

PHNOM PENH

ASIALIFEguide

052010
ISSUE41

Taming the Dragon

The High Price of Developing the Mekong



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Dengue Fever
Interview



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Editorial

“WHAT MAKES A RIVER SO restful to people is that it doesn't have any doubt – it is sure to get where it is going, and it doesn't want to go anywhere else.”

So said Pulitzer Prize winning journalist Hal Boyle. But is it true? Does a river always run the same course?

The Mekong River, the country's lifeblood, is under threat. From upstream damming to the effects of climate change, the river is facing dangers on an unprecedented scale. This will impact upon the many fishermen and farmers across the region who depend upon the river for their livelihoods. It could also have a devastating impact upon the aquatic life in the river, with many species in danger of becoming extinct.

There is even a danger that the river's natural ebb and flow could be affected.

Upstream damming could reduce the amount of water flowing down from China. The river has experienced the lowest water levels in 50 years this dry season. Meanwhile the effects of climate change could lead to more extensive flooding of the Mekong Delta. A UN Human Development Report estimates that 45 percent of the Delta will be exposed to seawater within the next 20 years. This could have

catastrophic effects upon rice production within the region.

So, what are we doing about all this?

Established in 1995, the Mekong River Commission is responsible for coordinating regional cooperation and promoting sustainable and 'pro-poor' development of the river. Cambodia, Laos, Thailand and Vietnam are joint members, with China and Myanmar as dialogue partners. But how effective is it as an organisation?

In an article first published by our sister publication in Vietnam – AsiaLIFE HCMC – Thomas Maresca takes a look at the state of the river today. He asks whether the cost of developing the Mekong is too high a price to pay for those people who are reliant upon the river's life force for their livelihoods.

As Boyle observed, watching the river's flow is restful. Living in Phnom Penh we are lucky to be located on the bank of one of the world's most majestic rivers. Few things compare with taking a sunset cruise on the river. But the Mekong is much more than that – it is essential for life in the region. As environmental pressures mount, there is much more at risk than losing a sunset cruise.

Mark Jackson
 Publisher – AsiaLIFE Guide 



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Marjorie Bernard

A belated but nevertheless grateful thank you to Marjorie Bernard who kindly volunteered to being the AsiaLIFE cover girl for the May issue. After her appearance on the front cover of our Happiness issue she was inundated with “*Is that you on the cover of AsiaLIFE?*” questions. Of course we should have explained who Marjorie was last month – but better late than never.

Marjorie was born in Surinam, a former colony of the Netherlands. Her cultural background varies from Chinese, Indian and Creole.

Marjorie formerly was a Criminal Intelligence Analyst with a Bachelor degree in European Law. Currently she is the Creative Director of Shoot Models International, Co-president of Women’s International Group Cambodia, and Chief on the Board of the Khmer Children Sponsor Project.

And to wrap up with a note on last month’s theme, Marjorie shares a few things that make her happy. *“My 3 children. Writing Poetry. Supporting women and children globally in the most vulnerable of societies. Expressions of all forms of art that challenges our imagination.”*

Craig Gerard hails from California, but has lived in Jerusalem, Sydney, Washington DC, and Cairo, before moving to Phnom Penh. The 33-year-old is building his vast empire of contacts one pub-crawl at a time. In his spare time, Craig is an amateur journalist and has been writing for AsiaLIFE since December of 2008.

When not playing Ultimate Frisbee or brewing beer, he spends his time making sure the US Embassy community enjoys living in Phnom Penh, Cambodia. He lives with his wife Ronit Kirshner Gerard, who works for USAID and his three-year-old son Shai, who is expecting a baby brother in August 2010.



Craig Gerard

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in the penh

The Month That Was

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■ SWITCHING OFF FOR GOOD
Among millions of establishments, in thousands of cities, in a record 126 countries, Phnom Penh's Hotel Raffles Le Royal on Mar. 27 participated in Earth Hour. Turning off all principal lights, the romantic side of the establishment was highlighted through the use of candles around the pool and in main areas. A participant for the second time running, the hotel is one of the few establishments in Cambodia taking part in the global event, which encourages everyone from individuals to industries to turn off all lights for 60 minutes in

acknowledgement of the impact of climate change on the Earth. Organised by the World Wildlife Fund, Earth Hour was started in 2007 when over two million Sydney residents turned off all their non-essential lights for an hour.

■ WHERE THE CRAIC IS
The soft opening of the latest establishment on the capital's riverside took place on Mar. 28. Honouring the famous Irish boxer Paddy Rice, the eponymous sports bar and restaurant is located in what was formerly the Hope & Anchor. The opening saw an early 2pm start, though

the real kick-off occurred later in the evening when the Penh's Celtic folk group Kheltica took to the stage. The day saw Tiger and Anchor draft flow at a lowly 50 cents, while "draught from a can" Guinness added original Irish feel. For the uninitiated, special can-opening technology now allows for the pouring of a near perfect pint from a mere can. Paddy's further offered guests free gourmet oven-baked spuds, showcasing some of its hearty Irish fare.

■ SHOWCASING INNOCENCE
Chinese artist Qudy Xu's first solo exhibition opened at Java

Gallery on Mar. 31. Entitled Innocence, the exhibition features a series of colourful, close-up drawings of children. The artist wanted to capture how kids living in harsh and unforgiving environments nevertheless find ways to express happiness in simple and innocent ways. The children also awoke something within her. "In their eyes I see something that is recognisable, a memory, from long ago," she says. Self-taught, it was only after her move to Phnom Penh that she picked up the brush and first began exhibiting her work in 2007. The exhibition runs through to May 8.

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Football

It's coming, coming! Only a month to go until the World Cup kicks off in South Africa on Jun. 11

Transparency

But only when it comes to car windows...

Guinness

With one more Irish pub in town, we might as well drink some more dark stout

Rain

May marks the start of the rainy season, so don't forget your brolly at home!

Beeline

At least if its 86 welcome signs along Cambodia's roads are taken into account

GOING UP

GOING DOWN

Short skirts

Knee-length and no higher. There goes the freedom to dress (in a slutty fashion)

Mekong River Swim

Lack of volunteers meant the annual April swim was cancelled. Back in 2011!

EAS

Oopsie daisy, there go all the contents

Bubble Tea Houses

To be fair, they are meant to sell drinks, not porn

UN

ATMs are not meant to speak, much less criticise



GOLDEN OLDIE

Apr. 3 saw a raucous, lively party at Riverside Bistro for its fourteenth anniversary. Revellers who turned up early were treated to free BBQ until 8.30pm. Specials on draught beer continued all night. Section 5, a hot band from the Philippines shook the bar with dance and rock hits that heated up the crowd until the small hours. Staff got into the action too, and donned chic red tops and jeans, leaving their signature peach outfits home for the night. Locals, expats, tourists and backpackers were all in the mix, enjoying the free pool, live music and festive vibes. Look for future events and theme nights as the riverfront stalwart ramps up the action over the next few months.

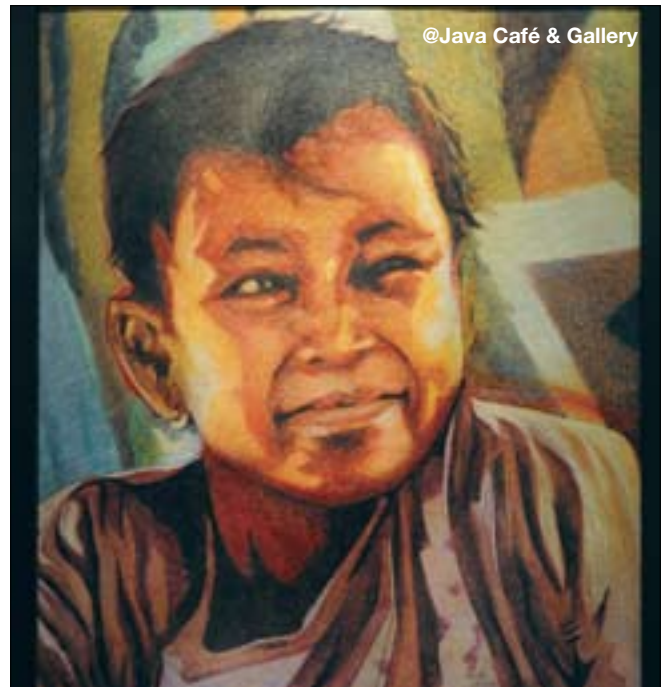
A LAUNCH AND A FAREWELL

A record turnout for the latest art launch at the Hotel de la Paix was rewarded with an ambitious programme on Apr.10. The centrepiece of the evening was the art created by French-Khmer artist Phoussera Ing, otherwise known as Sera. This was the last launch curated by young Filipino Don Prosatio, who will leave in May. He and his colleague Loven Ramos played heavily on the 'grand' for his grande finale. Guests were treated to a specially created sparkling wine and raspberry cocktail on arrival accompanied by some of the delicious food for which Joannes Riviere's kitchen is so rightly renowned. The evening moved

forward to very special performances of modern dance and opera, which held the crowd enraptured for almost half an hour. Scents of bergamot, jasmine and eucalyptus pervaded the atmosphere from burners set around the room.

FOREIGN JOURNALISTS RETURN TO MOURN AFTER 40 YEARS

Hundreds of Penhites arrived at the Himawari Hotel Apr. 22 to hear journalists and photographers speak about their experiences during the conflicts in Vietnam and Cambodia 40 years ago. The discussion was organised by The Overseas Press Club of Cambodia. Award-winning correspondent Dan Sutherland, as well as authors Jeff Williams ('A Cambodian Odyssey'), Pulitzer Prize nominee Sylvana Foa, and Jon Swain ('River of Time') discussed their experiences and impressions during the conflicts in the 1960s and 70s. During the evening's proceedings photography from Tim Page's 'Requiem' collection was viewed at the photo exhibition in the lobby of the hotel. A Phnom Penh Post supplement containing these images was handed out in memory of journalists, photographers and reporters who didn't survive the wars. Earlier that day the esteemed group of survivors attended a memorial to fallen journalists and photographers in a field in Kampong Speu Province – this was one of the locations where many of their colleges, both foreign and Khmer, had fallen. **F**



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News and Events

arts, publishings, awards, changes

■ WOMEN DO THE ARTS

JavaArts together with the U.S. Embassy in Phnom Penh launched the first ever You Khin Memorial Women's Art Prize on Mar. 26. Aiming to inspire and encourage Cambodian women to self-expression through the arts, and also to celebrate their social value, the competition invites both established female artists as well as students to take part. The prize is named after You Khin, a Cambodian turned French international architect who passed away last year leaving a legacy of encompassing, hopeful art. The competition closes on May 2, after which the winning artworks from both the professional and student categories, as well as artworks receiving honourable mention, will be displayed at the new JavaArts Contemporary ArtSpace.

■ BE SEEN AT ANGKOR

The Angkor Photo Festival is calling for submissions. Now in its sixth year, this first Southeast Asian photo-festival showcases photographic work from all over the world, both in conventional exhibitions as well as outdoor screenings. Last year, some 70 photographers took part in the event, which also included free tutoring workshops by renowned photographers for budding Asian photographers as well as an outreach project to Anjali, a centre for underprivi-



PHOTO BY MUNEM WASIF - BANGLORE/ISTIT/AGENCE/VA

leged children. This year's festival will be held in Siem Reap Nov. 20-27. To submit your work, visit: www.angkor-photo.com. Deadline for submissions is May 28.

■ INSIDE IS OUT

A series of Phnom Penh-based Magnum photographer John Vink's photos have been featured in the latest issue of Inside Magazine, published by Slovakian NGO Magna Children at Risk. Entitled Quest for Land, the photographic essay features photos taken in Cambodia over the past decade, from rural rice planting and house-building through evictions at the Bassac riverfront in

the capital. A picture speaks a thousand words, and certainly this large series of photographs tells a tragic story of loss of land and livelihoods in a "developing" Cambodia. Visit: www.inside-magazine.org to see the photos, as well as other stories from around the world.

■ SHARE YOUR CAMBODIAN ADVENTURES

Never has there been a better time to share your favourite snapshots and stories from your travels in Southeast Asia. The ASEAN Tourism Association's new www.SoutheastAsia.org travel portal is running a writing and photography contest with US\$15,000 in

prize money. Travel Photography and Writing Awards will be awarded in two categories – Editor's Choice, decided by a panel of judges, and People's Choice, voted on by visitors to the site. The monthly Editor's Choice winners and the top three People's Choice entries each month will be eligible for Grand Prizes. Entries close on Jun. 15. Voting for the People's Choice Grand Prize will take place in July. The website is supplemented by hundreds of tips on things to do throughout the region from Lonely Planet. Its integrated map, trip planner, and meta-search engine allows you to sketch out itineraries, estimate costs and check availability.

■ ONLINE VOTED BEST ISP IN CAMBODIA

Online was chosen as the 'Best ISP in Cambodia for 2010' at the sixth ICT Expo's Best Product Awards.

"We are extremely delighted to have won this award for the second consecutive year and we are grateful to all of those who took the time to vote," said Matthew Harland, customer operations manager for Online. "Winning this award again is a real testament to the fantastic work carried out by all of our experienced employees as well as the Online commitment to deliver the very best service, support and account management."

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The award was presented by the National ICT Development Authority (NiDA), Ministry of Post Telecommunications (MPTC) and the International Data Group (IDG) at a gala dinner held at the Diamond Island which was a culmination of the opening day of the 6th ICT and Telecom World Expo 2010 attended by professionals within the industry who gathered to celebrate product excellence.

MEKONG QUILTS TURNS TO PAPIER MACHE

Mekong Plus, the parent NGO of Mekong Quilts, launched a papier mache project, with the objective of generating income for women from poor regions in April.

Women from Rumdoul, in Svay Rieng Province and Long My in the Mekong Delta in Vietnam recently participated in training provided by Thao Duong, a papier mache artist based in Hong Kong. The product range focuses on mirrors, ranging from hand mirrors to large wall mirrors and candy bowls, in the shape of tropical fish. The fish have proved particularly popular, with customers showing a strong preference for clownfish. More products are in the pipeline.

“It’s fantastic to see this initial interest,” says Bernard Kervyn, director of Mekong

Plus. “With all profits going back to the women and their communities, we hope that we can continue to develop products that will appeal to both residents and tourists.”

The products are available at Mekong Quilts shop on Street 240 and will soon be introduced to Siem Reap.

CAMBODIAN ART IN LONDON

Prominent Cambodian artist Leang Seckon held his first European solo exhibition at London’s Rossi & Rossi Gallery in April. Entitled Heavy Skirt, the series of paintings and collages with distinctly Khmer themes, brands, and symbols is centred around an installation featuring a skeleton dressed in a uniform. Seckon found inspiration for the theme of the exhibition in an old, oft-patched skirt his mother used to wear during Seckon’s infancy in the war torn Cambodia of the 1970s. Many of the artworks tell a story from his childhood, such as the collage Golden Flower Skirt, where childhood memories are overshadowed by an American bomber. Seckon recalls bombs once hit his village during a Buddhist ceremony, killing one monk. Staff at Rossi & Rossi Gallery said the exhibition had been well received with most of the artwork having been sold by the end of April. **F**

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calendar

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CAMBODIA GAY PRIDE WEEK

1 Saturday

Labour Day

Lilya Forever! @ Meta House, 6pm

2 Sunday

Meet the Feebles @ Meta House, 6pm

3 Monday

Royal Ploughing Day Ceremony

Lost Highway @ Paddy Rice, 9pm. Classic rock and blues

4 Tuesday

The New Khmer Dance Night @ Meta House, 6pm

5 Wednesday

Kampuchea: Death and Re-birth @ Meta House, 6pm.

6 Thursday

DJ Illest @ Riverhouse Lounge, 9pm. Boombox-Tick

Living in Emergency @ Meta House, 6pm

7 Friday

The Fumes @ Paddy Rice, 9pm

The Reflections of Personal Encounters: One X Suitcase @ Meta House, 6pm

8 Saturday

Obama Deception @ Meta House, 6pm

Cambodian Federation of Rugby Gala Dinner @ Raffles Hotel Le Royal, 6.30pm
Purchase your tickets early Tel. 092 333 080

9 Sunday

Mother's Day

Mother's Day Brunch @ Café Monivong – Raffles 12 – 3pm
Brunch, Live piano music, Free flowing Singapore Sling and gifts for Mum US\$28++

Shadow Puppets by firelight @ Wat Bothum, 7pm

Spirited Away @ Meta House, 6pm

Richy & Phil @ FCC, 7pm

10 Monday

Cambodian Gay Pride Week

Sleepwalking Through the Mekong @ Meta House, 6.30pm. (Khmer Language)

Sleepwalking Through the Mekong @ Meta House, 8pm (English Language) Followed by a Q&A with the Dengue Fever!

NGO Stakeholders Workshop, 9am. www.phnompenhpride.blogspot.com for details

Art Exhibition by SaSa @ New Art Gallery, 7pm. Join us for the opening night of 'Gender and Sexuality' New Art Gallery, 20 Street 9 (Next to Psar Kapko)

Untouchable Girls @ Flicks, 8pm. Topptwins – New Zealand's comedy lesbian duo bring us. 39B Street 95

11 Tuesday

Cambodian Gay Pride Week

Dengue Fever @ Studio 182, Topaz, 8pm. (Benefit show for Cambodian Living Arts) visit www.cambodianlivingarts.org for details

Mstyle party @ Men's Health Social Services, 5.30pm
Another chance to enjoy some free music, dancing, games, giveaways, snacks and fun in a safe environment with MStyle. Don't be late and bring your friends! Street 95 (near Street 310)

Pride Film Festival Launch @ Meta House, 6.30pm. The official launch of the queer film festival! 6 Street 264 (South of Wat Botum Pagoda)

"Khmer Pride 2010 Film Festival Opening Night @ Meta House, 6pm. With the "Iron Ladies"

12 Wednesday

Cambodian Gay Pride Week

Saving Face @ Meta House, 6pm. Empowering LGBT in Asia, Europe and Africa

Vegetable Banquet @ Saf-ron, 7pm. 5 Vegetarian dishes for US\$6. Bookings recommended

SHAMELESS! Women's Pool Party @ Fly Lounge, 9pm
Phnom Penh's Exclusive Women's night. Get your dance on to the best female DJ's in Cambodia, great performances and US\$2 shots! Bring your Swimsuit! 21 Street 148 (Behind Metro)

13 Thursday

Cambodian Gay Pride Week

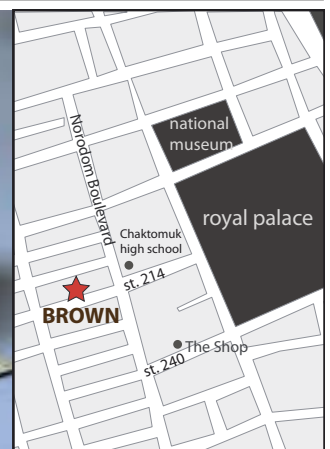
Dengue Fever @ Cambodian Vietnamese Friendship Park **(Free concert!)**

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WiFi

Book Launch @ Meta House, 6pm. 'God Loves Bakla' is an inspiring book written by a gay Filipino man living in Phnom Penh. Come buy a book & meet the author! 6 Street 264.

DJ Benze @ Riverhouse Lounge, 9pm. Mash-Up Champion

Gloryhole @ Pontoon, 9pm. The only gay nightclub in Cambodia! Come and join us in this friendly attitude free night club and Dance! Dance! Dance! Diamond Island (Behind Nagaworld & over the bridge)

RoCK Workshop, 9am LGBT, their friends, families and communities share experiences. www.phnompenhpride.blogspot.com for details. (Khmer Language)

14 Friday

Cambodian Gay Pride Week

L 4 Lesbian 'Female Trouble' @ Meta House, 6pm

DANSEZ! ROAM! @ Chenla Theater, 7pm. Belle Chumvan Sodhachivy accompanied by six dancers and four musicians. Special performance by '4D' of Epic Arts

DJ Jimmy @ Paddy Rice, 9pm.

Lesbian Health Workshop, 9am. www.phnompenhpride.blogspot.com for details (Khmer language)

Diva @ Blue Chilli, 9pm. Expect a fabulous show at Phnom Penh's busiest gay bar! Cocktails, friends and dancing will take us into the early hours 36 Street 178.

Women's BBQ, 2pm www.phnompenhpride.blogspot.com for details

15 Saturday

King Sihamoni's Birthday

Cambodian Gay Pride Week

Food Fit for a King BBQ @ Paddy Rice, 5pm. BBQ plates from US\$4.50, drink specials.

Hedwig and the Angry Inch @ Meta House 6pm

English FA Cup Final

DANSEZ! ROAM! @ Chenla Theater, 7pm. Belle Chumvan Sodhachivy accompanied by six dancers and four musicians. Special performance by '4D' of Epic Arts

Heroes of Cambodia – Bat-tam Exodus @ Equinox, 8pm Artist Alexander Van Kuhn tells a Khmer love story through a series of live sketches.

Post Pride Party! @ Pontoon, 9pm. Come and dance all night long to the best international DJs in Phnom Penh! With Special Guest DJ Bert Bevans of Ministry of Sound!! Diamond Island.

LGBT Community Day & Party @ Gasolina, 2pm – 10pm. Performances, games and makeovers are sure to provide a fun day for all! Drag shows, bands, singers and Phnom Penh's finest DJs take us into the official Pride party at nighttime. Don't miss it! 56 Street 57

LGBT Human Rights Workshop by CCHR, 10am www.phnompenhpride.blogspot.com for details (Khmer language)

16 Sunday

Cambodian Gay Pride Week

Stonewall and Far Beyond @ Meta House, 6pm

Overnight gay tour to the beach! 7am. For more details and booking please visit www.gay-heritic.com or phone 023 881 861. US\$55++ Take a break!

17 Monday

International Day Against Homophobia

IDAHO Drinks @ Baitong, 7pm. A chance for LGBT & friends to come together and recognise International Day Against Homophobia 7 Street 360

18 Tuesday

Stock Exchange Stories @ Meta House, 6pm



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19 Wednesday

The Wanderers & Cambodia Dreams @ Meta House, 6pm

Lecture @ Cinema CCF, 7pm
Christian Duvernois speaks about the English garden at the Trianon by Queen Marie-Antoinette.

20 Thursday

Sleep Furiously @ Meta House, 6pm

DJ Yukie @ Riverhouse Lounge, 9pm. Hip Hop Diva

Fragile by Sopheap Pich @ CCF, 7pm. Exhibition Opening

21 Friday

The Girls of Phnom Penh @ Meta House, 6pm

Wine tasting @ Saffron, 7pm
5 Australian white wines and snacks. US\$13 (Bookings required)

Jam with Juram and Band @ FCC, 7pm

22 Saturday

About Water @ Meta House, 6pm

Jam with Juram and Band @ FCC, 7pm

Wine Pairing @ Restaurant Le Royal – Raffles, 7.30pm
Premium wines pairing with culinary delights US\$45
Bookings recommended

Kheltica @ Paddy Rice, 8pm
Live Irish Music

23 Sunday

Bad Boy Bubby @ Meta House, 6pm

24 Monday

Hachimoko@ Paddy Rice, 8pm. Filipino band playing Classic rock and blues from the 60s, 70s and 80s

25 Tuesday

Chant of Lotus @ Meta House, 6pm

26 Wednesday

The White Ribbon @ Meta House, 6pm. (German Language Only)

27 Thursday

Your Chance @ Meta House, 6pm

Conference : Monnaie et souveraineté @ Cinema CCF, 7pm

DJ Jedie @ Riverhouse Lounge, 9pm. Champion Battle DJ

28 Friday

Biryani weekend @ Saffron
2 types of biryani, vegetable kebabs and raita US\$6

Chevolution @ Meta House, 6pm

29 Saturday

Biryani weekend @ Saffron

The Life of Klimt @ Meta House, 6pm

MC Hydro Phonics @ Riverhouse Lounge, 9pm
Fat Black Pussycat

30 Sunday

Biryani weekend @ Saffron

Five Ashore in Singapore @ Meta House, 6pm

31 Monday

Hachimoko@ Paddy Rice, 8pm. Filipino band playing Classic rock and blues from the 60's, 70's and 80's

Every Day

Afternoon High Tea @ Café Monivong 3pm - 5.30pm

Happy hour @ Elephant Bar, 4pm - 8pm

Every Tuesday

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

Quiz Night at Gym Bar, 9pm

All the burgers you can eat @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm

Floorfillaz @ Riverside Bistro, 9pm . ance, R&B, Hip Hop. Drink Specials

Prime Tuesday at Café Monivong, Raffles, 6-10pm
Black Angus prime beef rib or lam leg "à la Provençal"

Big Boy BBQ @ Riverside Bistro, 6pm

Every Wednesday

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

Guest Band Night @ Riverside Bistro, 8.30pm

Bollywood films @ Annam Restaurant. 7pm.

