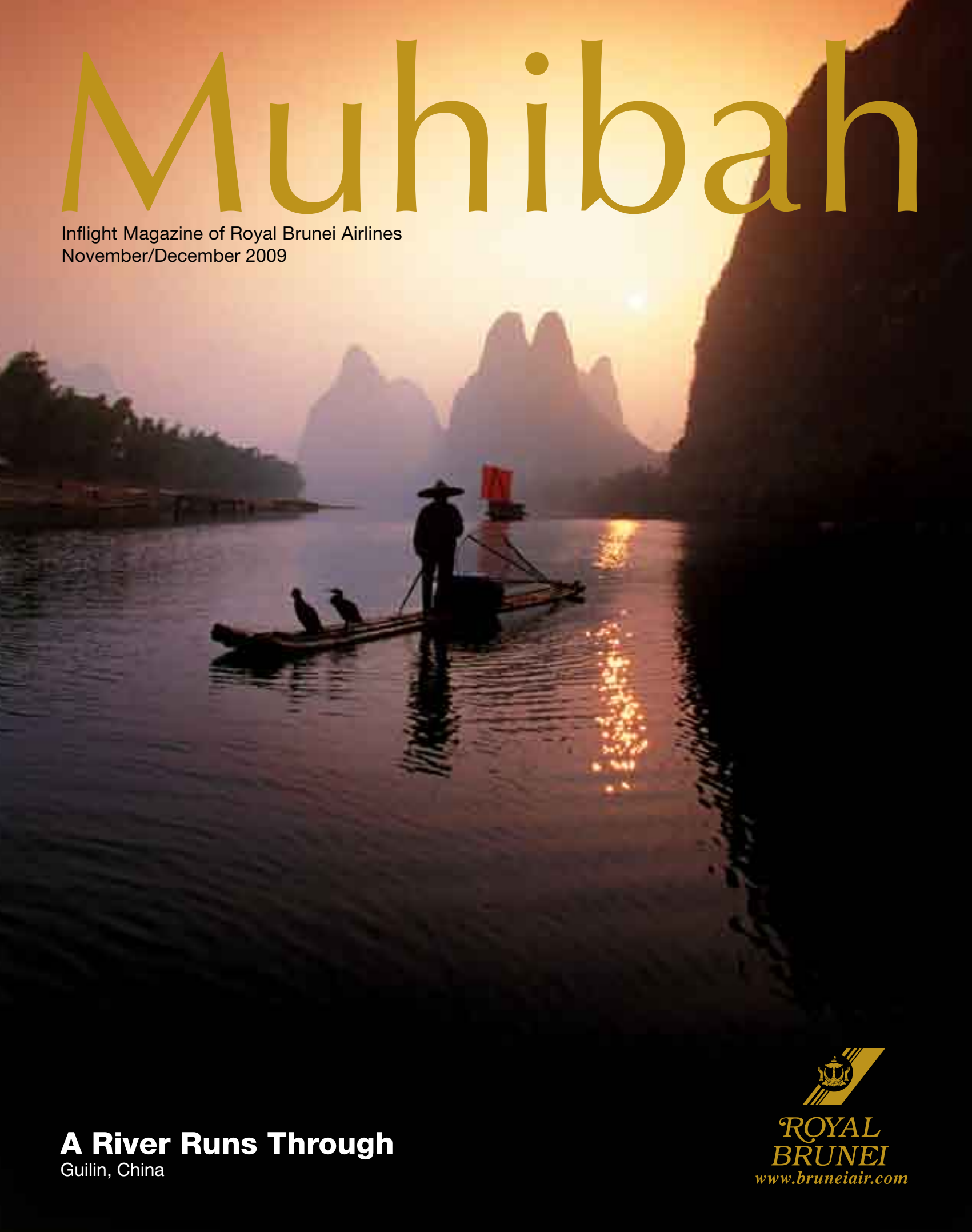


Muhibah

Inflight Magazine of Royal Brunei Airlines
November/December 2009



A River Runs Through
Guilin, China



**ROYAL
BRUNEI**
www.brunelair.com

ڦڦاڇين ڊراج بروني سنڊيرين برحد

Royal Brunei Catering



International Cuisine
Tel: 233 9207 / 233 1853
Fax: 233 0183



Corporate & Private Functions
Outside Catering Tel: 233 8240 / 233 1853
Fax: 233 0183
Hospital Catering Tel: 222 1915
Fax: 222 1916



Flight Kitchen
Tel: 233 1927/8/9
Fax: 233 2691



Chinese Cuisine
Tel: 243 0185/6
Fax: 243 0183



International Cuisine
Tel: 242 2291/2/3
Fax: 243 0183



Chinese Restaurant
at Hua Ho Manggis
Tel: 233 2880 / 233 2881
Fax: 233 2886



Open Air Dining
Tel: 233 4189 / 233 4197
Fax: 234 5672



Tel: 233 4189 / 233 4197
Fax: 234 5672



Function Rooms
Tel: 233 4189 / 233 4197
Fax: 234 5672



Cafe & Cake Shop
Tel: 242 2291/2/3
Fax: 243 0183



Airport - Tel: 233 9206, Tutong - Tel: 422 2082
Sg. Tilong - Tel: 233 7777 (Delivery Services)
Kiulap - Tel: 223 7253
Cafe & Cake Shop - Tel: 233 3636



Tel: 233 1927/8/9
Fax: 233 2691



Tel: 233 1927/8/9
Fax: 233 2691



Tel: 233 9207 / 233 1853



Airport - Tel: 233 9200 / 233 1927/8/9
Fax: 233 2691
RBRC - Tel: 233 4193
Sg. Tilong - Tel: 234 3232



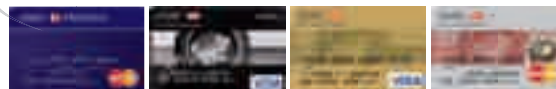
Tel: 234 3802

Homemade

Exotic

Exotic

Homemade



Travel the world with local privileges

Everyone has a different approach to
planning the perfect holiday.

Whatever your expectations,
your HSBC credit card helps you travel
the world like a local and access
a wide range of exclusive benefits.

Enjoy a fantastic variety of savings on
shopping, dining, leisure and
entertainment with the
home & Away Privilege Programme
in more than 40 countries and territories.

Terms and conditions apply.

www.homeandaway.hsbc.com

HSBC 
The world's local bank

Muhibah

November/December 2009



Cover image: A fisherman plies the Li River in Guilin, China at sunset by Corbis.

Contents

ESCAPADE

- 10 Noosa by the Sea**
Seaside Sojourns in Queensland, Australia.

COMPASS

- 16 A River Runs Through**
Nature's Park in Guilin, China.
22 Bay of the Somme
A Piece of Paradise in France.

BEST OF BRUNEI

- 26 Unveiling Brunei's Underwater Wonder**
Marine Marvels in Brunei Darussalam.

BY WORD OF MOUTH

- 34 The Conscious Closet**
Ethical and Fashionable.

TASTEBUDS

- 40 Food Fabulous**
Royal Brunei Catering's Food Fiesta.

TAKE 5

- 46 Hot for Uncle Ho's City**
If you have just 24 hours...

MOTORING

- 48 Might of the Mercedes**
Mercedes C230 Avantgarde.

IN STYLE

- 52 His World**
Moody Metal Mantle.
54 Her World
Wishlist 2009.





56

IN PERSON

56 Call of the East

Celebrity Chef Bobby Chinn.

BRUNEI BECKONS

58 Abode of Peace

60 A Wealth of Diversity

ABOUT ROYAL BRUNEI AIRLINES

06 Selamat Datang

08 Inside RBA

62 Story of Growth

64 Comfort Onboard

65 Route Map

66 Destinations Guide

REGULARS

04 CEO's Message

68 Traveller's Guide

69 Muslim Prayer Times

70 Travel Diary

72 Mind Teasers



70

Editorial board

Advisor Royal Brunei Airlines

Vice President Corporate Communications Anne Aziz Parker

Editorial Committee Russell Knox, Dian Idris

Editorial & production team

General Manager Jacqueline W M Wong

Editor R. Rajendra

Deputy Editor Anis Ramli

Studio Manager Ken Lau

Senior Digital Media Designer Kan Seak Hong

Graphic Designers Law Siew Lee, Leivy Teo

Coordinator Sa'adiah Hj Abas

Publishing & sales

Digital Impressions

Lot 20010, Taman Alam, Jalan Telanai, Beribi, Gadong BE1118

P. O. Box 577, Bandar Seri Begawan BS8671, Brunei Darussalam

Tel: +673 2654 851

Fax: +673 2650 276

E-mail: muhibah@digital-impressions.org

www.digital-impressions.org

Advertising enquiries in Brunei

Digital Impressions

Lot 20010, Taman Alam, Jalan Telanai, Beribi, Gadong BE1118

Bandar Seri Begawan BS8671, Brunei Darussalam

Tel: +673 2654 851

Fax: +673 2650 276

E-mail: dgtxpr@brunet.bn

www.digital-impressions.org

Printer

Superior Press Sdn. Bhd., Malaysia

Colour separation

Digital Impressions Sdn. Bhd., Malaysia

Media representatives

• **AUSTRIA** Publimedia GmbH, Tel: (43) 1 211 53 61, Fax: (43) 1 21 21 602,

E-mail: fcsokor@publicitas.com • **AUSTRALIA** Mass Media Publicitas,

Tel: (61) 2 9252 3476, Fax: (61) 2 9251 3726, E-mail: ppn-australia@publicitas.com

