinental is no easy task. Home to The Deli, Regency Cafe, Lobby Bar and Xiang Palace, he has his work cut out for him.

In his school days, Paul had hoped to become a blacksmith. The Suffolk-born chef had a lifelong love of metal and iron-work, but was unable to find an apprenticeship. After six months of searching, his father queried whether he had ever considered becoming a chef and noted the similarities. You work with your hands, it's regimented but creative, and like a foundry, a kitchen is hot as hell.

"Of course, if I had become a blacksmith I'd be filthy rich now," Paul laughs, since what was a dying art 40 years ago has made a resurgence and is now big business. But he has no regrets, and has found his home in the kitchen.



Paul Wood feeling at home at the InterCon

At 15, after landing an apprenticeship at the Cumberland Hotel, he attended culinary school where he trained in the classical French style under Escoffier's former students. True to his father's description, the kitchen was hot and tough. Now he admits that times have changed and kitchens are not quite the rigid, militaristic hierarchy they had been. However, the old-school chef has a strict set of goals he plans to implement with the staff and a bold plan for the Intercontinental's future.

"This is a five-star hotel, and the food needs to be at that level," he says. To that end, he intends to get in the kitchen and start with the basics. His first job is to train staff in the latest methods of kitchen preparation, cooking technique, service, hygiene and grooming. "I was in the kitchen this morning at 4am, showing the bakery how to do breakfast," he says by way of example.

So far the staff has been eager for the opportunity to learn. His larger goal, though, is to bring passion back into the food. He

believes that to understand the food, you must understand the culture. He's made a few forays to local markets and restaurants, and was pleased to see all the fresh produce and herbs and natural ingredients used in local cooking. He will strive to maintain the authenticity of the food they make, but also to implement standards of consistency, as an essential part of producing food at this level and scale.

Wanting to make the Intercontinental known for fine dining, he is eager to overhaul many aspects of the current food service. The Sunday Champagne brunch is set for a makeover, and will feature more fresh, inventive offerings.

Drawn to Southeast Asia for the chance to experience a different culture and learn something new, he's excited to be here. Whether he'll pursue his other passions of riding motorcycles, sailing, or clay shooting, he's firmly entrenched in the kitchen for now.

"I have work to do here," he says. "I won't come up for air for quite some time." Considering his long history as a chef in Europe and Asia, Paul was initially reticent to describe some of the crazier things he's witnessed. "I've seen every kind of accident you can imagine," he finally admits. "I saw an entire kitchen blow up once." Sounds like he's ready for Cambodia. **F**

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# restaurant guide

## key to symbols

- 01** Under \$3 per average dish **A/C** Air Conditioning
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- 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 Sotheros Blvd,  
 Tel: 017 417 776  
 Serving Khmer and Thai food in a cosy setting near the riverfront. Open from 10am to 2pm – 4pm to 10pm **02**

**K'NYAY**  
 25K Suramarit Blvd. (Street 268),  
 Tel: 023 225 225 or 092 665 225,  
[www.knyay.com](http://www.knyay.com), [knyay@hotmail.com](mailto:knyay@hotmail.com)  
 Modern Khmer restaurant that is tucked away down an alley off of Sihanouk Blvd. The menu includes a selection of freshly prepared, vegan dishes, along with more traditional Cambodian specialties. Also offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Monday–Friday 12pm–9pm, Saturday 7am–9pm, closed Sundays. **02**

**Malis**  
 136 Norodom Blvd., Tel: 023 221 022  
[www.malisrestaurant.com](http://www.malisrestaurant.com)  
 Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer,

with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

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

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

**Romdeng**  
 74 Street 174, Tel: 092 219 565  
 Recently moved to new location on Street 174 and run by the same NGO as Friends, this non-profit training school restaurant specialises in Khmer cuisine. Food has an appropriately fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to 9pm. **02** 

### chinese

**Hua Nam**  
 753 Monivong Blvd., Tel: 023 364 005  
 Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **03 A/C**

**Man Han Lou Restaurant**  
 456 Monivong Blvd., Tel: 023 721 966  
 Cambodia's only micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as dim sum breakfasts from 6am to 10am. New menu introduced in May. **03 A/C**

**Mekong Village**  
 290 Monivong Blvd., Tel: 023 218 888  
 Large Chinese restaurant that specialises

in crispy Beijing duck. Stays open until late in the morning. Open 12pm to late. **02**

**Sam Doo**  
 56-58 Kampuchea Krom (Street 128),  
 Tel: 023 218 773  
 The place for dim sum in Phnom Penh, baskets of steamed prawn dumplings, pork buns and more go for a mere US\$1.20. In addition wonton soup and other tasty meals are a steal. Open 7am to 2am. **01**

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

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

### french

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

**Bougainvillier**  
 277C Sisowath Quay,  
 Tel: 023 220 528  
 Elegant, riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and excellent French wines. Three course set



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Tel: 092 219 565  
romdeng@mithsamlanh.org

Open daily from 11AM - 10PM

Child safe



lunches are also available. Open from 6am to 11pm. Also has rooms upstairs. **03 A/C**

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

**Equinox**  
3A Street 278,  
Tel: 012 586 139 or 092 791 958  
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best football table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **02**

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

**La Marmite**  
Cnr. Streets 108 & 51,  
Tel: 023 391 746  
This small, reasonably priced French bistro has two adjoining rooms, one non-smoking. Relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, but no Marmite! Open 11am to 2.30pm & 6pm to 10.30pm. **02 A/C**

**La Residence Restaurant**  
22/24 Street 214,  
Tel: 023 224 582  
Fine dining on an international scale in this sophisticated restaurant, where French classics meet gourmet, modern cuisine. Open from 11.30am to 2pm & 6.30pm to 10.30pm. **04 A/C**

**Le Jardin**  
16 Street 360,  
Tel: 011 723 399  
Beautiful shaded restaurant with large garden and spacious outdoor play area for kids. Serves excellent ice cream. Open 7am to 6pm. **02**

**Tamarind**  
31 Street 240, Tel: 012 830 139  
Bold Mediterranean / North African restaurant set on three floors which serves couscous, tagines, chawarma, tapas and mezze. Small bar with pool table downstairs denies the elegance upstairs, especially the roof terrace, which opens after sunset. Open 10am to 12pm. **03 A/C**

**The Wine Restaurant**  
219 Street 19, Tel: 023 223 527  
Excellent fine dining restaurant in the same grounds as Open Wine. The fresh food and extensive selection of wines make this one of the more exclusive places to dine in town. **04 A/C**

**Topaz**  
182 Norodom Bvd.  
Tel: 012 333 276 / 023 221 622  
Sophisticated, aircon restaurant with outside dining, upstairs bar, wine shop, cigar room and private rooms. One of Phnom Penh's finest restaurants. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

**Van's Restaurant**  
5 Street 102, Tel: 023 722 067  
French fine-dining in a grand setting awaits at Van's, located on the second floor of a well preserved colonial era building near the city's Post Office. Open every day from 11.30am to 2.30pm and 5pm to 10.30pm. **04 A/C**

**indian sub-continent**

**Annam**  
1C Street 282,  
Tel: 023 726 661 / 099 926 661  
Beautiful terracotta terrace and garden restaurant serving north and south Indian cuisine. Featuring an open kitchen and air-con kids' playpen, the restaurant has free WiFi, draught beer with all-day happy hour, a good selection of wines, and big screen showing Bollywood music and movies. Ideal for small banquets and business meetings. Offers outdoor catering and delivery food. Open from 11am to 11pm. Closed on Tuesdays. **03 A/C**

**Dosa Corner**  
15 Street 51,  
Tel: 012 673 276 Street  
This small south Indian restaurant opened in January. True to its name it has a wide range of very good value dosa (US\$1 to US\$2) as well as thali and biryani dishes (US\$2.50 to US\$4). Air-conditioned, it's open from 7am to 10pm. **02 A/C**

**East India**  
9 Street 114,  
Tel: 023 992 007  
Predominantly South Indian cuisine in this pristine restaurant. Excellent breads including 9 types of dosa. All-you-can-eat vegetarian Sunday special for US\$4. Open 11am to 2pm and 5.30pm to 10.30pm. **02 A/C**

**Flavours of India**  
158 Street 63,  
Tel: 012 886 374 / 023 990 455  
Relaxing Indian and Nepalese restaurant with friendly staff and a good range of dishes. Both the vegetarian and meat thalis are good value. Open 10am to 11pm. **02 A/C**

**Mount Manaslu 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**

**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 pos-

Inside **Steve's Steakhouse**  
There is a Secret

**#20Eo, Corner of St.51 (Pasteur) & St 282.**  
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sibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C** ☎

**Sher-e-Punjab**  
16 Street 130,  
Tel: 092 992 901

Just off the riverfront, this restaurant is a favourite haunt of Phnom Penh expats due to its tasty tandoori dishes. Highly courteous service, and generous free snacks and condiments make this a wallet friendly option. **02 A/C** ☎

**Shiva Shakti**

70 Sihanouk Blvd.,  
Tel: 012 813 817 / 023 213 062

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

## international

**Art Café**

84 Street 108, Tel: 012 834 517

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

**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. 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**

# Review: Aussie XL Café

*Simon Jacy discovers the name of this new café is a not-so-subtle hint that diners are not likely to come away unsatisfied.*



AUSTRALIAN CUISINE (AN oxymoron according to some critics), has now hit the Penh in the form of XL Aussie Café. The relaxed interior – cool AC, comfortable padded leather chairs and clean tablecloths – is pleasingly reminiscent of an upscale canteen or a well-appointed railway carriage.

Initial signs are promising – the polite waitress presents a laminated card with photos to ensure that a rare steak is indeed rare, and presumably to warn the squeamish what their choice actually entails.

All seems to be in order when the food arrives; a crisp, fresh salad, piping hot chips adeptly fried in clean veg oil and a large golden-brown beef Wellington. But the first cut betrays an all-too-common problem. Far from the dark reddish purple

pointed at by the waitress, the meat is distinctly grey at the edges, fading to a very light pink in the middle. Certainly nobody's idea of a rare cut and not improved by gravy that smells suspiciously like store-bought granules.

The pastry, the curse of most substandard Wellingtons and fiendishly difficult to get right in a tropical climate, is surprisingly good – flaky with just the right amount of resistance.

Unfortunately, in a move that would make the Iron Duke spin in his grave, the usual method of making Beef Wellington seems to have been willfully ignored. There is no sign of any paté and the Duxelles, the finely chopped mixture of mushrooms, mushroom stems, onions, shallots and herbs sautéed

in butter that insulates the meat from the pastry, seemed to be a simplified version with just strings of onion and sliced mushrooms: A far cry from the rich paste that makes a good Wellington so satisfying. Unfortunately this slightly lumpy, over-cooked version is like a cross between the Duke's favorite dish and his most famous invention – Welly boots.

Dessert, a heap of heavy chocolate mouse piled into a glass and topped with whipped cream (US\$3), is a much better effort – simply delicious.

Some slight preparation issues aside, this is a solid restaurant, worth a look for ravenous gluttons, most of whom will care little about the nitpicking punctiliousness of a whingeing pom.

**Aussie XL Café, 128 Sotheaors Blvd.** ☎

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**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 special-

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

**Garden Center Café 2**

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

**Gasolina**

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

**Green Vespa**

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

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

**Jaan**

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

**Java Cafe & Gallery**

**56 Sihanouk Blvd., Tel: 023 987 420**  
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while away your afternoon. The relaxed inside

dining area has a small gallery attached to it with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C**

**K West**

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

**Le Liban**

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

**Le Quay Café**

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

**Le Rit's**

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

**Madeleines Bakery**

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

**Metro Café**

**Cnr. Sisowath Quay & Street 148 Tel: 023 222 275**  
Stylish Metro has much more than cool décor and changing light boxes. Contemporary Asian and western dishes on a manageable menu divided into small plates, grills, salads, soups and large plates. Also has reasonably priced Tiger, house wines and a great range of Martinis. Try the Espresso and you'll never look back. Free Wifi. Open 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

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# Street Food: Num Ga-Chai (Leek Cake)

The handmade noodles at Noodle Shop will tempt even the most loyal of rice eaters. Words by Kate Liana.



**Name:** Num Ga-Chai (Leek Cake)

**Price:** 500 riel per cake.

**Ingredients:** The cake consists of leek, sugar and MSG, covered in a rice flour casing. This is fried both sides until crispy and brown.

**Served:** The cake is served in a puddle of frying oil with a generous helping of bottled chilli sauce sensuously layered over the top. This

is neatly packaged inside a dainty white Styrofoam box and comes with complimentary packaged chopsticks.

**Taste:** Indescribable – has to be tasted to be believed (2 out of 5).

**Where to get it:** From street carts pushed along the roads by toothless but utterly adorable sellers.

**Other Info:** Usually only available after about 1pm 🇰🇷

and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Open from 11am to 2pm & 5pm to 12am, happy hour from 5pm to 7pm, closed Tuesdays. **03 A/C** 🇰🇷

## Pacharan

389 Sisowath Quay, Tel: 023 224 394  
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Aircon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, Pacharan is one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 12am. **02 A/C**

## Pickled Parrot

4-6 Street 104, Tel: 012 633 779 / 023 986 722  
www.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 nightclub upstairs. **03 A/C**

## Riverside Bistro

Cnr. Sisowath Quay & Street 148, Tel: 012 277 882 / 012 766 743  
Popular restaurant with expats and tourists alike mainly due to its large outdoor terrace area to view the river. Serves a mixture of Asian and western food with an emphasis on German cuisine. Has rock music videos and a pool table in the Mata Hari pub at the back. Open from 7am to 2am. **02** 🇰🇷

## Scoop Bistro Bar

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 424 457  
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

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# Bargain Bucket: Ooodles of Class

*The handmade noodles at Noodle Shop will tempt even the most loyal of rice eaters. Words by Kate Liana.*



SILKY, TOOTHsome, FRESH and delicious, patrons will fall head over heels in love with the Noodle Shop's noodles. Dolled up and tricked out in a variety of flavours and styles, their inner beauty shines through and leaves diners longing for more.

In Jar Jan (US\$2.50) they were joined by minced pork and scallions, in a tasty, thick gravy. Fried La Mien Panaeng noodles (US\$3) had a lovely, rich spiciness, packed with basil and tender beef, a bit on the oily side but a favourite of the table. The delicious Kari (US\$2.50) was a strong green curry with peanut, fresh vegetables, Mekong fish and rice noodles. Cold salads (US\$3) offered a choice of vermicelli, glass noodles or the handmade ones. They come with roast pork, roast duck, seafood or "stomach". Soups also came with the same varieties (US\$3.50). Glass noodle soup with lemongrass was fragrant and light, though the broth was still rich. All of the food was fresh and tasty, though – with the exception of the Panaeng – lacking a good dose of spice. Staff

were quick to supply fresh chilli and explain the various sauces on the table.

The only thing that was incongruous was the drink menu. Soft drinks were US\$2, Beer Lao and Chang US\$1.70, and a single glass of wine came to US\$4, which was more than any dish on the menu. Not outrageous prices, but strange for a place with such cheap fare.

Housed in the former site of the infamous Broken Bricks at the intersection of Street 130 and 5, the colonial-style building has had a complete makeover. The outside is painted a light, buttercup yellow with white trim. The marble tables and wicker chairs give a mellow, classy vibe, along with dark wood accents at the bar and along the walls. Inside and out are sparkling clean.

If you're out for entertainment, it's fun to watch the chefs stretch and slap batches of noodles on the counter at their stall outside. Otherwise enjoy your company and savour every mouthful.

**Noodle Shop, Cnr. Streets 130 & 5. ☞**



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 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**

**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 chilli 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**  
Aircor American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent international, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **02 A/C** 🍷 🍷

**Sharky Bar**

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

**thai & pan-asian**

**Anise Terrace**

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

**Chow**

**277 Sisowath Quay, Tel: 023 224 894**  
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and Illy 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 Garden**

**No 16 Street 306, Tel: 023 993 219 / 099 860 775**  
Settled in a nice villa with open air garden. Kucina serves non-vegetarian and vegetarian food. It is very popular with the Penh's Filipino community, excellent value meals. Open from Monday-Friday from 7am-6pm, every Friday and Saturday

**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** 🍷

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**Café Metro**

#271, St. 148, Phnom Penh

**Comme à la Maison**

#13, St. 57, Phnom Penh

**The Tamarind**

#31, St. 240, Phnom Penh

**VAN'S Restaurant**

#5, St. 102, next to post office, Phnom Penh

**Night Market**

Booth No 32A, Pksar Chas, Phnom Penh

**Roth Gift Shop**

#18, Preah Ang Makha Vannisi 178), Phnom

**Living Room**

#9, St. 306, Phnom Penh

**Kokoon Shop**

Old Market Area, next to the Blue Panikan, Siem Reap

**Rajana Association**

#502, Sotheaors Blvd, Phnom Penh

**Mails**

#136, Norodom Blvd, Phnom Penh

**Bai Thong**

#100, Sotheaors Blvd, Phnom Penh

**Elsewhere**

#2, St. 278, Keng Kang 2

**Topaz**

#132, Norodom Blvd, Phnom Penh

**The SHOP**

#39, St. 240, Phnom Penh

**Jayana Gift Shop**

#4, St. 57, Boeung Keng Kang 2

**Almond Hotel**

#128F, Sotheaors Blvd, Phnom Penh

**Saffron Café & Bar**

#11, St. 278, Phnom Penh

**Senteurs d'Angkor Shop**

Opposite Old Market Siem Reap

**Veggy's Supermarket**

#23, St. 240, Phnom Penh

**Cambodia Cooking Class**

#67, St. 240, Phnom Penh

**La Résidence**

#22-24, St. 214, Phnom Penh

**Rajana Association**

#170, St. 450, Near Toul Tompong Market (Russian Market)

**Thai Hout Supermarket**

#103-105, Preah Monivong Blvd, Phnom Penh

**Senteurs d'Angkor Workshop**

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65 Street 29  
(Next to Independence Monument)



@Del Gusto

serves dinner buffet from 6:00pm-8:30pm. **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**

**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 an open-air balcony. Open 9am to 1pm, free delivery.

**Regent Park Hotel**

**58 Sothearos Blvd.,  
Tel: 023 427 131**  
Little known but excellent Thai restaurant that serves well prepared and wonderfully spicy dishes. A subdued elegant setting and reasonable prices make this a real find. **02 A/C**

**Singapore Kitchen**

**110 Street 360,  
Tel: 092 201 304, 017 821 480**  
Specialising in classic Singapore hawker food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Try the laksa – full of wholesome ingredients and with a great spicy, creamy sauce – those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. Open from 11am to 9:30pm, does delivery. **02 A/C**

**cafés**

**Art Café**

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


**Café El Mundo**

**219 Sisowath Quay, Tel: 012 520 775**  
Affordable and stylish riverside café and restaurant with adjacent apartments for short-term hire. Seating available on the mezzanine lounge, ground-floor restaurant and on the street-side terrace. Open 6.30am to 10.30pm.

**Café Fresco I**

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

**Café Fresco II**

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


**Café Fresco III**

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

**Café Living Room**

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

**Annam**  
The Indian food place



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to  
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healthy salads and snack plates, plus a great 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**

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

**Café Yeij**  
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. **02 A/C**

**Chill Ice Cream & Coffee Lounge**  
219D Sisowath Quay, Tel: 092 547 534  
Pretty, casual lounge on the riverside offering coffee, sandwiches, cocktails, and some of the best homemade ice cream in town, as well as inventive ice cream cocktails. Open 11am to midnight. **02 A/C**

**Corner 33**  
33E2 Sothearos 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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321-33 Sisowath Quay (near Homey, Phnom Penh), tel 092 547 534

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# bar stool

## The Wrath of Grapes

Shriveled walnut brain? Carpet tongue? Sandpapered eyes and hair that actually hurts? We're here to help. **AsiaLIFE** investigates some local hangover remedies.