Movies @ The Chinese House. 7.15pm.

Ladies Night @ the Riverhouse Asian Bistro – all martini cocktails buy 1 get 1 free from 6pm to 12am

Every Thursday

Big Boy BBQ @ Riverside Lounge, 6pm

All the U.S. chicken you can eat @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm

'Remedy' Live Music - New & Old Classics @ Riverside Bistro from 8.30pm

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

Glory Hole @ Pontoon Lounge, 9pm. DJ & Drag Shows Fun Gay Night

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Every Friday

Outdoor barbeque @ Golden Mermaid Restaurant with traditional German sausage and meat, and goulash

Seafood Buffet @ Café Monivong, Raffles, 6-10pm

'Girl Power' Live Music - Power Ballads & Pop @ Riverside Bistro from 8.30pm

Thank God It's Friday @ Studio 182, 11pm

Live Music @ Velkommen Inn, 8pm

Every Saturday

All-you-can-consume fresh oysters and Kiwi Sauvignon Blanc @ The Aristocrat Wine & Cigar Bar, NagaWorld, from 5pm to 8pm for US\$45

Shabu Shabu Buffet @ the Korean Grill, NagaWorld from 6.30pm to 10pm for US\$20

Italian Buffet @ Café Monivong, Raffles, 6-10pm

'Saturday Night Fever' Live Music - Music to make you Dance @ Riverside Bistro from 8.30pm

Saturday Night F(or)ever @ Studio 182, 11pm

Glory Hole & Momma Bong's Bootlicious! with Vanessa Boots @ The Blue Cat (upstairs), 9pm

Reggae Night. 9pm to 6am. Do It All Bar

Every Sunday

Sunday Brunch @ Knai Bang Chatt Sailing Club, 10.30am - 2.30 pm. US\$10

Sunday Brunch @ Café Monivong, Raffles, 11.30am - 3pm

'Hey Macarena' Live Music - Cheesy Pop! @ Riverside Bistro from 8.30pm

Special Steak Nite @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm

Paella Sunday's @ Pacharan, 11am - 5pm. Freeflow sangria and all you can eat paella for US\$13+

Sunday Brunch @ Regency Café, InterContinental Hotel with free-flowing champagne from 11.30am to 3pm for US\$38+

Raggamotion Sunday @ Riverhouse Lounge with DJ Pannara

Open Mic @ Riverside Bistro, 10pm

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@Elements Club Lounge

■ AN ELEMENT OF STYLE

Elements Club rolled out the red carpet, quite literally, for its opening night extravaganza. Phnom Penh's elite descended upon the Attwood Business Centre – a balloon's throw from the heart of the city and a kilometre from the airport. Parading through the extravagant collection of vintage and flamboyant sports cars – brought in to add glamour to the occasion, early indications were that we were in for a touch of class, tawdry in appearance, but class nevertheless.

Women dressed to kill (army fatigues and AK-47s ... I joke of course) sip from glasses of sensibly priced cocktails and loiter around the swanky bars. Plump, bespectacled Asian businessmen rest their bellies on the balconies and drool on the impressive 80s style neon squared dance floor. Couples ensconce themselves deep into the leather sofas of the private rooms, preferring a touch of sanctuary away from the pumping, cacophony of dance music. Bodies hunch over small tables dining on various bar snacks available from an impres-

sive Asian menu. Dark and beautiful creatures glide in silhouettes through a maze of darkened corridors swilling Heineken at US\$3.50, and dance endlessly into the early hours.

If you are looking for something select, something chic then hail down the nearest Porsche and give it a whirl.

Whitney Houston (!?) brings the evening crashing down and weak, limp but ultimately gratified bodies trail out and head back down the red carpet and back to reality.

Elements Club Lounge, Attwood Business Centre, Airport Road, Open: *Wenesdays to Sundays 9pm to 3am.*

■ EAT ALL YOUR GREENS

Established by the NGO Green Gecko Project, Green Star will generate funds to support the project's activities and, even though it's a little out of the way, it's already establishing a reputation for good food, at really, really good prices. It also succeeds in appealing to a cross-cultural mix of expat, tourist and Khmers that is still too rare.

The menu offers traditional Khmer food, including snake

and eel. Best on the menu is the barbecued beef with lime and pepper, chicken and cashew and the delicious toasted corn snacks. The prices are crazy, including 2,500 riel beers, with most of the mains US\$2.50 to US\$3.

The décor is kind of beachside, with bamboo walls and a thatched roof, but there's nothing shabby about it or the service. The one peculiarity is the hip hop music which may hinder more than aid digestion. The restaurant also sells Green Gecko's beautiful cookbook *Nyum Bai!* that contains 31 Cambodian recipes.

Green Star, along the southern-parallel road to High School Road, Siem Reap.

■ GLORY GLORY!

Coffee places are sprouting like mushrooms in the city, and Australian coffee giant Gloria Jean's is tossing its hat in to the ring. Frosty air con, comfortable chairs, ample lighting and acoustics have attracted a diverse crowd. Its one megabyte of dedicated fibre means super-fast WiFi for streaming videos and Youtube. And let's not forget

coffee – Arabica beans and tea are imported from all over the world. Specialty drinks abound and for the average Joe they have lattes, cappuccinos, coffee of the day and iced drinks. Also on offer are sandwiches, salads, meat pies, and pastries. Syrups, ground coffee, and tea are on sale for the DIY crowd. The international franchise aims to become the premier coffee destination in town, as its friendly, fast, professional staff, and the atmosphere make for an entirely enjoyable experience. You also get more bang for your buck with their larger cup sizes. *Café fine up, chill out, and enjoy.*

Gloria Jean's, 16D Street 310 (Crn. Street 51), Tel 089 998 904. *Open 6.30am to 9.30pm, daily*

■ FRENCH RIVIERA IN THE CITY

Upscale club and restaurant Saint Tropez opened for business in early March. Complete with fake beach, deck bar, and stylish indoors restaurant, the new establishment is certainly worthy of its name, suggestive of the rich French Riviera. The menu at the kitsch-inspired black and white

restaurant includes foie gras and duck in various forms, with other fine dining dishes from US\$10. Khmer dishes will set you back around US\$5. The drinks menu offers cocktails for US\$4.50, as well as several types of spirit by the shot and by the bottle. Thursdays at Saint Tropez offer ladies free bubbly between 9.30pm and 11pm, while Sundays feature a free daytime barbeque for all, complete with a Cuban ambience. Now all they need to add is a pool to go with the sand.

Saint Tropez, 31 Street 174, Phnom Penh Tel: 077 212 100, Open 9.30am to late

■ PORK WITH COFFEE SAUCE.... NOT EVERYONE'S CUP OF TEA!

Jade Palace opened its doors with a lavish buffet exhibiting its Singaporean, Malaysian and Chinese style cooking to the ravenous masses. Positioned on the corner of Streets 214 and 63 beyond a window overflowing with distressed looking fish you will find Phnom Penh's newest and cutting edge Chinese seafood restaurant.

Spacious, airy and atmospheric this restaurant boasts a banquet prepared by a Singaporean chef. An extensive but not entirely

inexpensive menu offers such oriental delights as U.S beef roll in black pepper sauce (US\$10) and stuffed Chinese croissants filled with squid paste and mayonnaise topped with pork floss (US\$5) – the latter is simply exquisite.

The chef's speciality 'fusion dish' was soon presented – an ample dish of pork ribs flavoured with coffee (Nescafe!). Coming highly recommended, unfortunately it was not for me. The lingering tang of cheap caffeine plagued my taste buds for at least an hour afterwards.

The restaurant possesses a vivacious atmosphere and offers private rooms for those who prefer a little peace with their Peking duck. After a short surveillance of our soon to be condemned aquatic friends I am informed that these can be ordered direct from tank to intermediary to plate at a price available on request.

If it's a taste of something unique you're looking for then you simply must head here. You never know the combination of coffee and pork might be just your cup of tea...

Jade Palace, Cnr. Streets 214 & 63, Phnom Penh. 📍



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Phnom Penh Life: Strictly Kosher

Think of religious minorities in the Kingdom and it is unlikely that those of the Jewish persuasion will figure too high up on your list. However, there is a small but active group here and they even have their own synagogue. Words by **Julie Masis**.

IMAGINE LIVING IN PHNOM Penh without ever going to a restaurant, a bar or a movie, without even buying a snack on the street or riding a motorcycle. That is the way Rabbi Bentche Butman, 26, his wife Mashie, 23, and their two small children live.

Cambodia's first Jewish religious leader moved here from New York at the end of November, renting a house a few blocks from the Independence Monument, and opened a synagogue in his living room.

Mashie Butman says they rarely leave the house – only to go shopping or for a short walk in the late afternoon when the heat is less intense.

Instead, others come to them.

Every Friday night, Phnom Penh's Jewish community gathers around their dining room table for a traditional Jewish meal of matzo-ball soup, gefilte fish with horseradish, home-baked challah bread and babaganoush. "When you step through our doors, you forget that you are in Cambodia," says Rabbi Butman.

As orthodox Jews, all the food they eat is kosher. This dictates the separation of milk and meat, so that separate sets of dishes, pots, and silverware are used for each. All animals have to be slaughtered in a special fashion that Jews believe causes the animals less pain. Certain food – such as pork and seafood other than fish – is entirely prohibited.

When the Butmans moved here, they brought with them US\$8,000 worth of food from New York.

The only items they purchase locally are bottled water, fruit, vegetables, fish and eggs. They bake their own bread and cakes, and taxi kosher chicken across from Thailand on a monthly basis.

And they always eat at home.

"I miss eating food that I didn't make," says Mashie Butman.

Around 100 Jewish people live in Cambodia, according to Rabbi Butman. Until now there was no place for them to gather. Some came ten years ago, succeeded



Wandering Jew: answered the call to come to Phnom Penh

in business and stayed. Others failed in business, but found love with local women. Among them are Israeli backpackers, American journalists, students, real estate developers, an Israeli archaeologist who studies the temples of Angkor, an IT professional from Kazakhstan, a doctor from South Africa and even a gold miner.

"I used to ask myself – what are [Jewish] people doing here?" says Rabbi Butman. "I don't anymore. They're doing the same

thing as they do in Chicago or in New York City."

Still for Rabbi Butman, the oldest of 14 children who grew up in a closed-knit religious community in Israel, being so far away from thousands of people who share the same lifestyle is not easy.

Although he loves singing and playing the flute and piano, his biggest passion is reading and studying Jewish texts. When he moved to Phnom Penh, he brought with him 1,500 books – creating the

country's largest Hebrew-language library in his upstairs office. "This is my life," he says. "What am I without my books?"

The most important book in his collection is the Jewish bible, or Torah, which he borrowed from another rabbi for an indefinite period. Hand-written by a scribe, the document is worth US\$35,000. "A synagogue without a Torah, is like a birthday party without a cake, or like dinner without a main course," he says.

The Jewish Centre of Cambodia was opened with a first year budget of US\$120,000 after Rabbi Yosef Kantor, of the Jewish Association of Thailand, sent a delegation here. Wanting to confirm that there were not any Jewish people in Cambodia, instead the delegation returned with at least 30 names, according to Butman. This led to a decision to open a Jewish Centre here. Rabbi Butman, who was living in New York at the time, was invited to come to Cambodia to serve the local Jewish community.


"I knew nothing about Cambodia," he says. "When I heard the name I didn't even know how to pronounce it."

Since arriving in Cambodia, he has thrown a Chanukah party in Siem Reap and organised a gift-basket exchange between Jews for a recent holiday. In his living room, people discover new friends, business deals are signed, jobs found, and Jewish boys and girls meet.

As for his future plans?

Butman lists opening a kosher restaurant, organising a Jewish school, and starting a charity – though he is not sure what it will be yet. One thing he has no plans of doing is riding a motorcycle. It is just too dangerous, he says. In fact, he has only been on a motorcycle once in his life.

Whatever happens, he is not leaving the country any time soon. "When the last Jew goes on the plane, I'm going to be after him."

For more information, visit www.jewishcambodia.com. 

U.S. Embassy Catches Dengue Fever

Californian-Khmer band returns to the capital after a five-year absence as part of U.S. celebrations. Words by **Mark Jackson**.

FIVE YEARS SINCE THEY last toured the Kingdom, Californian band Dengue Fever is returning this month to play two gigs in Phnom Penh. Invited by the U.S. Embassy in Cambodia to headline an open-air concert in Wat Botum Park on May 13, the band will also play a benefit performance for Cambodian Living Arts at Studio 182 on May 11.

The Wat Botum concert commemorates the sixtieth anniversary of diplomatic relations between the United States and Cambodia.

"I cannot think of a better way to kick off this celebration than to have an acclaimed American band performing music influenced by some of the great Cambodian artists of the 1960s," says U.S. Ambassador Carol A. Rodley. "Sinn Sisamouth, Ros Sereysothea, Pan Ron and many other artists perished more than 30 years ago under the Khmer Rouge, but their musical legacy lives on to inspire and delight new generations of listeners, not just in Cambodia but around the world."

The six-piece band was formed after brothers Zac and Ethan Holtzman travelled to the Kingdom in 2001. The brothers met Cambodian-born lead singer Chhom Nimol in a nightclub in the Little Phnom Penh area of Long Beach.

The band's eponymous debut album was released in 2003 with all lyrics sung in Khmer, although the band also performs in English. Many of the songs are covers of 60s Cambodian rock tunes by such artists as Ros Sereysothea.

"Ros Sereysothea was born in Batambang and so was Nimol," says lead singer Zac Holtzman. "She feels a very close connection to her and we feel honoured to be carrying on in her footsteps."

The band has really taken off since their relatively low-key tour in 2005 when they played Maxine's and Talkin to a Stranger.

In June 2008 their third album *Venus on Earth* was



PHOTO BY KENIN ESTRADA

Out of the Dragon House and back to the Mekong

released on Peter Gabriel's Real World Records label. The former Genesis frontman declared it to be "really cool stuff." The album was selected as one of the best world music records of 2008 by the iTunes Store, and

has received critical acclaim in many countries.

Zac says the band will be performing four new songs at the concerts, and he wants there to be a few surprises for the audience. "Hopefully we can get

a few guest musicians to sit in with us," he says.

In addition to the two concerts the band will participate in a panel discussion with emerging Khmer rock bands for the Overseas Press Club of Cambodia at the Meta House on May 5. The documentary 'Sleepwalking Through The Mekong' based on the band's 2005 tour will also be shown at the Meta House that night.

Dengue Fever's month long tour includes gigs just across the border in Vietnam, at Hanoi (May 8) and Ho Chi Minh City (May 9 and May 14). But it is the Cambodian leg of the tour that really excites Zac.

"I love playing and checking out the reaction of Cambodians to our music," he says, although admitting to getting "a little self-conscious" about his Khmer.

If you are yet to catch the Dengue Fever virus, you can sample the band's music at: <http://www.myspace.com/denguefevermusic>.

The Gigs

May 5 @ Club for Art & Music Appreciation (Club Cama), Hanoi, Vietnam

May 9 @ Boathouse, Ho Chi Minh City, Vietnam

May 10 @ Meta House, Phnom Penh Cambodia
(Screening & Q&A of 'Sleepwalking Through The Mekong' documentary)

May 11 @ Studio 182 above Topaz Restaurant, Norodom Blvd., Phnom Penh, Cambodia (benefit show for Cambodian Living Arts)

May 13 @ Cambodian Vietnamese Friendship Park, Phnom Penh, Cambodia
(FREE CONCERT)

May 14 @ Star Wars, Ho Chi Minh City, Vietnam

We're Here, We're Khweer

Julie Masis explores the changing face of the gay and lesbian community in Cambodia.

SAVY YUN, AN INDEPENDENT Khmer woman has a short haircut, sports tomboy outfits, works in a Phnom Penh modeling agency and likes to show-off photos of her ex-girlfriends in the pages of glossy Khmer magazines. She estimates she's had four serious girlfriends and about 20 casual relationships with women, some of whom, she is proud to say, were actresses or models. Savy has even acted in a Russian film, where she played a cigarette-smoking lesbian who tries to woo a woman.

When she goes to a wedding or a business meeting, Savy changes into a skirt or a dress. She says, when time comes for her to marry, she will do so because that is what her family expects.

"If I meet a guy and he is good to me and to my family, it's okay, I'll get married," she says. "I'll get married and have children."

Savy estimates about 60 percent of Khmer lesbians are in the closet and cannot kiss or touch their girlfriends in public.

The same is true for Khmer gay men.

Marcus Burrows, who runs the gay night at Pontoon on Thursdays, says that none of the Khmer men he has been with have come out. Among those partners is a boyfriend of four years who is about to get married – to a woman.

Marcus is one of the event organisers for the Cambodian Gay Pride Week (May 10 – 17).

During Pride hundreds of gays and lesbians will be bused to Phnom Penh from the provinces to attend workshops on self-empowerment and not being ashamed of their identity. Marcus says they will not all arrive together in a giant pink bus, but simply have their bus and hotel costs reimbursed.

"They do exist and they are going to make themselves known," he says about Cambodia's homosexual community.



Flying the colours for Gay Pride Week (May 10 - 17)

The fifth gay pride celebration in Cambodia will feature art exhibits by gay artists, film screenings at The Flicks and Meta House and a performance by a group of transvestites.

Cambodia's lesbians are perhaps in an even more difficult position than gay men, who at least have bars like Blue Chill. But a lesbian woman who ventures inside is likely to feel as out-of-place there as in a gent's toilet.

To do something about the lack of a hang-out for local lesbians, two Phnom Penh friends started a monthly women-only pool party in March, called "Naughty Girls – Nice Girls."

The party takes place at Fly Lounge on Street 148 on the last Saturday of each month and has an all-female staff – including female bartenders and DJs. Only the security guards are male, says Chariya Preap

one of the co-organisers. The guards' main job is to prevent men from joining the party – a task that is not always easy.

"It's not that we're man-haters," Chariya explains. "This is just one night in the month when we don't want men there."


The party is not only for lesbians, but for any woman who wants to relax, have a drink, dance in a short skirt or swim in a bikini without unwanted male attention, says Teia Rogers, another of the organisers.

Sokha Khem, one of the owners of Blue Chill, says that awareness of homosexuality is increasing in Cambodia, thanks to tourism and television. When he first opened his nightclub three and a half years ago, Sokha said he had very few Khmer customers. Now he sees more openly-gay Cambodian men.

But for Cambodian lesbians it is still very hard, says Sokha, especially for those who live in the countryside, where arranged marriages are the norm. If a family finds out that their daughter is a lesbian, they might tell her to 'stop doing that' to avoid embarrassing the family, he says.

"Being lesbian is harder than being gay in Cambodia," says Sokha. "Gay men can go out to look for another man, but women cannot."

The monthly women's party along with the many workshops and open forums planned for Gay Pride week aim to fill that gap. Who knows, ultimately lesbians like Savy will not feel obliged to getting married in order to please the family.

For more information about the Gay Pride Week Celebrations look at our Calendar or visit our website: www.asialifeguide.com. 

HIV in Cambodia: a Success Story but More Needs to Be Done

Nobel Laureate praises work of Cambodia in combating HIV/AIDS while stressing the need for more work to prevent transmission from mothers to babies. Words by **Julie Masis**.

A FRENCH SCIENTIST WHO received the Nobel Prize for discovering the HIV virus congratulated Cambodia for successfully reducing the prevalence of HIV/AIDS last month.

Professor Françoise Barre-Sinoussi, who received the Nobel Prize in Medicine in 2008, made the statements during a public lecture at Phnom Penh's University of Health Sciences on Apr. 9, where she was addressing an overcrowded room of students and medical professionals, as well as representatives from Cambodia's Ministry of Health, NGOs and the French ambassador.

"Cambodia is the first country in the region that will be successful in giving access to anti-retroviral treatment to all patients who need it," said Barre-Sinoussi, as she projected a graph showing what the prevalence of HIV would have been in Cambodia had authorities done nothing to stop the epidemic.

The prevalence of HIV among prostitutes in Cambodia has decreased from 15 percent in 1995 to between 5 and 7 percent today thanks to education campaigns, condom distribution and the availability of treatment not only in Phnom Penh, but also in the provinces.

Barre-Sinoussi says that more needs to be done to stop the transmission of the virus from mothers to their babies.

When answering a question from the Ministry of Health about new research on mother-to-child transmission of the AIDS virus, she said that doctors already know how to prevent the transmission of the virus from mothers to babies during childbirth and breastfeeding. In rich countries, such transmission is no longer an issue, she said. What is needed in countries such as Cambodia are not new scientific studies, but implementation and early diagnosis of HIV-positive women.



Nobel Prize winner learned of her nomination while working in Cambodia

"It's not a question anymore of research," she said. "It's a question of organisation and early treatment."

Invited to Cambodia by the International Peace Foundation, Barre-Sinoussi was the fourth Nobel Prize laureate to visit Cambodia since the end of October. The professor spent 10 days in Cambodia, delivering three public talks, visiting hospitals and meeting health officials.

Barre-Sinoussi spent 15 years doing HIV/AIDS research in Cambodia – and was in Cambodia when she found out that she was nominated for the Nobel Prize in 2008. This time, when the International Peace Foundation asked her to give a public lecture in either Cambodia or the Philippines, it was an easy choice to make, she said.

"It's my real pleasure to be here again in Cambodia. A part of my heart had always stayed in

Cambodia," said Barre-Sinoussi. "When I come here, I feel like I am home."

Barre-Sinoussi does not think scientists will ever develop an AIDS vaccine that is 100 percent effective.

"We need to keep in mind that we will probably never have a vaccine that will entirely block the virus," she said. "We need to have a combined approach."

Despite the pessimistic outlook, Barre-Sinoussi outlined the progress that is being made on the HIV vaccine front.

In particular, she talked about the HIV vaccine study in Thailand that reduced HIV-infection by 31 percent. The results of the study became available at the end of 2009. Of the 16,000 volunteers who participated in the study, 74 people who were not vaccinated became infected with HIV, compared with only 51 people who received the inoculation, she said.

"Thirty-one percent of protection is not enough – a vaccine needs to be at least 50 percent effective," said Barre-Sinoussi. But "for the first time we have a vaccine showing some protection."

Although she believes the chances of a miracle cure for HIV/AIDS are slim, Barre-Sinoussi said that significant progress is being made and that a "functional cure for AIDS" was probable.

One of the most exciting recent findings, she said, comes from studies that show that HAART therapy reduces the chance of HIV transmission by more than 90 percent. The implication of this finding is that the spread of HIV could be stopped if all patients were diagnosed and treated early.

"If we were able to universally test for HIV, the epidemic could stop in 2020," Barre-Sinoussi said. "Of course, it will be almost impossible to reach this aim." ■



THE MEKONG: AN ENDANGERED RIVER?

The Mekong River dominates the region through which it flows. Agriculture and fishing are totally dependent upon the river. Yet the Mekong is becoming increasingly vulnerable to environmental concerns, from upstream damming to global climate change. What will be the impact upon traditional life in the region and how is the region coordinating its response to this most vital of issues? Words by **Thomas Maresca**. Photos by **Keith Kelly**.