• **CANADA** Mc Gown/ INTERMAC - Publicitas, Tel: (514) 7355191,

Fax: (514) 3429406, E-mail: tgalic@publicitas.com • **CHINA** Emphasis (CHINA),

Tel: (86)10 64019190 619, Fax: (86)10 64014 756, E-mail: china@emphasis.net

• **FRANCE** Publicitas S.A., Tel: (33) 1 53 64 88 76, Fax: (33) 1 45 00 94 81,

E-mail: mbadolfeick@publicitas.com • **GERMANY** Publicitas Germany GmbH,

Tel: (49) 89 921 06 10, Fax: (49) 89 921 06 30, E-mail: ppn-frankfurt@publicitas.com

• **HONG KONG** Emphasis Media Limited, Tel: (852) 2516 1000, Fax: (852) 2561 3349,

Email: acheung@emphasis.net • **ITALY** Siper Media SpA, Tel: (39) 027 6007743,

Fax: (39) 027 6006836, E-mail: jbigan@publicitas.com • **INDIA** Mediascope Publicitas,

Tel: (91) 22 2204 8890, Fax: (91) 2282 4889, E-mail: ppn-india@publicitas.com

• **INDONESIA** PT Medianet Intisarana, Tel: (62) 21 798 7314, Fax: (62) 21 798 7316,

E-mail: mediana@centrin.net.id • **JAPAN** Nakayama Media International, Inc.,

Tel: (813) 3479 6131, Fax: (813) 3479 6130, E-mail: nmi_s@zat.att.ne.jp • **KOREA**

DooBee Inc., Tel: (82) 23702 1742, (82) 23702 1777, E-mail: dbi@doobee.com

• **MALAYSIA** Publicitas International Sdn Bhd, Tel: (603) 7729 6923,

Fax: (603) 7729 7115, E-mail: scheng@publicitas.com • **MIDDLE EAST** Integrated

Advertising Services FZ LLC, Tel: (971) 4 391 3360, E-mail: info@iasmedia.com

• **NEPAL** Media South Asia (P) Ltd., Tel: (977) 1442 0848, Fax: (977) 1442 1179,

E-mail: mediarep@mos.com.np • **PHILIPPINES** Adreflex International,

Tel: (632) 638 8374, Fax: (977) 1442 1179, E-mail: clang-garcia@adreflexintl.com

• **SPAIN** Publicitas Internacional, S.A., Tel: (34) 91 323 79 18, Fax: (34) 91 323 79 23,

E-mail: aokumura@publicitas.com • **SINGAPORE** Emphasis (SINGAPORE),

Tel: (65) 6735 8681, Fax: (65) 6733 5681, E-mail: jong@emphasis.net

• **SOUTH AFRICA** International Media Representatives (PTY) LTD,

Tel: (27) 11 258 4250, Fax: (27) 11 258 4043, E-mail: gisela@imrsa.co.za

• **SWEDEN** Publicitas Nordic AB, Tel: (46) 8 442 7050, Fax: (46) 8 442 7059,

E-mail: mtsaving@publicitas.com • **SWITZERLAND** Triservice S.A.,

Tel: (41) 22 796 46 26, Fax: (41) 22 797 02 70, E-mail: info@triservice.ch

• **THAILAND** Thai Representation Limited, Tel: (662) 332 0503-4, Fax: (662) 331 9303,

E-mail: thitiporn.p@sharmathailand.com • **TAIWAN** Emphasis (Taiwan),

Tel: (886) 2 2764 5011, Fax: (886) 22760 8439, E-mail: advertising@procomintl.com.tw

• **UNITED KINGDOM** The Powers Turner Group, Tel: (44) 207 592 8333,

Fax: (44) 207 592 8301, E-mail: cmorgan@publicitas.com • **UNITED STATES OF**

AMERICA Publicitas North America, Tel: (1) 312/201 9393, Fax: (1) 312/201 0449,

E-mail: szammuto@publicitas.com

Muhibah is published bi-monthly in Brunei Darussalam by the Publications Unit of Royal Brunei Airlines Sdn. Bhd. All rights reserved. Copyright by Royal Brunei Airlines. Unsolicited materials will be returned only if accompanied by a self-addressed envelope and sufficient return postage. While every reasonable care is taken by the editor, no responsibility is assumed for the return of unsolicited material. The contents of this magazine are entirely the personal views of the author(s) and/or contributors and do not in any way reflect the views or opinions of the publisher. The publisher disclaims all and any liability to any person arising from the printing, sale or use of the materials in this magazine. The Editorial team reserves the right to edit and/or rewrite all materials according to the needs of the publication upon usage. *Muhibah* is complimentary for passengers on Royal Brunei Airlines. It is also available on subscription at BND7 per copy, excluding postage.



On Time Performance needs team work, from left to right, Muhammad Fadillah Hj Rosli (Engineering), Siti Azrenawaty Hj Johari (Passenger & Ground Services), Robert Yang (CEO), Capt. John Walker (Flight Operations) and Irwati Abdul Gafur (Cabin Crew).

CEO's Message

Welcome onboard Royal Brunei Airlines.

The year has passed so quickly that it becomes surreal as I write this note and preamble my message with Seasons Greetings. I sincerely hope that Christmas and New Year bring joy, love and peace to us all.

Royal Brunei Airlines is entering an exciting time of its history – with an expansion plan for its network. With the launch of an enhanced Winter schedule that starts from 25 October, 2009, we offer our passengers additional flights to Singapore, Jakarta and Manila. An increase to five times weekly to Jeddah will provide our passengers more options to connect from North Asia to the Middle East, especially during this Haj season.

On the operations front, I am particularly proud of our On Time Performance with marked high performance on punctuality. Royal Brunei Airlines rates above average in the Asia Pacific Airlines Association (AAPA). On that note, I take this opportunity to congratulate my team in operations and flight crew who worked hard behind the scenes to ensure the continuation of On Time Performance, safety and a high standard of customer service. It is a great result which we will always work hard to improve on.

In the **Escapade** section of this magazine, we explore Noosa in Queensland, Australia. Awarded Biosphere Reserve status by UNESCO (the global organisation which gives out World Heritage listings), Noosa is recognised for its sustainable approach to managing the natural environment and development. With tropical rainforest and beautiful sandy beaches, Noosa presents a great hideaway.

The **Best of Brunei** and **Compass** sections, unveil the *Underwater Wonder* of Borneo with stunning marine life to Bay of the Somme, known for its eco-friendly tourism. I hope that these places will inspire you to travel more with Royal Brunei Airlines.

We strive to improve our services and be your carrier of choice. Thank you for choosing Royal Brunei Airlines. I do appreciate the feedback we receive from our guests onboard. As we head for the New Year and implement our expansion plans, I look forward to share more exciting news with you in the months ahead. In the meantime, enjoy your flight and Seasons Greetings.

With warm wishes,
Robert Yang
CEO



A Kingdom of Unexpected Treasures



Brunei Tourism

Ministry of Industry and Primary Resources
Jalan Menteri Besar, Bandar Seri Begawan, BB3910
NEGARA BRUNEI DARUSSALAM

Tel: (673) 238 28 22 / (673) 238 28 32

Fax: (673) 238 28 24

Email: info@bruneitourism.travel

Selamat Datang

Selamat Datang means 'Welcome' in Malay. Please spare a few moments to read about the features of our aircraft as you start your journey with Royal Brunei Airlines.

Safety features

Before take-off, our cabin crew will demonstrate the safety procedures. More information may be found in the illustrated safety card in the seat pocket in front of you. During take-off, your seatbelt must be fastened. Wear your seatbelt whenever you are seated as a precaution against air turbulence. Upon landing, please remain seated until our aircraft comes to a complete stop.

Liquids, Aerosols and Gels (LAG) restrictions

Security regulations at many airports that Royal Brunei Airlines now fly to limit the amount of liquids, aerosols and gels that can be taken through the security screening point. Passengers transiting through airports and carrying any liquids, pastes and gels in containers over 100ml may be asked to dispose of the items at security checkpoints.

These restrictions may affect your ability to carry duty-free purchases onboard the aircraft. Customers are advised to check with duty free personnel before making their purchases.

The hand-carry baggage restrictions at Brunei International Airport are as follows:

- All liquids, aerosols and gels must be carried in containers of no greater than 100ml/3.3oz capacity (approximately 100gm in weight).
- All containers must fit comfortably in a transparent, resealable plastic bag.
- The plastic bag must be no greater than 1 litre in capacity.
- There is a limit of one plastic bag per passenger.
- The plastic bag must be removed from carry on baggage and presented to security personnel at the checkpoint for inspection and separate x-ray screening.
- Containers larger than 100ml/3.3oz will not be accepted, even if only partially full.

The new regulations make an exception for medicines and dietary supplements needed during a flight, including baby food. Proof of need may be required.