**Metro Café – the ideal place to recover from the night before**

AH, DRINKING – THE CAUSE of, and solution to most of life's great problems. Phnom Penh, with its tempting overabundance of drinking dens, tends to produce a healthy crop of drunks. But alcohol, the great leveler, makes no exceptions – next day no-one is spared the grim reality of what feels like a fate worse than death.

Fortunately, there is a wealth of different options to better cope with the awful aftereffects of alcoholic overindulgence.

### ■ LINE THAT STOMACH

Get rid of hangovers the English way over at the new 3 Rivers bar restaurant and guesthouse. As most Brits will tell you, a hearty dose of cholesterol is probably not just what the doctor ordered, but will set the hurting back on the path to recovery. The Hangover Special (US\$7.50) consists of a full English breakfast (with proper breakfast sausages), a Royal D, that orange re-hydration wonder worker, and a thick and spicy Bloody Mary. The open-plan bar boasts a wide range of seating to suit all – even the wooziest party

casualty couldn't fall out of the padded loungers, and the quiet side street location is perfect for an afternoon's recuperation. **3 Rivers, Street 258, near Hun Sen Park.**

### ■ THE LOCAL SOLUTION

Café Sentiment, a glass box perched on a prominent corner, might seem good only to compound your miseries, putting your bedraggled form on show for passersby to sneer at. But brave the crowd of busy suits and you'll find a surprisingly tasty and uniquely Khmer treat – a Green Mango Shake (US\$2). Those not overly-fond of the eye-wateringly bitter unripe fruit, usually served in Cambodia with damp chilli salt, need not fear. While the eerie green liquid is anything but visually appealing, the sourness is tamed in the thickened shake, with a little sugar to round out the taste. Grab one of Sentiment's tasty pastries for an accompanying sugar rush. One word of warning – beware brain freeze. **Café Sentiment, 156 Corner Street 63 & Street 278, BKK I.**

### ■ FINDING WHAT'S LOST

Believers in fate will see the Lost and Found as a fortuitous appellation calling in the Lakeside strays. The low-slung entrance lurking down a diminutive back alley hides an almost Ottoman opulence. Mounds of soft cushions give an impression of a sleek Sheikh's harem; ideal for lying prone, swearing you'll never touch another drop. Luckily, the Lost and Found has a cornucopia of tipples on offer for those with less willpower, along with a large collection of films to blankly stare at as you slowly recover. Good fish and chips is available across the road. **Lost and Found, First alley on the right of Street 93, Lakeside.**

### ■ METROPOLITAN TONICS

With its funky artwork and wrap around windows, Metro is certainly one of the places to be seen for cosmopolitan Penhites. But, while listening to the shrill banter of overpaid NGO staff and the gruff braying of puffed-up businessmen may sound unappealing for those nursing the hangover from hell,

the cocktails are definitely worth a look. Go for the ever-popular Bloody Mary (US\$4.10) or try the Ginger Metropolitan (US\$4.10), absolute citron, cointreau and lime juice, is a hale tonic indeed. Tangy, sweet and bitter all at once, the taste is perfect to cut through the day after's nausea, sharp enough to bludgeon its way through even the most deadened taste buds. Accompanied by salty crisps, a safe precursor to a meal for the hypersensitive, this is like a medicinal whisky sour with a kick – ginger beer for grownups. **Café Metro, 271 Street 148, corner Sisowath Quay.**

### ■ KEEP THE SUNGLASSES ON

Chow, a shiny white homage to Bangkok's Bed Club, has made a name for itself as a hangout for the preened and the peremptory on the riverside. Yet few have realized the breezy rooftop's potential for a relaxing hair-of-the-dog daytime drink. Luckily, a shiny lift eliminates most of the stairs, though the last two temple-throbbing flights could be an unwelcome surprise. Still,





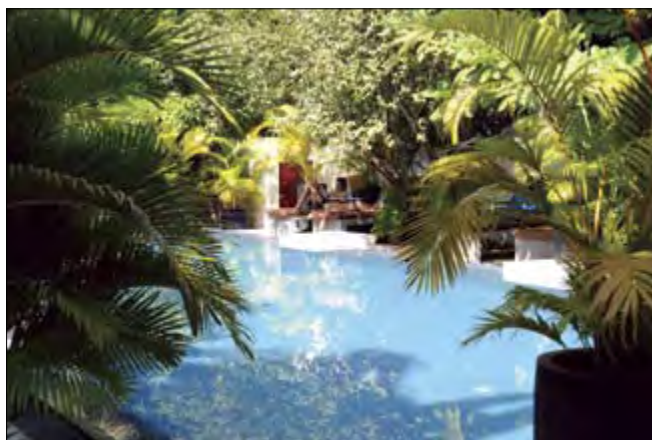
Café Sentiment – the local cure

it's a small price to pay for the sweeping views over the river and beyond, and a much more relaxed feel than the 1970's Buck Rogers futurism downstairs.

The gentle beats are soothing and a dip in the shallow tiled pool is the perfect refresher. The Chow Bloody Mary (US\$6), a cocktail clearly invented for the chronically hung over, is given a Mediterranean feel with olives as well as celery, and a combination of red and green Tabasco gives the kick, replacing the usual Worcestershire sauce and occasional horseradish. Thinner and shorter than the usual, a secret ingredient (red wine, according to the waiter), this is a very quaffable, moreish heart starter, sure to put even the terminal back on their feet. **Chow**, 363 Sisowath Quay.

**GO FOR A SOAK**

The Blue Lime, a short stagger from the Royal Palace and a crawl away from the National Museum, offers a verdant haven from the pitiless streets. A long lie in cool, dappled shade in the lush, exotic garden is a great rejuvenator after a dip in the swimming pool. Those worried about sinking need not fret – the 14m-pool is filled with natural sea salt water from Kampot for easy floating. Big blocks on the side allow punters to sip from their restorative cocktails while swimming. The restaurant serves food on the terrace or day-beds around the pool from 7am. **Blue Lime**, 42 Street 19z, behind Royal Institute of Fine Arts as you order at least two glasses. **☑**



Cool blue water at Blue Lime

**KWEST** BRASSERIE BAR

Happy Hour 18:00 to 20:00 + 22:00 up  
Buy 1 Get 1 free Buy 1 get 1 free

**Beware of the Gong...**

Amanjaya Pancam Hotel #1 Street 154, Sisowath Quay, Phnom Penh  
023 214 747 or 023 219 579  
email : reservation@amanjaya-pancam-hotel.com  
www.amanjaya-pancam-hotel.com

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## bar stool guide

## key to symbols

A/C Air Conditioning



Free Wireless Internet Service



Tiger Super Cold



Live Music and DJs

**Aristocrat Cigar Bar**

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

**Bar 33**

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

**Cadillac Bar & Grill**

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

**Cathouse Tavern**

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

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

**Dodo Rhum House**

*42C Street 178, Tel: 012 549 373*  
Bar named after an extinct bird, which is brave considering the turnover rate in town. Nicely decorated with strong, wooden bar and chill-out room at the back. Has a good specials menu and tapas as well as over 20 different flavoured rums created by bar's owner. Open 5pm to late.

**Elephant Bar**

*Raffles Hotel Le Royal, Street 92 Tel: 023 981 888*  
Pleasant bar, popular with expats especially during the two-for-one happy hours (4pm to 8pm). A flamboyant carpet, comfortable wicker chairs and hotel pianist provide a sense of a time gone by. Has many signature cocktails, including its more illustrious sister hotel's trademark Singapore Sling. (Open 2pm to 12am Monday to Friday & 12pm to 12am Saturday & Sunday). **A/C**

**Elsewhere**

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

**Equinox**

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

**FCC Phnom Penh**

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

**Flavours**

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

**Fly Lounge**

*21A Street 148, Tel: 089 509 007*  
Cool Cambodian-owned chill-out lounge

with indoor pool and dancefloor. Changing, funky décor and themed parties. Open 5pm 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-paneled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Garden bar. Well-stocked bar with fantastic cocktails. Sports bar upstairs! **A/C**

**K West**

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

**Liquid**

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

**Man Han Lou**

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

**Maxine's**

*Over Japanese Bridge, Tel: 012 200 617*  
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 till sunrise. **A/C**

**Memphis Pub**

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

**Meta House**

*6 Street 264, Tel: 012 607 465*  
[www.meta-house.com](http://www.meta-house.com)  
This multi-media arts centre established by German Nico Mesterharm 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 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**

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# Bar Talk: California 2 – Take 2

*A new location, a slick look and the same great fish tacos. Craig Gerard sits down with owner Jim Heston.*

“I’M A WORKING STIFF,” Jim Heston claims. His newly renovated California 2 on the north end of the River Front has kept him busy over the past year. He and the bar manager personally constructed much of the woodwork in the sleek new pub. “I haven’t had a day off in six months,” laments Jim, “I just don’t want to lose the momentum.” His momentum has him rolling through a typical day that starts at noon, and usually doesn’t finish until 3am. Long days are normal for anyone owning a 24-hour bar and guesthouse. Add in a new partnership at Sharky’s, and the days are very long and very busy. But Jim is not complaining. “I enjoy what I do,” he says. “It’s all about making great connections between my clients.”

For his new location Jim saw the property formerly known as the Woolly Rhino at 79 Sisowath Quay as having potential for attracting both tourists and expats. “When we closed for renovation, I wanted to come back stronger than before,” Jim

states. “People now expect more. California 2 has always been a place for good value, and we still provide that.”

No 24-hour establishment would be complete without some munchies, and California 2 comes through with some solid bar cuisine. The establishment has always been famous for its Fish Tacos, which Jim claims he brought to Cambodia.

A glimpse behind the bar reveals a well-stocked collection of bottles. The cocktail menu is the same – nothing fancy, just the basics. And while you won’t find organic fruit infused martinis with essence of homemade bitters, California 2 does stock all top-shelf brands. So when you order a gin and tonic, the bartender reaches for the Bombay Sapphire, not a cheap hangover-inducing replacement. It is all part of the solid value that Jim provides to all of his clients. With strong cocktails and \$0.75 ice-cold beers, it is no wonder California 2 has a history of success.

*California 2, 79 Sisowath Quay. Tel: 077 503 144. 📞*



## *Fine Wine Boutique & Tasting Gallery*

*1580 - 1780  
Street 240  
Phnom Penh  
Cambodia  
023 990 951*





**Rising Sun**

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

**Rory's Irish Pub**

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

**Rubies**

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

**Saffron**

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

# No Holds Barred



And the winner is? ...Walkabout

bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively, a place where anything can happen. Serves surprisingly good food, especially the Mexican. Open 4pm to 2am. A/C ☎

**Talkin to a Stranger**

21B Street 294  
Elegant bar with nice gardens set in the heart of BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. One of the few places in town putting on events and live music. Has a trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late Sunday- Friday. Closed Saturday. ☎

**The Chinese House**

128 Sotheaors Blvd., Tel: 023 356 399  
Totally decadent cocktail bar set in beauti-

ful old Chinese house. The ideal place for a drink before or after dinner.

**The Winking Frog**

128 Sotheaors Blvd., Tel: 023 356 399  
Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. 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 Walkabout. Unique for Phnom Penh. Open 4pm to late. ☎

**gay**

**Blue Chill**

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**

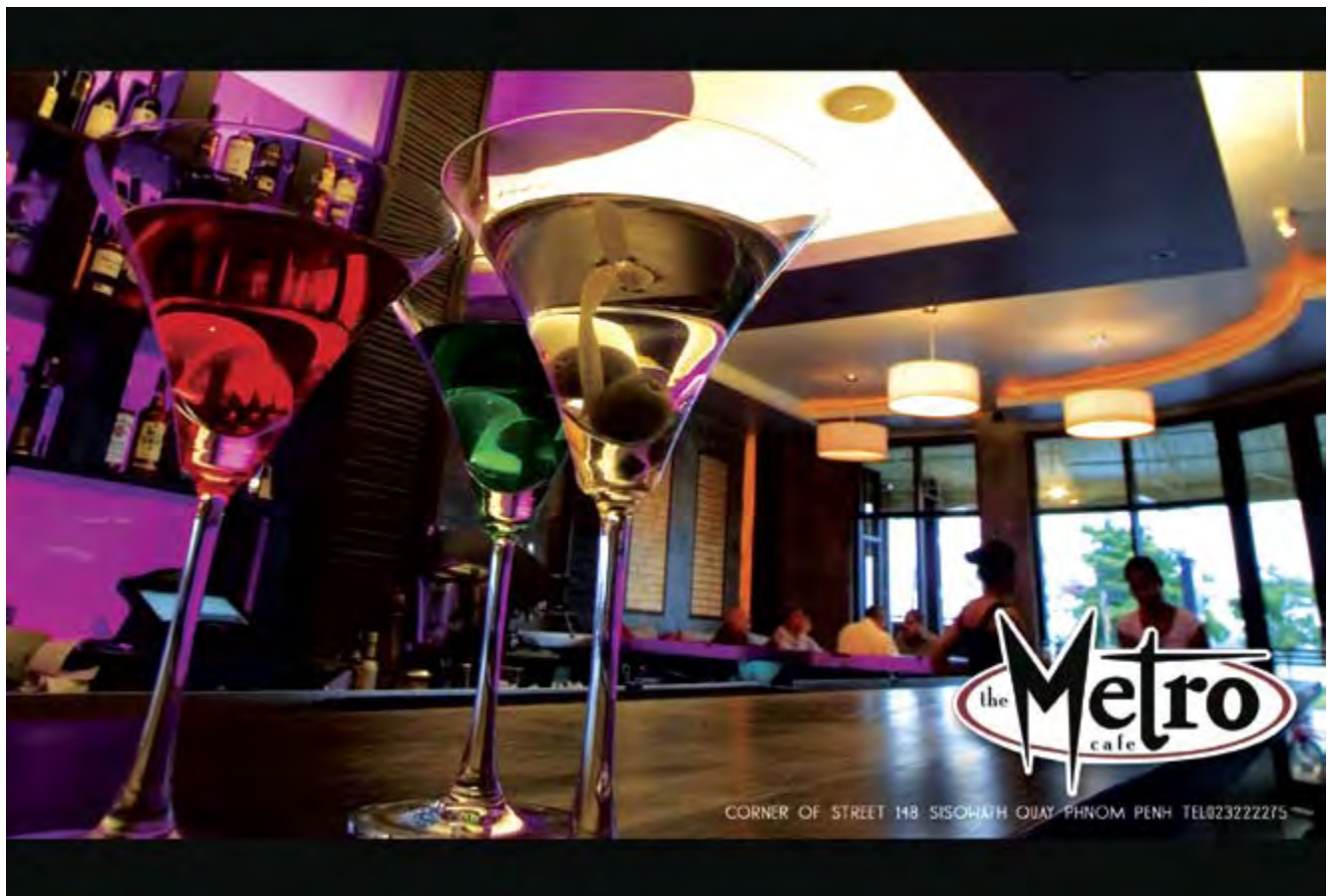
40 Street 222  
Most recent gay bar in the Penh has an outdoor bar and seating space that would be perfect for a BBQ. Also offers WiFi. ☎

**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

**Salt Lounge**

217 Street 136  
In addition to being Phnom Penh's first openly 'gay' bar, it has one of the most





# Darren Gall: 2010 Through the Looking Glass



*2009 has been a year of seismic shifts for the global wine industry, as the year snuffs itself out it's time to look at some of those changes and how they will affect the way we drink in 2010.*

## ■ RISING TIGER

In 2009 China and Russia entered the top 10 wine consuming nations in the world for the first time. Hong Kong also replaced London as the second largest wine auction market in the world after New York. For the rest of us, this means that the world's most sought-after wines are still going up in price and allocations are rarer to get your hands on.

## ■ MILLENNIALS

The new wine drinkers of today, born from 1970 through to the early nineties, are the 'next generation' that has arrived at legal drinking age. Much of the growth in US wine consumption is being driven by these so called Millennials, with their facebook wine clubs and live 'twitter tastings' online, they are discovering wine in record numbers. Wines are now being marketed, packaged and even conceived to target this consumer segment.

## ■ TOO MUCH OF A GOOD THING

Wine production is still out of balance with consumption around much of the world – Australia is in chronic oversupply. Expect to see some good clearance bargains from many of the regions over the coming months,

particularly from the southern hemisphere where wine tanks have to be emptied out before the coming vintage.

## ■ VIVA LATINA

South American wines continue to set record growth in global wine exports and dominate the value end of the global wine market. Chile and more recently Argentina have become well established in international markets, but look out for Brazil, which will soon enter exports markets in a serious manner.

## ■ TURNING UP THE HEAT

The effects of global warming have sent trembles throughout the wine industry. Annual temperature rises of even a few degrees will totally change the face of the world of wine – regions and countries once too cold to grow wine grapes would become attractive, whilst some of the most famous wine regions in the world would be rendered too hot to produce quality table wine. So, if you see a wine scribe walking down the street donning a sandwich board with the words, 'The end is nigh' emblazoned across it, wait till he marches past and take note of the message on the other side, 'Drink up whilst its cheap!' 🍷



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bar stool

# Green Vespa

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**Malt Vinegar, HP Sauce, Coleman's mustard, Heinz ketchup**

Fully stocked bar, great import beers (James Squire, Cooper's, Guinness, Strongbow, cider), fine Aussie Wines, Tolley, PG Tips Tea, Italian coffees, milk shakes...

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contemporary designs in town and the best cocktails. Has recently become a bit of a pick-up joint with 'boys' hanging about outside, consequently tends to be shunned by the gay expat community. **A/C**

## Nightclubs

### Heart of Darkness

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

### Memphis Pub

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

### Pontoon Club Lounge

Time will tell?, Tel: 017 682 071  
Phnom Penh's only floating club, vanished without trace just before the 2009 Water Festival. Rumours have it that

Pontoon will resurface sometime soon, maybe even by the time you read this magazine. Having already sunk once, maybe we should rename the popular expat dance venue - Titanic. Owners are staging some events near Central Market during the hiatus.

### 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**

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

■ SUPER CRAZY EASY

1) The Cancan 2) Lambeth Walk 3) Hot Stuff 4) Salome 5) Penguins  
6) The Hakka 7) Foxtrot 8) Bruce Lee 9) Samba 10) Ballroom 11)  
Gone with the Wind 12) Snowie 13) Jimmy White 14) The Perfect  
Storm 15) Sunny Afternoon 16) Sony 17) Deacon Blue 18) Play  
Misty for Me 19) The Lightning Seeds 20) Oz 21) Necessity 22)  
Motherboard 23) Janet Leigh 24) Paula Yates 25) Anne Bolyn 26)  
T'Pau 27) Oedipus 28) Carre Fisher 29) Polish 30) Frank Zappa

## Pub Quiz Answers



time for dinner?  
a cold beer?  
glass of wine?

at  
**ONE MORE?**

open Mon - Sat from 5pm till late (closed on Sunday)  
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# Cocktail of the Month: Apsara Lap Dance

'Apsara' and 'lap dance' – words you never thought you'd hear together? Kate Liana gives it a whirl.



BEFORE YOU GET ALL excited, this drink does not come with a performance, though my male companions begged me to give our waitress a full demonstration. I tried in vain to explain this traditional western art, but she did not grasp the concept. Or maybe she just thought it was batty. For US\$4.50 you can experience this cultural smash-up for yourself. What exactly is this thing?

Two shots of Stolli vodka, cointreau, pineapple juice, lime and a splash of grena-

dine, shake it vigorously over ice and strain. The liquid is a deep, luscious magenta, served on the rocks with fresh watermelon garnish. The lime keeps it icy fresh and tangy. Pineapple and grenadine fight for the spotlight. Each contributes a nice, fresh sweetness. Given the healthy dose of alcohol, too many of these and you'll be up on the table, doing your own little dance.

*The Apsara Lap Dance @ the Riverhouse Lounge, 6 Street 110*

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# kaleidoscope

## Singing Pirates of the Mekong

They may only be in it for the fun, but almost a year and half after formation the Mekong Pirates have proved themselves to be one of the most professional bands in town. Words by **Nora Lindstrom**.