It's been the same way since my great-grandparents were here. And it will continue the way it always has...

IT'S A FESTIVE SATURDAY IN THE tiny Mekong Delta hamlet of An Thanh, Vietnam, located two hours down the muddy Co Chien River from the city of Vinh Long. Earlier in the morning there was a wedding, and now an unexpected foreign visitor has arrived, giving the villagers an excuse to prolong the jolly atmosphere.

"Where are you from?" Truong Van Sau, a cheerful, red-faced farmer, asks his surprised guest (me). "The Soviet Union?" (First impression: News travels slowly here.)

While lunch is quickly assembled – a chicken slaughtered, low-hanging longan fruit grabbed in bunches from trees, a relative dispatched to procure rice wine – Sau shows off his rice paddy. It's a third of a hectare plot, lush with green rice plants shimmering in the bright noontime sun.

Sau's rice is 47 days old. When it reaches 90 days, he will harvest it with his wife and son over the course of a few backbreaking days of labour. It will be sold, processed, exported. And then, they'll do it all over again.

"It's been the same way since my great-grandparents were here," he says. "And it will continue the way it always has."

Some things have changed, of course. Electric lines are strung around the small hamlet. Sau's home has a television, DVD player, and karaoke machine. But these seem mere details, subordinate to the powerful rhythms of everyday life. Time moves differently here, in a circle rather than a straight line – planting and harvesting and replanting, the wet season and the dry season, the rise and fall of the river.

"For the month before harvest we are so busy we don't have time to breathe," says Sau. "But then we can rest for a while and drink wine with our friends. This is our circle of life. This is our circle of happiness."

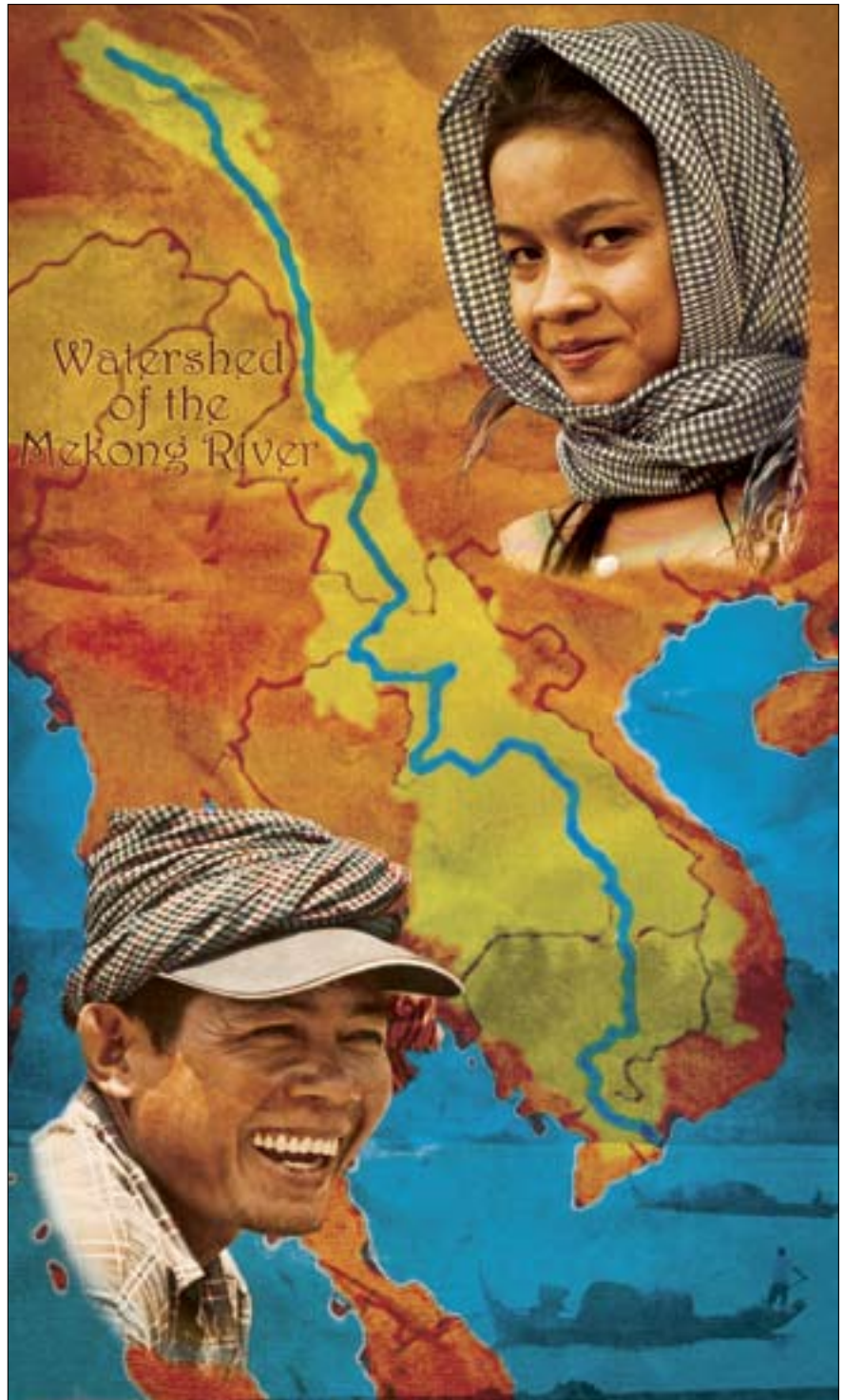
■ ALL ABOUT THE RIVER

Life in An Thanh, as everywhere in this region, depends, more than anything else, on one thing – the health of the Mekong River.

The river's annual cycle of flood and retreat is known to scientists as its "pulse". It's a perfectly apt description of how vital it is to some 60 million people in the Lower Mekong Basin, who rely on it for sustenance from fishing, agriculture and horticulture. It is the heartbeat and lifeblood of the entire region.

Although usually thought of as a Southeast Asian river, at least 44 percent of the Mekong flows through China's Yunnan Province, where it is known as the Lancang. It is here that the first major changes to the river began taking place.

Since the 1980s Chinese engineers have begun altering the riverscape, both by dynamiting rapids to open up trade routes, and more significantly, embarking on a massive hydropower dam-building project to help feed their ever-growing energy needs.



Water from the Mekong affects more people than just those that live directly on the river

China has already built three dams on the river in Yunnan Province, and two others are underway, including the world's tallest at Xiaowan. Its reservoir will be able to store more water than all of Southeast Asia's reservoirs combined.

These are part of a planned hydroelectric 'cascade' of dams along the Mekong that will provide unprecedented control of the river's flow. Chinese authorities tout this as a positive benefit, pointing out they will be able to top its level up in the dry season, and lower it in the rainy season to help prevent flooding.

Other observers are seriously concerned. A 2009 United Nations Environmental Programme report claims the Chinese dams may "pose a considerable threat to the river," and warns of "changes in river flow volume and timing, water quality deterioration and loss of biodiversity."

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Not only humans are impacted by the changes to the Mekong's flow

Thailand, Cambodia and Laos are also reviewing plans for major hydropower dam construction on the mainstream of the river below China. Laos, in particular, is reported to have over 70 dam projects in the works.

Milton Osborne, a professor at the Australian National University and author of several books and articles, is one of the world's foremost experts on the Mekong River. His recent report for the Lowy Institute, 'The Mekong: River Under Threat' presents a dire picture of the potential consequences of these mainstream dams. "The future of the Mekong as a great source of food, both

through fish and agriculture, is in serious jeopardy," he warns.

The fear is that an interruption to the river's pulse, its annual cycle of flood and retreat, will throw off the delicate balance of the entire river ecosystem. For fish, the timing of the river's flow is a key trigger for their migration and breeding. Some 80 percent of the Mekong's fish are migratory, often travelling hundreds of kilometres at a time.

As for agriculture, the river's floodwaters carry nutrient-rich sediment from upstream that fertilise the growing fields in the dry season. The floods also act as a cleanser, ridding

the soil of alkaloids, flushing away salt water, and clearing the fields of pests such as rats.

Osborne told AsiaLIFE that the impact of the dams on fish stocks "will affect Vietnam, and particularly the population living in the Delta, though not as dramatically as could be expected to happen in both Cambodia and Laos." In Cambodia, 70 percent of the protein in the nation's diet comes from fish.

■ A CHANGING CLIMATE

While hardly unique to the Mekong, the threat of climate change is also looming. The World Bank cites Cambodia as one of the



One of the world's biodiversity hotspots, the Mekong provides a habitat for an unknown number of species of flora and fauna



For now life goes on as normal...

countries most at risk from flooding due to climate change.

Some effects of climate change are already evident. The Tonle Sap, Cambodia's great lake and the source of most of the country's aquaculture, has already seen drastically lower water levels and a difference in the size and yield of fish, at least some of which can be attributed to climate change.

Vietnam is also at great risk from another effect of climate change.

"Clearly, if sea levels were to rise this would be of great significance for the Mekong Delta," says Osborne. A 2007 UN Human Development Report concludes that forecasts for the Delta region are "particularly grim."

The report states: "In 20 years an estimated 45 percent of the Delta will be exposed to sea water and crop damage through flooding. Rice crops are expected to shrink by 9 percent. By 2050, much of the Delta will be completely inundated for most of the year."

Simon Benedikter, a research fellow with the University of Bonn's Centre for Development Research (working in conjunction with the WISDOM water management project at Can Tho University in Vietnam) points out that the mingling of seawater with freshwater is already becoming a major concern. "Salinity intrusion is a very big problem in the coastal areas," he says, "and will be even more problematic in the future as it moves further up the Delta."



...but is the sun setting on an era

The changes to the river are having an impact on wildlife as well. The Greater Mekong Region is one of the most biodiverse areas on earth. The World Wildlife Fund announced over 1,000 new species discovered in the last decade alone. But many river species are close to extinction, among them the Irawaddy Dolphins and the Mekong Catfish, the largest freshwater fish in the world reaching a size of over three metres long and a weight of 300kg.

■ TAKING A REGIONAL PERSPECTIVE

The dangers to the Mekong are multifaceted and far-reaching. Solutions are needed to address the problem on many fronts. Greener and more efficient ways to produce energy, regulation and enforcement of pollution controls and actionable water management plans are all parts of the puzzle.

But one major hurdle that remains is the fractured governance of the Mekong. What one country does to the Mekong has ramifications for all of the countries that share the river, but there is yet to be the kind of cooperation that can place long-term regional interests ahead of short-term, national ones.

The Mekong River Commission, established in 1996, is a body composed of representatives of the governments of Thailand, Laos, Cambodia and Vietnam. While it conducts a great deal of valuable

Salinity intrusion is a very big problem in the coastal areas and will be even more problematic in the future as it moves further up the Delta

research and river monitoring, it is limited in its authority – most notably because China is not a member of the Commission (nor is Myanmar) and has no obligation to consult the member countries about its hydropower projects.

Rivers International, a US-based organisation, is advocating for greater transparency on the issue of Mekong development, particularly dams. The organisation says: “In the Mekong region these mainstream dams are being examined under a veil of secrecy. In a world facing a growing food and water crisis, working together to protect and share the river’s rich resources, rather than wrecking them, should be a high priority for the region’s decision-makers.”

Grassroots activism has been muted to this point, although there is a growing voice of opposition to development on

the Mekong. Last year, more than 15,000 people from within signed a “Save the Mekong” petition urging governments to abandon plans for hydropower dams.

Ultimately, the threats facing the Mekong – hydropower dams, climate change, pollution – are cumulative. “These are cross-cutting issues,” says Benedikter. “Climate change tends to stand very separately, but in my opinion, it should be more integrated into water-resource management.”

The power of the Mekong has been evident for centuries. But like any living organism, it is also vulnerable. Its resiliency is being tested in ways it never has before. Just how much the Mekong can withstand, no one knows for certain. It’s a question hopefully we won’t have to answer.

■ A LAST SHOT

Back in An Thanh, the issues facing the Mekong seem distant, at least for another day. The sun is going down on the impromptu afternoon party. It’s time to make the return trip to Vinh Long.

A last toast. There’s a nickname for the rice wine we’ve been enjoying all day, one that reflects the harder side of the cycle of life in the Mekong – the gruelling labour, the constant vulnerability to the whims of nature, weather, and fate.

Raising a clear shot glass in the setting sun, Sau, the rice farmer, pauses for a moment – “Tears of the homeland,” he says. ■



Will bridges such as this one in Kampong Cham become more permanent?

food corner

Healthy Eats

Healthy cuisine has made leaps and bounds in the flavour department, and given the myriad of healthy choices in the Capital there's no reason to stay away. Words by **Kate Liana**.



One of Vego's many delicious salads (left) and a healthy juice from Nature & Sea (right)

■ TIPS FOR HEALTHY EATING

Remember: Heavy cheese, cream-based sauces, oil-rich curries, and loads of fatty meat just aren't healthy. Look for lighter, healthier options wherever you are. However, it's all about balance. Too much deprivation will hurl you headlong into a fish and chips bender, so allow yourself occasional indulgences. Luckily, after eating healthy for a period of time, your body starts to like, and actually crave it. You'll feel better as well, all of which will encourage you to continue the healthy options.

■ WHERE TO FIND THE FARE

Topping the list is newcomer **Vego's**, who stormed into town on a health-food mission and has fast become everyone's favourite salad dealer. Bright and welcoming, this tiny eatery opposite Wat Lanka packs in crowds at lunch eager for their delicious salads and wraps. Clean, fresh veggies that are chemical-free, imported cheese and loads of topping and dressing choices keeps everyone coming back for more. Healthi-

est options are salads with lots of legumes (like seeds and nuts), and a low fat dressing like the vinaigrette. Tuna and salmon are full of omega oils – good for the brain – and are a great source of protein. Another hit has been their bagels, baked fresh every morning, and are rumoured to be the best in town. However, at 600 calories a pop, go easy on them.

Vego, 3 Street 51.
Tel. 012 984 596.

Naturae is a welcome addition on Street 240. Both a restaurant and an organic food shop, it offers a wide range of organic tea, seeds, nuts, grains, dried pasta, baby food, baby shampoo, laundry soap, just to name a few. The in-house restaurant offers asparagus veloute, saffron orzo with shrimp, homemade yoghurt with rose syrup, and many other chemical-free and natural delicacies. However, some of the more unique offerings are the vitamin and mineral supplements. Wheatgrass is not just for your hippie aunt anymore. It

offers tons of nutrients and gives a huge, natural energy boost. Spirulina is packed with protein, vitamins, and nutrients, and its funky green colour screams 'healthy'. Antioxreds are potent antioxidants that are believed to provide a serious energy boost, and Livadetox's mix of amino acids and herbal extract will clean you straight out. If you're squeamish about downing this stuff raw, you can add a shot of the above to any smoothie or juice for US\$1, which will neutralize the strong flavour.

Naturae, 83 Street 240.
Tel. 017 368 937.

Nestled high above Street 51 across from Wat Lanka is **Nature and Sea**, a little refuge of wholesome goodness. Its buckwheat crepes, salads and sandwiches are all made with fresh, chemical-free veggies, and the shakes are a popular way to get some vitamins into your system. Avocado, carrot and beetroot juice (9,000 riel) is a tasty, sharp blend of veggies, the avocado smoothes out the flavour and provides a smooth texture.

The strawberry and pomelo drink is sweet and tangy and the mango and passion fruit is a rich, tart mix of sweet and sour flavours (both 9,000 riel). Add milk (1,000 riel) or yoghurt (4,000 riel) for added calcium. Best of all, sit on the breezy terrace and look out over Wat Lanka and enjoy the relative peace and quiet.

Nature & Sea, Cnr. Streets 51 & 278, 2nd Floor. Tel. 012 953 810.

The Shop's roasted red pepper soup is divine at US\$3. They only use a tiny touch of cream, which ensures the soup stays this side of healthy. With a lovely crisp, sharp flavour from the peppers, it's spicy without that ubiquitous chilli flavour. It's even possible to thoroughly enjoy on a 40 degree day. The pumpkin and spinach soup is equally tasty, and will also not break your calorie bank.

The Shop, 39 Street 240.
Tel. 092 955 963.

Wipe a tear from your eye as you eschew the grilled sausage in aioli and hit the feta and



The Shop's tempting but healthy roasted red pepper soup (left) and Del Gusto's Slow Food flatbread wrap (right)

cashew salad at **Pacharan** (US\$6.95). Luckily it's delicious and filling, so your suffering will be short. The lentils in this dish add great flavour and essential nutrients. Cashews are high in protein, iron, magnesium, and zinc, and contain "good fat" essential for heart health and are cholesterol-free. The plentiful feta cheese has a huge dose of calcium, great for building bone density, and much less fat and calories than other cheese, plus a wonderful sharp, salty flavour. It tastes so good you will forget that tempting crème brulee after all. **Pacharan**, 389 Sisowath Quay. Tel. 023 224 394.

Double-treat **K'NYAY** is both healthy and stylish enough for a first date. All veggies are organic and the chef tinkers constantly with the menu, creating new, delectable vegan dishes. Most exciting is the nutty, rich wild rice, a welcome respite from the white stuff. Pair with veggies or chicken for optimum flavour and healthiness, and enjoy the crunchy, firm texture. Start crafting your pitch for date number two. **K'NYAY**, 25 Suramarit Boulevard, (Street 268). Tel. 023 225 225.

Everyone's favourite Norwegian pub **Velkommen** makes a mean plate of veggies. US\$2

gets you carrots, green peppers, turnips, string beans and potatoes, all steamed soft, then grilled for a smoky, rich flavour. Some fresh black pepper sharpens it up a bit, and makes eating your veggies a pleasure. For protein add the pan-fried fish with capers (US\$5.50). Regulars swear it's the best fish in town. **Velkommen**, 23 Street 104. Tel. 092 177 710.

If you've been good and healthy, reward yourself with the flatbread wrap at **Del Gusto** (US\$4.85). The cumin flavoured yoghurt dressing is great and compliments the marinated lamb and chickpeas so well they blush.

Wrapped in fresh, warm flatbread that's baked on site every day, this one is a winner. Using locally grown, organic produce, Del Gusto is an avid supporter of the Slow Food movement, and has been committed to providing healthy, fresh eats to Phnom Penh since its inception. It has a collection of local farmers who all use organic methods, ensuring quality and preserving the goal of environmental friendliness. Unfortunately the staff too has embraced the "slow service" movement, so avoid if you're in a hurry. Otherwise it's worth the wait. **Del Gusto**, 43 Street 95. Tel. 023 211 396. 📍

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Guest House

Food Talk: From Russia with Love – for Food!

After three years at Moscow's prestigious Ararat Park Hyatt Hotel, **Emmanuel Garde** accepted the offer of becoming executive chef at Raffles Hotel Le Royal in February. **AsiaLIFE's Lou Hayward** asks the French chef what he plans to achieve here.



From Fontainebleau to the Hilton to the Ararat Park Hyatt to Phnom Penh's Le Royal – but always with style

"I'D NEVER BEEN TO MOSCOW before either but I liked it," says Emmanuel Garde of his decision to take up his latest challenge. "I had the opportunity to come to Phnom Penh and I had a good feeling so I said let's go for it."

Although clearly not a man to shirk challenges, his original choice of pursuing a career in food was quite natural. "All my family is in the food industry – I was born in a bar and my brother had a delicatessen business," he says.

After obtaining his diploma, Garde worked a season in a seafood restaurant in the south of France, home of the Mediterranean-style cuisine he loves. The next seven years he spent honing his skills in the south of Paris, working in a number of different restaurants including the celebrated Croquem-bouche in Fontainebleau.

"These were very typical 'French' places," he says. "They

were very small and served home-made, family style food. The chef would be in the kitchen whilst his wife worked as front of house. You had to learn to do everything."

In 1998, Emmanuel moved to London, as much to improve his English as to develop his talent for cooking. He began working in a small French restaurant in Holland Park before taking on positions in high-end kitchens in Selfridges and the Hilton Park Lane.

This marked a turning point for Garde, who realised his future lay in the hotel business.

Returning to Paris two years later, he took up a position with the Park Hyatt hotel group, working first at the Hyatt Regency Charles de Gaulle before helping to open Vendôme at the Park Hyatt Paris in 2003. He stayed there for more than four years.

His culinary wanderlust then took him to Moscow where, after

eight months, he accepted his first position as executive chef.

"In food you are always learning," says Garde. "You can be the best chef in the world, but there's always more to learn. This is my first experience in Asia and the products are completely different to those found in Europe."

Despite the twin challenges of obtaining ingredients in Cambodia and maintaining a level of consistency, Garde believes it is important to make the most of what the Kingdom has on offer.

"You have to preserve the identity of where you are," he says.

"What I want to do here is to get the best out of the food that is available – if you have a quality product you can always create good things." To that end, locally sourced vegetables, chicken and pork, and seafood from Sihanoukville are utilised alongside imported goods.

Having already introduced a highly successful seafood evening Garde is looking forward to combining flavours and recipes from his experience in France, London and Moscow with more traditional fare – whether it be using Dover sole and Russian beetroot or developing a special Kampot pepper foie gras.

From elegant Restaurant Le Royal to airy Café Monivong, each of the hotel's distinctive bars and restaurants has a reputation for excellence that Garde is dedicated to preserving.

"All over the world, everyone knows Raffles," he explains. "Quality is everything and I push my staff to cook the right way. For me, unless it's done properly, it's not worth doing at all."

Raffles Hotel Le Royal,
Tél: 023 981 888, Email:
phnompenh@raffles.com 



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restaurant guide

key to symbols

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- 04** \$10+ per average dish  ChildSafe®

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Together, protecting children. www.childsafe-cambodia.org

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 an cosy setting near the riverfront. Open from 10am to 2pm - 4pm to 10pm **02**

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

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

Magnolia
 55 Street 51, Tel: 016 944 493
 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 Bvd., 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
 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 Bvd., 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**



San Miguel
 ONE BEER
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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 Sothea's Blvd., Tel: 023 220 822
www.almondhotel.com.kh
Restaurant specialising in Cantonese food and dim sum that fuses the traditional with the contemporary, set on the ground floor of the Almond Hotel. Serves some of the best dim sum in town. Open from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm - dim sum not served in the evening. **03 A/C**

rated with more indoor air-con space. Open 7am to late. **02 A/C**

La Marmite
Cnr. Streets 108 & 51, Tel: 012 391 746
This small, reasonably priced French bistro has two adjoining rooms, one non-smoking. Relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, but no Marmite! Open 11am to 2.30pm & 6pm to 10.30pm. **02 A/C**

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

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

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

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

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

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

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

Dosa Corner
15 Street 51, Tel: 012 673 276 Street
This small south Indian restaurant opened

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french

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

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

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

Equinox
3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best 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. **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 redeco-

Singapore Nasi Lemak...




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 012 391 746



a tapas style restaurant run by former street youths in training

#215 Street 13 Phnom Penh
 Tel: 012 802 072
 friendstherestaurant@mithsamlanh.org

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 possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C**

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

Shiva Shakti
 70 Sihanouk Blvd.,
 Tel: 012 813 817 / 023 213 062
 Decidedly upmarket and sophisticated 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 8am to 9pm. **02**

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

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

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

Edelwiess Restaurant
 375 Sisowath Quay, Tel: 092 341 329 / 012 422 589
 This open-air restaurant specialising in German and Khmer food offers the perfect spot to enjoy an Erdinger beer while watching life go by on the riverfront. Open 10am to late. **02**

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

FCC Phnom Penh
 363 Sisowath Quay, Tel: 023 724 014
 Phnom Penh's landmark restaurant, with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. **03**

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

Flavours
 Cnr. Street 51 & 278, Tel: 017 765 896
 Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs falling onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late. **02**

Friends
 215 Street 13, Tel: 012 802 072
 Non-profit training restaurant where all the proceeds go to the neighbouring street-kid

គោលនយោបាយ មិត្តសម្លាញ់

Tapas
 Shakes
 Daiquiris
 &
 Khmer Smiles

FRIENDS

the Restaurant



#215 Street 13 Phnom Penh
 Tel: 012 802 072
 friendstherestaurant@mithsamlanh.org

www.mithsamlanh.org



Review: Armand's

Simple food cooked well makes *Armand's* a rare and tempting prospect, discovers *Simon Jacy*.