Hand luggage

You may store your hand luggage in the overhead lockers or under the seat in front of you. Please do not hesitate to ask our cabin crew for help in stowing your luggage properly. Be careful when opening the overhead luggage compartments, as items dislodged by aircraft movement may fall on you or fellow passengers.

Cuisine

We offer Western and Oriental meals. If you are on a special diet or require vegetarian meals, child or baby food, please inform us when making your flight reservation or two weeks prior to departure date.

Business Class passengers on long-haul flights can now select the meals they desire at a time that suits them. 'Dine upon Request' is available throughout the flight up until 90 minutes before landing.

Fitness tips

You can ease discomfort caused by pressure on your ears during take-off, landing or changes in altitude by yawning, swallowing, pinching your nose gently while exhaling or by sucking on a candy. On long flights, drink plenty of water and non-alcoholic drinks to relieve the effects of dehydration. You can ask our cabin crew for non-prescription pain-relief medicines. Please inform us when making your flight reservation if you have to administer special medication, such as insulin injections to yourself during the flight. For further information on in-flight health, please turn to page 64.

Aerial route video

A special feature of our B767 aircraft is the aerial route video display, which indicates our geographical position, direction, altitude and speed.



Inflight entertainment

Earphones will be provided for *SkyShow*, Royal Brunei Airlines' inflight video and audio entertainment system. For programme details, please refer to the *SkyShow* entertainment guide booklet located in the seat pocket in front of you. The sockets for the earphones and channel/volume remote control are located in your seat armrest.

Reconfirmation

For passengers travelling to and from the Middle East, please reconfirm your departure flight at least 72 hours in advance with the local Royal Brunei Airlines office or your travel agent. Failure to do so could result in the cancellation of your reservations. A non-reconfirmation policy applies to RBA's European, Australian, New Zealand, Asean and the Orient routes. However, passengers are advised to contact the nearest RBA office or their travel agents should they wish to cancel or change their return or onward reservations.

Online booking

As an extension of Royal Brunei Airlines' existing global sales and marketing network, customers may now choose to book their tickets online. For more information, please visit www.brunelair.com

Duty-free shopping

At the Brunei International Airport, Royal Brunei Trading runs the Brunei Duty-Free Shops at the arrival and departure halls.

Check-in

Check-in counters at the Brunei International Airport are open three hours before flight departure. Passengers are advised to check in at least two hours before departure in order to allow for security and baggage checks. Check-in counters will be closed 45 minutes before departure, after which no boarding passes will be issued. Royal Brunei Airlines also advises its passengers to reach the boarding gate 20 minutes before the flight departs in order to avoid missing their flights.

Use of electronic equipment

Mobile phones cannot be used at any time during the flight. They should be switched off as soon as the cabin crew makes the announcement. Also included in this list of equipment which cannot be used at any time once on board the aircraft are: citizen's band (CB) radio, remote-controlled devices (such as radio-controlled toys), and transmitting devices that emit radio frequencies.

The following devices may be used on board, except during take-off, initial climb, approach and landing: personal computers, FM receivers, calculators, electronic shavers, audio and video recorders, hand-held computer games (e.g. Gameboy), and playback devices. These devices can interfere with the aircraft's electronic equipment, thus compromising aircraft safety and endangering the lives of passengers and crew.

Non-smoking policy

Royal Brunei Airlines operates non-smoking flights to all destinations.

Alcohol-free environment policy

Royal Brunei Airlines operates alcohol-free flights to all destinations.

Transit Tour programme

A complimentary transit program is available for all our passengers who are on transit at Brunei International Airport for more than five (5) hours.



Subject to transit time, eligible passengers* can either opt for:

- Complimentary transit tours and/or
- A complimentary set meal at Royal Brunei Catering's Coffee Garden located near Gate 1 in the Departure Hall.

* Complimentary set meals are only available for transit passengers from Brisbane, Perth, Auckland and London.

For those who wish to join the tours, cabin crew will distribute Immigration Arrival and Health forms for clearance to enter Brunei Darussalam. Kindly fill in the forms accordingly. Upon arrival, please contact our ground staff at the transfer desk to register for the transit programme.

Please be advised that seats are limited on the tours. We hope you enjoy your transit in Brunei Darussalam before continuing your journey.

Passenger comments

Your comments and suggestions will help us enhance our services.

Please write to:

Manager, Customer Relations
Passenger & Ground Services, Aircraft Operations Dept.
Royal Brunei Airlines Sdn. Bhd.
P. O. Box 737
Bandar Seri Begawan BS8671
Brunei Darussalam
E-mail: feedback@rba.com.bn

WARNING!

The trafficking and illegal import of controlled drugs are very serious offences in Brunei Darussalam. The penalty for such offences is DEATH.

AMARAN!

Mengedar dan membawa masuk dadah terkawal secara haram adalah kesalahan yang amat berat di Negara Brunei Darussalam. Kesalahan sedemikian membawa hukuman MATI.

Inside RBA

Roundup of Royal Brunei Airlines happenings



RBA donates to Anak Yatim of RBA

Royal Brunei Airlines and its subsidiary company Abacus Brunei presented cash donations to *anak yatim* (orphans) who had a parent working at Royal Brunei Airlines.

RBA's Chief Executive Officer, Mr. Robert Yang presented the donations to the 19 children during a ceremony held at the Royal Brunei Recreational Club on 18 September, 2009. "We honour the memory of the staff who passed away whilst in the employ of RBA by helping out their children."

The donation ceremony is an annual event that the airline holds in conjunction with the Muslim month of Ramadhan and to honour the memories of departed colleagues.

The children were also presented with gift bags containing a selection of mementos from Royal Brunei Airlines.

Special meals during Eid ul-Fitr

Chicken and beef satay, *nasi empit* and *beef rendang* with *sayur lodeh* and *lemang pulut* were among the options that Royal Brunei Airlines passengers enjoyed when travelling from Brunei during the first two days of Eid ul-Fitr.

Royal Brunei Airlines' Inflight Services section designed a special in-flight menu in celebration of Eid ul-Fitr. Working closely with Royal Brunei Catering, the dishes were developed for both Business and Economy Class passengers.

Hj Zainal Abidin Hj Ismail, Manager of Inflight Services said "As the national carrier, one way that Royal Brunei Airlines celebrates is by extending the atmosphere of festivity and goodwill onboard our aircraft".



RBA partners with British Council

As official carrier for *Papatuanuku Earth Whisperers*, Royal Brunei Airlines welcomed the film's director, Kathleen Gallagher, and crew to Brunei before flying them to London to attend the film's European premier on 18 September.

The New Zealand and British film addresses the challenge of climate change through stunning cinematography, highlighting the beautiful New Zealand landscape and the special relationship New Zealanders have with the land.

Speaking on the partnership, Anne Aziz-Parker, Vice President Corporate Communications said, "At Royal Brunei Airlines we are delighted to be a part of this very important film. Royal Brunei Airlines is dedicated to working to support the environment, sustainability, tackling climate change and raising awareness of vital environmental issues. We wish the project every success as it launches around the world".



RBA enhances flight schedule

From 25 October, 2009, Royal Brunei Airlines passengers will have more flexibility when it comes to booking flights as the airline increases flight frequencies to Singapore, Jakarta, Manila and Jeddah.

Singapore flights will operate 17 times weekly with additional day time flights on Monday, Friday and Sunday departing Brunei at 1.20pm and arriving at 3.20pm.

Meanwhile, Manila services will increase to eight times weekly and Jakarta services will increase to six times weekly. The increase in services for Jeddah from October to December will strengthen RBA's positioning for Jeddah as a niche market.

"RBA is responding to market demand in the Region. We are focused on providing connectivity to our customers and the new Winter schedule allows greater flexibility to connect to Europe and the Middle East," said Robert Yang, Chief Executive Officer of Royal Brunei Airlines.

ROYAL SKIES

Earn up to
1,000
bonus miles
when you enrol today!

| *Free Flights* | *Business Class Check-in* | *Business Class Upgrades* |

| *Up to 20 Kg Baggage Allowance* | *Executive Lounge Access* |

| *Premium Seating* | *Pre-boarding Convenience* | *Priority Baggage Retrieval* |



Apply for FREE online at
www.brunelair.com/royalskies

Noosa by the Sea

With the laidback charm of Sydney and the affluent air of Paris, **Anis Ramli** finds Noosa in Queensland, Australia, a curious mix of lifestyles that's the perfect recipe for a glorious getaway.



Right: Dining at Noosa is an experience in itself with the freshest of produce and catch from the sea.

Right, below: A man-made canal meanders through the private units of Noosa Entrance Waterfront Resort, making this a charming and luxurious retreat.

Opposite page: Sandy beaches dotted with white-barked, scraggly trunks await visitors to Noosa.

Like most visitors to Queensland, the idea of a vacation to this northeastern state of Australia would likely include the presumption that it consists of nothing more than multiple rides at theme parks or riding the surf at Gold Coast. The branding of the Sunshine State as a thrill-seeker's paradise has been ingrained in us so much that it has perhaps locked us in a supine state that makes further explorations unnecessary.

Yet, a 90-minute drive north from Brisbane, Queensland's capital, will bring you to a different strip of the Sunshine Coast, where the tiny village of Noosa remains one of the best kept secrets for a glorious getaway. That is, until now.