**Nobody makes a bigger splash in the Penh than the Mekong Pirates**

BACK AFTER A SIX-MONTH hiatus, the Mekong Pirates showed last month that they still have what it takes to get Phnom Penh grooving. Armed with five new original songs, the band had the crowd heaving at a recent gig at the Chinese House, with some of the audience even spilling out onto the street.

"It was our first gig for a long time, and the ambience was great, it was a really great party," says drummer Michel Ghigo. He is one of the original members of the band, which was formed in September 2008 following the split-up of a previous ensemble.

The name was a group effort. "We actually spent a few days on it," says Michel. "We had many suggestions but time after time Mekong Pirates came up." The name stuck, though Michel notes that dressing up as pirates for gigs is completely optional.

The intention now, as then, is simply to have fun. "We all work here and want to play as a hobby after work, to balance our lives

here," Michel explains. When the Pirates first came together there were only a handful of members, but with time the group has expanded. Now audiences can listen to as many as a dozen pirates on stage.

Sporting a long, plaited beard, the band's keyboardist and occasional clarinet player Regis is the real pirate of the band, according to Michel.

"Twelve people being together is not easy, so we need to train," Regis notes. The group rehearses once a week, the band members so committed to their art that they even get together at odd hours in the late evening.

Though finding a rehearsal time suitable to all may be a challenge, having so many musicians together has its advantages.

"With twelve you have a real mix of inspiration," says Michel. He describes how new songs are born through a collaborative effort where each member contributes their own art to the initial melody. "It's very friendly,

everyone can bring what they want," he says, adding that having a few more experienced musicians on board helps in fine-tuning the songs.

"It's difficult to say what kind of music we play," says Michel. "It's a sort of Khmer-French reggae." All of the band's songs are originals, save for one or two Manu Chao covers. Most are sung in French, with some tunes in Khmer, mainly thanks to the band's Cambodian singer Srei Mom. "It's good to have a Khmer voice for the balance," says Michel.

So far the band has played at a variety of locations, including the FCC, Gasolina, Equinox, Wat Botum Park, Abacus in Siem Reap and a street festival in Kampong Saum. In addition to the recent gig at the Chinese House, Michel considers the gig at Wat Botum late last year opening for French band Ceux Qui Marchent Debout as the most memorable. "The place, the light, the sound, the smoke... that was special," he

says, adding that he would love to play on top of Bokor Mountain in the future.

Seldom has a gig by the Mekong Pirates failed to attract a crowd, and Regis says many have suggested the band make an album. The group has already experimented with recording some of their songs at the CCF's cinema, but the studio conditions were not good. "If someone gives us money then we can find time to make a record," he says.

Others have suggested the band go on tour, but both Michel and Regis seem uncertain as to whether this is the way they want to go. "It's all just for fun," Michel emphasises, adding that members of the band get together outside of rehearsal hours too.

"It's quite rare really for such a big group to get along," Regis notes. Thankfully for the audiences they do, and on stage exude a joy of playing that is utterly contagious.

The Mekong Pirates will play the FCC on Jan. 16. **■**



# Bootleg

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

## ■ THE BOAT THAT ROCKED

(2009, *Richard Curtis*)

The Boat That Rocked harks back to the days when a stiff upper lip Britain was still mourning the loss of its empire, and the green shoots of 'yoof' culture were hesitantly emerging from the rubble of England's collapsed global ambitions. The story, loosely based on that of Radio Caroline, a pirate station set up in the mid-1960s on a former Danish passenger ferry, is a classic rehash of boring authoritarianism versus chaotic Carpe Diem. Carl (Tom Sturridge) arrives on the pirate radio ship, Radio Rock, after being sent to stay with the ship's Captain, his godfather, Quentin (Bill Nighy), to hopefully set his life on a different track after being expelled from school. Here he meets Radio Rock's crew of ramshackle disc jockeys, including The Count (Philip Seymour Hoffman), Dave (the British comedic mainstay Nick Frost) and Simon (Chris O'Dowd from the IT Crowd). A government minister, Dormandy (Kenneth Branagh), and his subordinate Twatt (Jack Davenport) try to put a dampener on the station's fun. There are some funny moments, and the film is watchable but ultimately lacks a coherent story. A pleasant enough meander.

## ■ 2012

(2009, *Roland Emmerich*)

2012, a film about the greatest disaster to ever befall the earth, is ironically one of the greatest disasters to hit modern cinema. A near-star cast of B-listers, John Cusack, Chiwetel Ejiofor, Danny Glover and Thandie Newton realize that the Mayans had it right all along with their Mesoamerican Long

Count calendar, which predicts an apocalypse in 2012. Quite how such primitive society was able to make such a massive step of inductive logic is left unanswered, but such oversights are the least of this turkey's shortcomings. Driven by massively overwrought CGI special effects, 2012 completely lacks any shred of character development, the people just horrified marionettes to be pushed through an increasingly far-fetched series of escapes. The solar flare bombardment theory is ridiculous even for the most ignorant of viewers, and only the worst director could make watching a plane narrowly escape being crushed by falling buildings boring enough to want the lead characters to die. Terrible.

## ■ ARMY OF DARKNESS

(1993, *Sam Raimi*)

Bruce Campbell stars as the smart-mouthed hero Ash Williams, who in this third film finds himself in the Middle Ages where he must battle the undead in his quest to return home. The film, directed by Spider Man's Sam Raimi, and written by Raimi and his brother Ivan, is not as violent or gory as the prior Evil Dead films, relying more on slapstick. The mixture of wise cracks, comedy horror and low-budget special effects—along with the hero's arrogant bungling—has brought the film a strong cult following: Roaring latex monsters, cackling hags, pop-up skeletons, ketchup blood and bearded wizards abound in this tongue-in-cheek romp. Those expecting an intelligent, layered feature will be sorely disappointed, but for as an enjoyable pantomime, Army of Darkness is hard to beat. **F**

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# Arts Diary

the first stop for a bit of culture ...

ARTS & EVENTS  
FILM  
MUSIC & PARTIES

## 2 Saturday

What the Bleep do we Know? @ Meta House, 7pm

## 3 Sunday

The Rainbow Troops @ Meta House, 7pm

## 5 Tuesday

Behind the Burmese Bamboo Curtain @ Meta House, 7pm

## 6 Wednesday

The Private Life of a Butcher: Idi Amin's Self-Portrait @ Meta House, 7pm

## 7 Thursday

Kampuchea – Death and Rebirth @ Meta House, 7pm

## 8 Friday

Meta House 3rd Anniversary Party! 6pm

JURAM @ CHOW, 8pm

## 9 Saturday

'How Do You Sound' @ Meta House, 7pm. New Khmer Dance Performance

JURAM @ CHOW, 8pm

## 10 Sunday

No Country for Old Men @ Meta House, 7pm

## 12 Tuesday

Exhibition Opening – A Good Friend is Hard to Find @ Meta House, 6pm. An intimate look at the works of the late Ingrid Muan and the late Svay Ken.

## 13 Wednesday

Young and Restless in China @ Meta House, 7pm

## 14 Thursday

Rise Up! @ Meta House, 7pm

## 15 Friday

Punk's Not Dead – Degeneration Punk @ Meta House, 7pm

Dj Jimmy Salsa @ Talkin to a Stranger, 9pm

## Saturday 16

Moving in to Feeling @ Meta House, 7pm. New Khmer Dance Performance

MEKONG PIRATES @ FCC, 9pm

## Sunday 17

Akira Kurosawa's 'Ran' @ Meta House, 7pm

## 19 Tuesday

Lost Children in Uganda @ Meta House, 7pm

## 20 Wednesday

Sita Sings the Blues @ Meta House, 7pm

## 21 Thursday

Sonic Experiments from Cambodia and Jamaica @ Meta House, 7pm

## 22 Friday

Meet the Messenger Band @ Meta House, 7pm

## 23 Saturday

White King, Red Rubber & Black Death @ Meta House, 7pm

Bad Neighbours @ FCC, 9pm

## Sunday 24

The Incredible Breakdance Phenomena: 'Planet B-Boy' @ Meta House, 7pm

## Wednesday 27

Oliver Stone Meets George W. Bush @ Meta House, 7pm

"Film-making and Peace-building" by Oliver Stone, 2pm, University of Cambodia

## 28 Thursday

Exhibition Opening – Soe Naing @ CCF, 7pm. Burmese painter, Soe Naing

Exhibition Opening – The Soliloquy of a Deaf Mute @ CCF, Cambodian Artist, Chath Piersath

Stories of the Living and the Dead @ Meta House, 7pm

## 29 Friday

Green House Effect @ Meta House, 7pm. Lectures, films and prizes.

## 30 Saturday

My Gay Life: Queer Worlds in Cambodia and Taiwan @ Meta House, 7pm

GREASE night at FCC!!

## 31 Sunday

Australia @ Meta House, 7pm



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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](http://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](http://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](http://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](http://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](http://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:  
Crazy Pool

*Traditionally places promote their services as being the best in town, not so at the Tree, which claims to have the worst pool table in the Penh. Words by Mark Jackson.*

"IT LOOKS KIND OF NICE," says Martin Crabtree the owner of The Tree on Street 118, "but you'd need a map to play it." The Englishman who has run several bars in the capital over the last five years claims that his table is the Portsmouth Town of the pool world.

Balls roll in strange directions, the cloth is ripped and even the custom-made, shortened short cues are too long for the cramped conditions. Still, his regular customers are not complaining. "It's got a bit of a cult following," he says in typical deadpan. "They call it crazy pool." Not that Martin is taking any risks placing a disclaimer next to the table informing potential players that it is the worst in town.

Martin attributes the table's condition to the previous owners. He bought it from one of the squatter communities by the railway tracks, while evictions were being made as part of the lakeside development. It had spent

a number of years suffering from neglect in a shack.

I ask him how much he paid for it. "100." "100 riel?" "No, 100 bucks," he laughs. "I think they saw me coming, but I felt charitable considering they were losing their livelihoods." Martin is prepared to be equally generous towards the first person who manages to clear up from the break. "They can have free drinks all night," he offers, while admitting that such a clearance would be a feat beyond Tom Cruise in Mission Impossible.

Martin would like to enter a Phnom Penh pool league, but feels that other bars would be scared off, fearing his team's unfair home advantage. "For pool, we are the equivalent of what the Stiff Little Punks are for music," he says referring to the expat two-man band that played his bar last month. He has just one tip for anyone that is brave enough to take up this challenge – "don't play it sober."

*The Tree, 22 Street 118. 🇰🇷*



# leisure & wellness

## Fit or Fat

We all have our own way of hitting the gym, but the secret to health and weight loss is one-on-one attention. **Kate Liana** talks with Phnom Penh's fitness and nutrition gurus.



Keeping fit the personal weigh



MARIA AHLBERG AND Frederik Carlsward ran a successful personal training business in Stockholm, and have been a popular addition to the fitness scene since their arrival. They both offer strength and fitness training, and Frederik specializes in boxing and martial arts. Their aim is to teach clients to train safely using proper techniques. A typical one-hour session costs US\$20 and involves cardio and strength training with both free weights and machines.

Since not all bodies and lifestyles are the same, each training and nutritional plan is tailored individually to the client. After assessing a client's fitness level, schedule, lifestyle and diet, they construct a regime that's easy to stick to.

The fitness duo also provide nutrition counseling. Maria lays the facts down cold. "You can work out all you want, but you will not lose weight unless you eat properly." According to Frederik, people have trouble eating healthily, and women eat too little. "A lot of women are afraid they'll gain weight, but they're actually slowing down their metabolism which

makes it harder to lose weight," he says.

They encourage people to cook for themselves to ensure they eat healthy, but realize that can be time consuming. To this end, they plan to open a restaurant dedicated to healthy, fresh food in Phnom Penh.

Richard Chin at Aus Fit echoes the same sentiments. His clients are looking to lose body fat and tone their shape. At US\$20 for a one-hour session, Richard starts with a cardio warm-up, then moves to strength training with free weights and machines. "The more muscle you have in your body, the more fat you burn, even when you're not exercising," he explains.

The Khmer-born trainer holds a Bachelor's degree in Leisure Studies from the University of New South Wales and worked for 20 years as a personal trainer in Sydney before returning to Cambodia in 2003. His goal with Aus Fit was to create a club where members come to work out, socialize, swim in the roof-top pool, relax, and network.

Richard also takes a personal approach, and looks at clients' diet, lifestyle, and activities. He believes with personal training,

you build strength and stamina more quickly, while staying motivated and challenged.

If you've ever longed to emulate the actions of the Khmer kick boxers on CTN, check out Anthony Llamas. A recent arrival in Cambodia, Anthony trained in body-building and kickboxing near Paris with world-famous fighter Aurelien Duarte.

Anthony's sessions are also tailored to each individual. He cites this as one of the many benefits of one-on-one training sessions. "Not only is the instruction personalized, but it gives me the chance to focus on my clients' techniques and fine tune their weak spots."

The benefits of kickboxing are limitless. It helps improve coordination, balance, reflexes and reduces the effects of stress. A minute and a half in the ring with a trainer will leave you sweaty and exhausted. "When you get in the ring, you forget all your problems," he says. "The catharsis and focus you have during kickboxing is amazing." Anthony charges US\$70 for ten, 75-minute sessions.

In contrast to the other trainers, Rama's clients are interested in hard-core body-building.

Though many state the same goals of losing body fat and toning their bodies, he trains his clients for serious competition. The former Mr. Cambodia 1999 got his certification at Clark Hatch Fitness Center where he was educated in proper nutrition, exercise and body fitness.

"I have so many students who say, 'I work out all the time, why don't I see results?' It's because they don't know which exercises to do and how to train properly." Rama's sessions are US\$15 for one hour and combine cardiovascular workout with weight training.

### CONTACT

**Maria Ahlberg and Frederik Carlsward:**

Aus Fit, Clark Hatch Fitness Center, The Place, Tel: 017 693 240, [info@alltfortraining.se](mailto:info@alltfortraining.se),

**Richard Chin:**

Aus Fit. Tel: 012 810 432

**Anthony Llamas:**

Aus Fit, Clark Hatch Fitness Center, The Place, Tel: 089 494 816

**Rama:**

The Place, Tel: 012 859 889



# leisure & wellness

## amusement

### Kambol Cart Raceway

Tel: 012 232 332

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

### Parkway Square

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

### Phnom Penh Water Park

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

### Phnom Tamao Wildlife Park

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

### Sorya Centre

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

## beauty products

### Angkor Soap

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

## chemists

### U-Care Pharmacy

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

### Pharmalink

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

## classes

### Aikido Classes

24R Street 252 (on villa rooftop),

Tel: 012 811 234

Japanese martial art class taught by an experienced Aikido practitioner. Monday, Wednesday, Friday at from 7pm to 9pm. Fee US\$30/month. For further information or enrolment, please contact Olivier olivierlaotai@yahoo.fr

### Cambodian Cooking Class

Frizz Restaurant, 67 Street 240  
Tel: 012 524 801

The first and only Khmer cooking school for travellers and expats in Phnom Penh. Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

### Capoeira

Tchou Tchou preschool, 13 Street 21  
Lessons in this rhythmic Brazilian cross between dance and martial arts, costs US\$15 per month. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel on 012 458 167.

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

## dental

### European Dental Clinic

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

### SOS Dental Clinic

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

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

## education

### Khmer School

For Expats and Travellers  
35 Street 288, Tel: 012 867 117

Khmer-language lessons given on a one-to-one tuition basis only, costing US\$10 per hour, a typical course lasts for 30 hours.

### Khmer School of Language

52G Street 454,  
Tel: 023 213 047

Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in the privacy of your own home or office. All the teachers are experienced and trained at the school.

### My First Khmer

PO Box 1498,  
Tel: 012 342 315

A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson.

## gyms

### Clark Hatch Fitness Centre

Intercontinental Hotel, 3/F Mao Tse Tung Boulevard, Tel: 011 380 769

Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 6am 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, Paddys 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

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

### New Jack Holt International

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

## medical

### American Medical Center

Ground Floor Cambodiana Hotel  
313 Sisowath Quay, Tel: 023 991 863  
www.amc-cambodia.com  
Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24-hour service.

### International SOS Medical Clinic

161 Street 51, Tel: 023 216 911  
Globally renowned provider of medical

# ChamPei

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Tired, Stressed, Want to relax...  
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Tel: 023 213 585  
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### pools

#### Asia Club

456 Monivong Blvd., Tel: 023 721 766  
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. Use of pool is for members only, who get a discount at both Man Han Lou Restaurant and Master Kang Health Care Centre.

#### Fitness One

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

#### L'imprevu Resort

Highway 1, 7km past Monivong Bridge,  
Tel: 012 655 440  
Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Children for free.

#### Raffles Amrita Spa

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

#### The Billabong

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

#### The Club at Northbridge

1km off National Road 4, (on the way to the airport), Tel: 023 886 012  
International school has a pool for members. Open every day, there are also tennis courts and playground for kids.

#### Open Palm Studio

12 Street 101, Tel: 012 633 278  
The first official Spinning facility in Phnom Penh. Tuesdays and Thursdays at 8.15am. Call to book in advance.

#### VIP Club

Norodom Boulevard, Tel: 023 993 535  
Large sports complex with gym, outdoor swimming pools and tennis courts. Open from 6am to 9pm.

### spas

#### Amara Spa

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www.amaraspa.hotelcara.com  
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; ar-

ranged into four storey sophisticated modern facility. Open from 11am to 11pm.

#### Amatak Spa

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

#### Amret Spa

3 Street 57, Tel: 023 997 994 / 012 414 038  
Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Open from 9am to 9pm.

#### Aziadee

16AB Street 282, Tel: 023 996 921  
Very relaxing, air-conditioned massage parlour with individual rooms. Open 9am to 9pm.

#### Bliss

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

#### Champey Spa & Salon

38 Street 57, Tel: 012 760 939 / 023 222 846, www.champeyspa.com  
Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages and body treatments. Open from 9am to 11pm.

#### Derma-Care Skin Clinic

161B Norodom Blvd., Tel: 023 217 092  
Staffed by two qualified dermatologists this is not your average spa but a professional skin clinic. Offers a range of beauty treatments using American Derma-Fx products, soft tissue augmentation, minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis, as well as beauty treatments.

#### Dermal Spa

4C Street 57, Tel: 012 222 898  
Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products. Open 9am to 10.30pm

#### 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

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# Beauty Spot: Detox Foot Bath

Many people like having a footbath as part of a foot massage, but how many know that you can detox yourself at the same time?  
 Words by Mark Jackson.

MY MOTHER ALWAYS TOLD me that water and electricity do not mix. So, as I sit with my feet in a basin of water while the technician drops the transformer in, I feel some trepidation. A contact is strapped to my wrist and some salt is added to the water. No, this is not the latest Pentagon-approved interrogation technique, but a detox bath. My technician turns on the switch and tells me to keep my feet still for 30 minutes.

Invented by an American doctor called Rife, the detox head removes toxins, heavy metals, free radicals, and yeast from the body, by eliminating positive ions. Manufacturers claim that the body's cells can become two years younger from just one treatment. The different colours the water turns reflect which organs are most affected and which toxins are being expunged.

The salon's owner, Jerry Koh, has imported the machines from his native Singapore. He joins me and has a look at my footbath, which is starting to change colour after only a few minutes. He detects "white cheese", which supposedly indicates a high yeast content – too many beers. Gradually the water turns a brownish colour, which corresponds to the liver and suggests a high environmental pollutant count, as I'm a non-smoker.

Jerry explains there are two ways of removing toxins from the body. Either you sweat them out or you eat a lot of antioxidants. His machine is the third way. Eventually dark green appears in the centre of the bubble in my bath. This reflects my cardiovascular system – my blood stream is being cleansed. After half an hour



the machine turns itself off automatically and I am given a short foot massage.

Following each treatment you should sleep better and your urine should be cleaner – the latter was the case with me. Make sure you bring something to read while wait-

ing – and don't look too closely at the bath. If it looks anything like mine it might make you want to give up beer.

*Singapore Salon Parkway, Parkway Centre, Mao Tse Tung Blvd., Tel: 023 690 3132. Treatment lasts for 30 minutes and costs US\$12.*



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# Injury Recovery Times

*The road to recovery takes many paths...*

EVERYONE KNOWS THAT injuries can be very frustrating. Not only do they cause pain and disability, but they also result in time away from your chosen sport, and even work.