A SINGLE SHOP FRONT on the crowded Street 108 sandwiched between bars and internet cafés, Armand's can be easy to miss. But a single meal there is enough to put the place firmly on your repeat list, as the elbow-room-only dining room attests.

Offering a true bistro experience, the three tables and bar stools are constantly occupied by chattering patrons from the time the kitchen opens at 5pm until the restaurant closes at midnight. The welcoming trilingual proprietor is quick to make diners feel at home, his attentiveness ensuring a level of service rarely seen elsewhere. But the cosy wood-panelled space is above all informal, a haven of good food away from the pretensions of the more starch-collar, high dining options elsewhere in the capital.

The pepper steak flambéed in brandy (US\$17) is as much theatre as food, the yellow Courvoisier-fed flames leaping from the pan with a flourish, much to the delight of gasping customers. But the dish is also a practical belly-filler – heaped piles of tender steak, crushed sautéed potatoes and buttery long beans. The chef's tendency to cook the steak without asking how rare it should be can be an alarming

surprise, at least until you cleave the soft meat and add its flavoursome pink juices to the peppery sauce. The hot tingle of Kampot pepper is unmistakable, and the careful balance of ingredients means it doesn't overpower the other flavours, most notably the complex taste of the beef, so often lost in the meld of alcohol, spice and cream.

Other bistro fare is very much in evidence, including rillettes de canard (duck pate – US\$5.50), mixed charcuterie (US\$6), and imported goodies like Tasmanian smoked salmon (US\$11). Wines run from the high roller's Tattinger (US\$59 a bottle) down to the serviceable house red (US\$3 per glass). The well-stocked bar offers vintage brandy, single malt scotch and other tipples, and Cuban cigars (US\$7 and up).

Puddings change daily (US\$5) but diners will be lucky if they draw the chocolate mousse – layers of springy sponge, airy chocolate mousse, and a cream centre that leaves a subtle banana aftertaste. The sail-like slab of white chocolate is the perfect accompaniment to a rocket fuel espresso (US\$3) to round off a hearty meal.



Armand's Bistro,
33 Street 108. Tel. 015 548 966. Open 5pm till late –
Closed Mondays 🚫

A taste of Cambodia's provinces

Mith Samlanh's second training restaurant run by former street youth and their teachers. Serving creative Cambodian cuisine.

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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

school. Food is a reliable mix of Mediterranean and Asian with tapas thrown in if you are not feeling too hungry. Great juices. Another one of Phnom Penh's places designed to take it easy, but this time with a clear conscience. Open 11am to 9pm. **01**

Garden Center Café
 60-61 Street 108,
 Tel: 023 997 850 / 092 429 968
 www.gardencentercfe.com
 Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02**

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

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

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

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

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

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

Jaen
 Cnr. of Sisowath Quay & Street 106
 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: 023 727 130
 Lebanese restaurant with beautiful indoor and outdoor seating. Authentic middle-eastern cuisine served in an elegant atmosphere. Open Tuesday - Sunday from 11am to 3pm and 6pm to 11pm. **03 A/C**

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

Le Rit's
 71 Street 240, Tel: 023-213-160
 Restaurant and boutique handicraft shop run by NGO NYEMO set in a beautiful garden. The restaurant specializes in European pre set lunch menu and serves authentic Khmer food a la carte for dinner. Open 7 days from 7am to 10 pm. **02**

Madeleines Bakery
 172Eo Street 51, BKK I, 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
 11 Street 288, 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

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 www.commealamaison-delicatessen.com
 Open daily from 06:00 to 22:30



Bargain Bucket: Irrawaddi

Say *Mingalaba* to Burmese cuisine. For those who have yet to make a journey to Myanmar, a little slice can be found right here. Words by *Kate Liana*.



TUCKED INTO A QUIET street in BKK, Irrawaddi serves as a home away from home for the small but growing Burmese population in Phnom Penh and gives others a glimpse into the culture and food of Myanmar. The gracious owner Myaing Chocho, originally from Yangon, can be found there most nights, and her warm presence gives the restaurant a relaxed, friendly vibe.

Preserved and fresh tea leaves offer a unique flavour in the tea leaves salad (US\$2). Aromatic and savoury, the addition of crisp beans, dried shrimp and sesame gave a nice crunch to this cool, refreshing salad. The sharp, bitter fried rozelle leaves mixed with bamboo shoots (US\$2) might not be everyone's cup of laphet (Burmese tea), but the dish was tangy and garlicky with a good dose of spice.

Hilsa, a famous Burmese fish soup from the Bay of Bengal is available here for US\$3.50. Savoury and pleasantly sour, the soup is made with garlic and shallots. While the fish comes from a can (imported from Myanmar), it tasted fresh, soaking in the rich broth. Chicken curry with chickpeas (US\$3.50)

was a hearty, earthy dish that disappeared the fastest. The chicken was soft and rich flavoured, and the sauce wasn't overly spicy.

Portions are large and prices are low, so being charged US\$1 for crisp roti or US\$0.50 for steamed rice won't sting too much. And every meal comes with a small bowl of soup, gratis, which changes daily.

Keep the spirit of the country alive with Myanmar Beer, a flavourful, medium-bodied lager (US\$1). If you can't bear to stray from the magic silver bullet, Anchor is US\$0.75 a can, and Tiger and Heineken are US\$1.50.

Airy, bright and comforting, the dining room is decorated with paintings of the Myanmar countryside. Clean tablecloths, glass coasters and wine goblets make for a nice touch, and the location ensures a quiet, traffic-free alfresco meal if you prefer the outdoor patio. Chocho plans to add more decorations and artifacts from her native homeland, but for now the food is enough to keep Irrawaddi on the heavy-rotation play list.

**Irrawaddi, 24 Street 334.
Tel. 012 979 510. Open 10am
– 10pm Tues - Sun. 📍**



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Java Cafe & Gallery
La Potenza Le Duo
Living Room Cafe
Morning Cafe
Naga World Hotel-Italian Restaurant
Pacharan Cafe
Scoop Bistro & Bar
The Place
Time Cafe
The Corner
Van's Restaurant

No. 33, Sotheaors Blvd
Intercontinental Hotel
No. 56, Sihanouk Blvd
No. 17, St. 228
No. 09, St. 306
No. 32C St. 592
Naga World Hotel
St. 184 (Riverside)
Mao Tse Toung Blvd
Preah Sihanouk Blvd
No. 422, St. 310
No. 12, St. 57
No. 05, St. 102

Siem Reap

The Central Café
Hotel De La Paix
King Cafe
Royal Angkor-Sofitel Resort

Corner of Old Market
Sivutha Blvd
Corner of Kingdom Hotel
Vithei Charles de Gaulle

Sihanoukville

Cinderellas Cafe

Ochheuteal Beach

Kampongcham

Fresh Coffee

No. B6, Borei Riverside

Kampot

Bokor Mountain Lodge Hotel

Riverview Drive

Koh Kong

Aqua Sunset

Koh Kong

Best Kept Secret: A Lot of Balls

It's always a party at Restaurant BBQ Party Buffet. You may have to work a little before you eat, but that's half the fun. Craig Gerard cooks up a storm.



THIS HIDDEN GEM IS A carnivore's delight. Imagine every possible meat product you can think of all lined up just for you. Now think of all that meat in meatball form. Beef meatballs, fish meatballs, fried crab meatballs, hen egg meatballs, squid meatballs – that's a lot of balls!

The magic of Restaurant BBQ Party Buffet is that you never have to choose just one meatball, you can eat all the balls you want. The restaurant serves a buffet of said meatballs – pork, beef, chicken, prawn and squid. But the party doesn't stop there. The real joy is that you get to cook it yourself.

When you arrive, staff bring a basket of veggies (which you can readily ignore) and a clay barbecue pot topped with a metal tray with slots on the top. Your job is to select from the copious troughs of raw meat to make your perfect BBQ creation. You bring these back to your table and start cooking. One hint, place the vegetables that take longer to cook (like carrots) in the broth before going to select your

meat. The waiter will also bring you a selection of sauces including a fiery chilli, a sweet chilli, and the ever-present pepper, salt and lime combo.

Prices are an affordable US\$6 for adults, US\$4 for kids aged 6-12 and US\$3 for kids aged 3-6. For those prices, don't expect too much in terms of ambience or aircon. This open-air restaurant relies on stagnant breezes from the Mekong and fans to cool the patrons who dine over the hot coals, amongst hot-pink plastic chairs, while they listen to hunger-inducing Khmer karaoke. But the beers are cold – and did I mention there are a lot of balls?

The restaurant is only open for dinner starting at 4pm everyday and the buffet line closes around 10pm each night. To find the Party, head north on Monivong past Russian Blvd. Turn right at the Caltex station at the junction with Street 86. The restaurant is on the right hand side up a flight of stairs.

Khmer BBQ Party,
44E1 Monivong, Blvd.
Tel: 012 835 224. 📍

bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno, just great 60s & 70s music. Open from 5pm to Midnight, happy hour from 5pm to 7pm, closed Sundays. **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**

Pelican

4D Street 278, Tel: 023 214 540
A variety of pies made fresh every day, served hot and ready to eat in a cardboard takeaway box. Open 10 am to 7pm

Pickled Parrot

4-6 Street 104, Tel: 012 633 779 / 023 986 722
www.tonesapguesthouse.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 night is special roast lamb night. Excellent cocktails menu. Open 5pm to late,

Sunday to Friday. Sat closed, but available for private functions. **02**

T-Bone Steak House

392 Monivong Boulevard, Tel: 012 900 138
Serves a premium selection of both imported and Cambodian beef, in a classically conditioned setting. A carnivore's delight. Open 12pm to 2pm and 5pm to 11pm

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**

Vego

3E0 Street 51, Tel: 012 984 596
Modern salad bar offering home-made bagels, fresh fruit and vegetable juices, as well as wraps and salads for eat-in or takeaway. Choose from a large selection of ingredients to create your own lunchtime plate of greens. Open 8am to 8pm. **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 specialities with a full bar, draught beer, wine and sprits. Open 7am till late. **02**

italian

Aria D'Italia

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

La Volpaia

20-22 Street 13, Tel: 023 992 739
Part of a global pizzeria chain that includes Florence, Tokyo, Seoul and Phnom Penh. Good terrace area and inside aircon room. The cuisine is excellent with pizza and pasta cooked fresh in front of your eyes. **03 A/C 🍷**

Le Duo

17 Street 228, Tel: 012 342 921 / 023 991 906
This beautiful restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas and pasta. Friendly Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm & 6.15pm to 10.15pm (closed Wednesday lunch). **02 A/C**

Luna d'Autunno

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

Pop Café

371 Sisowath Quay, Tel: 012 562 892
A sophisticated, small Italian restaurant located next to the FCC that serves light, contemporary Italian cuisine including fresh pasta and pizzas. Extremely popular with expats. Open for lunch from 11.30am to 2.00pm 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 Sothea's Blvd., Tel: 012 968 095
Up-market, contemporary Japanese restaurant with a spacious air-con area downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm and 5.30pm to 9.30pm. **03 A/C**

Yumi Restaurant, Bar and Grill
29a Street 288, Tel: 092 163 903
An elegant but inexpensive English run Yakitori restaurant nestled in to a quiet street in BKK. Serving top-notch Japanese nibbles, hot and cold sake, plum wine, wine and beer. Don't leave without trying the salt and chili squid. **03 A/C**

mexican & tex-mex

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

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

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

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

Sharky Bar
126 Street 130,
Tel: 023 211 825
www.sharkysofcambodia.com
Not just a pretty face, the biggest & most famous of Phnom Penh's bars has one of the best menus in town. The burritos & 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 andilly coffee. Great place to have a drink during it'd 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 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 Sothea's Blvd.,
Tel: 023 427 131
Little known but excellent Thai restaurant that serves well prepared and wonderfully spicily 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

popcafe

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CAFÉ SENTIMENT - MONIVONG | CAFÉ SENTIMENT - SOVANNA | CAFÉ SENTIMENT BOENG KENG KANG
CAFÉ SENTIMENT - RIVERSIDE IS COMING UP SOON

Street Food: Scaw Dtee-An

Name: Scaw Dtee-An
(Pulled Sugar)

Price: 500 or 1,000 riel lengths

Ingredients: Lime is added to a pot of sugar water and is then heated until the consistency becomes soft and sticky, resembling nougat. This is then flattened and a layer of peanuts is pressed into it. The nutty nougat is then rolled into long cylindrical shapes.

Served: The nougat is literally hand-pulled from its original cylindrical shape and served as a long string with a thin strip of paper wrapped around one end for the eager customer to hold onto. If lucky, the text on this piece of paper holds the secret of life!!!

Taste: Tooth-rotting-magic-tasting-tastic! (5 out of 5).

Where to get it: From blue boxes tied to the back of blue bicycles which blast out Khmer music from blue speakers so loud that its enough to stop the skinny-legged peddlers just to buy some 'pulled sugar' so as to stop the music from playing (once motionless the music ceases).

Other Info: Usually sold only in the evening. 🇰🇷



eau de vie as specialties. Open from 11am to 11pm. A/C 🇰🇷

Brown Coffee & Bakery

17 Street 214, Tel: 023 217 262
Stylish, locally owned café with bakery on the premises. Serves a variety of Coffees and Pastries. The Green tea latte is a house specialty. Open 7.30am to 8pm. 02 🇰🇷

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 healthy salads and snack plates, plus a great coffee menu. Has a kid's playroom and baby changerroom. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. 02 A/C 🇰🇷

Every success deserves a reward.

MARKETING ADMINISTRATORS
Mr. Sam Sopheak
Marketing Communications
Phnom Penh
Cambodia

Dear Mr. Sopheak,

SUBJECT: PROMOTION TO SENIOR VICE PRESIDENT

I am delighted to inform you that effective immediately, you are promoted to the role of Senior Vice President for Operations.

The Board and I would like to offer our sincere congratulations; we are especially pleased to have filled the role internally after an extensive search including external candidates. This is a thoroughly deserved promotion and a testament to the hard work and professionalism you have demonstrated in your current role.

We have high expectations on your promotion.

Sincerely,

T-BONE
Steak House

392 BEO, Monivong Blvd., Phnom Penh, Cambodia.

Café Sentiment
 64 Monivong Blvd.,
 Sovanna Mall; Cnr. Streets 63 & 278
 Popular coffee shop chain run by the
 same Thalías 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 Yeji
 170 Street 450, (near the Russian Market),
 Tel: 012 543 360
 Quiet, cosy café serving bistro-style
 western cuisine, with extensive range of
 coffees. Good pasta dishes, a wide selec-
 tion 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 cock-
 tails. Open 11am to midnight. **02 A/C**

Corner 33
 33E2 Sotheaors Blvd., Tel: 092 998 850
 First-floor café overlooking the Royal
 Palace. Asian & Western meals served for
 breakfast, lunch and dinner with a nice se-
 lection 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 comfort-
 able 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**

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

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 Dinner with 2 half bottles wine
 Breakfast with
 Assorted Omelette
 Assorted Chicken
 Thai Curry with steamed rice and
 Beef T-bone with
 cream mushroom sauce
 Fish & Chip
 Singaporean Singaporean
 Chicken Leg Curry
 Homemade Fish or Beef Burger
 Caki Sandwich

DP Lodge Delux Bar
 DP Lodge Restaurant

Delux Bar operates from 5pm - 12am
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bar stool

Buying and Storing Wine

Cambodia provides a diverse wine selection capable of satisfying and surprising even the most experienced of oenophiles, but the world of wine can seem a complex and intimidating place.

Words by **Lou Hayward**.



The trick is in staying horizontal, both before and after drinking – but not during

EVEN IF YOU CAN'T TELL A Malbec from a Merlot or a Sauvignon from a Shiraz, by following a few key pointers from some of Phnom Penh's most knowledgeable experts, buying and storing wine properly need not be a daunting prospect.

It pays to be aware of the long and arduous journeys many bottles of wine have undergone in order to get to Cambodia. By visiting a reputable and trustworthy supplier, you can take comfort in the fact that your wine has been stored at the correct temperature at all stages of transportation.

Unless you have something very specific in mind, it's a good idea to go to someone who can help you with your decision. As Darren Gall, director of AK Wines, points out, the role of the wine seller is to "help the consumer to make an informed choice."

If price is an important factor, it's definitely worth checking out the selection available in supermarkets such as Pencil and

Lucky. As these stores tend to buy in bulk, they can offer very competitive prices.

Wine evenings and tasting events are commonplace in Phnom Penh and provide would-be purchasers with a chance to try before they buy, and to ask for advice and information.

Many purists recommend only ever pairing certain wines with certain foods, though this is very much a matter of personal taste. "The general rule," says Frank Sampéré co-owner of The Wine Restaurant "is to start with youngest and most light bodied wines and finish with the oldest and most full bodied."

To get the maximum satisfaction from your wine, you need to ensure that you store it properly.

"The key thing, for both red and white wines is to keep them at a constant temperature," says Frank. Darren recommends a constant temperature of between 16 and 18°C and, relative humidity of about 70 percent.

You should also store bottles horizontally in such a way that the wine is constantly in contact with the cork. This prevents the cork from drying out and expanding or contracting, which can lead to oxidation and premature aging. This will ultimately spoil the wine. Also, keep your wine out of direct sunlight, which, as Darren describes, is "the enemy of wine".

Given the weather in Phnom Penh, especially at this time of year, it can be difficult to recreate the perfect storage conditions. However, simply bunging your bottles in a normal fridge is not enough in the long term.

"The fridge is actually a very dry environment," explains Darren. "Leave wine in there for too long and the cork will dry out." Frank agrees advising that wine should be kept in a normal fridge for no more than two weeks.

Given that most of us can't afford to have a proper cellar installed, one solution that

both Darren and Frank recommend is to invest in a refrigerated wine cooler – you can find a selection at Sorya Market. Look for a cabinet with a high quality motor that doesn't buzz and vibrate too much as this will affect the wine.

When it is time to serve your wine be sure to warm or chill it gradually. Above all else enjoy every moment of drinking it.

If you are looking for quality wine, it's best to contact the experts. There are four quality wine merchants in Phnom Penh.

AK Wines, 125 (15z) Street 105, Phnom Penh, Tel: 023 214 478.

Quarto Products, 30-31, Street 108, Tel: 023 221 772.

Red Apron (Celliers d'Asie), 15-17 Street 240, Tel: 023 990 951.

The Wine Restaurant (Open Wine), 219 Street 19, Tel: 023 223 527. 

bar stool guide

key to symbols

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

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

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

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

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

Chow
277 Sisowath Quay, Tel: 023 224 894
 Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and lily 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, wood-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 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.

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

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

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 **A/C**

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 crèche facilities. Open from 7am to 12.30am. Closed Mondays.

Green Vespa
95 Sisowath Quay, Tel: 012 887 228
 The walls of this popular expat haunt are strewn with photos of vespas and VIPs. Has an excellent selection of single malt whisky, and does a US\$10 special combination of food and drink. Good music, especially if you are an 80s throwback. Open early till late. **A/C**

Gym Bar
42 Street 178, Tel: 012 815 884
 The best sports bar in town with more wide screens than sense and a good nine-ball pool table to boot. Ideal for watching Premiership football or any other sport. The food is good and there's a non-sports quiz every Tuesday. Open 11am to late. **A/C**

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**

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.



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www.asialifeguide.com

Has one of the best pool tables in town. Happy Hour from 5pm – 8pm. **A/C** 📺

Man Han Lou

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

Maxine's

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

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
This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

Metro Café

Cnr. Sisowath Quay & Street 148. Tel: 023 222 275
Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 7:30am to 01am. **A/C** 📺

Munich Beer Restaurant

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

One More Pub

16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools. No hip hop nor techno, only great classic 60s & 70s music. Has elegant, terracotta-tiled terrace and 3 guest rooms upstairs (US\$18 to US\$28). 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 in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this 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

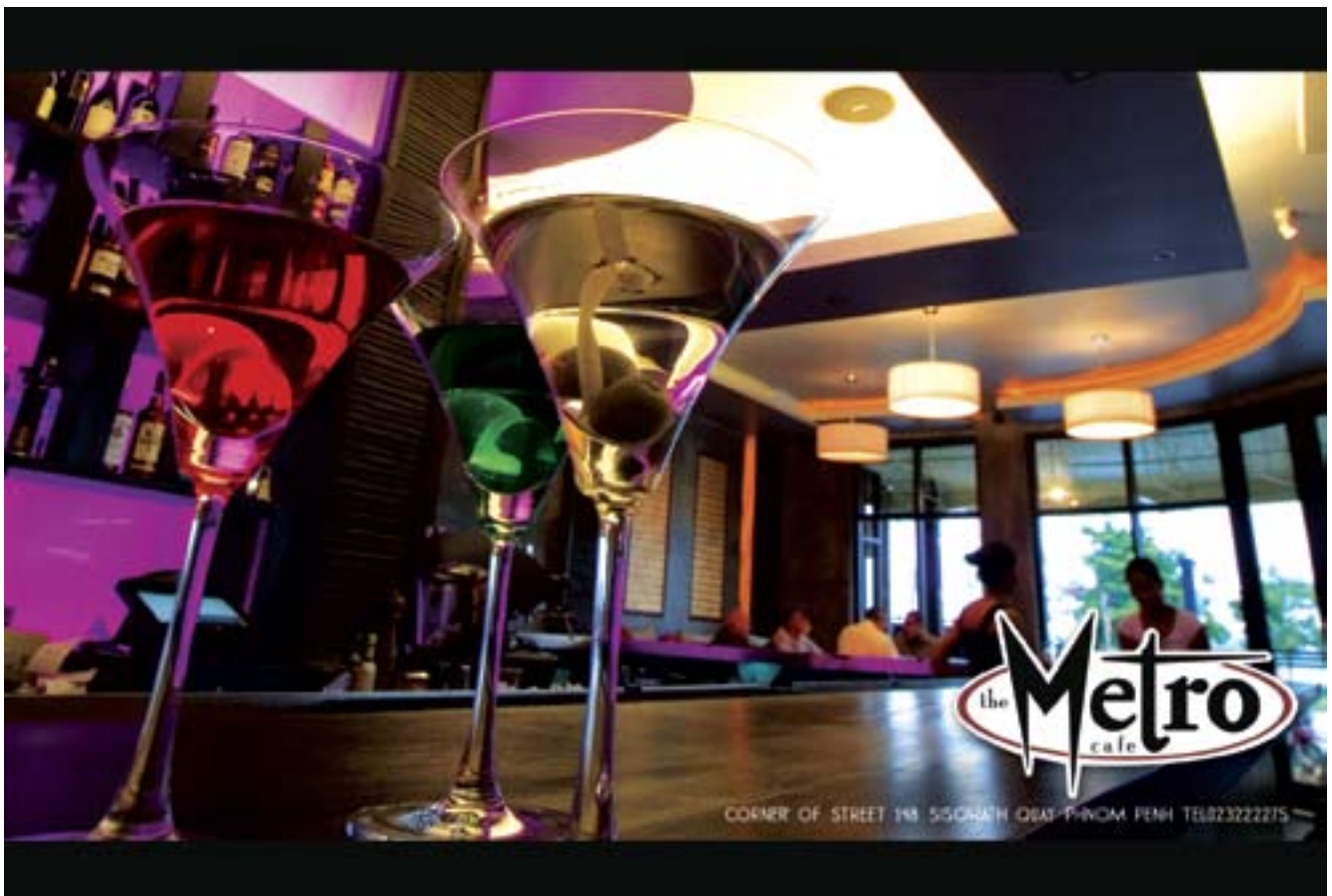
4-6 Street 104, Tel: 012 633 779
Air-conditioned bar with excellent 9-ball pool table, that's a popular late night hang-out with expats. Reliable international cuisine is available at the bar, free internet and 24-hour cable sports channels. Clean well-kept guesthouse upstairs with 15 rooms. Open 24 hours. **A/C** 📺

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.