More than a coastal town, Noosa began to court vacationers back in the mid 1980s with its mix of tropical microclimate, rainforest rimmed bays and sun-kissed beaches. The village is almost completely surrounded by water, and even today, a ferry-ride along the meandering Noosa River that frames the town's inland flanks provides spectacular sights of the town and its neighbourhood.

Speak to any local and there are always nuggets of Noosa's delights that offer insights as to what makes locals stay and visitors return. There's the Noosa National Park, a haven for walkers, birdwatchers and koala lovers, whose entrance via a boardwalk stroll sits a mere five minutes' walk from the town centre. To the east of the park is Alexandria Bay, where those in the know head for quiet beach time away from the maddening crowd of Main Beach.

The pulse of the town itself, Hastings Street, is a charming collection of stylish cafés, alfresco restaurants and designer boutiques that have a distinct European flair to them. Perhaps it's the way the cafés turn their chairs on the terraces to face the street, making them *très chic*. The leafy boulevard itself provides a charming, all-season stroll, with many opportune spots to browse, explore and relax.





Left: The Noosa Farmers' Market brings together farmers who offer everything from chocolates, coffee, vegetables and dairy products.

Left, below: Perched on the Noosa River, *Wasabi* provides both a stunning view and a delectable menu.

Opposite page, top: There are many stylish boutiques and specialist shops in Noosa.

Opposite page, below: A stroll along the tree-lined Hastings Street is a delight in any season to soak in the cool, continental ambience of the town.

At the end of the street is Main Beach, whose calm waters are a favourite with kayakers. Stay awhile on the beach and you may even see pods of bottlenose dolphins from the coastal track. Further ahead is Noosa Woods, a dedicated ground that hosts summer concerts and winter festivals, with picnic and barbeque spots. Noosa's many bays also provide some of the best point breaks in Australia. Every March, surfers world over take part in the annual Festival of Surfing, riding the waves from Granite Bay at the Noosa National Park into Main Beach.

For all that Noosa has going for it, it could have well followed in the footsteps of Gold Coast's frenzied pace; sullen skyscrapers jostling for the best views, simultaneously changing the once magical coastline into a dreary concrete coast. In fact, Noosa almost experienced a similar fate. Plans were underway in the mid 1980s for a massive development project next to the Great Sandy National Park that included a 600-room hotel, two resorts, a 27-hole golf course, an artificial lake, a marina and an airport.

The plans were scrapped upon pressure from a group of local environmentalists. Today, Noosa's buildings are no higher than the tree line. Even the shops at Hastings Street demonstrate a certain class. In place of mass two-dollar, thrift shops that are the leitmotif of any tourist spot, there are signature stores and international brands. There's not even a whiff from fast food outlets that to this day, remain firmly out of the area, relegated to adjoining neighbourhoods, such as Noosa Junction and Noosaville.

That isn't to say there aren't options to suit all budgets. On the contrary, whether it's latte for breakfast by the beach or fish-and-chips on the run for lunch, dining at Noosa is one of the trip's best pleasures. Restaurants serve fresh seasonal produce farmed from the hinterlands and seafood sourced from the surrounding waters. Local cuisine often mix with Asian and European influences, creating a potpourri of flavours that has earned Noosa the reputation of Queensland's epicurean capital. Dining alfresco at the restaurants on Hastings Street is one of Noosa's most memorable experiences.





For a new take on dining, catch the Noosa Ferry from the Sheraton Jetty near Hastings to dine at Wasabi Restaurant and Bar on Noosa Sound. Perched on the Noosa River, Wasabi's award-winning menu is matched only by the stunning scenery. Chef Shinichi Maeda creates fresh *sashimi* platter from local Mooloolaba yellowfin tuna and Tasmanian ocean trout, and presents tantalising fusion meals such as *wagyu* beef with sesame dressing and potato salad.

Choosing where to stay in Noosa is also a delight. There are discreet boutique accommodations and 5-star luxury hotels with drop dead views of the waters. Or, opt for self-contained holiday flats and family apartments that provide for longer-staying guests. One fine example is the Noosa Entrance Waterfront Resort, a cluster of luxury apartments that hug a manmade canal. It's located in the quiet neighbourhood of Noosaville, yet Noosa's charm is undeniable in its landscaping. Four private jetties provide the perfect waterfront dwelling for boat owners, or you can hire kayaks that will take you straight into the heart of Noosa River. The self-contained apartments have lounge decks for barbeques and with four pools to choose from amid







a tropical garden setting. Yet, despite its seclusion, the resort is just a short drive away to the famous Hastings Street, and the Sunday Noosa Farmers' Market on the grounds of the Aussie Rules Football. You can purchase local produce, fruits, cheese, yoghurt and good coffee to bring back to the apartment.

Noosa's natural setting courts well-heeled Australians and global guests to its seaside village as the perfect holiday getaway. It charms visitors with its success in maintaining the delicate balance between nature and

development. For that, Noosa was recently awarded the *Biosphere Reserve* status by UNESCO, the global organisation that also awards World Heritage Listings. In recognising Noosa's sustainable approach to managing the natural environment, which includes a ban on high rise buildings and a population cap, Noosa will continue to be the best accidental discovery for vacationers this side of Queensland.



Royal Brunei Airlines flights to Brisbane operate daily from Bandar Seri Begawan and four times weekly from Auckland.

Images courtesy of Tourism Queensland.

Above: Self-drive holidays along the coastal and highland routes of Noosa allow a glimpse of the vistas that make up the Queensland landscape.

Opposite page: The beaches in Noosa is a romantic spot for couples to bask in the stunning sunset.

A River Runs Through

Amidst the super cities that dot China, the idyllic beauty of Guilin in Southern China with its karst mountains and ancient waterways, presents a landscape and a lifestyle that seems literally frozen in time. Words & photographs by **Mark Parren Taylor**.





Above: A formation drum team practices on Binjiang Lu by the Li River in central Guilin.

Opposite page: A lone fisherman takes a breather aboard his boat on the Li River.

Preceding page: Cruises along the Li River from Guilin to Yangshuo pass the most spectacular scenery that has remained untouched for centuries.

There's a Chinese saying that an impressive view must be heard rather than seen, suggesting that even the loveliest landscape cannot compete with the beauty of a vista imagined through another person's words. Guilin is the exception that proves that rule: The Chinese are universally proud of the Li River panorama and the mythical mountains that rise along the edges of the water. To a true connoisseur of all things legendary from China, the River Li and the ethereal landscape of Guilin share the same position alongside other oft-quoted, must-see sights of the Great Wall and Hangzhou's West Lake.

Guilin was recently crowned as China's 'Number One City Destination'. China's Xinhua News Agency ran a brief article, but there wasn't much in it that could have surprised the reader. The Chinese have known for centuries how magnificent Guilin's Li River is. Of course, it is a modern phenomenon that so many tourists from China and around the globe are able to visit the city – about 12 million last year – but painters and poets, emperors and engineers have been visiting Guilin, founded over 2,000 years.

The out-of-this-world rock formations and stretched, towering hills have been treasured for so long, that it was probably a national park long before the concept existed. To this day it is surprisingly unspoilt. As a Shanghaiese friend of mine frequently likes to tease, "China would be beautiful if it wasn't for the Chinese!" From his viewpoint, amidst the skyscrapers and shopping malls of Shanghai, it may be hard to imagine an environment untouched by the last two centuries, but take a trip along the Li River and you'll witness a landscape as pristine as any.

Despite appearances however, climate change is starting to take its toll on this countryside: The rainy season sees flooding with strong and damaging currents; the winter months herald a drought that gets longer every year. In January and February, the Li River can be so shallow, it is not navigable in parts. And those sections that are, test tourist boat captains to the limit.

decided to take a trip on one of the cruisers that head out from the docks for a short ride south of Guilin. During the entire journey, I was unable to leave the viewing deck, as I was awestruck by the romantic landscape slipping past. If the clarity of the water was an arresting sight, ducks bobbing about and tipping under to poke at stones on the riverbed and among the deep green weeds, added a pastoral charm to the already sylvan surroundings. These tourist boats needed only a shallow draught but nonetheless, mine made surprising manoeuvres to remain in deep-enough water and still, there was the occasional dull scrape as the hull kissed the rocks.

The Li River finds its flow in the Mao'er Mountains to the north of Guilin and then heads 437 kilometres south to join the Xijiang, the western tributary of the Pearl River. But it is the 80 kilometres stretch between Guilin and Yangshuo that is the true source of national pride. The Li flows past majestic rock formations and groves of billowing, feathery bamboo that crowd the banks. Beyond, many peaks are thick with forest. Look closely and some hillsides are newly planted with telltale regular rows of conifers. This is a recent move to replace lost forest coverage that has occurred steadily since the 1950s. With the aim of stemming ruinous soil erosion and more importantly, to lessen the seasonal swing between flood and drought, the banks of the Li are slowly but steadily pulling on a green mantle.







Fortunately, visitor numbers haven't followed the same pattern as the local water table. Naturally, summer is the high season but winter draws its fair share of visitors. Authorities are concerned that if key attractions, such as the river cruises, are adversely affected by low water, this may deter people from taking their winter break in Guilin.