Once an injury occurs it is important to get a precise and accurate diagnosis of the structures involved in order to get a specific recovery plan that will return you to your chosen activity without injury recurrence. Understanding the structures involved in injury, and how they heal, is key to understanding how to recover.

Not all injuries heal at the same rate. The two most important factors in injury healing are the severity of injury, and the actual tissue structure involved.

Different tissues heal in different ways and time frames. This relates to both the natural regenerative capacity of the tissue, and to the amount of natural blood supply to that tissue.

The higher the natural blood flow, the faster an injury will heal. This is more important than other factors such as your age, or whether you are a "quick healer".

Muscles have a very high blood flow and generally heal up quickly, with partial return to activity within a week or two, and complete return within a few weeks. Bone is very similar with rapid healing in most cases. Generally



speaking, bone has the best capacity to completely regenerate itself once damaged.

Tendons and cartilage on the other hand have a very poor blood supply and can take many months to heal once damaged. A common example of this is "tennis elbow" – the tendon becomes inflamed ("tendinitis") and then degener-

ates, causing pain and weakness. All tendons in the body are composed primarily of thick fibrous collagen with very few blood vessels within the tendon itself. The poor blood supply hampers recovery and makes treatment difficult. Medications rely on blood delivering them to the tissues, as does the body's natural healing mechanisms.

Tendon injuries require careful and elaborate rehabilitation programs that are designed to regenerate damaged tendon without aggravating or overloading them. Many therapeutic modalities are employed to try and recover from these injuries, ranging from anti-inflammatory medication, to physiotherapy, injections, or surgery.

Cartilage, particularly articular cartilage (joint surface cartilage) is the tissue least capable of healing itself naturally. It has almost no blood supply at all and thus its natural ability to regenerate once damage is severely limited.

There are many effective treatments for managing sports injuries, but no single treatment is wholly effective in every situation, and many treatments are inappropriate. However, RICE (Rest, Ice, Compression, Elevation) is universally accepted as the most effective immediate treatment of any injury to any tissue until a more definitive assessment and treatment plan can be obtained.

*Dr Elise Reid is a specialist in Sports Medicine at the International SOS Clinic in Phnom Penh. She has a Masters degree in Sports Medicine and a degree in Medicine. Prior to coming to Cambodia she was a sports doctor for Essendon AFC. SOS Clinic. 161 Street 51, Tel: 023 216 911. 📞*



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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**

Inrequent 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.aastick@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**

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



## 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

## The Week from Hell

Who do you call when the tummy bugs bite? Words by **Zoe Daniel**.



There's nothing worse than seeing your baby suffer

IT'S 2AM AND PHNOM PENH has wound down for the evening. The streets are dark and quiet, apart from the odd tuk-tuk transporting straggling tourists back to their hotels. One by one the last of the lights have winked out.

But in the clinic where I sit with my son, the lights will burn all night. He's finally asleep against me, his hair flopping over his pale face as he breathes softly. Exhausted but sleepless, I wonder worriedly if the ordeal is over.

Months before, back in Australia, we had carefully considered the down sides of moving to Cambodia and exposing our children to all sorts of germs and diseases that we don't have to worry about at home. Being pre-kids veterans of Africa, we decided that we could manage the risks of moving to a developing country with a two-year-old and a five-month-old baby.

We'd escaped malaria and dengue in far worse environments, we'd been jabbed with every possible inoculant, and we'd be cautious. For nine months we survived with nothing but a few bouts of funny tummy.

But then, one Saturday afternoon, in the middle of lunch, the vomiting began. In Cambodia, food borne illness is a part of life. Even the locals get sick. Poor growing conditions, bad handling, lack of refrigeration and the tropical climate all combine to increase the risk.

So for months I'd cleaned our vegetables in purple wash, instituted a strict regime of hand washing and food handling, and peeled everything in sight. Perhaps we'd dropped our guard?

I still can't pinpoint the cause but our little boy began vomiting that Saturday afternoon, and he didn't stop. Drugs and a visit to the clinic didn't help. By Monday he was limp, dehydrated and attached to a drip at SOS.

This brings me to my vigil of self-recrimination in the small hours, as the lights winked out all over the Penh. All parents ache when their children are sick. In this case, to see his little body struggling to purge the bug was just plain awful. Then to see this normally wildly active two-year-old, limp and staring, and then passed out was downright terrifying.

I had to ask myself the question – is it right to have the children here? Is it plain old selfish to drag them along on our adventures, and to put them at risk in the process? What are they actually getting out of it?

As he tossed and turned that night, he'd occasionally half wake as the drip tube tugged on his arm. "I want to go home now please Mummy," he'd repeat. But where is that? At less than three he's had four houses in three cities and countless hotel rooms and serviced apartments.

We have wonderful new friends here. But our families are in Southern Australia, a day's flying away. Our old friends are there too, and scattered around the world. Who do you call when all hell breaks loose?

On Day Four, our baby daughter started vomiting as well. That was a low point and if I could have called my Mum to come, I would have. I have never cleaned up so much mess, and I've rarely been so tired in my life. I think it was only the calls and texts from friends here and the Facebook messages from back home that got

me through – particularly when my husband got sick as well.

It was ten full days after the episode began when things began to calm down. We'd all been bombed with antibiotics and various other remedies and by then, a few tummies were still grumbling, but the worst had passed.

I can't fault the extraordinary care that we all received from the doctors at the clinic. Visits to check my son at 11pm, 1am, 3am were well beyond the call of duty. I doubt that we would have had better medical attention at home.

A few weeks later, we're all back to full health and the whole, awful episode feels like a far distant memory. But we have to face the fact that it could easily happen again.

The cause? Vegetables probably. The bug? Salmonella, maybe even typhoid.

The lesson? We forget that it's a tough environment and we're exposed, but we like it here. We're here for ourselves but we hope our kids will learn to be tough, feisty, tolerant and adaptable because of it – and hopefully so will their stomachs. **F**



# next generation guide



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

## cafés & restaurants

### Annam

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

### Café Fresco II

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

### Café Living Room

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

### Java Café

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

### Java Tea Room

**Inside Monument Books, 111 Norodom Blvd., Tel: 092 451 462**  
Cheerful children's reading room has picture books, puzzles, art supplies and

occasional story-telling sessions. Open from 8am to 8pm.

### Le Jardin

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

## classes

### 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, cots and toys. Open from 8am to 8pm.



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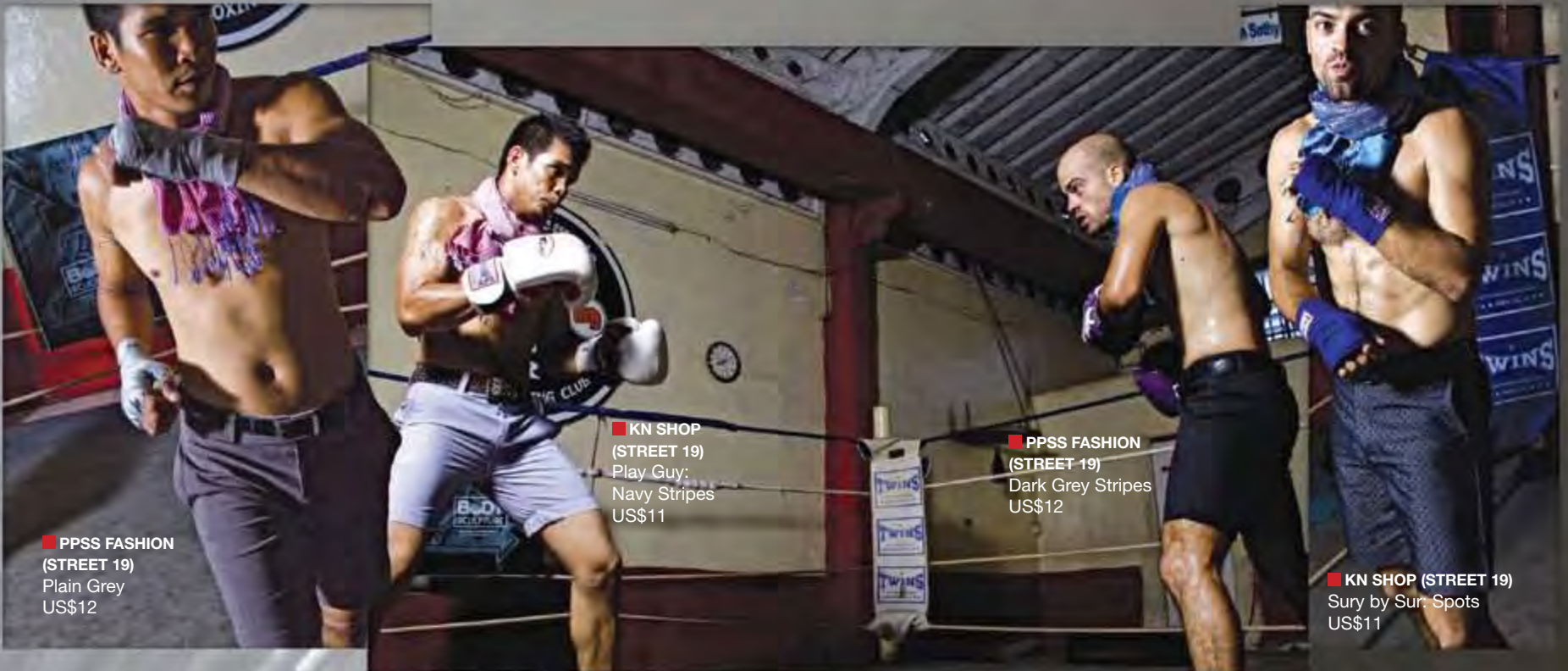
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■ KN SHOP (STREET 19)  
Sury by Sur:  
Grey and  
white stripes  
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## Bring it On!!!

AsiaLIFE takes a big swing and brings some knock-out gear home for the guys.

All belts from shops in Sorya Center and Kramas by Khmer Silk Souvenir on Sot-hearos Blvd. Prices vary.

Photography, Photo Art Direction, Styling by James Grant (Slik Photography). Models Sean Vaughan-Housman and Seang Ratana from Sapers. Layout design Keith Kelly.

■ LET'S GET READY TO HAGGLE! VINTAGE WRANGLER DENIM FROM ONE OF THE MANY STALLS ON STREET 19.





## Shop Talk: Keok'jay

From Pippi-Long Stockings to Street 240, **Rachel Faller** has travelled a long way. The owner of Keok'jay talks with **Melissa Fisher**.

WALKING INTO THE COOL shaded interior of Keok'jay, a young woman in pleated braids is sewing away on a round table. It's crowded with buttons and odd bits of cloth. Rachel Faller is the owner of this alternative fashion clothing shop on coveted Street 240. Keok'jay employees HIV positive women to produce bags, shirts, skirts, and other fashionable products made with sustainable materials.

Pushing a pile of buttons and string aside, the 23-year-old Bostonian relates her journey from creating her first Pippi-Long Stockings outfit out of a used sweater, aged 8, to Cambodia's own Green Fashionista, via a degree in conceptual art.

Two years ago, Rachel travelled to Cambodia for the first time with a philanthropic mentor. They shared the idea of starting a business employing women with HIV, providing them with a source of income. When her mentor pulled out, the future didn't look too promising. In September 2008, she was living off a U.S. Fulbright scholarship that was insufficient to cover the salaries of the local women dependent on her for an income. "I just had to make it work," she says. After attending tradeshows in Siem Reap and receiving individual orders, she featured products at Artisans

Collection on Street 240, securing additional clients.

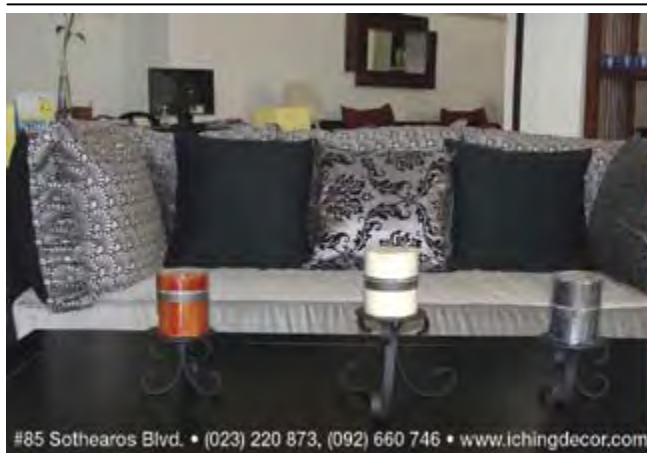
"One day I was walking down 240 and I saw a "For Rent" sign," she says. "It was a big risk, but this is a hot spot." Through her personal fundraising and the shop's new sales she is able to keep Keok'jay operating.

For Rachel, Keok'jay is an art project, with the goal of transferring responsibilities to the Cambodian staff. "I see myself more as a community artist, not just a designer for my own sake," she explains. "NGOs that try to incorporate selling handicrafts like hand sewn bags are cool, but their products are not marketable. They don't consider the design. People should buy products because they like them, not because they feel bad or guilty."

In the tiny sewing room above the shop, Rachel pulls out the shop's latest prints inspired by the market – fish, bicycle wheels, balconies, and raw scenes of new life springing from urban decay. "Cambodia is a great conflation of the city and the country colliding in a beautiful way!" she says. On a printed T-shirt, recycled bag or skirt, Keok'jay offers customers just that.

Skirts US\$28, Shirts US\$20, belts US\$10, cards US\$2-8, teddy bears US\$30.

*Keok'jay, 52A, Street 240, Tel: 012 904 154, www.keokjay.org*



  
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# shopping guide

## art

### Happy Painting Gallery

FCC; Domestic Airport, [happypainting.net](http://happypainting.net)  
Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

## books & cds

### Carnets d'Asie

French Cultural Centre (FCC)  
218 Street 184, Tel: 012 799 959  
French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

### D's Books

12E Street 178 & 79 Street 240  
Tel: 092 675 629  
Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

### Monument Books

111 Norodom Blvd., Tel: 023 217 617  
Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7.30am to 8pm.

### Open Book

41Eo Street 240  
A welcoming reading room open to anyone to drop in, with a good range of children's books in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

## crafts & furniture

### Artisans D'Angkor

Craft Centre Tel: 063 963 330  
Silk Farm Tel: 063 380 375  
Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

### Bazar Art de Vivre

28 Sihanouk Boulevard, Tel: 012 776 492  
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

### Beyond Interiors

14e Street 306, Tel: 023 987 840  
This interior design showroom, managed by Australian designer Bronwyn Blue, can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open 7 days, 9am to 7pm

### Chez l'Artisan

42D Street 178, Tel: 012 869 634  
Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

### I Ching Decor

85 Sotheaors Blvd., Tel: 023 220 873  
[www.ichingdecor.com](http://www.ichingdecor.com)  
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

### Le Rit's

14 Street 310, Tel: 023 213 160  
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

### Pavillon d'Asie

24 - 26 Sihanouk Blvd., Tel: 012 497 217  
Antique lovers dream, with a large array of

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

## fashion

### Ambre

37 Street 178,  
Tel: 023 217 935 / 012 688 608  
High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

### Beautiful Shoes

138 Street 143, Tel: 012 848 438  
Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am to 6.30pm.

### Bliss

29 Street 240, Tel: 023 215 754  
A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

### Eric Raisina

53 Veal Village, Siem Reap  
Tel: 012 965 207 / 063 963 207  
Accessories, home decorations, textiles and clothing created by Malagasy-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

### Jasmine Boutique

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

### Kambuja

165 Street 110, Tel: 012 613 586  
Stylish fashion outlet with clothing 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

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

### Mekong Quilts

49 Street 240, [www.mekongquilts.org](http://www.mekongquilts.org)  
Outlet for NGO Mekong Plus, Mekong Quilts stocks a large range of hand-crafted bed covers, home accessories, gifts and decorations. All the profits from the store are cycled through Mekong Plus, which provides scholarships to promote many health and quality of life initiatives in remote villages in Svay Rieng Province. Open 9am to 7pm Monday to Sunday.

### Promesses and Kaprices

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 Kaprices is located upstairs. Open 9am-7pm.

### Sapors

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

### Smateria

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

## Does your business need better exposure around town?

Advertise, and put the spotlight on your business.

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or 012 960 076

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[www.asialifeguide.com](http://www.asialifeguide.com)



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w: www.smateria.com

### 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 Kam-buja. 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 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

Tel: 092 235 336

Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeji. Delivery available from 12pm to 5pm.

### Butcher & Co.

219 Street 19, Tel: 023 223 527

Quality French butchers in the same building as Open Wine. The meats here are some of the finest cuts in the city.

### Camory - Premium Cookie Boutique

167 Sisowath Quay, Tel: 023 224 937

www.camoryfoods.com

Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Monduliri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

### Comme a la Maison

13 Street 57, Tel: 023 360 801

Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. Small delicatessen and bakery at the back of the restaurant. Open from 6am to 10.30pm.

### Dan's Meats

51A Street 214, Tel: 012 906 072

Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars around town. A good range of quality products is for sale at his butcher's shop.

### 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

Cnr. Streets 63 & 322, Tel: 023 726 480

Selling organic Koh Kong pepper and associated products, Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance.

### Madeleines Bakery

19 Street 228 Tel: 012 988 432

A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm

### Smokey da Boar

Tel: 012 836 442

Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

### The Deli

13 Street 178, Tel: 012 851 234

Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51. Open from 6.30am to 6.30pm, delivery service (within 30 minutes) is only from 7am to 11pm.

### Veggy's

23 Street 240, Tel: 023 211 534

One of the few shops catering for western tastes - marmite, Branston pickle, cereals, Barilla pasta, Lao coffee and other expat essentials. Good range of cheeses, salad and meats are stored in

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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.couleursdasie.net](http://www.couleursdasie.net)  
Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases & quilts. Has a selection of soaps and bath salts from Senteurs 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 Tuesday-Sunday 10am to 7pm.

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

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

**Sayon Silk Works**  
Street 19 (behind Royal Palace), Tel: 023 990 219, [www.sayonsilkworks.com](http://www.sayonsilkworks.com)

Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

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

**Sobbhana Boutique**  
24 Street 144/49, Tel: 023 219 455  
A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

**Wine**

**Celliers d'Asie**  
635 National Road 5, Tel: 023 986 350  
Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

**Open Wine**  
219 Street 19, Tel: 023 223 527  
Airon wine shop and tasting gallery. Sells wines, severac and calvados and meat. Has occasional free wine-tastings.

**Quarto Products**  
30 / 31 Street 108, Tel: 023 221 772  
email: [yuthana@quarto-products.com](mailto:yuthana@quarto-products.com)  
Fine food and wine distributors with large range of wines from around the world. Arranges frequent wine dinners and events.

**Red Apron**  
15 Street 240, Tel: 023 990 951  
Home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines the boutique has far more range for a special occasion than the supermarkets. **!**

#73, Street 240, Phnom Penh  
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[www.jasmineboutique.net](http://www.jasmineboutique.net)

[www.couleursdasie.net](http://www.couleursdasie.net)  
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# the insider

## What Has the Embassy Ever Done for Us?

To the uninitiated, life inside an embassy is shrouded with mystery and 007 spies lurking in the shadows. **Craig Gerard** breaks past the fortress walls to find out what your country's embassy can do for you.

IT IS LATE ON A SATURDAY night and your tuk tuk is involved in a fairly serious accident. While you wait for emergency services to arrive and contemplate a trip to the hospital, you take out your phone and start to scroll through your programmed numbers. Who do you call? If you are an expat, you may call your embassy first. It is reassuring to hear a familiar accent on the other end of the line. Someone who can provide sound advice during a stressful moment is a valuable resource to have. But does your embassy even know you are here?

For most consulates, registering is a relatively quick and painless online application, which has many benefits and very little downside. Usually, the system covers all countries that you visit, so once you have an account, you only need to update your travel information. Registering with your embassy provides them important emergency contact information, should you require assistance.