CORNER OF STREET 148 SISOWATH QUAY PHNOM PENH TEL: 023 222 275

Darren Gall: Wines you can 'steak' your reputation on



IF I ATTEND ONE MORE steak themed dinner/luncheon/food orgy, I might well end up going as mad as the proverbial cow!

I just can't seem to escape them at the moment, in Phnom Penh they're everywhere, on every other day and like a tuk, tuk driver to a tourist, I just can't leave the damned things alone. The next thing you know I'll be seated at a plate of five or six hundred grams of juicy, sizzling protein.

With all this rapacious, carnivorous, mastication going on, its time to sort out just which wines to drink with these delicacies-bos-ungulates.

My traditional accompaniment to a big, juicy steak is a big, juicy red. Preferably with enough youthful tannin and structure to cut through the fats and juices of the meat, enough body and power to both compete and compliment the strong flavour of the beef and enough complexity and balance to uplift the whole culinary experience.

■ PURPOSE BUILT

Angus the Bull, Cabernet Sauvignon: This wine started as a simple idea that soon became an obsession. The brainchild of young winemaker Hamish MacGowan, the philosophy behind Angus The Bull is to create a unique and innovative wine that provides an ideal accompaniment to prime beef.

Having recently tried the current release with the exceptional steak on offer at T Bone restaurant, the combination was just outstanding. This rich, complex, seamless wine is an absolute triumph.

■ SILVER SERVICE:

Richard Hamilton 116 Year Old Vines, Centurion

Shiraz: the state of South Australia has never had a recorded case of the dreaded vine mite Phylloxera in its recorded viticultural history, meaning that it is today home to some of the oldest commercially producing Shiraz vines in the world. These grand old vines, in harmony with their environment – when treated with hands on care and attention – produce wines of extraordinary depth, richness, concentration and complexity. I tried this wine with local beef at the recent Beefsteak and Burgundy lunch, held at Open Wine, and consider it a rare and joyous treasure.

■ RAW POWER

Torres Coronas Tempranillo: This wine is just about perfect for anyone who likes their beef on the bluish side of rare, its persistent, leathery tannins slice through juices and fatty sinewy like a matador's banderillas. There are also smoky, spicy notes to the fruit that adds delightful complexity.

■ BARGAIN HUNTERS DELIGHT

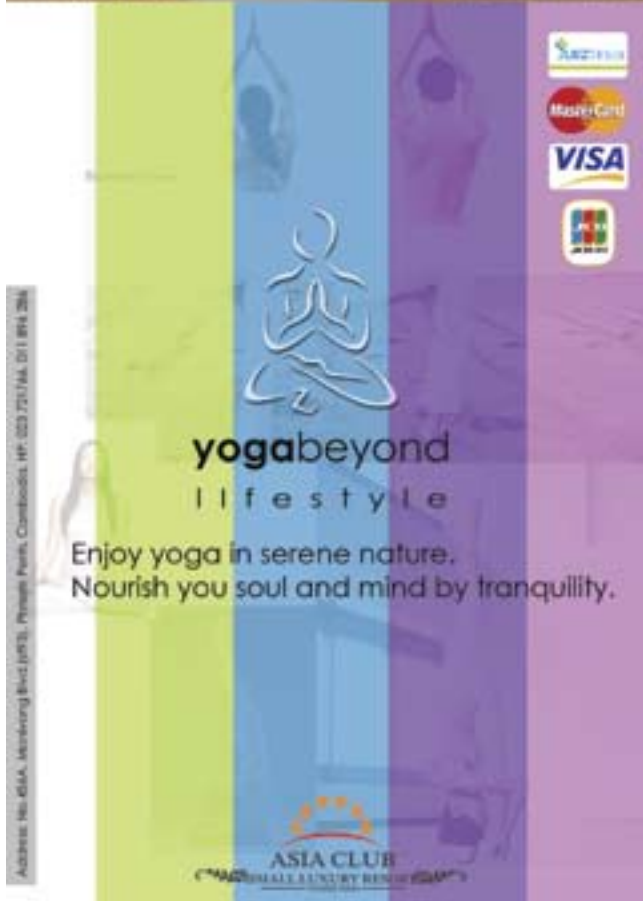
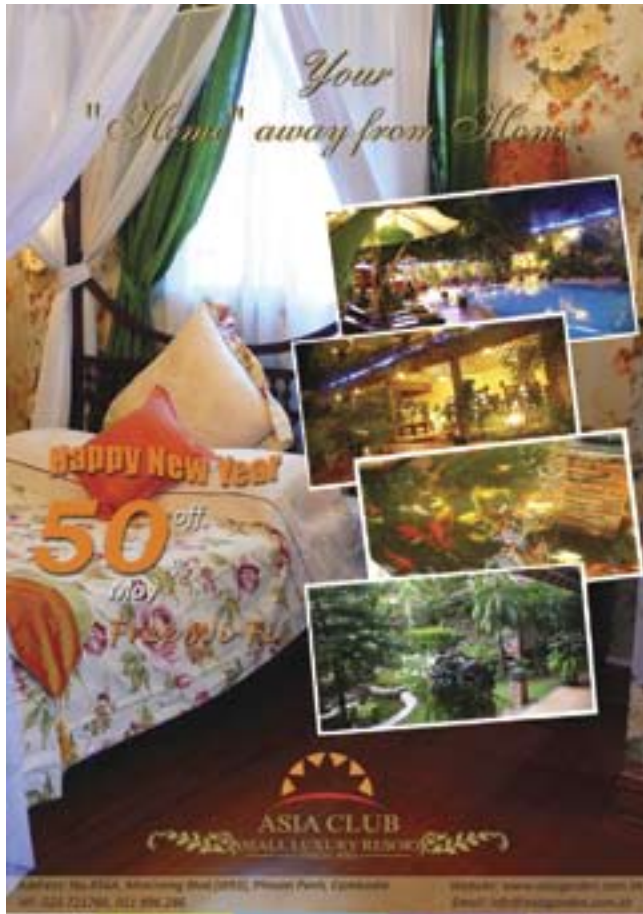
Lois Max Cote du Rhone: A light, whimsical, medium bodied red wine with notes of plum, pepper and spice, it is very inexpensive and a damned good quaffing wine for a barbecue with your rough head mates or giggling girlfriends. **A**



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Bar Talk: Equinox

Owning one of the most popular bars on one of the most popular streets in the Penh, Marc Saveltti should have his hands full, but the laidback Frenchman has found his equilibrium. Words by Craig Gerrard.

"I ALWAYS TRY TO DERIVE inspiration from the name," says Marc Saveltti, owner and manager of Equinox. "I don't want the place to be too posh, but it has to be comfortable. I want it to be a place to come and just have a beer, not only a special event bar. It's about keeping the right balance."

A six-year veteran of Cambodia, Marc has owned Equinox for the past four years, having celebrated its anniversary in January. He says that business is booming, thanks to the increased popularity of the Golden Mile.

"There was a need for this kind of scene in the city," he says. "Expats were looking for something different than the lakeside or the riverfront – a place to meet with friends for a beer and listen to good music." Street 278 has become that home for many Penhites looking for their own spot, and Equinox seems to find the balance between value and comfort.

Another draw is the rotating art exhibitions selected by Marc – part of the general trend of increasing cultural events in the capital.

"I hope this will bring more artists to Phnom Penh,"

he says. Not only does the changing décor keep him and the customers from getting bored with the bar, but as he puts it "it's always a good occasion to have a party."

Marc first brought a business to the Golden Mile more than five years ago as owner of Setsara Thai Restaurant, when he knew many of the other business owners on the block. Though there are many alternatives to Equinox nearby, he does not see these bars as competition. Recently, the street's business owners have collaborated to talk about how they could improve things. "If you look at this from a city level," he says, "these are my business partners, not my competition."

The future looks bright for Marc and his neighbours. He has plans to expand the upstairs to allow for more table space. He also hired another bar manager, this time an Englishman, hoping this solidifies the bar as an international destination, not just a "French bar" as some suspect. For the time being, Marc enjoys life in Cambodia. "There is something exciting about the unpredictability," he says.

Equinox, 3A Street 278



Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

Rubies

Cnr. Street 19 & 240,
Tel: 012 823 962

Small corner wine bar with warm wood panelled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

Saffron

11 Street 278, Tel: 012 247 832

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

Scoop Bistro Bar

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 216 130

Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am to midnight, closed Sundays, reservations recommended. A/C ☎

Sharky Bar

126 Street 130, Tel: 023 211 825

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

Talkin to a Stranger

21B Street 294

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

The Chinese House

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

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. ☎

Blue Chili

36 Street 178

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

Classic

20 Street 118

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 ☎



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Cheap drinks and occasional drag shows throughout the week at Phnom Penh's latest gay bar, but for how much longer?

Pontoon - Glory Hole
Pontoon Lounge, Koh Pich (Diamond Island)

Thursday nights, Cambodia's first and only gay club night with western international house DJs, live entertainment and drag shows with US\$1.50 spirit and mixer drink deals.

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
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**

Studio 182
182 Norodom Boulevard,
Tel: 077 555 182

Top end club with prices to match. Vintage tunes from the 60s onwards, with regular club nights. The beautiful rooftop terrace is a definite draw. Open Thursday to Sunday, from 8pm.. **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	5	7	3	1	8	2	9	4
9	1	3	4	6	2	7	8	5
4	8	2	7	9	5	6	1	3
7	2	6	1	4	9	5	3	8
1	4	8	5	3	7	9	2	6
5	3	9	8	2	6	1	4	7
3	7	1	2	5	4	8	6	9
2	6	5	9	8	3	4	7	1
8	9	4	6	7	1	3	5	2

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Pub Quiz Answers

(1) To kill a Mockingbird (2) Brian May (3) The Darling Buds of May (4) The French "Venez m'aider" (come help me) (5) Definitely Mayabe (6) May 4th (7) Little Women (8) Plymouth to Plymouth (9) Metro Goldwyn Mayer (10) Rik Mayall (11) Brech Birth (12) Inner Ear (13) Femur (14) Dandruff (15) Tears (16) Back of your mouth (17) Kidneys (18) Arteries (19) The kneecap (20) Smell (21) Jamie Oliver (22) Quasimodo (23) Green, Yellow and white (24) Scorpio, Taurus & Virgo (25) Queen of the South, East Five & East Sterling(shire) (26) Mrs White, Mrs. Peacock & Miss Scarlet (27) Clout (28) Sun Records (29) Hock (30) Kep, Pailin and Preah Sihanouk

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Dancing to a Modern Tune

Contemporary dance is still in its infancy in Cambodia, yet dancer and choreographer **Yon Davy** is determined to help it grow. Words by **Nora Lindstrom**.



Yon Davy: finds meaning in her contemporary dance from Khmer tradition

IN A COUNTRY STILL TRYING to re-instate its 'true' Khmer identity following years of war and domination, traditional and classical dance, such as the omnipresent Apsara dance, is still valued highly. Contemporary dance on the other hand, is often frowned upon or even viewed with hostility.

Dancer and choreographer Yon Davy (25) doesn't care. "In classical and traditional dance you need to keep the form," she says. "I like to find something new from the outside, and show my own ideas." Contemporary dance allows her to do this.

A folk dance graduate from the Royal University of Fine Arts, Davy learned about contemporary dance through joining workshops held by visitors to Cambodia, as well as through a short residency in Indonesia. Without foreign influences facilitated by institutions such as Amrita Performing Arts,

Davy says she would most likely never have developed an interest in this new form of dance.

One of her foreign mentors is Dutch theatre director Bob Ruijendaal. Bob directed and produced *Movin'*, a new piece combining classical and modern dance that premiered at Sovanna Phum early last month. As part of The New Cambodian Artists group that created the piece Davy not only performed in it, but contributed to its choreography, as well as working as the director's assistant.

"I've known Bob for two years now," says Davy. "I understand him, and he loves my talent."

Davy is well aware of the difficulties facing those trying to create home-grown contemporary dance. She describes some of her compatriot's reaction as thinking of her dance as "crazy", while others accuse her of destroying Khmer culture.

For Davy contemporary dance is resolutely based in traditional

and classical dance. "When we do contemporary dance, we need to know ourselves and our history first," she says. "If I do contemporary dance without Khmer traditions, there's no meaning."

What makes her dance contemporary is not the rejection of the past, but breaking away from the codified, limiting elements of traditional movements. "In classical and traditional dance you don't need so much feeling," she says. Contemporary dance on the other hand allows the dancer to express him or herself to the audience. "We just do it by our feeling," she says, describing how in contemporary dance there are no limits to the movements of the body. "When I dance I feel like flying. My steps on the stage are not on the stage."

Translating one's feeling to a local audience unfamiliar with contemporary dance can be difficult. Davy explains how she may

create a piece that is intensely personal, but the audience might understand its message as something completely different. "Because contemporary dance is really new – how do you show the personal?" she asks.

Working with others, such as in the piece *Movin'* can also pose problems. "The other person needs to understand your meaning too," says Davy. She adds that the development of contemporary dance in Cambodia not only hinges on getting the audiences interested, but other dancers too.

In a country where traditional dance remains highly revered, Davy is walking uphill. Nevertheless, she is determined to continue working with foreign visitors as well as local dancers to develop the scene in Cambodia. "I want to be a dancer and choreographer, and give what I have to others," she says. "I don't want to dance when I'm old." ■

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

Meta House 02

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

Mutrak Gallery

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

New Art Gallery

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

Pich Sopheap

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

Reyum Institute of Arts & Culture 27

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

Sa Sa Gallery

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

Scan Gallery

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

The Mansion

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

The Chinese House 16

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

Performing Arts

Amrita Performing Arts

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

Apsara Arts Association

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

Art Café 06

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

Art + Foundation

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

Cambodian Living Arts

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

Chaktomuk Conference Hall 24

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

Chenla Theatre 25

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

Epic Arts

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

Sovanna Phum Khmer Art Association

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

PHOTOGRAPHIC
DAY TRIPS

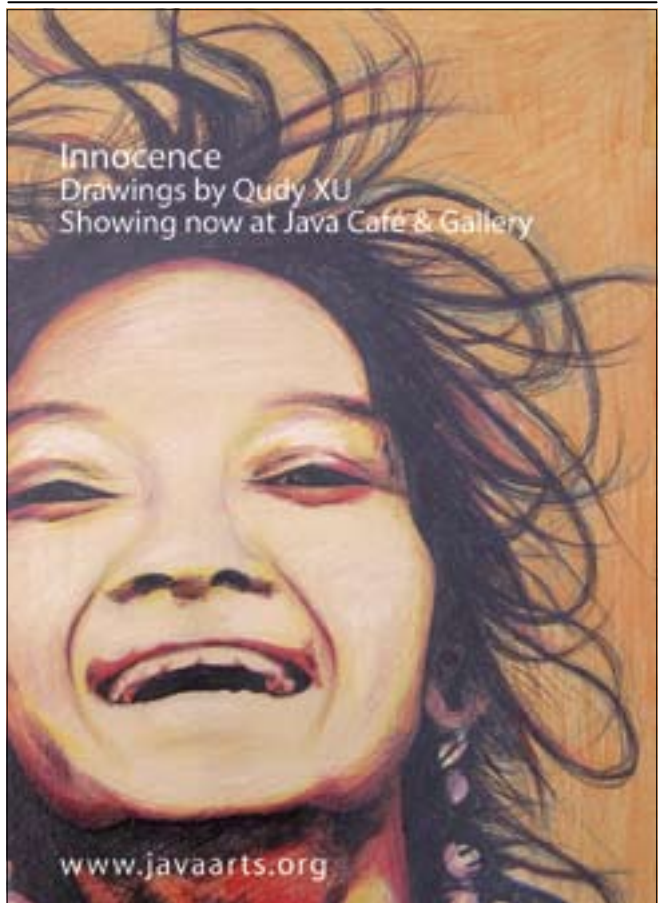


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leisure & wellness

Ultimate Frisbee

If you see a group of people wildly chasing a flying plastic thing, it may just be the Penh's newest sport, Ultimate Frisbee. **Craig Gerard** unravels the story behind **Angelina's Orphans**.

FOURTEEN SWEATY BODIES run in a chaotic pattern on the hard grass. Someone yells, "Stack on Amie." At once, the mass converges into the centre of the pitch. One by one, players peel off to the left or right. Another yells, "No huck! No huck!" but the person with the disc breaks the mark. Seeing a teammate with nothing but green behind him, launches one deep down the field.

Over the last two years, Ultimate Frisbee has gained popularity in the Penh as it has across Southeast Asia. Greg Bloom, a veteran of Ultimate for thirteen years, says that part of the game's attraction is its accessibility to everyone. "You play it co-ed," he says. "And you don't need a lot of equipment to enjoy it. Just a field and a disc."

Played on a rectangular field, with end zones at either end, the object is to pass the Frisbee to your teammates and work it up the field without letting it hit the ground and without running once you catch it. If a pass is dropped or intercepted, the other team takes over. Each catch in the end zone is worth a point. It's not easy, but it is fun.

A key element is the spirit of the game, says Greg. "The philosophy of playing hard but playing clean and respecting your opponents, Ultimate is the rare sport where, even at the highest level, referees are not used."

In 1967, a group of high school students in New Jersey created a game they called Frisbee Football. What started out as a freeform game with few rules and 20 people a team, quickly developed into the sport today. Ultimate Frisbee started in Phnom Penh in October 2008, when a group of Frisbee playing expats moved to Cambodia around the same time. Since then, over 100 people have expressed interest in playing Ultimate. While some come just to try it once, others are more serious. Some have travelled to regional tournaments in Bangkok, Manila, Saigon and Singapore as a travelling team, named Angelina's Orphans.



It's a bird! It's a plane! It's Superman!

At the beginning of March, the Orphans decided to host their own Ultimate tournament – the Second Annual Phnom Penh Big Phat Hat. A "hat" tournament is where players enter as individuals. Teams are selected by pulling names out of a hat based on skill to make teams even. With 85 players participating from countries around the region, and a weekend full of disc, the Phat Hat was the largest event the group had planned to date.

Many newbies joined the weekly pickup game at the tournament, including a significant number of Cambodians. While the Orphans are mostly expats, Greg wants to bring the game to Cambodians as well. "It's important to recruit locals for the longevity of the sport in Cambodia," he says. "But more than that, locals would enjoy it."

The team is looking to local universities to see if there are students interested in joining. "There's no reason Cambodians wouldn't enjoy the sport as much as the Vietnamese, Filipinos and Singaporeans, who have embraced the sport in large numbers."

While Phnom Penh Ultimate still has a long way to go to catch up with their neighbours, the Orphans have much to be proud of. In mid-May, the group will travel to Kuala Lumpur for the annual Malaysia Open tournament. "Many players don't really get hooked on the sport until they've played their first tournament abroad," says Greg. "So come along with us and get hooked!"

Phnom Penh Ultimate plays pickup games Sundays at 3:30pm and Wednesdays at 6:00am. For more information email CraigDG-erard@gmail.com or visit www.phnompenhultimate.com

The Lingo

Conservation of Greatness – Making a stellar catch and then throwing it away

Flick – A forehand throw

Huck – A long throw

Mark – A defender trying to block the thrower

Pull – The throw off to start a point

Pylon – A player who doesn't add anything to the game

Stack – Offensive strategy where all players congregate in one area of the field and then sprint out from there

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.

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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

Fritz 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 Chhang 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

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

dental

European Dental Clinic

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

Beauty Tips:
Homemade Skin Care

A little help for our skin, wallets and carbon footprint from our resident beauty specialist, Natalie Elverd.

WHEN I WAS YOUNG, MY mum told me that if I put lemon juice in my hair and sat under the sun long enough, it would lighten. So, sure enough there I would be on a hot summer's day, sitting outside waiting for something magical to happen and after waiting long enough, something definitely did happen, it lightened.

What I know now after more than twenty years in the beauty industry is that many of these home remedies that are passed on do offer a fantastic alternative to often expensive commercial and chemical based skin and hair care products. They have the added bonus of being truly green and free from animal testing.

Recipes can be used on all skin and hair types, simple and easy to make with ingredients easily found in Phnom Penh. Experiment to make your own recipes.

■ HAIR LIGHTENING SPRAY

Put the juice of two lemons into a water spray container
Spray hair entirely.

Sit in the sun for 1 - 2 hours every day for 3 - 4 days.

(Don't forget sunscreen for the skin)

Shampoo and condition the hair well afterwards.

The UV in the sun combined with the lemon juice will lighten the hair, not from brown to blonde but noticeably lighter.

■ HONEY FACIAL CLEANSER

Mix together 1 tsp of honey, 1 tsp warm milk.

Add 2 tsp of light olive oil for extra dry skin.

Rub gently over face and neck. Rinse with warm water.

■ HONEY FACIAL SCRUB

Mix together 1 tbsp of honey, 1tbsp of very fine salt or almond meal.

Rub gently in a circular motion over the face and neck.

Rinse with warm water.

■ THREE FABULOUS FACIAL MASKS

1. Blend together peeled cucumber, 1 tbsp natural yoghurt.

2. Mash half an avocado. Mix with 1 egg, and 1 tsp of baking soda.

3. Mash 3 small bananas, 1 tbsp honey and 1 drop of lavender or rose essential oil.

Apply one mask to the face and neck. Leave for 20 minutes. Gently wipe off with a damp cloth.

Cut thin cucumber slices, place on each eye while enjoying your mask.

It will leave them looking and feeling fresh while also reducing puffiness.

■ CITRUS HAND SCRUB

Mix together 1tbls light olive oil, 1tbsp sugar and 1tbsp lime or lemon juice.

Rub mixture all over both hands for 3 - 5 minutes.

■ OLIVE OIL BODY SCRUB

Mix together 1 cup light olive oil and 1 cup sugar.

Essential oil optional, add 2 - 3 drops.

Standing in the bath rub (using circular movements) all over your body, concentrating on your feet, knees and elbows.

Rinse well with warm water and pat your skin dry. It will feel fabulous! Don't forget to wash the bath well with soap afterwards, as it will be slippery. ■



FREE TRIAL

globa/art

Best Environment for Art Learning

205 Norodom Blvd, Phnom Penh
Tel: (023) 213-584; (012)514-790
www.globaartcambodia.com

Classes: Tue-Fri 1pm and all day on Saturdays

Jane Lopacka: Solution Focused Therapy

Not all therapy involves going back to your childhood. Solution Focused Therapy is a much more immediate approach to patients' needs.

MANY PEOPLE ARE PUT off from seeking counselling because therapists tend to believe that only by going back into the past can we find resolution and healing. Not everyone is ready for that. They want practical and realistic solutions to their current circumstances.

Solution focused therapy looks at a person's strengths, resiliency, supports and choices. Living and working in Cambodia it is all too easy to become bogged down in the quagmire of the nation's collective trauma and feel a sense of hopelessness. How does a nation survive the type of suffering experienced by the Cambodia population? It is often said that the Cambodian people are very resilient. If we train ourselves to listen with a 'constructive ear' and listen out for that resilience it can lift our listening out of the doldrums.

Instead of listening for clues about a problem, listen instead for the exceptions – when is the problem not a problem. Listen out for courage, survival, perseverance, humour and hope. Asking questions like, "What helped you to survive?" and "How did you get through that time?", "What did you learn about

yourself by managing to do that?" helps people recognise their inner strengths and personal resources. The next step is to build up a profile of the person's strengths and resources so that when asked "What are your best hopes for your future?" they can develop a plan that utilises those positive resources – resources that they actually already have within them.

Solution focused therapy is based on three statements:

- 1) If it's not working, stop doing it and try something different,
- 2) If it is working, do more of it, and
- 3) If it ain't broke, don't fix it.