Undoubtedly, the Li River is central to Guilin's character. At dawn, along the waterfront close to Fubo Shan, fishermen set out trays of catch and later in the day, old men head out onto the waters with their cormorants to catch fish. It's not done for tourists. There's no fanfare or photo opportunity. It's simply a chance for these men to get some exercise, while their time and either supplement the food on their tables or the money in their pockets.

Visitors are as keen to sample local recipes and ingredients as to see the big rocks and diving birds. Guilin's specialities include Li River carp and snails, taro from nearby Lipu, osmanthus tea and a hearty *lajiaojiang* sauce of chilli, garlic and fermented



soybean. Perhaps above all, the breakfast noodle *mi fen* that seems to be universally slurped in the morning, is the defining local dish.

Yanghsuo, at the other end of the famous stretch of Li River, is even more tightly squeezed by encroaching limestone peaks and has retained an old town atmosphere, with its winding lanes and higgledy-piggledy shops. At the end of the afternoon, residents bring tables and chairs onto the streets and play cards, eat or knit and natter about the day's events. The sun disappears quickly behind the karsts but the gentle evening air catches its rays and casts a luscious glow between the mountains and along the busy streets. This is the true magic of the Guilin landscape. A common phrase throughout China is *Guilin shan shui ja tian xia* meaning 'Guilin's mountains and waters are the best under all heaven' and as evening approaches there's no place I'd rather be 'under all heaven'. 🏰

Royal Brunei Airlines operates daily flights to Hong Kong, where there are connecting flights to Guilin.

Above: The Ancient South Gate is a popular venue for couples to immortalise their nuptials.


Above, left: Guilin's specialities include Li River carp in a hearty *lajiaojiang* sauce of chilli, garlic and fermented soybean.

Opposite page: Life in Guilin continues to reverbrate to a laidback tune where produce are still brought to the market on foot.

A group of approximately ten people are riding horses through shallow, turquoise water. The riders and horses are silhouetted against the bright, overexposed sky. The water is a vibrant blue-green color. The scene is peaceful and scenic, likely a coastal area.

BAY of the SOMME

A member of the 'Club of the Most Beautiful Bays of the World', Bay of the Somme is also big on eco-friendly tourism and Zero Carbon Emission policies. That explains why wildlife, artists and tourists keep returning to this spot along the English Channel in Northern France. Words & photographs by **John Brunton**.

A photograph of a red canoe resting on a wooden plank dock. The dock is made of light-colored wooden planks and extends from the bottom right towards the center of the frame. The canoe is red and has two wooden oars inside it. The background is a dense, lush green wetland with tall grasses and reeds. The water is dark and still, reflecting the surrounding greenery. The sky is a clear, pale blue. The overall scene is peaceful and natural.

The Somme usually conjures up sombre images of World War One battles and memorial graveyards but this little-known corner of Northern France is worth discovering for a very different reason. A narrow road from the grand cathedral town of Abbeville accompanies the meandering river Somme towards the Channel. As the sea suddenly comes into view and the river dramatically widens out into its estuary, there is a spectacular change in the landscape. This is what the *French call La Baie de Somme*; one of the most beautiful and well preserved natural bays in France.

You are immediately confronted by the breathtaking landscape whose form and colours change with the tide, invaded by the sea at high tide, abandoned at low tide, and transformed into undulating grassy dunes, rivulets and swirling eddies. At high tide, dozens of colourful *sautrelliers* or 'toy-like shrimpers' navigate tricky channels to sail out to sea, while kayaks and canoes head in the other direction to explore the farthest corners of the pristine wetlands. When the tide goes out, fishermen come out to dig the sand for clams, duck hunters trek out to their hides, shepherds lead out sheep to graze on the salty grass, and thousands of migrating birds flit back and forth, because the bay is one of the major migratory crossroads of Europe. This spot is also where William the Conqueror hid his fleet before sailing over to England for the Battle of Hastings in 1066, and today, remains a hidden natural paradise that is unspoilt, undeveloped and still undiscovered.



Above: The view of the main thoroughfare at St Valéry.

Right: Signage at a local fishmonger in St Valéry where plates of seafood – *plateau de fruits de mer* – can be purchased for picnics and takeaways.

Preceding page, left: Visitors go horseriding while enjoying the sunset during the bay's low tide.

Preceding page, right: The Zen-like *Le Bruit de L'eau* B&B offers Zero Carbon emission activities such as kayaking in its pristine settings.



The Somme's bay stretches round for 14 kilometres and on each side is a markedly different seaside resort. Saint Valéry-sur-Somme is very much a picture-postcard village, with fishing and sailing boats bobbing in the port, imposing medieval ramparts with an opulent Gothic church, and a long waterside boardwalk lined with sumptuous 19th century villas that have been artistic retreats for the likes of Victor Hugo, Jules Verne, Albert Sisley and Edgar Degas.

With travellers from all around the world becoming more aware of their carbon footprint and enthusiastic to embrace ideas that create a more sustainable form of tourism, the local inhabitants of this eco-friendly region have made an important initiative to promote a host of Zero Carbon activities. Obviously people will have to travel here by some means or other but the idea is that when visitors are settled down in their hotel or charming Bed & Breakfast, they can then spend the rest of the vacation in an endless variety of outdoor pursuits that burn little or no carbon fuel.

The equestrian centre *Cavalcade* in Le Crotoy organises romantic sunset horse riding along the water's edge at the Bay's low tide. Visitors can rent a bike for the day and trek out to the lighthouse at *La Pointe du Hourdel*, at the outer point of the bay with amazing panoramic views. Follow next, a magical path along the wild sand dunes, as far as the old-fashioned seaside town of Cayeux, where the beach promenade is marked by charming, brightly-coloured, wooden



bathing cabins that haven't changed since the 19th century. For those who stay in the chic designer B&B Velocipede, free use of a bike is even included in the room rate! For the more adventurous, when the tide is high, the bay is perfect for exploring by kayak.

Saint Valéry is the best place to base yourself for exploring, with a wide range of accommodation, and at low tide, the most unforgettable experience of joining a nature walk that takes you right across to the bay's other resort, Le Crotoy. Although the bay looks deceptively flat, be prepared for a strenuous three-hour trek. The guides kit everyone out in Wellington boots, and these are very necessary as you start clambering through gulleys and up steep grassy mini-cliffs, known as *micro falaises*, often sinking into thick cloying mud. All the time the guide points out different birds flying above, nesting on higher ground, or just digging their beaks into the sand in search of worms. Growing wild in the sand are delicious, edible sea-ferns or *salicornes*, which can be eaten raw or pickled.

Arriving at Le Crotoy, the view is dominated by a 19th century hotel looking out over the bay. Called *Les Tourelles*, this is a stylish place to stay, looking more like a fashionable holiday retreat at the Hamptons on Long Island rather than northern France. The owners of the hotel have created a Zero Carbon Charter for the bay and guests are assured that carbon emission has been reduced to the absolute minimum.



Eating out is a big attraction in Le Crotoy, especially if you reserve at the homely Auberge de la Marine. It looks like a simple bistro but the chefs create wonderful cuisine and only use products sourced from the bay. Depending on the night's fishing, you could order a grilled sole, tasty mackerel fillets marinated in vinegar and onions, or a hearty fish and seafood stew served with crunchy *salicornes*.

Anyone interested in wildlife shouldn't leave before visiting Le Parc du Marquenterre, a 220-hectare protected park of wind-swept dunes that begins just as the bay peters out past Le Crotoy. This is a temporary home for thousands of migratory birds – more than 300 species – that stop off here between Russia, Africa and the Arctic. For those up for another nature trek, there is a fascinating 7-kilometre marked walk through the park.

The list of activities available at *La Baie de Somme* is almost endless, but visitors to this northern reaches of France return home knowing that they leave the Bay in its pristine state, so that it will continue not only attracting wildlife and the occasional invading forces to its shore, but remains as one of the world's foremost eco-friendly destinations.

Royal Brunei Airlines flights to London operate daily from Bandar Seri Begawan and Dubai. In London, passengers can catch connecting flights to Paris.

www.visit-somme.co.uk

Above: The fairytale-inspired 19th century Hotel Les Tourelles in Le Crotoy.
Top, left: A scrumptuous dessert spread at the boutique B&B Velocipede in Cayeau.

Unveiling Brunei's Underwater Wonder

Relatively untouched, the rich and diverse marine environment of Brunei Darussalam springs forth an underwater paradise that rivals some of the best underwater habitats of the world. Words by **Simon Enderby** & photographs by **Seok Wun Au Young** and **Simon Enderby**

Brunei Darussalam is perhaps best known for its oil rich resources but over recent years the authorities of this tiny state and players from its tourism industry have turned their attention towards a greener resource. This new resource is readily available and is well on its way to put Brunei on the global map that includes the flora and fauna of the Bornean rainforest and, the biologically rich waters of the ocean that fronts Brunei.

Realising the importance of preserving the natural landscape, a ban on unlicensed commercial logging has ensured the survival of Brunei's rainforest, which in turn has enabled the earth to remain green while allowing the flora and fauna to flourish. Amazing eco-friendly tourism opportunities too have sprung up, proving that you can still enjoy the earth without wiping out the natural beauty in the name of tourism. Similarly and even more recently, Brunei has come to realise that another treasure trove of natural wonders is just waiting to be explored, albeit judiciously, to benefit the country's long term tourism blueprint.