### ■ THE DISCREET AMERICAN

"We respect people's right to privacy," says Consular Chief Anita Allegra at the U.S. Embassy in Phnom Penh. U.S. residents registering with the State Department can designate individuals who are eligible to receive information about the traveller. Nobody else can access that information.

"Some people are hesitant to register because they feel like the government is keeping tabs on them," explains Anita, "but this isn't the case." The system doesn't store information regarding travellers past their stated departure date. There simply isn't sufficient space. However, while in Cambodia, an American registered with the embassy will receive email notifications with important travel news. For example, when the airport in Bangkok was closed for a few days in 2008, registered travellers in Cambodia were notified.



Your embassy needs you!

But it isn't all emergency and disaster in the U.S. consular section. Those who register at the American Embassy will receive an email about tickets to the community wide Fourth of July party at the embassy. American Citizen Services can help with a whole host of items, including issuing new passports, reporting on the birth of a new child, and collecting and sending in ballots during an election year. Appointments can be made online, giving the officer assisting you the chance to gather the necessary information before you arrive. Walk-in appointments are still available.

### ■ TRUE BRIT

British Embassies around the world initiated LOCATE about a year ago with the catch-phrase – "If we can't find you, we can't help you." The worldwide online registration system allows travellers to register their next of kin or an emergency contact and locations where they plan to reside.

Nicola James, the Consular Section Chief at the British Embassy here in Phnom Penh explains that the service not only

helps inform British citizens in Cambodia of emergencies, but also helps families in the U.K. get in touch with their relatives here.

"If a traveller always calls home on Sundays, but misses a particular week, the family back home can get nervous," says Nicola. "LOCATE helps our officers get in touch with that individual to let them know their family is trying to reach them."

Registration on LOCATE is good for one year. After that time, an email is generated asking the person to reconfirm their location or add in a new residence. If no response is received within a month, that account is cleared from the system.

The British Embassy in Phnom Penh also offers a host of consular services, including birth and death registration, witness signatures, marriage affidavit and the necessary certificate of no impediment, as well as Khmer/English translations.

### ■ I COME FROM A LAND DOWN UNDER

The Australian Embassy also offers an online registration.

The Phnom Penh embassy's website is chock full of comprehensive information about services provided (and not provided) to Australians living and travelling abroad.

Travel warnings, tips, bulletins, and country specific advisories are all available on the *Smartraveller* website. Visitors to the Australian Embassy can admire the brand new environmentally friendly building, while enjoying standard consular assistance such as help with changes in family size, passport renewals and advice on police clearances. No appointments are necessary, walk-ins are available from 8am-5pm Monday through Friday.

### ■ THE DETAILS

**U.S. Embassy website:** <http://cambodia.usembassy.gov/>

**U.K. Embassy website:** <http://ukincambodia.fco.gov.uk/en/>

**Australian Embassy website:** <http://www.cambodia.embassy.gov.au/>

**Smartraveller website:** <http://www.smartraveller.gov.au/>

## the insider

## advisory services

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

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

## architecture &amp; design

**Architecture in Asia**  
Bassac Garden City,  
Street E Villar E10 (off Norodom Blvd.)  
Tel: 017 939 591  
Architect with 15 years of experience in interior and architectural design in Asia.

**Bill Grant Landscape Design**  
Tel: 012 932 225  
Bill is the city's most exceptionally talented landscape designer. Check out gardens designed by Bill Grant at [www.landscapecambodia.com](http://www.landscapecambodia.com)

## bikes &amp; mechanics

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

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

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

## building

**Bizzy Beez**  
Tel: 012 755 913  
Company that promotes itself as the city's premier handyman service. 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](http://www.abac.com.kh)

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

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

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

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

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

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

**Women's International Group**  
Tel: 092 942 435 / 012-934-831,  
[email: dortekieler@gmail.com](mailto:dortekieler@gmail.com)  
WIG meets every first Wednesday of the

month at 3pm at Hotel InterContinental with a speaker on various topics. Also has monthly lunches and events. Welcomes women new to Cambodia to form a network and get settled in. Annual fee of US\$20 goes to projects for poor women and children in Cambodia.

## commercial banks

**Advanced Bank of Asia**  
148 Sihanouk Blvd., Tel: 023 720 435  
[www.ababank.com.kh](http://www.ababank.com.kh)

Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

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

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

## Counselling Services

**Banyan Tree Counselling Listing**  
17Az Street 21, Tel: 017 555 691  
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 &amp; media

**Asia Media Lab**  
Tel: 012 818 917, [www.asiamedialab.com](http://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](mailto: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](mailto:email@asiainsurance.com.kh)  
[www.asiainsurance.com.kh](http://www.asiainsurance.com.kh)  
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

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

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

## international schools

**iCan International School**  
85 Sothearos Blvd, Tel: 023 222 418  
[www.ican.edu.kh](http://www.ican.edu.kh)  
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different na-

tionalties, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

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

**Northbridge School**  
1km off National Road 4 on the way to the airport, Tel: 023 886 000  
[www.niscambodia.com](http://www.niscambodia.com)  
USA accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds

and pool on secure, manicured grounds. PYP/IBO candidate school.

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

## it &amp; software

**Conical Hat (Cambodia) Ltd.**  
Norodom Blvd.,  
Tel: 023 362 957  
[info@conicalhat.com](mailto:info@conicalhat.com), [conicalhat.com](http://conicalhat.com)  
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

**Netpro Cambodia**  
146D, Street 376, (near Toul Sleng Museum),  
Tel: 855 23 215 141,  
[info@netpro-cambodia.com](mailto:info@netpro-cambodia.com),  
[netpro-cambodia.com](http://netpro-cambodia.com),  
IT support company that delivers high quality

## Embassies

**AUSTRALIA**  
16B National Assembly Street  
Tel: 023 213 470  
[www.cambodia.embassy.gov.au](http://www.cambodia.embassy.gov.au)

**BELGIUM**  
Phnom Penh Center, Sihanouk Blvd., Block F - Floor 7  
Tel: 023 214 024

**CANADA**  
Canadians must see the Australian Embassy.

**CHINA**  
156 Mao Tse Tung Boulevard,  
Tel: 023 720 920  
[www.travelchinaguide.com/embassy/cambodia.htm](http://www.travelchinaguide.com/embassy/cambodia.htm)

**DENMARK**  
8 Street 352 Tel: 023 987 629  
[www.phnompenh.um.dk/en](http://www.phnompenh.um.dk/en)

**FRANCE**  
1 Monivong Boulevard,  
Tel: 023 430 020  
[www.ambafrance-kh.org](http://www.ambafrance-kh.org)

**GERMANY**  
76-78 Street 214,  
Tel: 023 216 381  
[www.phnom-penh.diplo.de/Vertretung/phnompenh/en/Startseite.html](http://www.phnom-penh.diplo.de/Vertretung/phnompenh/en/Startseite.html)

**JAPAN**  
75 Norodom Boulevard,  
Tel: 023 217 161  
[www.kh.emb-japan.go.jp/index-e.htm](http://www.kh.emb-japan.go.jp/index-e.htm)

**LAOS**  
15-17 Mao Tse Tung,  
Tel: 023 983 632  
[www.kln.gov.my/perwakilan/phnompenh](http://www.kln.gov.my/perwakilan/phnompenh)

**MALAYSIA**  
5 Street 242, Tel: 023 216 176  
[www.kln.gov.my/perwakilan/phnompenh](http://www.kln.gov.my/perwakilan/phnompenh)

**MYANMAR**  
181 Norodom Blvd.,  
Tel: 023-213-663  
[www.mofa.gov.mm/myanmarmissions/cambodia.html](http://www.mofa.gov.mm/myanmarmissions/cambodia.html)

**PHILIPPINES**  
33 Street 294, Tel: 023 215 145  
[phnompenhpe@ezecom.com.kh](mailto:phnompenhpe@ezecom.com.kh)

**SINGAPORE**  
92 Norodom Boulevard,  
Tel: 023 221 875  
[singemb\\_pnh@sgmfa.gov.sg](mailto:singemb_pnh@sgmfa.gov.sg)  
[www.mfa.gov.sg/phnompenh](http://www.mfa.gov.sg/phnompenh)

**SWEDEN**  
8 Street 352, Tel: 023 212 259  
[www.swedenabroad.com](http://www.swedenabroad.com)

**THAILAND**  
196 Norodom Boulevard,  
Tel: 023 726 306  
[www.mfa.go.th](http://www.mfa.go.th)

**UNITED KINGDOM**  
27-29 Street 75,  
Tel: 023 427 124  
[ukba.phnompenh@fco.gov.uk](mailto:ukba.phnompenh@fco.gov.uk)  
[www.ukincambodia.fco.gov.uk/en](http://www.ukincambodia.fco.gov.uk/en)

**UNITED STATES**  
1 Street 96, Tel: 023 728 000  
[ACSPHnomPenh@state.gov](mailto:ACSPHnomPenh@state.gov)  
[www.cambodia.usembassy.gov](http://www.cambodia.usembassy.gov)

**VIETNAM**  
436 Monivong Boulevard, Tel: 023 726 283  
[www.vietnambass-cambodia.org/en](http://www.vietnambass-cambodia.org/en)



# 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

# The Geek: Get Your Mac On



*Sok Yeng looks at the pros and cons of buying a Mac.*

IN OCTOBER, I BOUGHT myself a sexy 13" MacBook Pro. The reason? More and more of my clients are using Mac. And since I can run Windows on a new Mac laptop with gorgeous graphics, I have decided to make the switch!

In the first week, I struggled a little switching between open programs and windows as I'm used to task bar clicks. Switching between programs was ok, but confusing when trying to switch between open documents in the same program. But it turns out you can set up Expose (hot corners) which allows you to display everything at a glance on your screen by just moving your mouse pointer to one of the 4 'hot' corners of the screen.

The new Macintosh laptops are very well designed for mobility, multimedia and great for web browsing. And Mac is a sexy computer. It has very cool features that you will love like the multi-sensor touchpad for better cruising and smooth preview and zooming on pictures.

For recent converts from PC the great thing about the new Macs is that they enable you to run Microsoft Windows so that you can still use those PC programs that you can't live without.

Once you get used to the new Mac, it's actually very easy to navigate.

The auto screen brightness adjustment is a wonderful

break-through technology which helps your eyes avoid confronting a bright screen while in a dark room. Instead, the screen dims when it's dark and brightens up in brighter light. The backlit keyboard is just brilliant. Previewing pictures, PDF files and office documents is fast and makes sense as the program is already built-in with the latest Mac Operating System.

Less chance of a virus infection is for sure a big advantage over a Windows machine. You also don't need to worry about accessing your work files on a Windows server anymore. It's fully compatible.

If you are interested in purchasing a Mac, the Geek's tip on buying a Mac in Cambodia is to really investigate online which local shops are authorized resellers and also authorized service providers. Some shops only sell but cannot repair which can lead to a huge headache. I would recommend Uni Young, just north of Central Market near Bank street. They are a registered Apple service Provider.

**Uni Young, 2D1 Street 53, Tel. 012 866 667.**

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



**THINK** BEFORE GIVING MONEY  
TO BEGGING CHILDREN



[www.childsafe-international.org](http://www.childsafe-international.org)

# Trevor Keidan: Curing your Holiday Financial Hangover



*By the time you read this column chances are that you have spent ...and spent...and spent again to cover the cost of your festive season. Here are some tips on how to recover from a severe financial hangover brought about by all that spending.*

**EVEN THOUGH WE LIVE** in Asia we are certainly not immune to Christmas. Although there are no official figures for Christmas spending for expats living abroad, it stands to reason that if you are, and you take part in seasonal festivities you will invariably be spending money. Sometimes you will spend - and borrow - more than you should.

If you are one of these people, do not waste time worrying about it. Instead put a plan in place that will help you get back on financial track. Here are a few pointers to help you do that.

## ■ ANNUAL OVERVIEW

Start by creating an overall plan for the whole year. Make sure

that it is realistic and achievable and monitor it regularly – once a month is a good benchmark – once a week is better!

## ■ BUDGET FOR HOLIDAYS

Instead of just spending haphazardly on travel and holidays as well as big ticket items that take your fancy – cars, stereos, computers – make your budget part of your annual plan.

## ■ MANAGE YOUR DEBT

Pay off the credit cards or loans with the highest interest charges first. By prioritising your debt you will reduce unnecessary interest payments. Try to switch to credit cards that offer you something in re-

turn – like points that can save money when you travel etc.

## ■ START SAVING

Pay yourself first by putting money aside on a regular monthly basis. One of the best ways to do this is to pay a fixed amount in to a fund.

## ■ KEEP YOUR EYE ON THE FINANCIAL BALL

Instead of blindly paying off credit cards, loans and bills, monitor your payments regularly to see that you are getting the best deals.

## ■ SPEND LESS THAN YOU EARN

If you apply Pointers 1-5 you will find that this particular pointer will be easier to achieve.

Spending less than you earn is much easier when you have a solid overall plan.

So, if you have overdone it this holiday season and you are nursing a financial hangover don't fret. Instead just get on and fix it. Due care and attention might be all that is required to get you back on track. Happy New Year!

*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. 📧*

and reliable services to home and small to medium size organisations in Cambodia.

panoramic pictures, to cultural event organisation.

## legal

### Sciaroni & Associates

56 Sotheaors Blvd., Tel: 023 210 225  
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

### 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

## Office Space

### Kamia The Secretary Ltd.

784-787, Building F Phnom Penh Centre, Cnr. Sotheaors & 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## Photography

### AsiaMotion

Tel: 092 806 117, www.asiamotion.net  
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

## telecoms

### Beeline

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

### Melon Rouge Agency

84 Sotheaors 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°

### 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 Russian 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. 📧

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# siem reap

## Angkor with Children

Exploring the temples of Angkor with young children can be challenging. But it's also rewarding to see these wonders through your child's eyes, as **Angela Savage** reveals.



Discovering Angkor is full of mystery for both old and young

I FIRST VISITED SIEM REAP and the surrounding temples in 1992. Back then, the United Nations was running Cambodia, civil war was still raging in the countryside, and there was just me and my partner – literally. We barely saw another living soul.

Sixteen years later, we returned with our nearly-three-year-old daughter to a town that had changed so much it was unrecognisable, and temples crowded with foreign tourists. It was a very different experience but equally worthwhile.

The first thing that struck me about visiting Angkor with our daughter was that what excited us was rarely the same as what excited her. Exploring the jungle-covered ruins of Ta Phrom might be fun, but what really had her riveted were the tiny frogs and giant snails that shared the stones with her (we were warned against touching the snails as they can cause a rash).

While she showed mild interest in the carvings of the apsaras at Angkor Thom, she was thrilled by the group of apsara dancers in traditional costume who posed for photos with her for a mere US\$1 donation.

Another friend's kids most enjoyed the grassy expanse in front of the Terrace of the Elephants, and watching the real elephants ferry the tourists around Angkor Wat. The horses, too, are popular with the kids.

But visiting the temples themselves can be boring, if not gruelling for a toddler. So here are a few tips, gleaned from a number of families, for making the trip as enjoyable as possible for everyone.

Some midrange, family-friendly hotels recommended by resident expats are the Auberge Mont Royal d'Angkor, the Borann l'Auberge des Temples and the Pavilion d'Indochine. All have pools, gardens and kid-friendly touches. The Majestic Angkor was also recommended for older children (pool but no garden).

If you really want to enjoy the temples at your own pace, consider travelling with another family or other adults and taking turns at childcare and temple viewing.

That said, seeing the temples through the eyes of a child can be an enriching experience. While I remember the breath-taking grandeur of the temples on our 1992 visit, travelling with my daughter made me appreciate the details.



are the ponds, bench swing and garden will.

There's plenty for kids to see at the enclosed Night Market, too, and the juggling cocktail barmen at the fabulous Island Bar in the middle should keep them distracted long enough for you to enjoy a cool drink.

### ■ TRADITIONAL DANCE SHOWS

The Apsara Theatre (also referred to as 'Angkor Village') has a 6.30-8pm dinner and show – free for toddlers – which our daughter found captivating. *Apsara Theatre (Angkor Village)*, Wo Bo Road, Siem Reap.

*Auberge Mont Royal d'Angkor*  
www.auberge-mont-royal.com/web/

*Borann l'Auberge des Temples*  
www.borann.com/

*Butterflies Garden Restaurant*  
8am-10pm Ph 063 761 211  
www.butterfliesofangkor.com

*Pavilion d'Indochine*  
www.fr.asiarooms.com/cambodia/siem\_reap/pavillion\_indochine.html

Amongst our friends, the jungle temple of Ta Phrom seems to be the biggest hit with the kids. Visiting early, around 8 or 8.30am, will get you there ahead of the tour buses.

In Siem Reap, the Butterflies Garden Restaurant is worth a visit. If the butterflies don't keep the kids occupied, chances

## Pointers

- If your back is up to it, consider carrying your child in a baby/toddler backpack. If you live in Phnom Penh and don't have your own, someone on the Yahoo group 'Cambodia Parent Network' might lend you one. Contact [cambodiaparentnetwork@yahoo.com](mailto:cambodiaparentnetwork@yahoo.com).
- If your toddler is too heavy or active to be carried, make sure they have decent walking shoes that don't cause blisters (seems like a no-brainer, but we got caught out on this one).
- Be realistic about what you can achieve: visiting two or three temples is probably enough for one day.
- Hire a guide. In kid-friendly Cambodia, a good guide will be sensitive to kids' needs, such as pointing out all the fantastic animals to be seen on the bas-reliefs at Angkor Wat and the Bayon. Ours even carried our daughter up the steeper staircases so we could all enjoy the view.
- Stay at a hotel with a pool and make the most of it to take time-out between tours.

# calendar

## January

everything you've wanted to know about what's going on in the Reap ...

- HOLIDAYS
- ARTS & EVENTS
- FILM
- MUSIC & PARTIES
- FOOD & DRINK
- SALES
- SPORTS

### 1 Friday

Exhibition of works by Vincent Brouset @ FCC, 6pm  
"Black ink drawings of the Khmer woman" Exhibition runs all month.

### 3 Sunday

Exhibition opening @ Centre for Friends Without a Border, 6pm. Photographic works by David Scheinbaum. Wine reception and music by Milo.

Live music with "Plan B" @ FCC, 7pm

### 5 Tuesday

Japanese Buffet @ FCC, 6pm

### 9 Saturday

Khmer Youth Movie Night @ Singing Tree Café, 6.30pm  
Akeelah and the Bee.

Reggae Night @ X Bar, 10pm

Live DJ, D'Tonn, limbo competition fire-show.  
...may switch to Friday, keep an eye out for posters

### 10 Sunday

Sunday Night Movie @ Singing Tree Café, 6pm  
Food matters, you are what you eat.

### 11 Monday

Yoga Workshop with Diane Long @ Wat Bo Temple  
For more information contact heidiyogi@gmail.com.

### 12 Tuesday

Australian BBQ @ FCC, 6pm

Yoga Workshop with Diane Long @ Wat Bo Temple  
For more information contact heidiyogi@gmail.com.

### 13 Wednesday

Yoga Workshop with Diane Long @ Wat Bo Temple  
For more information contact heidiyogi@gmail.com.

### 14 Thursday

Elegy: Reflections on Angkor @ McDermott Gallery, Old Market, 6pm. Photographs by John McDermott.

Yoga Workshop with Diane Long @ Wat Bo Temple. For more information contact heidiyogi@gmail.com.

### 15 Friday

Yoga Workshop with Diane Long @ Wat Bo Temple. For more information contact heidiyogi@gmail.com.

### 16 Saturday

Khmer Youth Movie Night @ Singing Tree Café, 6.30pm  
Slumdog Millionaire.

### 17 Sunday

Sunday Night Movie @ Singing Tree Café, 6pm. Chasing God – are there unifying principles?

### 19 Tuesday

Cambodian Buffet @ FCC, 6pm.

### 23 Saturday

Live music with a 'surprise' band @ FCC, 7pm.

Jed & Bina's Birthdays Party @ Warehouse, 8pm. Themed party: 1920s flapper style.