Solution focused therapy is a practical, realistic and strength-based approach to desired change. Don't try to get to your goal in one step, break it down into 10 bite-size pieces and make one small change at a time. Remember one small change in a system can change a whole system.

Jane Lopacka is a senior counsellor and director of Phnom Penh Counselling Centre, 13 Street 420, Phnom Penh, Cambodia. www.pp-counselling.org. Tel: 023 218 974, 092 700 910. 📞



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 Expat and Travellers

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

Khmer School of Language

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

My First Khmer

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

gyms

Clark Hatch Fitness Centre

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

Fitness One

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

Paddy's Gym

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

Raffles Amrita Spa

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

Physique Club

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

The Gym at The Place

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

VIP Club

Norodom Boulevard, Tel: 023 993 535
Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$6 per day for use of all facilities, monthly membership is US\$50 to US\$60. Open from 6am to 8pm.

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 Gran

19 Street 352, Tel: 023 999 707
Classy yet affordable Japanese-run hair salon. Beautiful premises are one of a kind and service is excellent.

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

407 Street 246 (look for sign down small side road), 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 Champey Spa), Tel: 023 350 788
Contemporary hairdressers with a French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.

medical

American Medical Center

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

International SOS Medical Clinic

161 Street 51, Tel: 023 216 911
Globally renowned provider of medical assistance and international health care. Team of expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Has multilingual staff. Members have access to SOS clinics around the globe. Has on-site laboratory and dental facilities. 24-hour service. Open 8am to 10pm (8am to 6pm at weekends).

Naga Clinic

11 Street 254, Tel: 023 211 300 / 011 811 175
French-Khmer run clinic with a team of international and Khmer doctors. Impressive range of modern facilities. Has a 24-hour pharmacy on site and can perform minor surgery. 24-hour service.

Royal Rattanak Hospital

11 Street 592, Boeung Kak 2, Toul Kork, Tel: 023 991 000. www.royalrattanakhospital.com
A Thai owned and run Private Hospital with extensive services that strives to provide high standard and quality medical care by professional care team.

optics

Eye Care

166 Norodom Blvd., Tel: 016 556 602
Modern opticians with ophthalmologists on hand to check prescriptions. Have an interesting range of glasses and lenses. Frames from under US\$100.

Grand Optics

71 & 75 Norodom Blvd, Tel: 023 213 585
Modern opticians with the latest equipment including free computerised eye test. Makes prescription glasses and contact lenses at prices much cheaper than in the West.

pools

Asia Club

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

Beauty Spot: Amrita Spa

One of Siem Reap's premier spas offers tired travellers relaxation and rejuvenation in a very stylish setting.

HOTEL RAFFLES LE ROYAL stands for luxury, and as soon as you step into Amrita Spa on the hotel's premises you know you haven't walked into just any high street massage parlour. For starters it has changing rooms. These are divided into male and female areas, and every customer receives a key for his or her own locker, which comes complete with various complimentary toiletries, towels, and a bathrobe.

The changing rooms also contain amenities such as showers, a sauna and a steam room for complimentary use, while the main area has a Jacuzzi that can also be used free of charge by customers of the spa.

A full menu of services is offered at Amrita, ranging from massages, through body treatments, facials, hand and foot treatments, to waxing and hair care. Prices for most treatments are in the US\$30-US\$60 range, and many are conduct-



ed using the spa's own private label products, which are also available for purchase on the premises. For facials Derma-logica products are used, while nail care is conducted using French Bourjois products and British brand Hive is used for wax treatments.

The Traditional Khmer Massage (US\$50+, 55 mins) is popular among the many hotel residents that visit the spa. Described as a healing therapy, it focuses on pressure points along meridian lines as used in Chinese medicine. The treatment starts with a hot

towel massage on the feet, then moving up onto the back where the therapist uses his or her body to put pressure on key points. The customer is then asked to turn around, after which further stretching and manipulation ensues, culminating in an invigorating head massage.

Overall, it's a highly relaxing dry massage that along with the soothing music in the dark and private treatment room easily transports the customer into another world.

Other notable treatments at Amrita include the pre and post-natal massage (US\$40+), designed to relieve tension and swelling for both expectant and new mothers, as well as the spa's luxurious indulgence packages (from US\$130) which last several hours.

Raffles Amrita Spa, Raffles Hotel Le Royal, Street 92. Tel: 023 981 888. Open 10am to 10pm.

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A Stitch in Time

HAVE YOU EVER PUT OFF doing to the doctor, or even the dentist, because you don't have time or are going to fight it out? Valiant, yes, but not always wise. I had a young man recently as a patient who had been battling his diarrhoea on his own in the province. I eventually saw him after about five days of fever and progressively worsening diarrhoea. Amoeba takes no prisoners, and this man had significant gastrointestinal inflammation. Despite treatment with IV fluids and antibiotics, his abdominal pain progressed. He ended up having a five day hospitalisation in Bangkok for a paralysed bowel, as result of such marked bowel infection that the bowel stopped working.

Early diagnosis and treatment of a medical condition is highly recommended here in Cambodia. The main reason is that it's usually easier to treat early rather than late and significantly less hassle given that overseas evacuation may be necessary in severe cases.

The prevention paradigm can be applied to almost all medical conditions. Keep fit, at an optimal weight and you will avoid diabetes and almost certainly avoid cardiovascular disease. Lung cancer risk can be substantially reduced by not smoking. Sun protection and skin cancer are similar. We all know this, but implementing a healthy lifestyle is not an easy process, especially if it means changing a long-time lifestyle. These are long-term issues though... in the more immediate term, preventing and early treatment of infections is much easier.

Consider amoeba. Technically called intestinal amoebiasis or amoebic dysentery, symptoms usually begin with mild diarrhoea and nausea, then progress within 24 – 48 hours to fever, abdominal cramps, marked fatigue and feeling terrible! Take a stool test as soon as the symptoms appear. You'll have identified the infection, commence treatment and probably feel



mildly unwell for 24 hours. Although it'll take a few days to get to 100 percent, postponing diagnosis and treatment will almost certainly lead to a very unpleasant few days and a recovery period of at least a week or two. Of course adequate hand hygiene and avoiding contaminated food may prevent this, but this is not always possible.

I often have people come to me about a cough they have had for several weeks. They may or may not have had treatment. Typically the illness is a mild fever but with relatively little 'headcold symptoms', feeling run down for a week or so then followed by a persistent cough. At this stage treatment is 10 - 14 days with antibiotics. Early presentation would have resulted in only five days of treatment.

Kids benefit substantially from early diagnosis and treatment. Diarrhoea and fever, often with cramps, indicate likely infectious gastroenteritis. In Cambodia this is commonly caused by bacteria such as salmonella or shigella. Diagnose it early with a stool test and the treatment is a single dose of antibiotics. Leave it several

days and three to five days, sometimes longer will be needed to treat.

Of course prevention and early diagnosis and treatment is not just about infections. Type 2 diabetes diagnosed early means weight reduction, exercise and medication may reverse the process. Leave it a year or two before seeing a doctor and you'll be on lifetime medication. Mild anxiety and feeling low, treated early can be relatively easily managed. Not addressing the underlying issues for too long may well result in an overt episode of depression or the development of an anxiety disorder.

So speak to your doctor about proactively managing illness. It'll save you time, not to mention money and hassle, while increasing your quality of life – particularly if kids are involved.

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

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 swim-
ming 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

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swimming pools and tennis courts. Open
from 6am to 9pm.

spas

Amara Spa

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

Fax: 023 998 731

www.amaraspa.hotelcara.com

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massages and treatments; arranged into
four storey sophisticated modern facility.
Open from 11am to 11pm.

Amatak Spa

4 Street 228,
Tel: 023 722 029 / 012 360 490

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 par-
lour with individual rooms. Open 9am to 9pm.

Bliss

29 Street 240, Tel: 023 215 754

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

Champey Spa & Salon

38 Street 57, Tel: 012 670 939 / 023 222
846, www.champeyspa.com

Beautiful spa in the heart of Boeung Keng Kang
1 district. Has a full range of massages and
body treatments. Open from 9am to 11pm.

Derma-Care Skin Clinic

161B Norodom Blvd., Tel: 023 217 092

Staffed by two qualified dermatologists this is
not your average spa but a professional skin
clinic. Offers a range of beauty treatments
using American Derma-Fix products, soft tis-
sue augmentation, minor dermatologic sur-
gery, 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
Traditional Indian-style Ayurveda massage and healing that can provide relief to a range of physical ailments. All staff are professionally trained.

Sawasdee Massage

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

Seeing Hands Massage

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

Shiatsu-Ya

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

The Spa at NagaWorld

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

sports general

Cambodian Federation of Rugby

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

Cambodia Golf & Country Club

Route 4, Tel: 023 363 666
International standard, 18-hole golf course.

Cricket

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

Football: The Bayon Wanderers

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

Hash House Harriers

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

Nataraj Yoga Center

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

Royal Cambodia

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

Touch Rugby

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


tennis

The Club at Northbridge

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

VIP Sport Club

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




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next generation

Global Art

Offering something unique and creative for aspiring artists, Global Art is the latest effort to boost education and entertainment options for children. Words by **Kate Liana**.



Learning to draw can be educational as well as good fun

“ART SKILLS ARE LIKE language or science – they’re valuable for everyone,” says Global Art director Anita Dean. “They are vital life skills.”

Originally from Bandung, Anita has a lifelong passion for art and painting. She first came to Phnom Penh with her husband, and the couple has lived here on and off since 2003. Anita saw a growing interest in art in the city, and believed an art school would be a welcome addition to both the educational and art scene here. So she decided to open one.

Although she wanted to start her own school, Anita chose to open a franchise of Global Art since it had an established curriculum. The organisation was founded in Malaysia ten years

ago, and has programmes in 18 countries around the world. The premise is to teach children the basics in drawing, then expand those skills while developing their creativity.

“It’s a great programme,” says Anita. “It’s easy for children to follow and they progress quickly.”

In addition to offering art education, Anita was keen to fill the void in activities for kids that plague parents here. And as word of mouth has spread, her classes have become more popular.

Art classes are split into three age groups ranging from four- to twelve-year olds. The youngest (4 to 6) take a foundation class, where they practice drawing lines and shapes, and learn rudimentary ideas of composition and

colour. Seven- to nine-year-olds, learn enhanced drawing skills and are encouraged to use their imagination and foster their creativity. The oldest children (10-12) study how to draw people and facial expressions, complex compositions and drawing theory. Children practice in coloured pencils, oil pastels, water-based paint and acrylics. Global Art also offers handicraft classes in clay and origami. Older children are welcome.

The four bilingual English and Khmer teachers were trained by a specialist from Malaysia in the Global Art teaching method.

Most students are expat kids with a small percentage of locals, although Anita would like to expand her programmes

to include more Cambodians. Currently, she is working with an NGO that brings children from Takeo to the school for free classes once a month.

In the future Anita hopes to stage an exhibition of her young student’s work, and host a drawing competition. An accomplished silk painter, she would also like to offer a silk painting class for adults as well.

“I’m eager to keep developing the school, so it can reach as many people as possible,” she says.

Global Art, 206 Norodom Blvd., Tel: 023 213 584 / 012 514 790, www.globalartcambodia.com. Tuesday – Friday 1pm – 6pm, Saturday – Sunday all-day. A set of four classes costs US\$36. 

next generation guide



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

cafés & restaurants

Annam

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

Café Fresco II

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

Café Living Room

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

Java Café

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

Java Tea Room

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

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

Le Jardin

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

classes

Global Art Centre

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

Khmer

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

Yoga

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

entertainment

Kabiki Hotel

22 Street 264, Tel: 023 222 290

The first hotel designed specifically for families, Kabiki has a salt-water swimming pool (Children 2 yrs and below: FREE, Children 3 till 12: US\$3, Adults: US\$5) and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets.

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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British International School
85 Sothearos Blvd Phnom Penh Cambodia
Tel: (855-23) 222 416-8 www.ican.edu.kh

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shopping & fashion



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VEST: US\$25
JEANS: US\$40
MASK: US\$10
CAP: US\$20
TRAINERS: US\$50

ARTIST:
T-SHIRT: US\$30
CAP: US\$20

■ DANCER:
TRAINERS: US\$50
T-SHIRT: US\$30
JEANS: US\$40
CAP: US\$20

ARTIST:
T-SHIRT: V30
CAP: US\$20
TRAINERS: US\$50

■ DANCER:
TRAINERS: US\$50
T-SHIRT: US\$30
JEANS: US\$40
CAP: US\$20

ARTIST:
T-SHIRT: V30
CAP: US\$20
TRAINERS: US\$50

■ DANCER:
BOOTS: US\$100
T-SHIRT: US\$30
JEANS: US\$40
CAP: US\$20
BANDANA: US\$5

ARTIST:
T-SHIRT: US\$30
CAP: US\$20
TRAINERS: US\$50

■ DANCER:
TRAINERS: US\$50
T-SHIRT: US\$30
SHORTS: US\$40
CAP: US\$20
BANDANA: US\$5

ARTIST:
T-SHIRT: US\$30
CAP: US\$20
TRAINERS: US\$50

■ DANCER:
TRAINERS: US\$50
T-SHIRT: US\$30
SHORTS: US\$40
CAP: US\$20

ARTIST:
T-SHIRT: US\$30
CAP: US\$20
TRAINERS: US\$50

■ DANCER:
TRAINERS: US\$50
VEST: US\$25
SHORTS: US\$40
CAP: V20

ARTIST:
T-SHIRT: US\$30
CAP: US\$20
BOOTS: US\$100
BANDANA: US\$5

Shop Talk: Hip Hop and a Hair Cut

Tired of the teeny-tiny jean sizes at the market? Searching for a new look? We have just the place for you. Words by **Julie Masis**.

THERE ARE NOT THAT many Cambodian success stories that marry a Canadian and a Nigerian, but there again how many sweet souls are there in town?

Sweet Soul, the hip hop boutique, offers clothes for youthful rebels and the young at heart – oversized T-shirts featuring portraits of rap singers such as Tupac and Notorious B.I.G., hoodies with skulls on them, sleeveless basketball jerseys, baggy jeans, and skateboarding shoes.

Far-removed from the mild mannered image you might have of a Canadian kindergarten teacher, but that was Jenevieve Nowakowski's profession before opening Sweet Soul with her Nigerian husband, Tony Okeke.

Originally from Calgary, Jenevieve never thought she would end up running a clothes store in Cambodia. "I couldn't even imagine living in Cambodia," she said. "I thought I would come for a visit and see what happens."

But fate had other plans.

She met and fell in love with Tony. Soon after, the happy couple had a baby – 20-month-old Malachi who now runs around the store causing all sorts of trouble in a T-shirt that says, "Dad's Hero."

The shop opened last October but recently, after moving to a new location, the duo decided to add a hair salon.

"The barbershop brings in a steady flow of income, because



Jenevieve and Tony: had the vision to set up a hip hop fashion store

everyone needs a haircut," says Jenevieve, adding that Khmer barbers really don't know how to do a good job with African hair. "Especially for young

black men, it's really hard to get a good cut."

Tucked at the back of the hip hop clothing store the hair salon offers braiding, corn-rows,

fades, hair extensions and other African hair styles. You can even get your initials shaved into your head if you want. The place stocks a hair-straightening chemical called Sportin' Waves, that is otherwise impossible to find in Cambodia.

The barbershop is perhaps the latest illustration of the growing African population in Phnom Penh. An increasing number of African business people who ship clothes from Asia to Africa make Cambodia their base.

"Cambodia is a great place to live," says Tony. "Visas are easily obtained, and it's so affordable."

In addition to customers from Africa, the store also attracts expat men who need larger size clothing as well as Khmer hip hop and break-dance enthusiasts.

Hip hop music and clothing is becoming more popular in Cambodia," says Jenevieve, "partially because of the influence of western television." To attract more Khmer customers, Sweet Soul recently added smaller sizes for local break-dancers.

While the shop currently sells mostly men's clothing, Jenevieve has plans to add hip hop styles for women and is designing her own high-heeled shoes as, she says, she's yet to find a decent pair of heels in the Kingdom.

Sweet Soul, 19 Street 172, Tel. 099 529 948. Open 10am – 8pm Mon-Sat, Sundays 12 – 8pm. 📍

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shopping guide

art

Happy Painting Gallery
 FCC; Domestic Airport, 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 Sotheaeros Blvd., Tel: 023 220 873
www.ichingdecor.com
 Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Rit's
 71 Street 240, 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).

Bare Necessities
 46 Street 322, Tel: 023 996 664
 Classy, quality underwear from Australia and New Zealand. Also stocks nursing and sports bras, in a large variety of sizes. Orders accepted. Open 9am to 6pm, closed Mondays.

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.

www.couleursdasic.net
 #33, Street 240, Phnom Penh
 Tel/fax 855 23 221 076, info@couleursdasic.net

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Bliss

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

Eric Raisina

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

Jasmine Boutique

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

Kambuja

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

Keo

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

Mekong Quilts

49 Street 240, 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.

Ororosso

75 Street 240, Tel: 012 483 650
Featuring classical 1950's and 1960's inspired Italian designs by Khmer designer Keo Sophea, and Belgian designer Wesley Taller. Stylish yet functional men and women's clothing for work or play.

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 housekeeping, as well as a beauty training school.

Smateria

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

Spicy Green Mango

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

Subtyl

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

Sweet Soul

35E Street 288, Tel: 023 307 685
Funky hip hop boutique stocking original brand clothes and accessories, including Sean John, Rocawear and Supra. Mainly for men, though some clothes for women

too. One of a kind in the capital. Open 10am to 7pm

Threads

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

Wanderlust

21 Street 240, Tel: 023 221 982
Fantastic 100% cotton clothing by Elizabeth Kiestler finally in the Penh. Frocks and shirts as cute as candy, and a variety of cool and funky accessories both for you and your home. Open 10am to 7pm, Sundays 12pm to 5pm

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 dell 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.

Bayon Market

33-34 Street 114, Tel: 023 881 266
Popular supermarket now in new location with improved parking. Stocks expat feel-good foods, with a focus on the Japanese. Open 8am to 9pm

Bong Karem

Tel: 092 235 336
Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeij. 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

172Eo Street 51, BKK I, Tel: 012 988 432
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm

Smokey da Boar

Tel: 012 836 442
Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

The Deli

13 Street 178, Tel: 012 851 234
Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51. Open from 6.30am to 6.30pm, delivery service (within 30 minutes) is only from 7am to 11pm.

Veggy's

23 Street 240, Tel: 023 211 534
One of the few shops catering for western tastes – marmite, Branston pickle, cereals, Barilla pasta, Lao coffee and other expat essentials. Good range of cheeses, salad and meats are stored in the walk-in cold room at the back. Open 8am to 8pm.

silks & accessories

Couleurs d'Asie

33 Street 240, Tel: 023 221 075
www.couleursdassie.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.

Le Rit's

71 Street 240, Tel: 023-213-160
Handicraft boutique on the grounds of the training restaurant Le Rit's, the social enterprise managed by NGO NYEMO. Fun, funky and a bit different to the norm, their skills and accessories are in fantastic bright colors. Also has a great range of children toys and hangings butterflies

and bird mobiles. Second outlet on the eastern edge of Russian Market. Open 7 days from 7am to 10 pm. ☎

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.

Sayon Silk Works

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

Silk & Pepper

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

Sobhana Boutique

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

Swatch

128 Sihanouk Boulevard, Tel: 023 222 070
Authorised retailer of famous Swiss Swatch watches. Stocks everything from fun, colourful, kids' ranges to chic, jewellery-like timepieces. Open 9am to 7pm.

Wine

Celliers d'Asie

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

Open Wine

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

Quarto Products

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

Red Apron

15 Street 240, Tel: 023 990 951
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the insider

Finding the Right Home

When it comes to finding a home in Phnom Penh, it can be difficult to know where to start – especially for new arrivals. **Lou Hayward** gives some inside advice.



WITH OVER 12 YEARS' experience and an impressive network of homeowners, landlords and landladies, Art Hong Ly, better known as "Art the home finder", can definitely help you find your home. Although it makes his job easier if you have a location and a price range in mind, Art has some tips for even the most undecided house hunter.

"Think about how many bedrooms are needed, what style of property, does it matter if an apartment is on the ground floor, and even if you want a swimming pool," he says.

John Vuthy, Senior Property Officer with Bonna Realty Group, one of Cambodia's lead-

ing real estate companies, takes a similar approach.

"Some people are prepared to pay more to live in a 'prime location' such as Daun Penh, Boeung Keng Kang ("BKK") 1 or Tonle Bassac," he says. "But there are many other options. For example, if you don't need parking and want a good view, there are many places on the river. It's different for every client."

Consider how far you're willing to live from your place of work, which amenities you want on your doorstep and whether you can tolerate construction noise? If your budget won't stretch to a snazzy serviced des res and you don't need to be smack in the centre

of town, investigate BKK 2 or 3, southern Tonle Bassac or Toul Kork – your money will go much further.

Given that John and Art's assistance comes at no price to the house hunter, there seems little point in going it alone.

"It definitely takes longer if you do it yourself," says John. "Many people notify an agent directly and may not even advertise. Having an agent makes asking a landlord questions about a property and negotiation a lot easier as many may not speak English."

■ THINK YOU'VE FOUND YOUR DREAM HOME?

"Always negotiate the rent,"

says Art. "Landlords want good tenants who will stay for the full length of the lease so it's worth bargaining. Unless you are only there for a short time, most will be happy to make a few home improvements."

Although landlords prefer to lease for six months to one year or longer, short-term leases are also available. "Again this may be a matter of negotiation," says John.

To secure your home, you will probably need to put down a deposit, although John advises putting down no more than two months' rent.

Be prepared to act fast. The Phnom Penh housing market moves quickly, especially in the most popular districts, so you may have only a small window of opportunity before someone else beats you to it. Not that you should panic – both John and Art say that more and more properties come onto the market after Khmer New Year, and that June is the optimum month for finding a home.

Art The Homefinder, Tel: 012 422 126, email: arthongly@gmail.com, <http://artthehomefinder.wordpress.com/>

Bonna Realty Group, 209 Street 51, Tel: 023 993 393, email: info@bonnarealty.com.kh www.bonnarealty.com.kh

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the insider

advisory services

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

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

architecture & design

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

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

bikes & mechanics

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

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

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

building

Bizzy Beez
Tel: 012 755 913
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business groups

Australian Business Association of Cambodia (ABAC)
20 Crn of streets Kramuon Sar & 67., Tel: 012 675 838. abacambodia@gmail.com. www.abac.com.kh

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

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

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

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

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

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

Women's International Group (WIG)
Tel: 012 832 940 / 089 880 419,
[email: dortekieler@gmail.com](mailto:email:dortekieler@gmail.com)
WIG meets every first Wednesday of the

month at 3 pm at Intercontinental Hotel 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\$25 goes to projects for poor women and children in Cambodia.

Car Rental

Acc Car Rental Services
43 Street 160z Toul Kork., Tel. 012 456 003 / 015 456 003.

Professional, prompt and organised rental service that provides vehicles for rent with or without a driver. Camry, CRV, Pajero, Lexus, Mercedes, Land Cruisers are all available at affordable prices. ACC also rents a range of busses that seat from 12 to 45 people. All vehicles can be delivered to your door.

commercial banks

Advanced Bank of Asia
148 Sihanouk Blvd., Tel: 023 720 435
www.ababank.com.kh
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

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

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

Counselling Services

Banyan Tree Counselling Listing
17A2 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 & media

Asia Media Lab
Tel: 012 818 917, www.asiamedialab.com
Full service video production company specializing in the creation of dynamic visual content to help bring NGO stories to life for fundraising and advocacy. Director, producer, storyteller Todd Brown has nearly a decade of experience producing compelling television programs in the US.

insurance

AG Cambodia
Hotel Cambodiana, 313 Sisowath Quay
Tel: 017 360 333, info@agcambodia.com
Professional insurance agent offering health, home, car, factory, employee and hotel insurance packages.