The coastal waters and oceans of Brunei Darussalam is teeming with amazing marine life and, the biological richness of its coral reef and marine environment is on par with some of the more renowned waters around the world. While others may have been visited once too often, Brunei's waters remain relatively unknown and untouched, hence making it a richer playground for the citizens of the deep.

The country has known that there was an abundance of marine life just offshore through its developing fishing industry. However, this is just the tip of the iceberg and reflects just a minute section of the rich biodiversity that can be found in its seas, coral reefs, mangroves and near-shore waters. The sheer diversity and abundance of marine life found here has only recently been fully realised after some of the worlds biggest names in marine science were brought together by the Brunei Fisheries Department to undertake a detailed study.



Below: The spinecheek clownfish, or the maroon anemonefish (*Premnas biaculeatus*) is a species of clownfish that is found in the Indo-Pacific from western Indonesia to Taiwan and the Great Barrier Reef.

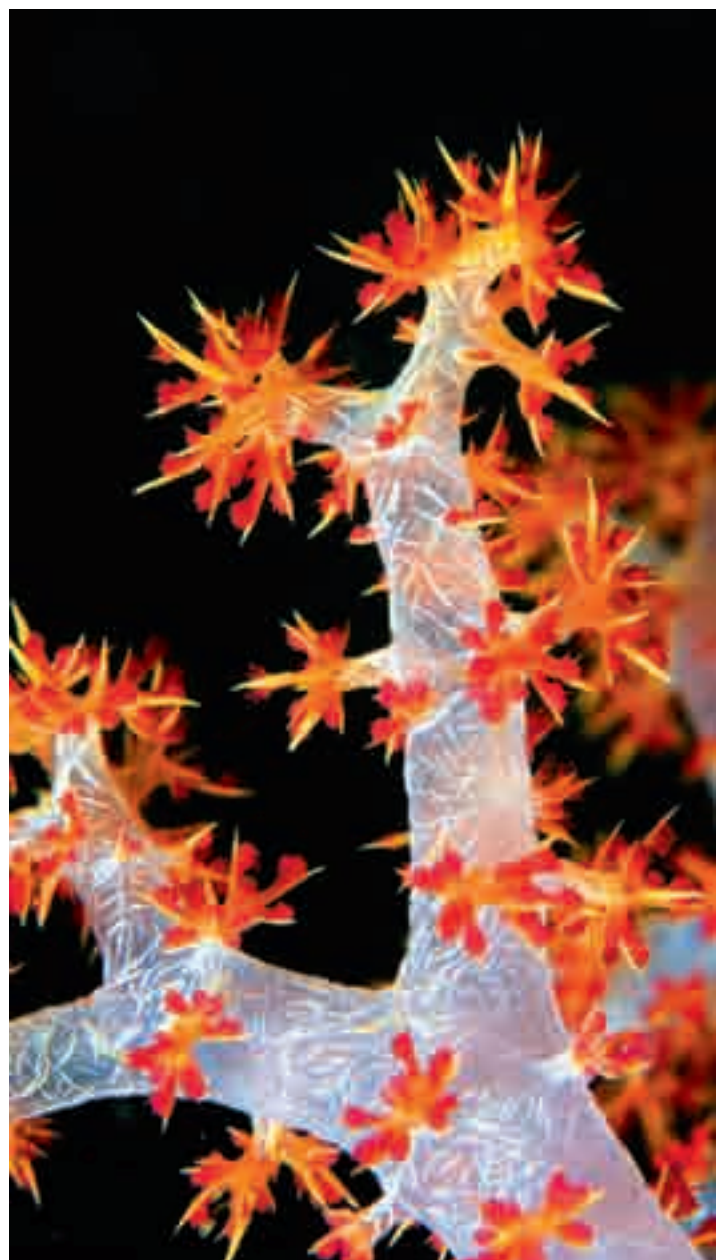
Below, right: The gorgeously bright soft coral, (*Dendronephthya* sp.), is among the species divers encountered at Cunningham Reef.

Preceding page: The nudibranch (*Phidiana indica*, *Facelinidae*) uses its bright and menacing colours to warn potential predators of its inedibility.

Dr Mark Erdmann headed the survey team along with renowned tropical reef fish expert Dr Gerry Allen, coral experts Dr Lyndon Devantier and Emre Turek, malacologist (sea shell expert) Markus Ruf and, underwater film and photography company Scubazoo Images. Over the course of two survey periods totaling seven weeks, the team, supported and guided by research staff from the Brunei Fisheries Department, identified 34 research sites for investigation, with terrain ranging from inshore mangroves to shallow patch reefs to offshore drilling platforms. After a total of 500 manhours spent underwater, the final results clearly showed that Brunei's marine environment rivals that of Australia's Great Barrier Reef and Indonesia's Bunaken Marine Park, with nearly 400 species of hard corals, over 667 species of tropical fish and over 475 species of

molluscs identified so far. It's quite possible these numbers will rise even further once detailed studies of some of the samples are completed. Two new books have also been published as a result of the survey – *The Tropical Reef Fishes of Brunei* by Dr Gerry Allen and *The Coral Reefs of Brunei Darussalam* by Dr Lyndon Devantier and Emre Turek.

Many of the off-shore reef sites were found to have an extremely high bio-diverse coral cover with an intense mix of hard and soft corals, whilst others were rich in macro critters and a wide range of nudibranchs, several that they haven't seen before including one *Bornella* species, which has yet to be described. This joined a growing list of new or undescribed species of corals and fish as the team widened their search.





Along with the rich biodiversity and great underwater visibility the team was surprised to find a rich mix of hard and soft corals, somewhat reminiscent of the coral reefs of the Caribbean. Under normal circumstances this abundant mixing would not occur, as the hard corals would out-compete the soft corals and eventually drive them out of the shallows into the deeper waters, where sunlight levels are lower and hard corals find it more difficult to grow.

Unfortunately, as with all of the world's marine environments, Brunei's coral reefs haven't escaped the hand of man, as the research team identified several dive locations with evidence of fishing encroachment. However, interestingly the numbers of fish were still high and on the whole, the reefs were in very good condition. There is a silver lining to this

dark cloud of human interference. As a result, from the comprehensive survey and acknowledgement of the findings, the Brunei Fisheries Department is now in the process of formulating a network of Marine Protected Areas to safeguard its rich coral reefs. This highly responsible approach will in-turn guarantee the long term safety of Brunei's underwater treasures, as well as allow those areas that have been affected by man's activities in the past to rehabilitate and rebound. With the guaranteed safety of this incredibly bio-diverse resource and, with the growing interest in marine tourism, especially that of scuba diving and snorkeling, Brunei's tourism industry shall now be able to package both its Reefs and Rainforests to both national and international visitors.



Images by www.scubazoo.com

Above: Diver documenting the reef and marine life in Brunei's ocean.

Menyingkap Kekayaan Samudera Brunei

Tidak tersentuh sekian lama, kekayaan dan kepelbagaian alam marin Negara Brunei Darussalam menyajikan dunia bawah laut yang setanding dengan lain-lain habitat bawah laut yang terkenal seantero. Teks oleh **Simon Enderby** & foto oleh **Seok Wun Au Young** and **Simon Enderby**



Mungkin Negara Brunei Darussalam lebih terkenal dengan kekayaan sumber petroliam tetapi sejak kebelakangan ini, pihak berkuasa berserta penggerak-penggerak utama dalam bidang pelancongan mula memaling ke arah sumber yang lebih hijau. Sumber baru ini sedia ada dan mampu meletakkan Negara Brunei Darussalam di persada dunia berpunca daripada kekayaan dan kepelbagaiannya. Sumber semulajadi yang dimaksudkan ini terdiri daripada fauna dan flora hutan hujan Borneo dan alam marin yang kaya di laut Negara Brunei Darussalam.

Menyedari akan kepentingan pemeliharaan landskap semulajadi, larangan ke atas pembalakan komersil yang tidak berlesen telah memastikan kewujudan hutan hujan Negara Brunei Darussalam. Sejalan dengan itu, kesuburan bumi terus menghidupkan pelbagai flora dan fauna berkembang subur. Berbagai peluang pelancongan mesra alam juga kini muncul dan membuktikan bahawa keindahan bumi boleh dinikmati tanpa merosakkan alam semula jadi di sebalik nama pelancongan. Tambahan pula, Negara Brunei Darussalam meyakini akan kewujudan sebuah lagi khazanah semula jadi, yang jika diterokai secara bijak, boleh membawa pulangan yang berganda kepada rangka tindakan jangka panjang sektor pelancongan. Kawasan perairan pantai dan laut Negara Brunei Darussalam kaya dengan kehidupan marin, di mana kekayaan biologiikal terumbu karang setanding dengan alam marin terkenal seantero. Tempat-tempat terkenal yang lain mungkin sering dikunjungi pelawat, manakala perairan Brunei masih terlindung dan ini menjadikannya habitat kehidupan marin yang amat kaya.