Khmer Youth Movie Night @ Singing Tree Café, 6.30pm  
The Blue Planet.

Reggae Night @ X Bar, 10pm

Live DJ, D'Tonn, limbo competition fire-show.  
...may switch to Friday, keep an eye out for posters

Café, Gallery and Shop Opening Party @ Circle and Sannaki, 7pm. Drinks, food, art and clothing. (Near Poetry and The Sports Bar)

### 24 Sunday

Sunday Night Movie @ Singing Tree Café, 6pm. Turtles can Fly – The Kurdish hope to survive.

### 26 Tuesday

Italian Buffet @ FCC, 6pm.

Aussie Day Party @ Angkor What? Bar, 5pm

Australia Day Party and BBQ @ Siem Reap Hostel, 12pm

### 30 Saturday

Khmer Youth Movie Night @ Singing Tree Café, 6.30pm  
Kundun.

### 31 Sunday

Sunday Night Movie @ Singing Tree Café, 6pm. Life of Buddha - fundamental notions by Ven Thich Nhat Hanh.

### COMING UP...

Warehouse 4th Anniversary Fruit Party, Feb. 26/27

Puppet Parade, Feb. 27

### Every Monday

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Movie Night @ Soria Moria. Free popcorn, rooftop bar. 8pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

### Every Tuesday

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Ashtanga Yoga with Heidi @ Singing Tree Café. 9:30am – 10.30am

Pilates with Conchetta @ Singing Tree Café. 9.30am – 10.30am

Ashtanga Yoga with Heidi @ Singing Tree Café. 6.30 – 8pm

All you can eat BBQ @ The Villa. Australian style BBQ, with sausages, grilled shrimp and salads. Tickets US\$6. 5.30pm – 8.30pm

Ladies Night @ Soria Moria. Complimentary glass of Champagne, free treats and specials. 7pm – 10pm

### Every Wednesday

US\$1 Night @ Soria Moria. All drinks, all food US\$1. 7pm – 11pm

Monk Chat @ Singing Tree Café. Introduction to Buddhism with Venerable Sokhun and friends. 5pm – 6pm

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Introduction to meditation @ Singing Tree Café. By Raja Yoga. 7pm – 8pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...





@La Residence d'Angkor

## siem reap



ChildSafe  
network  
Together, protecting children.

A network protecting children from all forms of abuse.

[www.childsafe-cambodia.org](http://www.childsafe-cambodia.org)

## 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: 012 181 4001*

"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. Buy 2 buckets in one purchase, get a free Angkor What? T-shirt. Open from 5pm to late.

**Banana Leaf**

*Pub Street, Tel: 012 378 488*

At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays, with popular local expat band, Cambojam. A new cocktail promotion every week, and 50c draft beers after 9pm. Open from 9am till late.

**Central Bar & Brasserie**

*Old Market, Tel: 017 962 997*

New contemporary and stylish bar/restaurant on the corner facing Old Market, serving generous salads, sandwiches, pasta, pizzas and burgers. Reportedly the best breakfast in town. Open from 7am - 11pm.

**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.

**Funky Munky**

*Pub Street, Tel: 092 276 751*

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. Happy Hour from 4pm - 8pm, buy 2 drinks, get one free (cocktails and beer). Open from 11am till late.

**Laundry Bar**

*Old Market, Tel: 016 962 026*

[www.laundry-bar.com](http://www.laundry-bar.com)

Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

**Linga Bar**

*Alley behind Pub Street, Tel: 012 246 912*  
[www.lingabar.com](http://www.lingabar.com)

Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

**Miss Wong**

*Lane off Pub Street, Tel: 092 428 332*

Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

**Molly Malone's**

*Pub Street Tel: 063 963 533*

[www.mollymalonescambodia.com](http://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: 063 964 750*

[www.redpianocambodia.com](http://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 méeleé 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 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 free 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.

## siem reap - cafés

**Blue Pumpkin**

*Old Market, Tel: 012 946 227*

[www.tbumpkin.com](http://www.tbumpkin.com)

Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

**Café de la Paix**

*Sivutha Blvd, Tel: 063 966 000*

[www.hoteldelapaixangkor.com](http://www.hoteldelapaixangkor.com)

Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

**4FACES Gallery**

*Old Market Area, Tel: 089 20 83 36*

[www.4faces.net](http://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 10am - late.

**Singing Tree Café**

*Wat Bo Area, Tel: 012 258 984*

Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

**Singing Tree Corner**

*Old Market, Tel: 012 258 984*

New born sister to the Singing Tree Café, this colourful, contemporary café serves vegan suitable juices, shakes, coffees and teas, grilled sandwiches and cookies. Open 11am to 9pm.

## siem reap - galleries

**Alliance Café**

*7 Makara Street, Wat Damnak Area*

*Tel: 017 809 010*

In a French colonial building, Alliance Art Café combines exhibition space with a chic restaurant featuring Khmer and French cuisine. Works are displayed in the sculpture garden and café gallery.

**Arts Lounge**

*Hotel de la Paix, Sivutha Boulevard*

*Tel: 063 966 000*

## Every Thursday

Charity Pub Quiz @ Funky Monkey. Test your knowledge, and raise funds for charity. 9pm

Oh My Buddha @ Soria Moria. Happy Hour from 10am to 10pm, buy one get one free drinks. 50% off all food. 10am - 10pm

Ashtanga Yoga with Heidi @ Singing Tree Café. 10am - 11.30am

Introduction to meditation @ Raja Yoga. 5pm - 6pm

Meditation @ Raja Yoga. 6pm - 6:30pm

## Every Friday

Apsara Dance @ Soria Moria. By the children from Sangkheum Centre. Special set menu. Book in advance. 7pm

Pilates with Conchetta @ Singing Tree Café. 9.30am - 10.30am

Ashtanga Yoga with Heidi @ Singing Tree Café. 6.30 - 8pm

Introduction to meditation @ Raja Yoga. 5pm - 6pm

Meditation @ Raja Yoga. 5pm - 6pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

All you can eat BBQ @ The Villa. Australian style BBQ, with sausages, grilled shrimp and salads. Tickets US\$6. 5.30pm - 8.30pm

Live music with Cambojam @ The Banana Leaf. Live music session with popular local expat band. 8.30pm - 12pm

Ladies Night @ FCC. Free FCC chosen drink for all women. 7pm - 9pm

## Every Saturday

Super Saturday @ Soria Moria. All day Happy Hour, buy one get one free drinks. 50 percent off all food. 12pm - 8pm

Monk Chat @ Singing Tree Café. Introduction to Buddhism with Venerable Sokhun and friends. 5pm - 6pm

Ashtanga Yoga with Heidi @ Singing Tree Café. 9am - 10.30am

English Club @ Singing Tree Café. Talk and Teach/Talk and Learn. Come to talk and exchange views with Cambodian students, improve their language skills. 1pm - 3pm

## Every Sunday

Wine Night @ Soria Moria. Special offers for wine lovers. 6pm - 9pm

Sunday BBQ & Pool Party @ Siem Reap Hostel. Tickets US\$4. 5pm until...

Spanish Sunday @ FCC. Sangria & Paella, all you can eat and drink for US\$12, net. 11.30am - 2pm

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.

**McDermott Gallery I & II**  
FCC Complex, Pokambor Avenue, Tel: 012 274 274  
Alley behind Pub Street, Tel: 092 668 181  
www.mcdermottgallery.com

Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers. Open 10am to 10pm.

**The One Gallery**  
The Passage, Old Market Area  
Tel: 015 378 088  
Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories. Open 11am – midnight.

**The Red Gallery**  
FCC, Pokambor Ave., Tel: 092 822 323  
A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

**The Wa Gallery**  
333 Sivatha Boulevard, Tel: 016 746 701  
Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

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

**Golden Orange**  
Off East River Road, Tel: 063 965 389  
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

**Hotel de la Paix**  
Sivutha Boulevard, Tel: 063 966 000  
www.hoteldelapaixangkor.com  
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

**La Residence d'Angkor**  
River Road, Tel: 063 963 390  
www.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.

**Tara Angkor Hotel**  
Road to Angkor, Tel: 063 966 661  
Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

**Victoria Angkor**  
Near Royal Gardens, Tel: 063 760 428  
www.victoriahotels.asia  
Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

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

**Phokeethra Country Club**  
Sofitel Royal Angkor Resort & Spa,  
Vithel 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.

**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 form 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.

**Black Wheat**  
Pub Street Area. Tel: 092 96 32 13  
Modern restaurant serving the traditional French buckwheat crepes, stuffed with all kinds of meat, sausages, cheese, veg- etables, eggs and fish, as well as pizzas. Open from 10.30am to 11.30pm.

**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.

**siem reap - hotels**

**Amanara**  
Pokambor Avenue, Tel: 063 760 333  
www.amanresorts.com  
The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

**FCC Angkor**  
Pokambor Avenue, Tel: 023 992 284  
www.fccambodia.com  
Boutique hotel with 31 contemporary Asian-designed rooms spread around the

**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.



**សណ្ឋាគារ អូរ៉ាងៀង 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.





**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.

**Kama Sutra**

Pub Street. Tel: 017 82 44 74

Combining contemporary and traditional food evoking flavours from across Asia. Dedicated barbecue section, with regional classics from Thailand, Vietnam, Malaysia and Cambodia. Plus the curries, tandoor and massala for which it made its name. Open from 11am – 11pm.

**Khmer Kitchen**

Old Market. Tel: 063 964 154

Unfailingly popular with expats and tourists alike for its well-prepared, generous Khmer and Thai dishes at highly affordable prices. Open 11am to 11pm.

**Khmer Kitchen BBQ**

Pub St. Area.  
Tel: 012 34 95 01

A smaller venue than the sister Khmer Kitchen, but the food and service are just as good. Almost impossible to go wrong here. Open from 11am to 11pm.

**La Noria**

Wat Bo Road. Tel: 063 964 242

Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

**Le Bistrot de Paris**

Old Market Area. Tel: 092 964 790

Parisian-style bistro which opened in December 2006. Heavy wood-pannelled interior with solid bar provides this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines. Delicatessen "maison", with charcuterie and desserts made on the premises.

**Le Grand Café**

Old Market. Tel: 012 847 419

Elegant, open-fronted colonial style restaurant/café, serving a mixture of French and Asian classic dishes. Chef's recommendations include palm, pepper scallops and the Le Grand Café Lasagne, made with chicken and spinach in a Baileys sauce. Open from 7am to 11pm.

**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.hoteldelapaixangkor.com](http://www.hoteldelapaixangkor.com)

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

**Moksha**

The Passage. Tel: 012 181 3981

Contemporary Asian food, mixing special grills and regional classics. Signature dishes include marinated beef with fried red ants, and grilled duck breast with tamarind. Open 11am – 11pm.

**Samsara**

The Passage. Tel: 017 82 44 74

The only South Indian restaurant in town, serving dosa and wada and many other tasty

dishes from this renowned region. Open 11am – 11pm.

**Singing Tree Café**

Wat Bo Area. Tel: 012 258 984

Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

**The Soup Dragon**

Pub Street. Tel: 063 96 49 30

At this location since 2000, this multi-storied restaurant continues to pull in strong crowds for its extensive menu of western, Vietnamese and Khmer dishes. Open from 6am to 11pm.

**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****Carnets d'Asie**

333 Sivutha Boulevard, Tel: 016 746 701

Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

**Eric Raisina**

53 Veal Village, Siem Reap  
Tel: 012 965 207 / 063 963 207

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

**Jasmine Boutique**

FCC Angkor. Pokambor Avenue  
Tel: 063 760 610

Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the balgown you forgot to bring with you.

**Oro Rosso**

Old Market. Tel: 092 985 986

Formerly Sôg, but same owner even if under a different name and the same feminine, classic styles. Open from 9am to 10pm.

**Rouge**

Rogue, formerly the Boom Boom Room, continues to provide the most up to date music from their massive catalogue of music, movies, and television serials.

**Siem Reap Book Centre**

Pub Street Area. Tel: 012 929 298

History books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines. Open 10am.

**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.

**Wanderlust**

The Alley West. Tel: 063 965 980

Clothes that make you look good and life feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes, cushions and jewellery.

**travel****Blazing Trails**

Killing Fields Road,  
Tel: 012 676 381 / 012 542 916

Adventure tourism company that runs trips on quad bikes to Phnom Tmao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

**Cambodia Uncovered**

Tel: 012 507 097

[www.cambodiauncovered.com](http://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](http://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**

Travel Indochina

43-44EO Street 108, Tel: 023 991 978

[www.travelindochina.com.au](http://www.travelindochina.com.au)

Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

**Intrepid Travel**

468 Sivutha Blvd., Tel: 063 966 655

For travellers with a yearning to get off the beaten track, Intrepid opens up a whole new world of adventure travel. With a huge variety of tours available, Intrepid travellers explore the world's most amazing places.

**Sokha Helicopters**

2 St. 134 Phnom Penh, Tel: 023 885 773.

24 Sivutha Road Siem Reap,  
Tel: 012 184 8891


[www.sokhahelicopters.com](http://www.sokhahelicopters.com)

Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

**Travel Indochina**

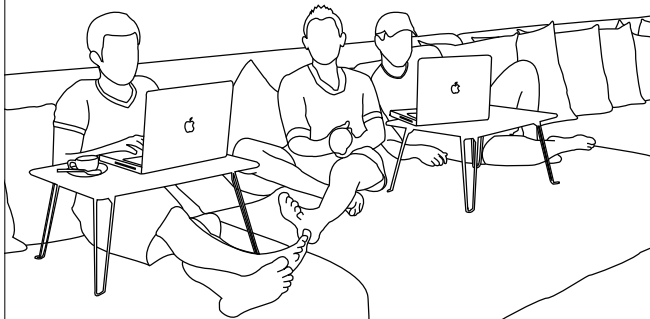
43-44EO Street 108,  
Tel: 023 991 978

[www.travelindochina.com.au](http://www.travelindochina.com.au)

Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 



# the blue pumpkin



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## Dispatches

films, races, deals

### PHANGAN FILM FESTIVAL

The third annual Phangan Film Festival will take place from Feb. 12 to Feb. 14 on tropical Koh Phangan Island in the Gulf of Thailand and will feature independent films from around the world. Founded by filmmaker Julien Balmer in 2008, the festival features short and full-length films, with no restriction on genres. The overall aim is to touch festival-goers and open doors to spiritual activism.

This year's themes are "nature" and "spirit," chosen to promote reflection on our ways of life and bring about change and development for Koh Phangan and the world in general. A share of the profits will be used to sponsor a collective beach clean-up on Earth Day, Apr. 22, 2010. Tickets can be purchased on the day of the event for THB 300 per evening or THB 700 for all three nights. For a sneak peek on some of this year's entries.

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

### LE TOUR DE LANGKAWI 2010

Whether you're an avid cyclist or looking for inspiration to dust off the old bike, the 15th Edition of Le Tour de Langkawi is sure to liven your ambition.

Riders will start the Malaysian cycling race Mar. 1 and cross the finish line in Kuala Lumpur on Mar. 7. The competitors include 20 six-man professional continental, continental, foreign national and local teams that will ride a total of 1,001.8 km through all corners of the country. The seven-stage event will feature the terrain of 13 towns across seven states and two federal territories.

For participant or spectator information, visit [www.tddl.com.my](http://www.tddl.com.my).



### TRAVEL DEALS:

#### EAST Hong Kong

**The Deal:** From Jan. 25 through Apr. 4, new lifestyle and business hotel EAST is offering promotional rates of HK \$988 (US\$127) or HK \$888 (US\$114) per night for a stay of two nights or more, about US\$200 off the regular rate.

**The Setting:** Located just east of shopping mecca Causeway Bay and situated off the Kowloon-bound metro line, EAST is a new luxury hotel that pairs sleek, modern design with serious tech cred; guest-rooms feature state-of-the-art communications technology, 37-inch HD TVs with satellite/cable, iHome/iPod Touch technology and WiFi. Facilities include Beast fitness centre, Feast restaurant and harbour-view rooftop lounge Sugar.

**The Verdict:** It would be difficult to find a room at a hotel of EAST's calibre for the same price in Hong Kong. The promotion offers a good opportunity to splash out without overspending during a business trip in Hong Kong. **A**





# Banlung: A Tree Too Far

For many years Ratanakiri was hard to reach, especially during the wet season. Now that the roads are much improved, **Mark Jackson** takes the eight-hour drive to Banlung, but has he left it too late?



There's more water in Ratanakiri than just the lake

**RUSSIAN HELICOPTERS** first brought Pierre-Yves Clais to Ratanakiri. He used to patrol the road from Stung Treng to Banlung in machines flown by Afghanistan veterans as long ago as 1992. "It was a great time," says the current owner of Terres Rouge. Pierre-Yves describes the remote northeastern province then as being a "wonderful discovery made of deeply interesting local people and customs in the middle of a fantastic nature." It was a kind of harmony, he adds.

Cambodia's wild, wild east has undergone many changes in the intervening years – many of them negative, according to the former Untac paratrooper.

"Ten years of forest destruction, not logging but sheer destruction, tens of thousands of hectares of forest burnt to the ground every dry season, the arrival of trash, noise and pollution," is the way he describes the area's development. Pierre-Yves finds it increasingly difficult to ensure guests leave with a positive image of Ratanakiri. "We have to go further and further but whenever we find a remaining patch of great forest we know it is doomed," he says.

## ■ A LOST WILDERNESS

Despite Pierre-Yves' words of warning, Ratanakiri remains firmly on the radar for those trying to find the exceptional in this increasingly popular tourist destination. The same development that has robbed the province of much of its natural beauty has made it much more accessible. Highway 7 from Phnom Penh to Stung Treng is paved all the way. It is only once you take Highway 78 to the provincial capital of Banlung that the road turns to red dirt.

The trees on either side are splattered with dust kicked up by the four-wheel drives and lorries plying their way to Banlung. A few settlements, hastily assembled lean-tos and more established buildings, bare the same red coating. This is a great trip for dirt-bike riders with kramas, who like clogging up the drain in the shower cubicle.

Our Camry made it easily enough – this was the beginning of the dry season. But there were times when we got too close to the

truck in front and had to apply the brakes and retire to a safer distance, as my driver couldn't even see the vehicle directly in front of us.

Pierre-Yves is correct about the logging. Few mature trees line Highway 78 and the roads around Banlung. Occasional clumps of mature trees are tantalising reminders of what once was. Carry on further northeast towards Vietnam and you will see some more mature trees in O'Chum district near the Veal Rum Plain. Rubber plantations are evidence of attempts to give something back to the earth. However, any explorer looking to become lost in the midst of dense jungle has timed it too late – at least in the relative proximity of Banlung. Apparently there is good trekking further afield, but this is no Indiana Jones country.

## ■ LAKES & WATERFALLS

Banlung itself is a two-road town with very little to delay travellers. It is though only three kilometres away from the area's main draw – Yaklom Lake (US\$1 entrance). Scientists have identified the lake as dating back some 700,000 years.

The clear waters provide for a beautiful swim, reminiscent of Alpine lakes, only not half so cold. Several pontoons are dotted around



Yaklom Lake – perfect resting spot

the lake, so you do not have to take the plunge immediately. Rather take the small path to your right as you meet the lake and keep on walking until you meet your place of solitude. Some huts around the lake are for hire, offering visitors the chance of a picnic Khmer-style. The really adventurous can climb the tall tree next to the main pontoon and leap from its lofty perch into the waters. Alternatively just spend a lazy afternoon mixing swimming with reading a book and waiting for the sun to settle over the lake. This really is one of the more enchanting places in Cambodia.

The other main attractions around Banlung are the three waterfalls. Cha Ung is an impressive single drop fall, although the waters are not accessible by foot. Those wishing to take a quick dip should head for either the Katieng or Kachagn Falls, both of which have small pools where you can swim – although the steps leading down to Katieng Falls are pretty treacherous. All three falls are only a few kilometres out of Banlung (2,000 riel entrance). Another place of interest is Eisey Patamak Hill, which has good views of Banlung and the surrounding area from its reclining Buddha.