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

Forte Insurance (Cambodia)
325 Mao Tse Tung, Tel: 023 885 066
www.forteinsurance.com
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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
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

International School of Phnom Penh
146 Norodom Blvd, Tel: 023 213 103
www.ispp.edu.kh
Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The

largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

Lycée Français René Descartes
Street 96, Tel: 023 722 044
www.descartes-cambodge.com
French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Northbridge School
1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com
USA accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds. PYP/IBO candidate school.

Zaman International School
2843 Street 3, Tel: 023 214 040
www.zamanisc.org
International school that teaches a full curriculum to children from four to 18.

Embassies

AUSTRALIA
16B National Assembly Street
Tel. 023 213 470
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

DENMARK
8 Street 352 Tel: 023 987 629
www.phnompenh.um.dk/en

FRANCE
1 Monivong Boulevard,
Tel: 023 430 020
www.ambafrance-kh.org

GERMANY
76-78 Street 214,
Tel: 023 216 381
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

LAOS
15-17 Mao Tse Tung,
Tel: 023 983 632
www.kln.gov.my/perwakilan/phnompenh

MALAYSIA
5 Street 242, Tel: 023 216 176
www.kln.gov.my/perwakilan/phnompenh

MYANMAR
181 Norodom Blvd.,
Tel: 023-213-663
www.mofa.gov.mm/myanmarmissions/cambodia.html

PHILIPPINES
33 Street 294, Tel: 023 215 145
phnompenhpe@ezecom.com.kh

SINGAPORE
92 Norodom Boulevard,
Tel: 023 221 875
singemb_pnh@sgmfa.gov.sg
www.mfa.gov.sg/phnompenh

SWEDEN
8 Street 352, Tel: 023 212 259
www.swedenabroad.com

THAILAND
196 Norodom Boulevard,
Tel: 023 726 306
www.mfa.go.th

UNITED KINGDOM
27-29 Street 75,
Tel. 023 427 124
ukba.phnompenh@fco.gov.uk
www.ukincambodia.fco.gov.uk/en

UNITED STATES
1 Street 96, Tel. 023 728 000
ACSPHnomPenh@state.gov
www.cambodia.usembassy.gov

VIETNAM
436 Monivong Boulevard, Tel: 023 726 283
www.vietnambassycambodia.org/en

The Geek: Password Management



How do you remember up to 20 passwords? Well, you don't have to, so long as you have the right software.

SOMETIMES AT WORK you are asked to change your password once every 60 to 90 days. How can you stay on top of your passwords and changes? Good news! You don't need to remember all of them. How about just one? It's like the master key to all of the rooms in your house. KeePass is just what you need.

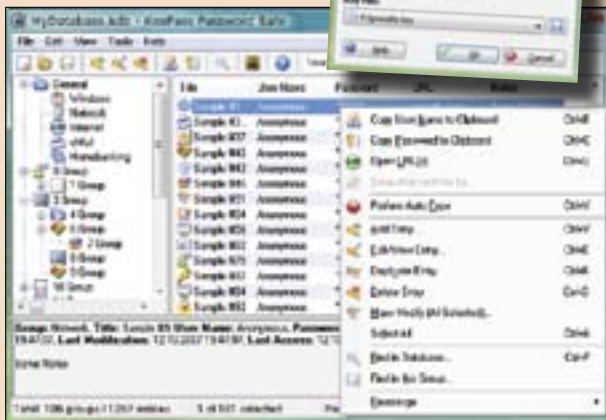
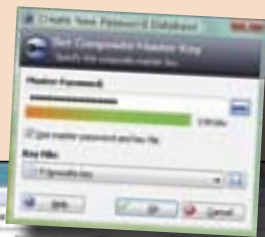
KeePass is one of the best Open Source programmes. It is free and compatible with most Operating Systems (OS), such as Windows, Linux and Mac, and most mobile phone systems. Your Pocket PC, Windows Mobile, Nokia or iPhone can synchronise with your PC to share this useful tool. You will never forget any password ever again! So how does it work?

KeePass can be downloaded from <http://keepass.info/download.html>. Once installed and opened for the first time, you will be prompted to create your database file, which you can save in a safe place such as a DropBox folder that is constantly backed up. The database is encrypted using the best and most secure encryption algorithms currently known (AES and Twofish), so even if some-

one tries, they can't open it unless the master key is inputted. Moreover, there are options to share your password with your phone system. For iPhone users, you can do it through DropBox (getdropbox.com), which can then be downloaded to your iPhone through iTunes store (US only). Active Sync will work for Windows Mobile users and similarly Nokia PC Suite.

Unlike other password management utilities built in to your Mac OSX or Windows, KeePass is independent and has a few great features such as "Perform Auto-Type" which randomly generates a password so you don't have to bother to think of creating one. You can also import password lists created from a text document or an existing database if you decide to switch to KeePass.

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



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it & software

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

legal

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Office Space

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www.theseecretarycambodia.com
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Post Office

Main Post Office
Cnr. Street 102 & Street 13
Open from 6.30am to 9pm. The place to go if you want to send something overseas or get a PO Box.

Photography

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.

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° panoramic pictures, to cultural event organisation.

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

James Grant - Slik Photography
Tel: 092 212 880
Commercially trained and fine art qualified professional photography. Over 8 years experience. Full service of Fashion, Life style and Still Life. www.JamesGrantPhoto.com

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Airlines



Air Asia
66 Mao Tse Tung Boulevard
Tel: 023 356 011

Angkor Airways
32 Norodom Boulevard
Tel: 023 222 056

Bangkok Airways
61A Street 214
Tel: 023 722 545

China Airlines
32 Norodom Boulevard
Tel: 023 222 393

Dragon Air
168 Monireth Boulevard
Tel: 023 424 300

Eva Air
298 Mao Tse Tung Boulevard
Tel: 023 219 911

Jet Star Asia
333B Monivong Boulevard
Tel: 023 220 909

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

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

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

Shanghai Air
19 Street 106
Tel: 023 723 999

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

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

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

Vietnam Airlines
41 Street 214
Tel: 023 363 396 ☑



Trevor Keidan: To Thine Own Self Be True

Penned 400 years ago by the Bard of Stratford-upon-Avon, these words still apply now to financial planning.

BEFORE STARTING OUT ON an investment plan you need to know how much you can afford to invest. You need to know what your objectives are and what you hope to achieve. Perhaps most of all you need to know how you will react to risk.

First ascertain your current financial status. How much money do you have? How much money do you owe? How much money do you need to live? In short, how much can you afford to invest.

Once you have determined this, you can then set your financial objectives. These might include retirement, lifestyle changes and plans for the children. These objectives can be further broken down into long-term, medium-term and short-term goals.

Now decide on the type of investment you will need to

enable you to fulfill your plans. You can even determine the timeline required to get the reward that your investment will (hopefully) reap.

Needless to say it is important to match the investment to the objective – and that's where a professional financial adviser can help.

If you are investing to put your children through college you will probably choose a low-risk investment to avoid disappointment. If you are in your twenties and you start investing for your retirement at 60 you may choose a riskier investment because you know you will have plenty of time and opportunity to make up any shortfall.

You might not like the idea of risk at all – no matter what age you are or how much time you have to earn and invest. Tolerance to risk is

a very personal thing. You would do well to know about yourself before embarking on any investment plan.

To determine your attitude to risk, ask yourself the following questions – How much experience do you have with investments? What level of fluctuation in your investments would you be comfortable with? How much have you put aside to invest?

Some people are more risk-tolerant than others. Some people are more prone to becoming attached to their investments. Although this is difficult to ascertain at the outset it is a factor that can cost you dearly.

Fear and pride are often an investor's biggest weaknesses. Fear can cause investors to sell when they should hold. Pride can cause an investor to put off investing in a worth-

while product because they are afraid that they might lose – and this would mean failure.

To guard against this it is important to realise that investments – by nature – can go up as well as down. However, armed with a long-term outlook, a sensible plan and some 'inside' knowledge about our own character many of us are able to meet their financial objectives.

But before embarking on an investment plan remember the words of William Shakespeare – "To thine own self be true."

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.

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

Security Firms

MPA
23 Street 214, Tel: 023 210 836
Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

Shipping

Crown
Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 986 680, www.crownrelo.com

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

Telecoms

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

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

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

Camshin
6B-7B 294 Mao Tse Tung Blvd. Tel: 023 367 801

Internet provider that also installs land lines and issues the 011 SIM card.

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

Ezecom
7D 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

Siem Reap Survival Strategies: The Pool

Siem Reap has two temperatures – hot and damned hot. What better way to cool down than to go for a swim – and better still one that’s for free. Words by **Nicky Hosford**.



It might be a fair trip out of town, but Sojourn Resort's pool is worth it

MOST SIEM REAP EXPATS have developed a number of coping mechanisms for living here. Developed and adapted over time, they sustain us as we negotiate any of the varied social, economic or moral compromises we face each day. The infernal heat of the last two months has severely tested those mechanisms as it sets about crushing good intentions, work plans and, occasionally, the will to live. Those that could, fled. One that couldn't, set about looking for free swimming pools for some cool relief.

My objective was not to exercise or attempt anything vaguely energetic. If you want to exercise in this heat, you deserve to pay for it. What I was looking for was free, cooling, floating downtime – preferably with a cocktail in hand.

And I found it.

Sojourn Resort Hotel is a bumpy ride as you pass through

Psar Khroum, cross the bypass road and carry on the dirt road for half a mile – it's smooth sailing after that. Shaped either like a tooth or Batman's shadow, the medium-sized pool is flanked by palm trees, shaded loungers, and the hotel's chalets. There's a restaurant nearby, but the main feature is the cocktail bar located in the pool itself.

Here you can backstroke over to your barman, flip over ensuring even tanning, pore over the drinks list and choose from virtuous fruit shakes, ice cream shakes, or mocktails. Alternatively cast good intentions to where they belong and go for the cocktails, which are discounted by 25 percent at happy hour (4pm to 6pm). This tropical oasis is free for expats in Siem Reap on condition that they buy a drink or food, which is more than fair.

Operating on the same principle and much closer to town is the Golden Banana, beside Wat Damnak. The Golden Banana is a trinity of two hotels plus one guesthouse, so searchers of poolside peace, tranquillity and a good Cosmo are blessed with a choice of two different pools.

The hotel pool is small, but the playful, splashing waterfall is there to remind you that you don't need a big pool to play and chill out in. The surrounding hotel buildings and magnificent overhanging bougainvillea provide much needed shade from the sun. This is very important for sensitive souls whose skin turns fire-truck red at the first hint of sunlight, and for those who do not savour the sensation of swimming in hot soup that you get with many outdoor pools.

The resort hotel pool is a more refined and larger

affair. Skirted by leafy green bamboo, banana trees, ferns and bougainvillea, the tropical flair is irresistible. Although less shaded than the boutique pool, the surrounding buildings do provide some relief in the afternoons. Guests can browse through the enormous pile of magazines and enjoy a drink or something from the Khmer menu, before taking a refreshing plunge into the sparkling waters.

The only thing all hotels ask is that expats order drinks or food at the bars. There is no minimum spend requirement however, which is most reasonable. Floating in one of these Edens can help keep your feet on the ground and dissolve the week's stresses. Do be fair in return though, for everyone's sake. It's not every day you get something for nothing. ■

calendar

May

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

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

siem reap

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 Monkey

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
Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

Miss Wong

Lane off Pub Street, Tel: 092 428 332
Imagine yourself in China at the turn of

Every Monday

Raja Yoga Meditation at the Peace Café, 5-6pm

Movie Night @ Soria Moria. Free popcorn, rooftop bar. 8pm

Every Tuesday

Pilates with Conchetta at the Peace Café, 8.30-9.30am

Vegetarian cooking classes at the Peace Café, from 11am-1pm

All-you-can-eat Australian style barbeque at The Villa, from 5.30-8.30pm

Hatha Yoga at the Peace Café, 6.30-8pm

Ladies come enjoy a complimentary glass of champagne, free treats and other specials at Soria Moria's Ladies Night, 7-10pm

From the children of Krousar Thmey, an evening of Puppet Theatre and Apsara Dance at the Alliance Café. Dinner from 7pm, show from 8pm

Every Wednesday

Hatha Yoga at the Peace Café, 8.30-10am

Join in the monk chat, with an introduction to Buddhism with Venerable Sokhun and Friends, at the Peace Café, 5-6pm

Raja yoga at the Peace Café, 7-8pm

Enjoy a wide selection of tasty treats and tapas with US\$1 night at the Soria Moria Hotel - all drinks and food US\$1, 7-11pm

Live acoustic guitar session with Daniel Sea at Molly Malone's, from 8pm until...

Every Thursday

Hatha yoga at the Peace Café, 8.30-10am

Oh My Buddha! Happy Hour at the Soria Moria Hotel from 10am to 10pm, buy one get one free drinks, 50% off all food

Vegetarian cooking classes at the Peace Café, from 11am-1pm

Live traditional Chapei music at the Peace Café, 6-9pm

From the children of Krousar Thmey, an evening of Puppet Theatre and Apsara Dance at the Alliance Café. Dinner from 7pm, show from 8pm

Bokator Classes, the traditional Cambodian martial art, at the Siem Reap Hostel, 7.30-8.30pm.

Test your knowledge at the long-standing Charity Pub Quiz at the Funky Monkey, 9pm until late.

Every Friday

Pilates with Conchetta at the Peace Café, 9.30-10.30am

All-you-can-eat Australian style barbeque at The Villa, from 5.30-8.30pm

Hatha Yoga at the Peace Café, 6.30-8pm

From the children of Sangkeum Centre, a traditional Apsara dance performance at the Soria Moria Hotel, 7pm

Ladies get your glad-rags on and enjoy the free selected drink for Ladies Night at the FCC, 7-9pm

Live music from local legends Cambojam outside the Banana Leaf, 8.30-12pm

Every Saturday

Hatha yoga at the Peace Café, 8.30-10am

Vegetarian cooking classes at the Peace Café, from 11am-1pm

Super Saturday at the Soria Moria Hotel - all day happy hour, buy-one get-one free drink, and 50% off all food, 12-8pm

Join in the monk chat, with an introduction to Buddhism with Venerable Sokhun and Friends, at the Peace Café, 5-6pm

From the children of Krousar Thmey, an evening of Puppet Theatre and Apsara Dance at the Alliance Café. Dinner from 7pm, show from 8pm

Live acoustic guitar session with Daniel Sea at Molly Malone's, from 8pm until...

Every Sunday

Spanish Sunday at the FCC, with all-you-can-eat paella and sangria for US\$12, 11.30am-2pm

Splash out for the Sunday BBQ and Pool Party at the Siem Reap Hostel. Tickets are US\$4, from 5pm until....

Special offers for wine lovers at the Soria Moria Wine Night, 6-9pm



Central Siem Reap

freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

Café de la Paix
Sivutha Blvd, Tel: 063 966 000
www.hoteldelapaixangkor.com
 Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and pastries are all 50% off after 8pm.

4FACES Gallery
Old Market Area, Tel: 089 20 83 36
www.4faces.net
 Large range of hot drinks, shakes, spirits, beers, cocktails and a selected menu of snacks in this café cum gallery. English Premier League on tv-screens. Happy hour from 4pm to 6pm. Free WiFi Hotspot. Open 10 am – late.

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
 Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

4FACES Gallery
Old Market Area,
Tel: 089 20 83 36
www.4faces.net
 Photography gallery showing photojournalism, fine art and documentary photography by international photographers on the Black Wall in monthly exhibitions with a permanent display area black and white photographs by Dutch photographer Eric de Vries. Open 10 am – late.

Friends Centre
Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)
 International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

McDermott Gallery I & II
FCC Complex, Pokambor Avenue,
Tel: 012 274 274
Alley behind Pub Street, Tel: 092 668 181
www.mcdermottgallery.com
 Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other photographers. Open 10am to 10pm.

The One Gallery
The Passage, Old Market Area
Tel: 015 378 088
 Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories. **Open 11am – midnight.**

The Red Gallery
FCC, Pokambor Ave., Tel: 092 822 323
 A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

The Wa Gallery
333 Sivutha Boulevard, Tel: 016 746 701
 Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

siem reap - hotels

Amansara
Pokambor Avenue, Tel: 063 760 333
www.amanresorts.com
 The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

FCC Angkor
Pokambor Avenue, Tel: 023 992 284
www.fcccambodia.com
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

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

Golden Orange
Off East River Road, Tel: 063 965 389
 Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

Hotel de la Paix
Sivutha Boulevard, Tel: 063 966 000
www.hoteldelapaixangkor.com
 With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all

the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's
Pub Street Tel: 063 963 533
www.mollymalonescambodia.com
 Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

Red Piano
Pub Street, Tel: 063 964 750
www.redpianocambodia.com
 Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

The Warehouse
Old Market, Tel: 063 965 204
 Popular expat bar opposite the old market that plays great 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
Sivutha Street & Pub Street,
Tel: 092 207 842
 Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

siem reap - cafés

Blue Pumpkin
Old Market, Tel: 012 946 227
www.tbumpkin.com
 Popular café with a great range of



សម្បត្តិ ភ្នំពេញ កំពង់
GOLDEN ORANGE HOTEL

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

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



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.

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 Quan Street
Tel: 063 964 391
Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

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

Phokeethra Country Club
Sofitel Royal Angkor Resort & Spa,
Vithei 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

Abacus
Oum Khun Street, Tel: 012 644 286.
www.cafeabacus.com
Set just back from the main road, this beautiful sheltered garden explodes with greenery. The interesting menu has specials including crocodile tails and frog legs skewers. The steaks are excellent. Book exchange downstairs and two private dining rooms upstairs. Open 11am to late.

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

Alliance Café
7 Makara Street, Wat Damnak Area
Tel: 017 809 010
French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

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, vegetables, 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.

Circle & Sammak
Alley West, Old Market Area
Socially and environmentally responsible, yet stylish and edgy clothing and knick knacks. By the owner of Keokajay and designer of iida designs. Visit Sammak Café and Gallery upstairs for an unforgettable cup-cake. Open 9am - 10pm Tuesday - Sunday

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

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.

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 ballgown you forgot to bring with you.

Oro Rosso
Old Market, Tel 092 985 986
Formerly Söng, 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 druggstore 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. 📌



the blue pumpkin



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getaways

Helsinki

Deprived of cold comfort for too long, **Nora Lindstrom** travels to her motherland for some chic design, reindeer meat, and old school Finnish tango. Photos provided by **Helsinki City Tourist & Convention Bureau**.



Tuomiokirkko: a Christmas post card in reality

THERE WAS A POINT IN time in the early 1990s when Finland was best known for having the highest suicide rate in the world. Having overcome the post-Cold War depression, the industrious Finnish people – who among other things enjoy walking around in matching neon-coloured windbreakers – have thankfully since those bleak times risen to new heights. To the extent that the capital Helsinki was recently chosen World Design Capital for the year 2012.

Not that design and architecture have not always played a key role in the city. Established in 1550 by King Gustav I of Sweden, Helsinki was made capital of the autonomous Grand Duchy of Finland in 1812 after the Finnish War, which saw Russia annexing Finland from Sweden. The new capital needed a new architecture, and Carl Ludvig

Engel, a German architect, was given the unique assignment to plan the new city centre. The result was a neo-classical epicentre to the city, reminiscent of Russia's St Petersburg, located only some 300km away.

The Senate Square forms the heart of neo-classical Helsinki. A stone's throw from the harbour, it is overlooked by the enormous white cathedral, as well as a variety of university buildings. One of the city's most atmospheric coffee shops, the lovingly rundown Café Engel, is located directly opposite the cathedral. During the summer, it screens films of the artistic and indie variety in its courtyard, while Kino Engel downstairs brings artsy cinematic delights to the capital's film buffs all year round.

By the harbour, the summer sees the cobblestoned Market Square crowded by tourists and

locals alike. Its various stalls sell Finnish staple fare – berries, fish, doughnuts and coffee – as well as a variety of souvenirs, from tacky T-shirts to reindeer-themed Lappish items. From here, you can also take ferries to the islands just off the coast of Helsinki, including the fortress of Suomenlinna.

■ SHOPPING

Aleksanterinkatu and the Esplanade constitute the main shopping district. While the former is home to regular high street brands, the leafy Esplanade houses the more top end shops, including flagship stores for famous Finnish brands. These include Marimekko, which since the 1950s have excelled in daring colours on straightforward clothing designs such as the striped shirt, which is currently a close to compulsory feature in any Finn's wardrobe. Also on display

are glassware by Iittala, china by Arabia, scissors by Fiskars, and furniture by famous Finnish architect and designer Alvar Aalto – few are the homes in Finland that go without items from these well-loved home-grown brands. As noted by an Irish visitor, the Finns have a curious penchant for uniformity.

At the western end of the street, by the high-end bar and restaurant Teatteri (try gin tonics for €14) is the city's best known department store Stockmann is ever popular and forms a one-stop-shop. Many Finns are convinced that if something cannot be found at Stockmann's, it is simply not worth having.

■ EATING & DRINKING

With a claim to fame as the northernmost urban area on Earth, Helsinki offers plenty in terms of drinking and dining. For



Smoked Reindeer on Rye

local cuisine, Zetor is a veritable gem. Furnished like a rural dairy barn and farmhouse, complete with tractors indoors, Zetor serves up hearty Finnish fare. Not to miss dishes include the sautéed reindeer with mashed potatoes and lingonberries, and the Finnish hash complete with potatoes, onion, bacon, sausage and a fried egg, all served in a distinctly nonsensical fashion.

For more upscale dining, try Elite. Established in 1932, it has for decades played host to local actors and musicians, all the while serving up delicious traditional Finnish dishes with a European twist, such as 1950s actor and charmer Tauno Palo's onion steak. The drinks menu at Elite has by now reached cult status in the city.

Indeed there is no mistaking – Finns like their booze. For a distinctly tourist-oriented, yet highly curious, experience, make your way to the Arctic Icebar. Put on a warm cape and gloves, and sip your complimentary (after a €10 entrance fee) drink in ice-clad surroundings at a constant -5C. During the winter, the very same experience can of course be had with a bottle of beer on a freezing park bench. This traditional way of drinking is in Finland known as “pussikalja”, which translates as bagbeer.

For one of the best views of the city, head to Tornii (Finnish for tower). What used to be the Soviet-led Allied Control Commission's headquarters in the Finnish capital after the Second World



Music and drink in abundance

War, has since been turned into a stylish bar. It regularly hosts exhibitions by young Finnish artists. The toilets of the establishment are worth a particular mention, as they open to a panoramic view of the city.

Though a love for heavy metal seems to have etched itself on a permanent basis into the Finnish heart, recent times have seen a retro-revival of old-school pop tunes. We Love Helsinki dances, begun by a group of twenty-somethings a few years ago, are some of the most fun events the capital has to offer. Dress up in your best fifties outfit and prepare for a night of paired dancing along to Finnish pop classics.

Finally, you can't be a design capital without an ample menu

of museums. These include the Ateneum Art Museum that showcases classical Finnish art, while modern art is housed at the Kiasma Art Museum. For those with a particular interest in design, the Design Museum is a lesser known treasure trove full of examples of Finnish know-how over the years. And if you can't wait until 2012 to visit Helsinki the World Design Capital, drop by at the end of August for Helsinki Design Week.