Kesultanan ini sedia maklum akan kehadiran alam marin yang kaya di sekitar perairannya melalui industri perikanan yang sedang membangun. Namun, ini mencerminkan hanya sebahagian kecil daripada kepelbagaian yang terdapat dalam laut, terumbu karang, hutan bakau dan perairan pantai. Tahap kekayaan dan kepelbagaian kehidupan marin di sini hanya baru-baru ini disedari apabila beberapa individu terkenal dalam bidang sains marin dibawa oleh Jabatan Perikanan Brunei untuk membuat kajian secara lebih mendalam.

Dr Mark Erdmann mengetuai pasukan penyelidikan bersama pakar ikan terumbu karang Dr Gerry Allen; pakar terumbu karang Dr Lyndon Devantier dan Emre Turek; ahli malakologi (pakar haiwan cengkerang) Markus Ruf dan pasukan perfileman dan fotografi bawah air dari Scubazoo Images. Dalam jangkamasa tujuh minggu bersamaan dua sesi penyelidikan, pasukan ini dibantu Jabatan Perikanan Brunei, telah mengenalpasti 34 lokasi di perairan Brunei untuk tujuan kajian, dengan bentuk rupa bumi menganjur

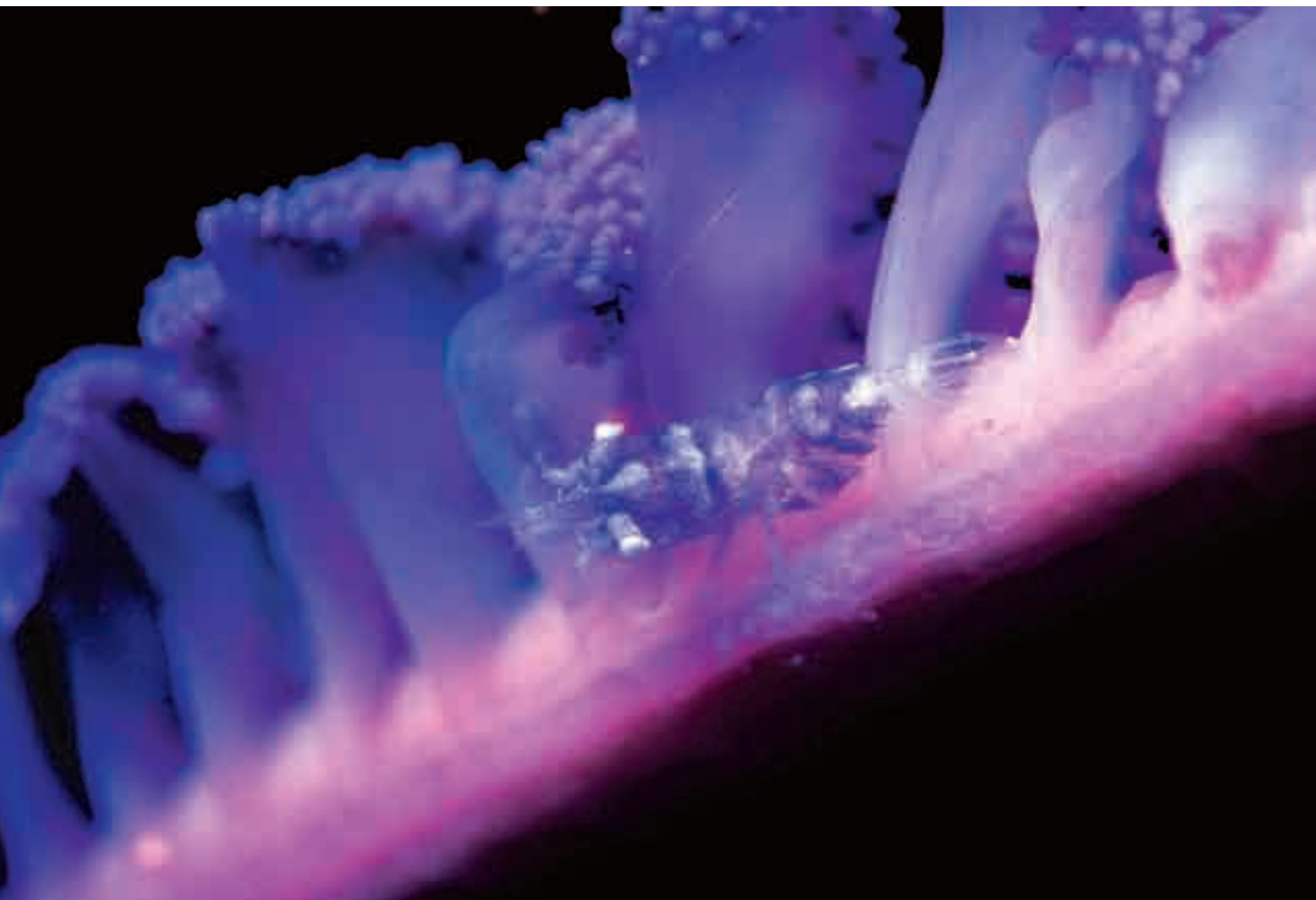
kawasan bakau pendalaman sehingga ke tapak terumbu karang cetek dan pelantar cari gali. Setelah lebih 500 jam berada di bawah air, keputusan akhir memaparkan bahawa persekitaran marin di Negara Brunei Darussalam setanding dengan Terumbu Karang Besar di Australia dan Taman Marin Bunaken di Indonesia. Lebih 4,000 spesis karang keras, lebih 667 spesis ikan tropika dan lebih 475 spesis moluska dikenalpasti setakat ini. Kemungkinan angka ini akan meningkat apabila kajian yang lebih terperinci dijalankan. Dua naskah buku juga telah diterbitkan hasil daripada kajian ini: *The Tropical Reef Fishes of Brunei* oleh Dr Gerry Allen dan *The Coral Reefs of Brunei Darussalam* oleh Dr Lyndon Devantier dan Emre Turek.

Kebanyakan kawasan terumbu karang di perairan pantai ternyata mempunyai kadar liputan bio-diversiti karang yang tinggi yang terdiri daripada karang lembut dan keras. Tempat-tempat lain pula kaya dengan kehidupan makro dan pelbagai spesis nudibranch, sesetengah yang sehingga kini belum

Bawah: Udang *Commensal*, *Dasycaris symbiotes*, *Palaemonidae*.

Halaman terdahulu, kiri: Udang Ampa Bubble Coral (*Vir philippinensis*).

Halaman terdahulu, kanan: Tumbuhan *seafan* serba subur dijumpai di rangka pelantar minyak Champion di luar perairan Seria.





ditemui termasuk satu spesis *Bornella* yang belum dapat dijelaskan. Selari dengan penyelidikan yang semakin giat, spesis ini disenaraikan dalam bilangan spesis ikan dan karang yang baru ditemui.

Sejajar dengan kekayaan biodiversiti dan kadar penglihatan bawah air yang jelas, pasukan ini teruja dengan percampuran karang keras dan lembut yang tidak ubah seperti apa yang terdapat di Caribbean. Dalam keadaan biasa, percampuran ini tidak akan berlaku kerana karang keras akan menewaskan karang lembut dan memaksa karang lembut keluar dari perairan cetek dan ke dalam kawasan air dalam di mana cahaya matahari tidak kesampaian dan karang keras tidak mudah hidup.

Malangnya, seperti persekitaran marin dunia yang lain, pasukan penyelidik mendapati terumbu karang Brunei turut diancam oleh kegiatan manusia melalui aktiviti perikanan. Namun, jumlah ikan masih tinggi



dan secara keseluruhan, terumbu masih dalam keadaan yang memuaskan. Walaupun begitu, ada juga kebaikan yang muncul daripada gangguan aktiviti manusia. Berdasarkan penyelidikan komprehensif dan penyahihan maklumat yang dijumpai, Jabatan Perikanan Brunei kini dalam proses merangka satu rangkaian Kawasan Marin yang Terlindung untuk memelihara terumbu karang yang kaya ini. Kaedah ini akan memastikan keselamatan jangka panjang khazanah bawah laut Negara Brunei Darussalam sambil memulihara kawasan yang tercemar atau terganggu. Dengan jaminan keselamatan ke atas sumber biodiversiti ini dan bertambahnya minat terhadap pelancongan marin, terutama sekali dalam aktiviti selaman skuba dan mensnorkel, industri pelancongan Brunei kini boleh menyediakan pakej pelancongan hutan hujan dan terumbu kepada pelawat dalam dan luar negara.



Imej daripada www.scubazoo.com

Atas: Ikan Redbar *Anthia* (*Pseudanthias rubrizonus* Serranidae).

Teratas: Karang laut *Acropora* sp..

Atas, kiri: Karang keras *Victoria Patches*.



The Conscious Closet

With the growing eco-fashion movement worldwide, **Anis Ramli** finds that it's even easier now to flip the fashion footprint on its head and, offers you a bagful of things that will not only look good on you, but will also be kind to Mother Earth.



Linda Loudermilk

The granddaughter of a couturier and a student of Shakespeare and costume design, it's easy to see where Linda Loudermilk gets her inspiration. Named by W magazine as one of the top 20 innovators to watch and the "Vivienne Westwood of eco" by Elle magazine, Loudermilk makes turning bamboo and seaweed into high fashion a seamless affair. Loudermilk redefines sustainability as something alluringly sexy, fun and edgy. Her inventive style packs an iconoclastic punch from noirish suits to sculpturally sexy shift dresses to jeans cut deadly on the hip.