#### ■ WET OR DRY?

Jean-Yves' favourite season is the rainy season and the period immediately after (September – October) "because nature is so nice then and it rains mostly at night." However, he adds that December to February is also good due to the cooler nights. You might even



Perfect for reclining

find an excuse for taking your beloved fleece out of the drawer.

However, talking to the Frenchman it is hard to avoid the feeling that the best time to visit the red province was yesterday. Even tourism forums "speak very harshly of deforestation in Ratanakiri" according to Jean-Yves. Unless measures are taken to preserve what little is left, one thing is certain – get there while you can – for it won't be here for much longer.

#### ■ ACCOMMODATION LINKS

**Terres Rouge**  
[www.ratanakiri-lodge.com/?lng=en](http://www.ratanakiri-lodge.com/?lng=en)

**Yaklom Lodge**  
[www.yaklom.com](http://www.yaklom.com)



Go natural at Yaklom Hill Lodge



Terres Rouge – the best hotel in the province



# Our Man in Bangkok

quirky, laidback, edgy, furnished



Relax in the quirky feng shui at Lo-Shu Restaurant & Wine Bar

## ■ EAT

### Lo-Shu Restaurant & Wine Bar

This quirky feng shui restaurant is based on the four elements – fire, water, earth and wind, a theme which is emphasised through the design. The menu brings together traditional flavours from Thailand, Vietnam, China and Japan and presents a range of Asian tapas, adventurous fusion concoctions and experimental dishes such as a Strawberry Caesar Salad and Chicken Souvlaki Wraps (with Indian spices). There's live jazz on Fridays, and Lo-Shu claims to have Thailand's only shochu cocktail lounge.

*Sukhumvit Soi 23, Tel +662 259-6771, www.lo-shu.com*

## ■ DRINK

### Jam

This laidback Thai-style bar is popular with Soi Thong Lo's trendsetters. It's a good chilled place to have a few drinks before heading to one of the nearby clubs. The venue features a comfy sprawl space inside. DJs play laid-back lounge during the week and there are local indie bands on the weekend.

*J Avenue Soi Thong Lo, Tel +6681 832-0675*

## ■ SEE

### Kathmandu Photo Gallery

Located in a restored 1930s shophouse in the Silom district, this two-floor gallery is owned and run by Thai photographer Manit Sriwanichpoom, who is well known for his superbly composed, edgy portraits. Manit's photography adorns the walls downstairs while the upstairs room is an exhibition space, where Hidden Gardens–Private Views by Stephen Albair runs until Jan. 31. Kathmandu also sells books and Buddhist and hippy garbs imported from Nepal.

*87 Pan Road, Tel +662 234-6700, www.kathmandu-bkk.com*

## ■ SLEEP

### Fusion Suites

Small eight-storey boutique hotel with 35 rooms, including deluxe suites that sport their own jacuzzi. Rooms are pretty small, but well appointed. And there's plenty of exposed wood and polished concrete, with contemporary paintings hung on the walls. Each room features an iPod dock, WiFi and TV. The property is located a short walk from Asoke BTS and Sukhumvit MRT station. Rooms start at 2,300 baht ++.

*Sukhumvit 21, Tel +662-655 2644, www.fusionbangkok.com* 📍

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# getaway



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## battambang

### La Villa

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

### Riverside Balcony Bar & Restaurant

West bank of river, Tel: 012 437 241  
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

## chau Doc (vietnam)

### Victoria Chau Doc Hotel

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

## phu quoc (vietnam)

### Chenla Resort & Spa

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

## kampot

### Bar Red

Old Market area, Tel: 092 724 720  
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

### Blissful Guest House

Kampot, Tel: 012 513 024  
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

### Bodhi Villa

Across the river, Kampot  
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

### Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314  
[www.bokorlodge.com](http://www.bokorlodge.com)  
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

### Epic Arts Café

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

### Jasmine

House 25 Riverside Road, Kampot  
Tel: 012 927 313  
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Tasty Thai, Khmer & café fare. Also has photography decorating the walls, and occasional film nights.

### Les Manguiers

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

### Mea Culpa

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

### Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820  
[rikitikitavi.asia.com](http://rikitikitavi.asia.com)  
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

### Rusty Keyhole

Riverfront, Kampot  
This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

## kep

### Beach House

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

### Breezes

Route 33, Kep  
Situated on the main coast road about halfway between Kep Beach and the ferry to Rabbit Island, this stylish restaurant and lounge is located right by the sea in a green, wooded area. The food is a fusion of Asian and western dishes with a focus on small dishes with plenty of seafood. Free pick-up and return to Kep hotels.

### Champey Inn Resort

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

### Knai Bang Chatt Resort

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

### Le Bout du Monde

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

### Led Zeppelin

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

### Veranda Natural Resort

Tel: 012 888 619, [www.veranda-resort.com](http://www.veranda-resort.com)  
Traditional wooden bungalows set in the hillsides, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

# amazing THAILAND

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*Kep, Cambodia*

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## phnom penh - deluxe

### Amanjaya

1 Sisowath Quay, Tel: 023 214 747  
[www.amanjaya.com](http://www.amanjaya.com)  
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

### Cambodiana

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

### Himawari

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

### Imperial Garden Hotel

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

### Intercontinental

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

### Raffles Hotel Le Royal

Street 92, Tel: 023 981 888  
[www.phnompenh.affles.com](http://www.phnompenh.affles.com)  
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

### Sunway Hotel

1 Street 92, Tel: 023 430 333  
[www.sunway.com.kh](http://www.sunway.com.kh)  
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

## phnom penh - mid

### Asia Club

456 Monivong Blvd., Tel: 023 721 766  
This private club and hotel with the most beautiful gardens in Phnom Penh is a haven away from the busy Monivong Blvd. on its doorstep. The five bungalows and four rooms are air-con with bath, large safe, flatscreen tv and large working area for business clients. With use of meeting rooms and swimming pool, Asia Club is a good business option and hidden gem.

### Almond Hotel

128F Sotheaors Blvd. Tel: 023 220 822  
[www.almondhotel.com.kh](http://www.almondhotel.com.kh)  
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

### Anise

2C Street 278, Tel: 023 222 522,  
[www.anisehotel.com](http://www.anisehotel.com)  
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

### Billabong

5 Street 158, Tel: 023 223 703  
[www.thebillabonghotel.com](http://www.thebillabonghotel.com)  
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

### Blue Lime

42 Street 19z (off street 19), Tel: 0 23 22 22 60  
[www.bluelime.asia](http://www.bluelime.asia)  
Centrally-located mini-hotel with a great swimming pool and contemporary rooms. Good flashpacker option.

### Bougainvillier

277G Sisowath Quay, Tel: 023 220 528  
Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

### FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014  
[www.fccambodia.com](http://www.fccambodia.com)  
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

### Goldiana

10-12 Street 282, Tel: 023 219 558  
[www.goldiana.com](http://www.goldiana.com)  
Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

### Kabiki

22 Street 264, Tel: 023 222 290  
[www.thekabiki.com](http://www.thekabiki.com)  
Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms have a double bed and a bunk bed as well as a small outside area for small children. Free WiFi, bar and restaurant.

### The Quay

Sisowath Quay, Tel: 023 224 894  
[www.chowcambodia.com](http://www.chowcambodia.com)  
Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the 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](http://www.pavilion-cambodia.com)  
Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

### River 108

2 Street 108, Tel: 023 218 785,  
[www.river108.com](http://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](http://www.villalangka.com)  
Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka that has competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

## phnom penh - budget

### Blue Dog Guest House

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

### Bodhi Tree

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

### California 2

79 Sisowath Quay, Tel: 077 503 144  
[www.cafecaliforniaphnompenh.com](http://www.cafecaliforniaphnompenh.com)  
New guest house and bar on the riverfront with well-priced rooms with air con and security box. Downstairs bar has great Tex-Mex food and pool table.

### 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.

# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



  
**Independence Hotel**  
● Boutique Resort ●

## 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 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.

## 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 expatriates and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

## Reef Resort

*Road to Serendipity Beach, Tel: 012 315 338, bookings@reefresort.com.kh*  
Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

## Scuba Nation

*Tel: 012 604 680 / 012 715 785*  
www.divecambodia.com  
Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon. Also run a range of PADI-certified courses. Has office in Phnom Penh.

## Sokha Beach Resort

*Sokha Beach, Tel: 034 935 999*  
With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the most up-market place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night.

## Starfish Bakery Café

*Behind Samadera Market, Tel: 012 952 011*  
Excellent place for a healthy breakfast or lunch set in a relaxing garden environment with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

## 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. 



Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia  
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# unplugged

## Feeling the Spark in America

Will is left out in the cold as the long winter nights draw in, and his wife finds him less than electric.

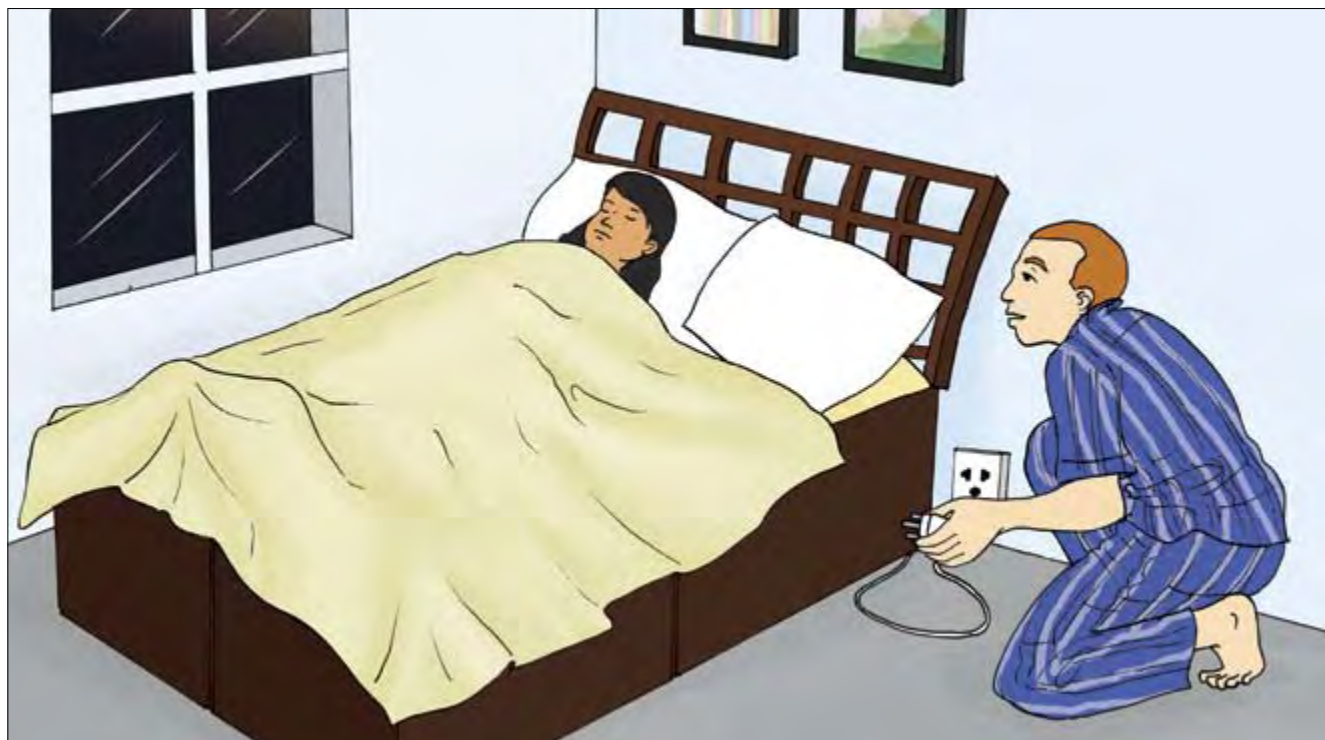


ILLUSTRATION BY WUTH / OUR BOOKS

OREGON HAS A KNOWN reputation, among Cambodians and everyone else, of being a beautiful place. It has soaring mountain peaks, lush forests and stunning waterfalls.

But the climatic conditions that grant the state so much beauty also grant it a cold, damp climate for much of the year. For the five months of winter, much of Oregon resides in a gray, sunless existence — no snow, no sun, just a dreary constant drizzle.

Now many locals think this is a perfectly reasonable situation, living without sun for so long only makes you appreciate the summer that much more. But immigrants from Cambodia and other sunny locales generally disagree. Temperatures that I consider T-shirt weather, is cold enough to freeze a native of Indochina in place. Other than giving tropical transplants an opportunity to become as pale as possible, they're miserable, my wife included.

And it's not as easy as just cranking up the heat. Setting the thermostat to replicate a balmy day in Cambodia sent our electric

bill to levels only seen in U.N.-funded development programs. Especially when your wife reacts to temperatures in the Celsius teens by turning the heater to maximum and trying to build a little tent around the vent.

Sadly, being a journalist doesn't leave much for luxuries like extra electricity, or at least paying for it. And a few electric shocks from that all-American 110 volt power is enough to convince any inept hobbyists like myself not to try to steal it.

Other options didn't pan out as hoped. Despite former President Jimmy Carter's recommendations, one can wear only so many sweaters. And the Snuggie, a blanket with sleeves that has become the symbol of America's Great Recession, is just that: a blanket with sleeves. It's about as comfortable and flattering as any blanket with sleeves can be.

### ■ LOVING WORDS

Every culture has its own way of expressing affection, and sometimes these are open to bizarre cross-cultural misunderstand-

ings. The French endearment "ma biche" can be confused by Americans as having far more derogatory implications. Americans occasionally refer to an annoying, but adorable child as a bugger — which means something very, very different to British ears.

For Cambodians, your true love — the one who holds you tight on cold nights — is a "poi sych." Literally a "flesh blanket." This sounds like an accessory from Hannibal Lecter's line of horrific home furnishings, something to curl up under and enjoy a nice Chianti, but it's considered a powerful term of endearment by Cambodians. Everyone wants to find their poi sych to keep them warm at night.

The potential romance is also rapidly snuffed out by the logistics of trying to huddle together like refugees in the monsoon rain.

But an amazing technological innovation presented itself. It offered energy savings, which is currently the height of fashion, and cozy warmth: an electric blanket.

### ■ POWER OF ELECTRICITY

It's rare that one single object can completely change your view of a country. For my wife, it was that electric blanket. Winter in Oregon is no longer a season of despair; it's a season to plug in and luxuriate under the copper-placed folds.

However, I hadn't anticipated the threat that blanket would pose. As the Internet has rendered many of my fellow journalists obsolete, so has the electric blanket negated at least one of my uses as a husband.

Instead of being a warming lump, she's now aware that I snore and take up too much of the bed.

Now when I come to bed, I'm no longer sought for a warming hug. If I try to cuddle up for some of that radiant heat from the electric blanket, I'm as likely to receive a swift kick as anything else.

It's a cold, hard world out there. Even in America.

*Will Koenig is a journalist in Oregon, where he lives with his wife and son. Email: will.koenig@gmail.com. ■*

# Vox Pop: Music

Conor Wall and James Grant hit the streets this month to ask about music, rock stars and vinyl

■ **NAME:** Sony

**AGE:** 25

**NATIONALITY:** Khmer

**OCCUPATION:** Barman

**WHAT IS YOUR FAVOURITE**

**SONG RIGHT NOW?**

Bob Marley – “Is This Love.” I like the meaning of this song.

**IF YOU COULD BE A ROCK STAR, WHO WOULD YOU BE?**

Preap Sovath – He is a sexy man and I think he gets a lot of women.

**WHAT WAS YOUR FIRST VINYL, TAPE, CD OR MP3?**

When I was 15, I bought a Sun See Samut cassette. It cost 1,500 riel. Cheap cheap!



■ **NAME:** Laa

**AGE:** 16

**NATIONALITY:** Khmer

**OCCUPATION:** Champion Book Seller

**FAVOURITE SONG:** Camar Srey Mun – ‘Go and take a foreign husband’. I like this song because the Barang in the video is my friend. His name is Scott.

**ROCK STAR:** I wouldn’t want to be a rock star. I prefer to sell books so I can give money to my parents.

**FIRST VINYL/TAPE/CD/MP3:** 6 years ago, I bought a Preap Sovath tape. I still have it at home.



■ **NAME:** Franco Dionco

**AGE:** 23

**NATIONALITY:** Filipino

**OCCUPATION:** Creative Director of F Magazine

**TIME IN CAMBODIA:** 2 years

**FAVOURITE SONG:** Bad Romance – Lady Gaga

**ROCK STAR:** Adam Lambert

**FIRST VINYL/TAPE/CD/MP3:**

Tape – Aaron Carter



■ **NAME:** John Berkavitch

**AGE:** 29

**NATIONALITY:** British

**OCCUPATION:** Live Artist

**TIME IN CAMBODIA:** 3 Months

**FAVOURITE SONG:** Cannibal Kids – Sound of Rum

**ROCK STAR:** Pete Burns (you spin me right round)

**FIRST VINYL/TAPE/CD/MP3:** 7" Vinyl – MC Hammer – U Can’t Touch This



■ **NAME:** Sandra D’Amico

**AGE:** 30-ish

**NATIONALITY:** South African

**OCCUPATION:** Managing Director

**TIME IN CAMBODIA:** 8 years

**FAVOURITE SONG:** Beethoven’s Pathetique

**ROCK STAR:** Mozart

**FIRST VINYL/TAPE/CD/MP3:**

Tape – Vusi Maserela, South African jazz musician



■ **NAME:** Keren Mayer

**AGE:** 32

**NATIONALITY:** Swiss

**OCCUPATION:** Ex-Business-Corporate Lawyer

**TIME IN CAMBODIA:** 9 days

**FAVOURITE SONG:** Russians – Sting

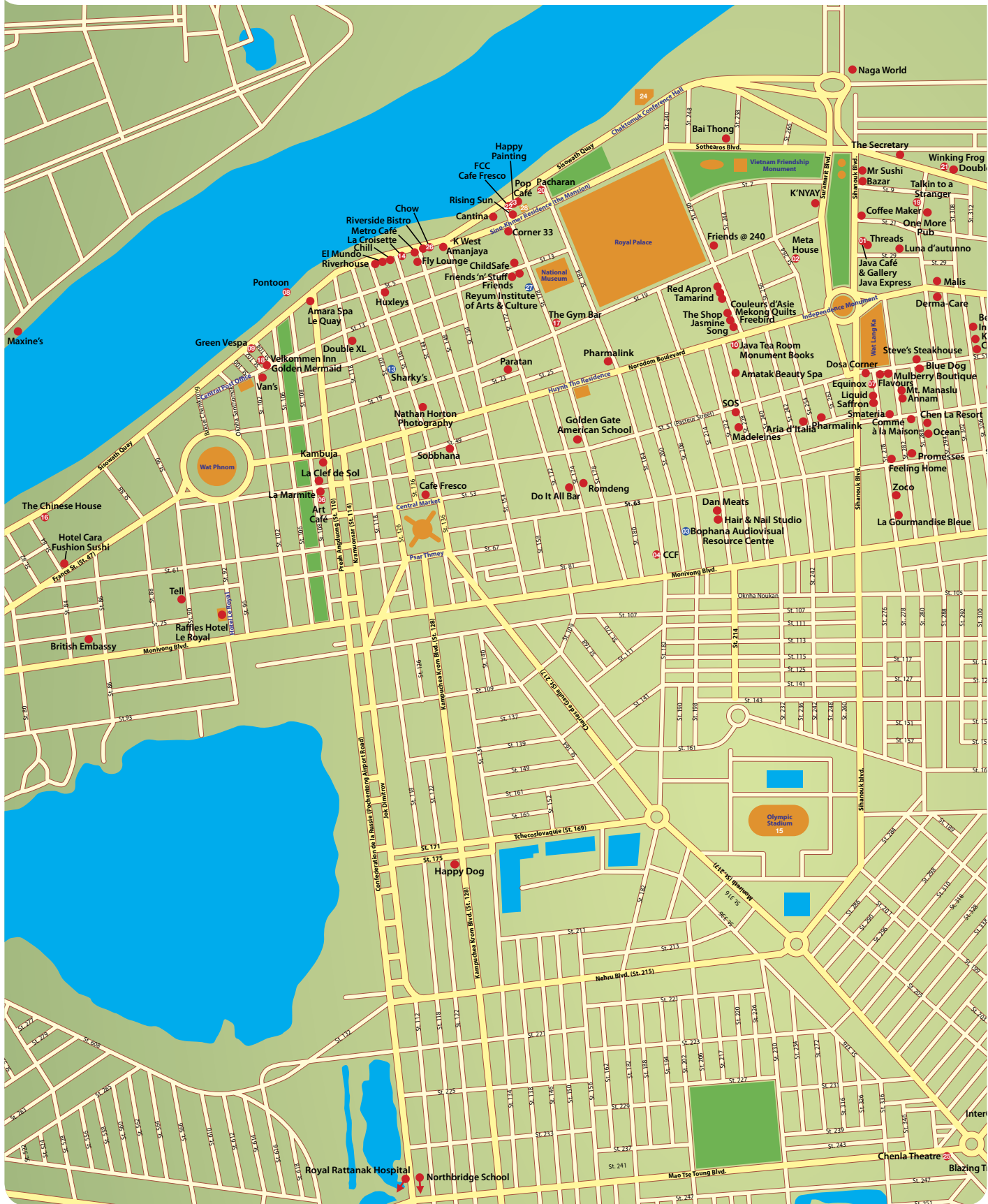
**ROCK STAR:** Madonna

**FIRST VINYL/TAPE/CD/MP3:** Vinyl – Bananarama





# phnom penh: central





THINK OF OUR  
**MALT, HOPS  
 & YEAST**  
 AS SUCCESSFUL  
 BUSINESS PARTNERS.