For affordable flights to Helsinki (from Bangkok), check flights by Air Berlin (www.airberlin.com), and SAS Scandinavian Airlines (www.flysas.com). Curiously, there are currently no direct flights from Phnom Penh or Siem Reap to Helsinki. ■

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Suomenlinna (Castle of Finland) a UNESCO World Heritage Site

getaway



A network protecting children from all forms of abuse.

www.childsafe-cambodia.org

battambang

La Villa

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

Riverside Balcony Bar & Restaurant

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

chau doc (vietnam)

Victoria Chau Doc Hotel

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

phu quoc (vietnam)

Chenla Resort & Spa

Ong Lang Beach, Phu Quoc,
 Tel: +84 773 995 895,
www.chenla-resort.com
 Luxurious resort and spa on the beautiful island of Phu Quoc is less than five hours away from Phnom Penh. Set on a quiet bay, 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
 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 in 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
rikikititavi@asia.com
 Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

Rusty Keyhole

Riverfront, Kampot
 This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

kep

Beach House

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

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

Le Bout du Monde

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

Led Zeppelin

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

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com
 Traditional wooden bungalows set in the hillside, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

phnom penh - deluxe

Amanjaya

1 Sisowath Quay, Tel: 023 214 747
www.amanjaya.com
 Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



Cambodiana

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

Himawari

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

Imperial Garden Hotel

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

Intercontinental

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

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888
www.phnompenh.rafles.com
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

Sunway Hotel

1 Street 92, Tel: 023 430 333
www.sunway.com.kh
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

phnom penh - mid

Asia Club

456 Monivong Blvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. The use of the pool is open to the public. Adults US\$6, kids US\$4 and you can have drinks and food delivered from Man Han Lou Restaurant. The five bungalows and four rooms with air-con and bath, large safe, flatscreen tv. The onsite meeting rooms make Asia Club is a good business option and hidden gem.

Almond Hotel

128F Sotheaors Blvd. Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

Anise

2C Street 278, Tel: 023 222 522,
www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

Blue Lime

42 Street 19z (off street 19), Tel: 0 23 22 22 60
www.bluelime.asia
Centrally-located mini-hotel with a great swimming pool and contemporary rooms. Good flashpacker option.

Bougainviller

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.

DP Lodge

47 Street 322, Tel: 023 213 503
New hotel-restaurant catering to business travellers to the Penh. Housed in a large villa, it has a pleasant open-air balcony and good value food.

FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014
www.fcccambodia.com
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

Goldiana

10-12 Street 282, Tel: 023 219 558
www.goldiana.com
Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

Kabiki

22 Street 264, Tel: 023 222 290
www.thekabiki.com
Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind (Children 2 yrs and below: FREE, Children 3 to 12: US\$3, Adults: US\$5). The rooms have a double bed and a bunk bed as well as a small outside area for small children. Bar and Restaurant. Free WiFi.

The Quay

Sisowath Quay, Tel: 023 224 894
www.chowcambodia.com
Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the rooftop jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi.

The Pavilion

227 Street 19 Tel: 023 222 280
www.pavilion-cambodia.com
Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

River 108

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

Villa Langka

14 Street 282, Tel: 012 449 857
www.villalangka.com
Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka that has competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

phnom penh - budget

Blue Dog Guest House

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

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
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 bou-



Independence Hotel
● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 301 / 012 728 090 / 012 221 373 • Fax: +855-34 933 660
Web: www.independencehotel.net • Email: info@independencehotel.net

tique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

Feeling Home

Cnr. streets 278 & 63, Tel: 023 221 522, www.feelinghomecambodia.com

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

L'Imprevu

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

www.hotel-imprevu-resort.com
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

Le Rit's

71 Street 240, Tel: 023-213-160, sales@nyemo.com

A small and charming 6-room guesthouse with spacious rooms is managed by NYEMO NGO as part of its hospitality training. Each room is equipped with queen size bed, cable TV, private bathroom. Free WiFi and free breakfast. Restaurant and boutique handicraft shop set in a beautiful garden. The restaurant specializes in European pre set lunch menu and serves authentic Khmer food a la carte for diner.

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 Pailote'

Victory Hill, Tel: 012 633 247

Upmarket French restaurant that outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno

Ekareach Street, Tel: 034 934 280

Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

Maharajah

Victory Hill Sihanouk Ville, Tel: 015 966 221

Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Otres Nautica

Otres Beach, Tel: 092 230 065

Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

Reef Resort

Road to Serendipity Beach,

Tel: 012 315 338,

bookings@reefresort.com.kh

Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

Scuba Nation

Road to Serendipity Beach, 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 with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajara Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

Top Cat

Road to Serendipity Beach

Opposite the Reef Resort, this luxurious large screen movie house shows DVDs. The films are free but there is a charge for the air-con and comfortable couches.

Zoco

Independence Hotel, Road to Serendipity Beach

Two fashion boutiques – one on the way to Serendipity Beach, the other in Independence Hotel – run by the Spanish-born Nuria, sells dresses,

skirts, bags and accessories, with dresses from US\$20. Has another shop in Phnom Penh.

travel

Blazing Trails

Killing Fields Road,

Tel: 012 676 381 / 012 542 916

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

Cambodia Uncovered

Tel: 012 507 097

www.cambodiauncovered.com

Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Exotissimo Travel

46 Norodom Blvd, Tel: 023 219 151

www.exotissimo.com

Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Specialises in adventure tourism in Cambodia. Brochures are available online.

Helicopters Cambodia Travel Indochina

43-44EO Street 108, Tel: 023 991 978

www.travelindochina.com.au

Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

Intrepid Travel

468 Sivatha 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 Sivatha Road Siem Reap,

Tel: 012 184 8891

www.sokhahelicopters.com

Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

Travel Indochina

43-44EO Street 108, Tel: 023 991 978

www.travelindochina.com.au

Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 

THINK BEFORE GIVING MONEY TO BEGGING CHILDREN



www.childsafe-international.org



Vox Pop: A Question of Water

Water water everywhere, but would you swim in it? **Conor** and **James** hit the streets once again.

■ **NAME:** Nee

AGE: 29

NATIONALITY: Khmer

OCCUPATION: Restaurant

Owner

WHAT IS YOUR FAVOURITE BODY OF WATER?

I like the sea at Sihanoukville the most. Every time I go there I feel very relaxed and happy.

WHAT HAVE YOU DONE FOR THE ENVIRONMENT LATELY?

I always throw rubbish in bins when I am outside. I hate when people throw their rubbish in fields, rivers and lakes. I also make sure to recycle as much of the rubbish from my restaurant as possible.

WOULD YOU SWIM IN THE TONLE SAP?

No, because I can't swim.



■ **NAME:** Dom

AGE: 31

NATIONALITY: British

OCCUPATION: Scientist

TIME IN CAMBODIA: 1 month

WHAT IS YOUR FAVOURITE BODY OF WATER?

The ocean in Sihanoukville!

WHAT HAVE YOU DONE FOR THE ENVIRONMENT LATELY?

I came to Cambodia where I use less electricity and walk everywhere!

WOULD YOU SWIM IN THE TONLE SAP?

Only with a Snorke!!!



■ **NAME:** Sreng

AGE: 16

NATIONALITY: Khmer

OCCUPATION: Professional

Bodybuilder

WHAT IS YOUR FAVOURITE BODY OF WATER?

My favourite body of water is Evian. My body is my temple, so I only drink the best quality water.

WHAT HAVE YOU DONE FOR THE ENVIRONMENT LATELY?

Last week I cleaned my bedroom.

WOULD YOU SWIM IN THE TONLE SAP?

Yes, but it is important to keep an eye out for small floating logs.



■ **NAME:** Cat

AGE: 27

NATIONALITY: British

OCCUPATION: Photographic

Assistant

TIME IN CAMBODIA: 3 month

WHAT IS YOUR FAVOURITE BODY OF WATER?

I don't normally like swimming in the sea but it would have to be North Goa, India.

WHAT HAVE YOU DONE FOR THE ENVIRONMENT LATELY?

I walk as often as I can. I sold my car before I moved to Cambodia and don't own a motorbike here... I guess that helps to keep the pollution down. Every little counts!

WOULD YOU SWIM IN THE TONLE SAP?

Probably not. It's pretty to look at, that's enough!



Keith Alan Kelly

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Making a Monkey Out of Me

Will finds Curious George was not necessarily a role model.



ILLUSTRATION BY WUTH / OUR BOOKS

AS WITH MANY YOUNG boys, our son is obsessed with Curious George — the simian star of a series of children's books that has been entertaining children in the West for nearly 70 years.

But while monkeys and apes are exotic mysteries to Americans, they are a little less exotic in Cambodia. If you live near Wat Phnom, the local macaques might very well be more of a nuisance than an entertainment. Some of the monkey marauders made headlines the world over a few years ago when district police officials put bounties on the most aggressive macaques, which were biting tourists, molesting clotheslines and stealing food. Local business owners were not pleased that one of Phnom Penh's most pleasant attractions had gone from mugging for cameras to eating the tourists.

Of course, it's not a one-way dining street. It's not uncommon to hear stories about a certain kind of restaurant where unfortunate monkeys are the main course, rather than just pilfering some of the side dishes.

But being a children's story, Curious George doesn't eat anybody or end up being eaten. The lovable animated animal isn't even clearly defined as a species. He is repeatedly described as a monkey, but most closely resembles a chimpanzee, an ape. His creators took great pains to make him more adorable than realistic, animated rather than anatomically correct.

But while the vast entertainment-environmental complex would have everyone believe that every monkey, ape and other primate is a cuddly ball of fluff. The truth is less pleasant. Especially when, like those Wat Phnom tourists, one decides you'd make a tasty snack.

As a teacher in Cambodia, you learn such painful lessons.

During one of the class holidays, a family of students convinced me to follow them to their provincial home. As I had trio of guides, this was one of the few trips into the provinces that did not end with me crashing into something, wandering into

a minefield or ending up on the wrong side of the province due to a foolish, but persistent, miscommunication.

Some aid worker friends were gracious enough to let me stay with them and show me some of the provincial sites, which generally included the surrounding jungle and their little zoo. The animals, which were bought from poachers who would otherwise have eaten them, ranged from the cute-but-aggressive deer to noble-but-aggressive storks. Docile animals don't survive in Cambodia.

But the most fascinating animal was the alpha female of the gibbon family, Yankee, who had a thing for big hairy white guys. And by thing, I mean murderous rage. When I went into the animals' enclosure, she stalked me. Waving a stick in her direction kept her at bay, but I quickly decided to retreat outside the fence.

While I was on the outside, she kept an eye on me, which was somewhat flattering. When I

turned to say something witty and inane to my friends, the gibbon swung from a tree limb, hopped over the electric wire and lunged for my right arm.

Now this is the kind of moment young men look forward to — the instant when they can demonstrate levelheaded cunning and lightning-quick reflexes to avoid danger and death.

Instead, as the gibbon's teeth and claws sank into my arm, I screamed like a little girl. She then hopped back over the fence and leaned against a tree.

Recovering from my moment of panic, I picked up my trusty stick and waved it at the gibbon.

"C'mon back over here," I said to Yankee. "You want a piece of me?" Yankee ambled back to the fence.

I dropped the stick and ran away. I intend to teach my son many things, but the most important is — *Don't be curious about monkeys, just run away!*

Will Koenig lives in Oregon with his wife, son and an wide array of Curious George paraphernalia. All of it kind of scary. 🐼

May Horoscope

■ TAURUS (APR. 21 – MAY 21)

Happy Birthday Taurus! Mid-month forward is a feel-good time for you, when you feel the need to make a fresh start. Communication problems can be a bit troublesome until then, however, particularly when it comes to money and love. Love ties are coming up for review, and the need to put the past behind you becomes insistent. Some of you will be determining whether a romantic relationship is strong enough to be brought forward. A surprising new friendship could develop this month.

■ GEMINI (MAY 22 – JUN. 21)

You are especially magnetic this month, Gemini, particularly in the second half of May. Love and appreciation are easy to attract this month. Your desire to learn, share ideas, and improve your skills is powerful. It's also a time when exciting professional and travel opportunities could arise, seemingly out of the blue.

■ CANCER (JUN. 22 – JUL. 22)

Motivation to make money is strong this month, Cancer. The work you do could find financial support in May. Many of you will achieve more recognition, a promotion, or a position of increased responsibility on the career front in the next few months, and unusual developments in May seem to be pushing you in that direction.

■ LEO (JUL. 23 – AUG. 22)

Career and professional interests are strong this month, Leo. New ideas are abundant, and your energy levels run high. Some form of tug of war when it comes to finances could be irksome in May, but clearing up financial matters will do wonders for your outlook. Some of you will be meeting new romantic interests or experiencing a rejuvenation of romance in existing relationships.

■ VIRGO (AUG. 23 – SEP. 23)

Business relationships are strong this month, Virgo. You have that extra "edge" when it comes to appealing to superiors as well as co-workers. A change of residence, or an opportunity to work from home could be in the offing. Reticence about changes in a close personal relationship is something you have been struggling with for some time, and now is a good time to examine what is holding you back.

■ LIBRA (SEP. 24 – OCT. 23)

May is a sociable month for you, Libra, especially from the 21st onward. Restlessness with routine is sure to get you out and about. Financial matters begin to clear up mid-month. Some nagging health or work problems need attention, especially those revolving around poor communication. Conditions in your close partnerships may begin to feel confining now, and demand a major overhaul.

■ SCORPIO (OCT. 24 – NOV. 22)

May is an excellent month for giving your close personal relationships the attention they deserve, Scorpio. By mid-month, tensions and communication troubles clear up. A partner is more willing to share him or herself on deeper, intimate levels. May 13th brings a rush of positive energy to a partnership. It's a great time for making new resolutions.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

May is strong for social life, negotiations, and communications, dear Sagittarius. However, before mid-month, some conversations can be strained and non-productive. It's best to leave important conversations for the second half of May. Your spirit for adventure runs high, yet you are especially busy with work obligations and health routines. The 26-28 brings a surprising personal revelation. It's time to listen to your heart.

■ CAPRICORN (DEC. 22 – JAN. 20)

A mostly entertaining month is in store for you, Capricorn. While some communication problems can get your goat, especially with a romantic partner, your creative flow returns mid-month. The chance for creative and romantic new beginnings arrives just in time to revitalize your outlook. The urge to work is weaker than usual, so if you can manage it, down time or a vacation might be in order.

■ AQUARIUS (JAN. 21 – FEB. 19)

Important group connections and friendships come along suddenly this month and next, Aquarius. Conversations with friends and acquaintances can be eye-opening – propelling you along a new path of discovery in the coming months. Financial concerns and possibly even battles may challenge you this month. Energy runs high for romance, entertainment, and recreation in May. Enjoy it!

■ PISCES (FEB. 20 – MAR. 20)

Career opportunities are likely to arise this month and next, Pisces, quite possibly of the behind-the-scenes variety. Energy for improving your skills and getting projects going runs extremely high this month, so take advantage. While pushing yourself too hard will never work to your benefit in the long run, taking some extra time to tend to projects that have been on hold will be fulfilling.

■ ARIES (MAR. 21 – APR. 20)

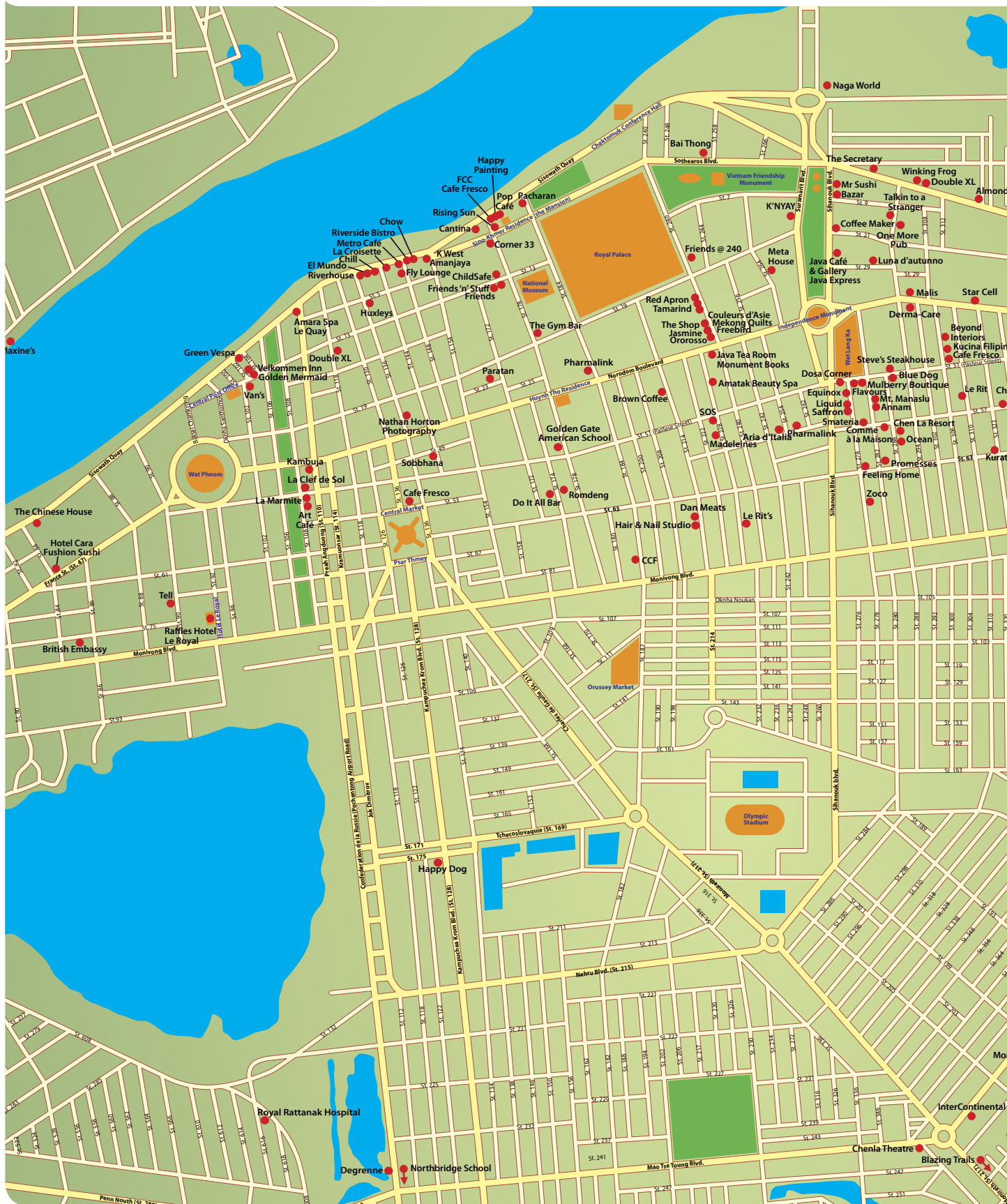
Change is on the horizon, dear Aries, and a spiritual revelation or attitude breakthrough occurs in May that propels you along a new path in the next few months. Adventure, travel, and higher learning call to you. You are setting your sights on the future instead of worrying about the past, and setting your sights high! You are ready to pursue romance and to take the lead. ♀

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

May 2 – Lilly Allen (25), David Beckham (35), Tanja Wessels (36), The Rock (38), Engelbert Humperdinck (74); **May 3** – Pete Seeger (91); **May 4** – Lance Bass (31), Randy Travis (51); **May 6** – George Clooney (49), Tony Blair (56), Bob Seger (65); **May 8** – Enrique Iglesias (35); **May 9** – Rosario Dawson (31), Billy Joel (60), Candice Bergen (64), Albert Finney (74); **May 10** – Bono (50); **May 12** – Jason Biggs (32), Tony Hawk (42), Stephen Baldwin (44), Emilio Estevez (48); **May 13** – Samantha Morton (33), Stephen Colbert (46), Harvey Keitel (70); **May 14** – Cate Blanchett (41), Tim Roth (49), David Byrne (57), George Lucas (66); **May 16** – Tori Spelling (37), Janet Jackson (44), Debra Winger (55), Pierce Brosnan (57); **May 17** – Enya (49), Bob Saget (54), Bill Paxton (55), Dennis Hopper (74); **May 18** – Tina Fey (40), Chow Yun-Fat (55); **May 19** – Pete Townshend (65); **May 20** – Busta Rhymes (38), Cher (64); **May 21** – Notorious B.I.G. (38), Mr T (58); **May 22** – Naomi Campbell (40), Marrissey (51); **May 23** – Jewel (36), Drew Carey (52); **May 24** – Priscilla Presley (65), Bob Dylan (69); **May 25** – Lauryn Hill (35), Anne Heche (41), Mike Myers (47), Ian McKellen (71); **May 26** – Helena Bonham Carter (44), Lenny Kravitz (46), Stevie Nicks (62); **May 27** – Andre 3000 (35), Henry Kissinger (87); **May 28** – Kylie Minogue (42); **May 29** – Annette Bening (52), LaToya Jackson (54); **May 31** – Colin Farrell (34), Brooke Shields (45), Clint Eastwood (80). ♀

phnom penh: central





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The QuizMaster

■ MAY

1. Which classic novel is set in Maycomb?
2. He has a CBE, and a PhD in Astrophysics, but is best known as the lead guitarist with Queen. Who is he?
3. What is the derivation of the distress signal Mayday?
4. Based on the novels by H. E. Bates, which British comedy drama starred David Jason and Catherine Zeta-Jones?
5. It was the fastest selling debut album of all time in the UK when released in 1994. What was it called?
6. What date is international Star Wars day?
7. Louisa May Alcott wrote a novel based loosely on her childhood experiences with her three sisters. What was it called?
8. In 1620, The Mayflower sailed from where to where?
9. In cinema, what does MGM stand for?
10. Who, with Ade Edmonson, went from Bottom to Beckett?

■ HUMAN BIOLOGY

11. What do you call a birth where a baby's feet are delivered first?
12. Where is the cochlea located?
13. What is the longest bone in the human body?
14. If you did not treat it and had an advance form of Seborrhic Dermatitis most people would noticed you suffered from what?
15. What is produced by the lachrymal glands?
16. Where in your body would you find your uvula?
17. The word renal applies to what part of the body?
18. What type of blood vessels carry oxygenated

blood away from the heart?

19. The patella is the largest sesamoid bone in the human body. How is it better known?

20. The olfactory system is the responsible for which sense?

■ THREE OF A KIND

21. Which celebrity chef has children called: Poppy, Daisy and Petal Blossom Rainbow?
22. Anthony Hopkins, Charles Laughton and Lon Chaney all played a love-sick camp-nologist; Who was he?
23. What three colours of jersey are awarded during the Tour de France?
24. Alphabetically what are the last three star signs of the zodiac?
25. Which three Scottish football league teams have points of the compass in their name?

26. What are the names of the three female murder suspects in Cluedo?

27. Which word means a piece of cloth, a mark for archers to shoot at and a blow with the hand?

28. Which record company, founded in Memphis by Sam Philips, gave Elvis Presley, Roy Orbison, and Johnny Cash their first recording contracts

29. Which word can mean a joint in the hind leg of a four-legged animal, a German white wine and to deposit something as security against money borrowed?

30. According to www.cambodia.gov.kh, Cambodia is divided into 20 provinces and 4 "Krong" (autonomous municipalities), the most populous of which is Phnom Penh. Name the other three.

■ ANSWERS ON PAGE 53

Sudoku

CANTINA
 Fresh Mexican Food

Fun Mexican Food
 Kitchen open 3-10:30. Closed Saturdays.
 347 Sisowath Quay, On the river.

This month's Sudoku level is ranked 'Tricky'. My suggestion is to use a pencil, and start from the middle and work outwards. You may find you have to back track once or twice, but stick with it. The satisfaction of a completed puzzle is worth it!

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

Level: "Tricky" Gwan Ching Lee's time: 6 minutes 17 seconds

ANSWERS ON PAGE 53

Quote Unquote

■ A RIVER RUNS THROUGH IT...

"When the river is deepest it makes least noise."
 - Old Proverb

"What makes a river so restful to people is that it doesn't have any doubt - it is sure to get where it is going, and it doesn't want to go anywhere else."
 - Hal Boyle

"It is not best to swap horses while crossing the river."
 - Abraham Lincoln

"Follow the river and you will find the sea."
 - French Proverb

"If you're going to live by the river, make friends with the crocodile."
 - Indian Proverb

"Denial ain't just a river in Egypt."
 - Mark Twain

"Dams have harmed our wildlife and made rivers less useful for recreation."
 - Stephen Ambrose

the phnom penh concerts
the mekong sessions



coming soon...

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To delete a number in your list, text [D]<space>[Phone number you want to delete] and send to 6868

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