ENJOY WINNING



# January Horoscope

■ **CAPRICORN (DEC. 22 – JAN. 20)**

Happy Birthday Capricorn! January is an important month for you, Capricorn – a time for reinventing yourself. While there are more career pressures to deal with, you have very strong powers of attraction and can form a beneficial friendship this month. A year of learning and improving your skills is in store, as well as increased charm in your manner and the way you express your ideas. Gifts, pay increases, or other bonuses are likely forthcoming.

■ **AQUARIUS (JAN. 21 – FEB. 19)**

Until the 18th life is as quiet as it should be, Aquarius. It's time to catch up on your sleep, pay more attention to your dreams and intuition, and deal with some endings that need your attention. While the New Year may not start with a bang for you, from the 18th onward, others are paying close attention.

■ **PISCES (FEB. 20 – MAR. 20)**

Barriers have been coming down for you in the past years, Pisces. With jovial Jupiter moving into your sign this month – and staying there much of 2010 – you'll be enjoying a lucky streak. Your confidence and optimism increase. Some financial tensions are likely, coming from others draining your resources. Hold on to your money.

■ **ARIES (MAR. 21 – APR. 20)**

Career and professional matters

are in strong focus this month, Aries, but they are not always easy. While you have the opportunity to truly shine professionally, blockages can come from both outside and within. You are not as sure of yourself and uncharacteristically second-guessing your decisions these days. Roadblocks and delays don't help, but are mostly cleared up by mid-month, when you have a chance to start fresh.

■ **TAURUS (APR. 21 – MAY 21)**

Challenges this month mostly revolve around home, family, finances, and personal energy levels, Taurus. However, opportunities to break the routine and to get away are likely to arise now and in the coming months. Some of you will be relocating, although it's better to do so after March. Finances improve from mid-month, and you are feeling decidedly more independent.

■ **GEMINI (MAY 22 – JUN. 21)**

You can expect 2010 to be a banner year for your career, Gemini, with doors opening up for you and strong support from others. Late January brings a taste of that exciting energy. You are likely to deal with mechanical breakdowns and communication snafus, especially with friends, until mid-March. Finances are also touchy this month, with most problems finding resolution in the third week of January.

■ **CANCER (JUN. 22 – JUL. 22)**

The holiday season was colourful

for you, Cancer, and you start out the New Year with some challenges with those close to you. However, by mid-month, you are rediscovering the joys of partnership, as well as a new found urge to explore and expand your horizons. Meeting new people and learning about the world around you are healthy escapes.

■ **LEO (JUL. 23 – AUG. 22)**

More rethinking of your strategies when it comes to personal plans is in order this month, Leo. Others might not be getting you right now, and you experience delays and frustrations that force you to go over your plans and refine them. Work matters improve significantly by mid-January, although you still have to deal with some power struggles on the job front.

■ **VIRGO (AUG. 23 – SEP. 23)**

You are learning about what motivates you, and how to express yourself more freely as a result, Virgo. A new beginning or a surge in your romantic life is experienced from the 13th to the 18th, although you'll still need to iron out your differences when it comes to shared values. A romance or creative project moves forward at this point. Saturn reminds you to save and cut back, and your body gives you a strong message to rest

■ **LIBRA (SEP. 24 – OCT. 23)**

2010 will bring its share of

responsibilities to you, Libra, but nothing you can't handle. In fact, you will come out stronger and more self-reliant than ever before. More confidence is with you on the job in January. You will need to be careful, however, that you don't take on too much. From the 18th you'll be enjoying a more sociable time and lighter spirit.

■ **SCORPIO (OCT. 24 – NOV. 22)**

Career demands are heavy this month, Scorpio. Some decisions or plans may be on hold and projects need to be redone. While you have excellent ideas for projects now, mull them over until a better time for launching them. Entertainment and leisure opportunities open up for you this year, starting in January. Your romantic life picks up speed, you're feeling more creative, and your interests expand.

■ **SAGITTARIUS (NOV. 23 – DEC. 21)**

As adventurous as you are, dear Sagittarius, January pulls you closer to home and family. This is a trend that continues much of the year—family and domestic activities bring joy and increase. Challenges with friends over values are likely to crop up now and throughout 2010. While it may not feel great initially, you'll be strengthening true friendships this year. January is strong, for money matters, with a windfall, gift, or bonus likely. 🍀

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# This Month in History

A burlesque dancer, a filmmaker, and two pioneering feminist musicians walk into a bar



## ■ BIRTH OF A BURLESQUE BABE.

*January 2nd, 1904*  
Sally Rand starred in roughly twenty silent films in the mid and late 1920s, and made at least four sound films in the 1930s.

Her great claim to fame, however, was as a burlesque dancer: she danced either nude or in a nude-ish body suit, usually with her trademark giant ostrich feathers, or her giant bubble. She was a huge hit at the 1934 Chicago World's fair. After one of her acts at the fair she was arrested and brought up before Superior Judge Joseph B. David. He dismissed the case, saying, "When I go to the fair, I go to see the exhibits and perhaps to enjoy a little beer. There is no harm and certainly no injury to public morals when the human body is exposed. Some people probably would want to put pants on a horse."

Rand is quoted as saying, "I have been successful, and I am grateful for my success. I have had some experiences that I wish I never had had, but that would be true in any business. I cannot say sincerely that I would have chosen just this road to fortune. Perhaps I might have wished for another way. But I took the opportunity that came to me. At any rate, I



haven't been out of work since the day I took my pants off."

## ■ A FILM LEGEND BORN

*January 14, 1892*  
Hal Roach was impressed by the great American humorist Mark Twain when he was a young grade school student. After an adventurous youth that took him to Alaska, he worked his way up in the film industry and after coming into an inheritance, he began producing short comedies.

In 1931, with the release of the Laurel & Hardy film *Pardon Us*, Roach began his climb to fame. From 1937 to 1940, Roach concentrated on producing glossy features, abandoning low comedy almost completely. Roach's one venture into heavy drama was the acclaimed *Of Mice and Men*. The Laurel & Hardy comedies, once the Roach studio's biggest drawing cards, were now the studio's least important product and were phased out altogether in 1940.

In 1955, Roach sold his interests in the production company to his son, Hal Roach, Jr., and retired from active production. Unfortunately, the younger Roach lacked much of his father's business acumen, and soon lost

the studio to creditors. It was finally shut down in 1961.

## ■ CLARA SCHUMANN'S FIRST CONCERT TOUR.

*January 25th, 1844.*  
Clara Wieck already had a career as a virtuoso pianist when she married the composer, Robert Schumann, in 1840. Her concert performances were the couple's main source of income during their marriage, despite her bearing her husband eight children. In 1853 the couple befriended Johannes Brahms, who immediately fell in love with Clara. Robert died (in an insane asylum) in 1856, and Clara and Brahms began a devoted, platonic, love affair – which lasted the rest of their lives.

Clara lived until 1896, but never married again; Brahms never married. He died eleven months after her.

Clara Schumann, through her performances, which continued until 1891, pioneered the acceptance of a woman virtuoso soloist. At the same time, she enshrined her husband's and Brahms' works in the standard concert repertory, setting the popular seal of approval on two late classicists at the height of the romantic era. Her refusal to remarry also enshrined the Victorian conception of eternally faithful widow-hood.

## ■ THE WORLD'S FIRST RECORDING OF THE CLAVICHORD.

*January 8th, 1941*  
Violet Gordon Woodhouse was the first keyboard artist to record the harpsichord and clavichord, the harpsichord in 1920 via the acoustic method, the clavichord over a radio broadcast recorded by the BBC at her home in 1941.

Together two women: Woodhouse in the UK and Landowska in Paris, revived these two instruments after a century of obsolescence. Many important British musicians, writers and artists begged Woodhouse to continue concertizing and commercially recording once electrical recording became a reality, in 1927, but the double murder of her sisters by their butler in 1926 brought her a sizeable inheritance, and she retired from the concert hall and recording studio. The 1941 broadcast was a late exception.

She did not, however, retire from playing. She performed for the rest of her life but only for her intimate salon at her house, where she lived from 1903 with her husband and three male lovers. She survived her husband and one lover, dying in 1948.

Woodhouse was a pioneer in the revival of early music and early music instruments, and in open marriage, during the Edwardian era. ■

## ■ CELEBRITY BIRTHDAYS THIS MONTH

*Figures in brackets represent the age they will be on their birthday.*

*Jan. 1* – Verne “Mini-Me” Troyer (41); *Jan. 2* – Cuba Gooding Jr. (42); *Jan. 3* – Mel Gibson (54); *Jan. 5* – Marilyn Manson (41), Diane Keaton (64); *Jan. 6* – Rowan Atkinson (55); *Jan. 7* – Nicolas Cage (46); *Jan. 8* – David Bowie (63), Stephen Hawking (68); *Jan. 9* – Jimmy Page (66), Joan Baez (69); *Jan. 10* – Rod Stewart (65); *Jan. 14* – Jason Bateman (41), LL Cool J (42); *Jan. 16* – Kate Moss (36); *Jan. 17* – Jim Carrey (48), Muhammad Ali (68), James Earl Jones (79); *Jan. 18* – Kevin Costner (55); *Jan. 19* – Dolly Parton (64); *Jan. 20* – David Lynch (64); *Jan. 21* – Geena Davis (54); *Jan. 24* – Sheila Robinson (65), Neil Diamond (69); *Jan. 26* – Wayne Gretzky (49); *Jan. 28* – Elijah Wood (29), Sarah McLachlan (42); *Jan. 29* – Oprah (56), Tom Selleck (65); *Jan. 30* – Gene Hackman (80); *Jan. 31* – Minnie Driver (39). ■



# The QuizMaster

## ■ IN THE MOOD FOR DANCING?

- Which dance of French origin is often associated with Orpheus in the Underworld?
- Which dance was named after a street in London SE11?
- Which song was playing when the men started to dance in the dole queue in the film *The Full Monty*?
- In *The Bible*, who did 'The Dance Of The Seven Veils'?
- In the film, 'Mary Poppins', what kind of animated birds did the actor Dick Van Dyke tap dance with?
- What is the name of the ritual dance performed by the New Zealand All Blacks Rugby Team before every game?
- Harry Fox is often credited with introducing which dance to the world in 1914?
- Who won the Hong Kong "Crown Colony Cha-Cha Championship" in 1958, the year before he returned to his birthplace, San Francisco?
- What is the national dance of Brazil?
- What type of dance is the subject of Baz Luhrmann's 1992 film?

## ■ LET'S TALK ABOUT THE WEATHER

- What was the title of Margaret Mitchell's only novel (as if we give a damn)?
- In Herge's 'Adventures of Tin-Tin', what was the name of his dog?
- Which Whirlwind visited Cambodia in 2003?
- Which film saw George Clooney battling against the 'ideal' elements at sea?
- Which song, by The Kinks, was at No 1 in the charts the same month that England won the 1966 World Cup?

- What was Don Johnson's character nicknamed in *Miami Vice*?
- Whose first album was titled *Raintown*?
- Which 1971 thriller stars Clint Eastwood as a DJ?
- Which pop group had hits with the songs 'Lucky You' and 'Sugar Coated Iceberg'?
- Where does Dorothy Gale travel to?

## ■ MOTHERS

- According to the proverb, what is 'The Mother of Invention'?
- What name is given to the central printed circuit that controls the main components of a computer?
- Which actress, born in 1927, and famous for showering, is the mother of Jamie Lee Curtis?
- Who is the deceased mother of Peaches, Pixie & Fifi Trixibelle?
- Who was Queen Elizabeth I's mother?
- What was the name of Spock's mother in the TV series 'Star Trek' being also the name of a late 1980's pop group?
- In Greek tragedy, which king married his own mother?
- Debbie Reynolds, who appeared in *Singin' in the Rain*, is the mother of which actress and novelist?
- Joseph Conrad, of *Heart of Darkness* fame, was born in what is now Ukraine, became a British subject and wrote in English. What was his mother tongue?
- The band The Mothers of Invention are associated with which legendary musician?

■ ANSWERS ON PAGE 50

# 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 'piece of cake'. A great one for those of you just getting started in the Sudoku world – or for those of you in need of a boost of self-confidence. The quickest way to tackle this puzzle is to start with the middle box and work outwards. Or for a challenge – try to beat Gwan Ching Lee's time! Enjoy.

And sharpen your pencils – next month we're throwing you a tough one!

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

Level: Super Crazy Easy

Gwan Ching Lee's time: 2 mins

■ ANSWERS ON PAGE 50

# Quote Unquote

## ■ MUSIC

"I understand the inventor of the bagpipes was inspired when he saw a man carrying an indignant, asthmatic pig under his arm. Unfortunately, the manmade sound never equalled the purity of the sound achieved by the pig."

— Alfred Hitchcock

"It's easy to play any musical instrument: all you have to do is touch the right key at the right time and the instrument will play itself."

— J.S. Bach

"I don't know anything about music. In my line you don't have to."

— Elvis Presley

"Talking about music is like dancing about architecture."

— Steve Martin

"I like to think of us as Clearasil on the face of the nation. Jim Morrison would have said that if he was smart, but he's dead."

— Lou Reed



GERMANY VOTE  
CAMBODIA  
CELLCARD 2009  
WOVD VOLLEYBALL  
WORLD CUP  
BEST EVER

World Champions Germany unanimously voted the Cambodia Cellcard 2009 WOVD Volleyball World Cup the best tournament they'd ever attended at a team meeting prior to their departure on Monday.

Germany Coach Athanasios Papageorgiou and the team bade farewell to the local organising committee Monday morning and informed them of their vote taken the night before. The professionalism of the CNVLD together with the nationwide passion for the event, the electric atmosphere in the packed Olympic Stadium and the welcome from the Cambodian people all influenced the decision of the most experienced team in the world. Stars Oliver Gutfleisch and Robert Kampcyck remained in awe of the local support and highlighted the Germany Cambodia match as the most memorable of their lives. Never had the multiple world champions ever played before so many fans or witnessed such passion in support of athletes with a disability.

Coach 'Papa' felt that Cambodia had won regardless of the national team's unexpected fourth place and had placed itself firmly on the map as a remarkable international venue. The bonds of friendship between the two teams goes back more than a decade and now after their second win on Cambodian soil, Germany are certain they will return and continue to stand up for standing volleyball with Cambodia.

Half the German team remained in Cambodia for an extended holiday on the coast, a direct socio-economic benefit to Cambodia as a result of the hosting an international sports event. The CNVLD congratulates Germany once again for their victory as Cambodia Cellcard 2009 WOVD Volleyball World Cup Champions and wishes them safe journey home.

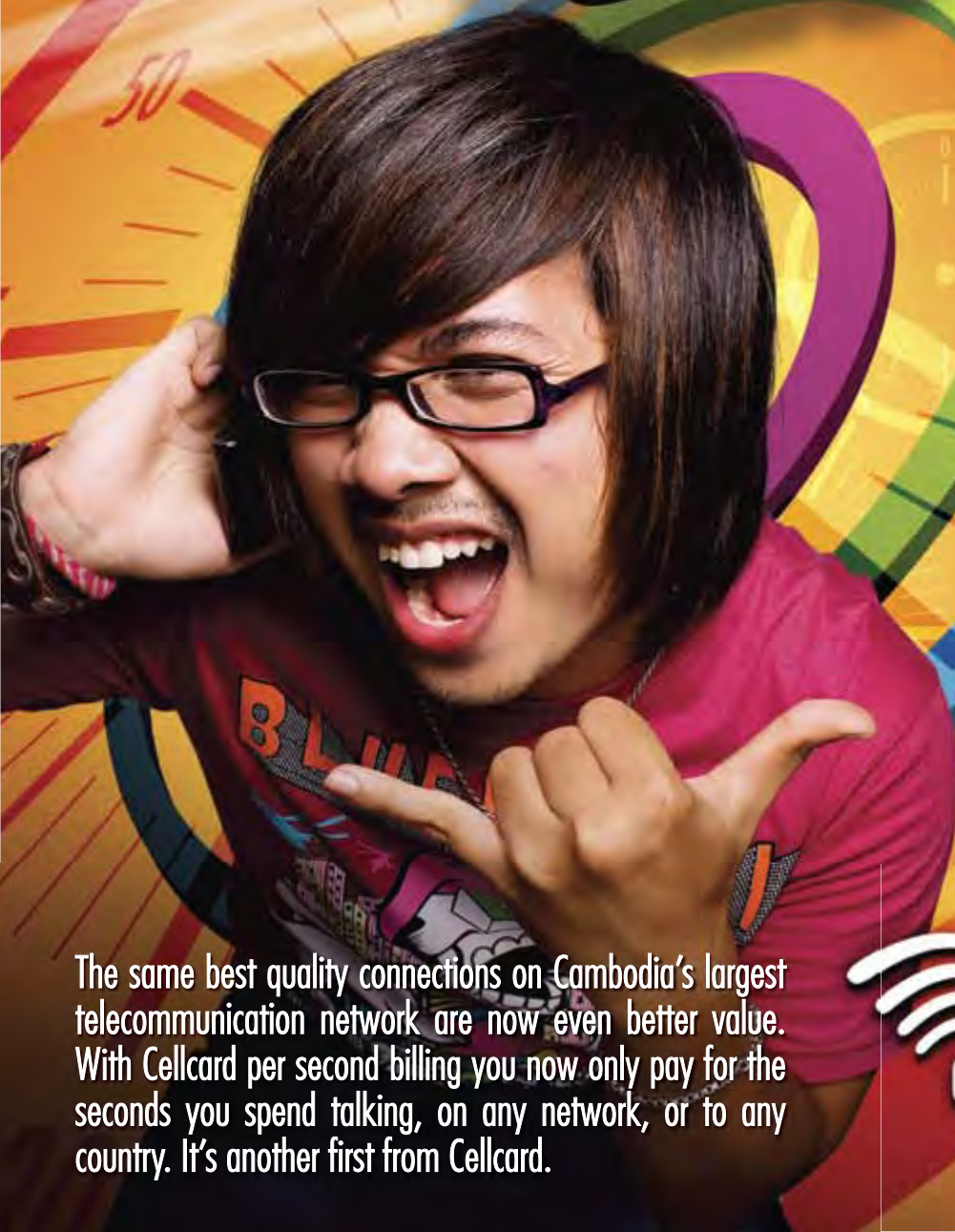
Cambodia Cellcard 2009 WOVD Volleyball World Cup:  
Voted by World Champions Germany as the Best Tournament Ever

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