The Fall 09 collection features dramatic collars, ruffled blouses, tailored pants and flirty minis in a fun palette of beige, black, and navy with highlights of vivid yellow and red. Loudermilk has also spearheaded the creation of a new, luxury eco™ lifestyle. She trademarked the term luxury eco™, becoming the first designer to create a 'luxury + eco' lifestyle brand under one umbrella – all made from the sustainable fabrics that she researched and developed, targeted towards the most discerning luxury consumer.

www.lindaloudermilk.com





Julie Apple

Former LeSportsac designer Julianne Applegate has created her own collection of boldly patterned stuff sacks called simply JulieApple. They're made from recycled canvas and organic hemp and lined with repurposed sailcloth. But what makes Applegate's range of pouches, handbags, totes, and travel satchels greener than a Granny Smith apple is the prints, employing the distinctive AirDye® technology to create them. This water-wise alternative to conventional dyes uses 95 percent less water to create prints, and up to 88 percent less water to create solid colours, compared to typical

textile industry water consumption. It also doesn't pollute water, reduces energy use, and slashes production costs. Another environmental advantage to the bags is that they use Repreve, a yarn from 100 percent recycled materials. Applegate's bags are also made to order, a move that reduces waste. Her talent for quirky yet comely designs can be seen through the choice of prints available, ranging from paisley butterflies and flowers and a happy graffiti that features squirrels, sheep, and whales.

www.julieapplestore.com

Olsen Haus

The brand that is fast gathering buzz in the fashion world, Olsen Haus, is not only environmentally friendly, but vegan as well. Yet, with all the challenges that stack up against her, founder and designer Elizabeth Olsen has succeeded in creating a collection of shoes and handbags that are both hip and modern. Olsen favours clean lines and unique patterns, designing seasonal collections in vibrant hues that convey an artistic vibe.

An active member of animal advocate organisations for over 20 years, Olsen only works with non-animal materials from factories that are personally checked for ethical practices and environmental impact. She also strives to use organic and sustainable materials whenever possible, such as organic cotton canvas, cotton prints, linen and nylons. Her 'ultra suede' line is made of a suede-like polyester based fabric of petrochemicals or recycled PET. Her Fall 09 collection is a warm mix of tones and styles, such as the Faith ankle-strap heel made of organic cotton canvas and ultra suede, and the Blondie ankle-high boot made of faux suede and faux patent leather. Part of Olsen Haus' profit benefits PETA, Farm Sanctuary, Greenpeace and the Theosophical Society.

www.olsenhaus.com





Song

Beside manufacturing with a focus on low impact materials and production methods, the Hanoi-based Song is also a World Fair Trade Organisation member (WFTO) and uses a lot of hand embroidery work in its creation, helping and providing work for many low income women and artisans in remote villages throughout Vietnam. Founded by French-born, Hanoi-based designer Valerie McKenzie, Song, which literally means 'to live' or 'life' in Vietnamese, was inspired by her desire to create fashion beyond collections – one that links to a way of life.

McKenzie designs clothes that are simple, fuss-free yet, pleasing to the eye. She uses modern and traditional fabrics such as bamboo fibre, silk and hemp, combining traditional material with modern aesthetics. Choosing organic over chemically treated materials and 100 percent handmade over machine-based embroidery in all operation and production decisions, McKenzie has succeeded in making Song a staple among eco-conscious fashionistas and, was recently featured on Cameron Diaz in the green issue of 2009 June's *Vogue*. Her Cruise 2010 line is almost Zen-like in appearance, with draped tank dresses in cotton bamboo and winged-sleeve A-line tunics made of organic cotton. Song now has shops in Vietnam, Cambodia and Singapore, with the first Australian boutique slated to open in 2010.

www.asiasongdesign.com



Payson Jewelry

Payson Cooper has made it her mission to source, produce and supply ethical and fair trade jewellery through PaysonJewelry.com, an ethical luxury jeweller from the US. Even everyday business processes follow environmentally conscious guidelines: Cooper uses post-consumer recycled packaging, recycles all possible office waste and uses public transportation to conduct all business. Cooper also supports small, family owned businesses with positive employment practices who display the same earth-friendly policies.

The collections are made with high karat gold and other precious metals sourced almost entirely from the recycling process. This means no additional mining, land destruction or inhumane conditions are incurred during these processes. For example, Cooper's 18K gold contains more than 90 percent recycled precious metal. The pure 24K gold and 100 percent silver used to create the 18K gold are obtained exclusively through an environmentally conscious refining process. Reusing these precious metals from the jewellery trade, technology manufacturing and other sources has enabled this jeweller to design elegant pieces with a timeless grace made even more desirable with beautiful ethics.



www.paysonjewelry.com



Abdul Razak Complex, Jalan Gadong, BSB BE3519,
Negara Brunei Darussalam
Tel: +673 2423000 Fax: +673 2428000
Website: www.rizquninternational.com
Email: reservation@rizquninternational.com



Abdul Razak
HOTEL APARTMENTS

Jalan Laksamana Abdul Razak, Kij 2, Jalan Tutong, BA1712,
Negara Brunei Darussalam
Tel: +673 2241536 Fax: +673 2242301

Website: www.abdulrazakhotels.com Email: reservation@abdulrazakhotels.com



Abdul Razak Holdings

Food Fabulous

Royal Brunei Catering's *Collection of Recipes* is now into its Volume 3. Following the tracks of its award-winning Volume 2, the latest edition is filled with even more mouth-watering recipes and tantalising images to whet your appetite.





Left: Lobster Soup with Zucchini & Avocado.
Above: Salmon Tataki with Horseradish
Cream Cheese and Citric Fruit.
Right: Triple Decker Fruity Timbale Mousse.





Above: Spicy Crabmeat Salad.
Right: Thai Laksa Noodles.
Opposite page: Ginger Dates
 Muffins with Caramel Sauce.



Royal Brunei Catering (RBC) has taken a gastronomic journey of sorts with the publication of three cookbooks titled *Collection of Recipes*. The latest is Volume 3, which unites RBC with local photographer Jerome Wong to showcase the works of the company's culinary team.

The latest bilingual edition comprises recipes collected and created by chefs from the various RBC kitchens including The Airport Restaurant and Coffee Shop, Seasons Restaurant, Emperor's Court, Dynasty Restaurant and Catering Services. Response to the cookbook was overwhelming with 70 out of 200 RBC chefs submitting recipes; some providing multiple submissions.

The management together with Executive Sous Chef Barnitus Ang, who coordinated the project, admitted that they faced challenges in selecting the best recipes that epitomised creativity and offered a wide variety of flavours and aromas, while staying true to locally sourced ingredients. Such was the creativity that surfaced with dishes such as Lamb Rack with *Tahai* Sauce and *Kembayau* Ice Cream. These innovative chefs had fun integrating the flavours of the East and West to culinary perfection.

The cookbook series is the brainchild of RBC Acting General Manager, Haji Omar Ali Haji Mohd Daud and was brought to life by Executive Sous Chef Barnitus Ang. "It all began over one of our occasional *teh tarik* and *kopi Tongkat Ali* sessions, when Haji Omar Ali asked if I was interested in organising a cooking competition for our chefs. In fact, such an idea had been brimming in my mind for several years and his suggestion was simply timely," Chef Ang explained of the project.

Two other organisations that participated in the project were *Dewan Bahasa dan Pustaka* (DBP) which assisted in the translations, while the State Mufti's Office verified the *halal* status of ingredients used in the cookbook. Photographer Jerome Wong further brought the cookbook to life with his photography and creative cookbook design.

The latest edition of the cookbook surely has a role to emulate to be better than ever, following the footsteps of *Collection of Recipes Volume 2*, which won a prestigious global award at the Gourmand World Cookbook Awards 2009 in Paris. RBC's cookbook was chosen for the Special Awards categories among thousands of cookbooks from 54 different countries. *Royal Brunei Catering Collection of Recipes Volume 2* won the *Best Easy Recipes Book* for Brunei Darussalam and Special Award of the Jury category in the competition.





In fact, the Special Award win was unique as RBC was the only company in Brunei Darussalam to receive a global award. Immediately following the award, a Croatian magazine even approached the company with the intention of publishing the recipes and other enquiries have continued to flow in.

According to Haji Omar Ali, RBC has been around for decades and he recalls that RBC already had thousands of recipes at hand and that it would be meaningful to compile them. The first cookbook was therefore conceptualised and was done entirely in-house with support of the Government's Information Department for photographs, design and proofreading. *Volume 2* followed soon after with the support of DBP and the State Mufti's Office. The book also contained detailed preparation methods such as how to clean seafood and meat and, types of recommended additives.

Below: Sesame Chicken Salad.
Opposite page, top: Bingka Kembayau.
Opposite page, below: Deep Fried Ice Cream Kembayau.

The international success of *Volume 2* indicates that these cookbooks are indeed world-class publications. According to Haji Omar Ali, the success of the cookbook and the teamwork of everyone involved in the project lives up to His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, the Sultan and Yang Di-Pertuan of Brunei Darussalam's call for public-private partnerships in stimulating growth and progress in the country.

The cookbooks are available for sale at all RBC restaurants and outlets and will indeed be a prized collection in any home. Both budding and seasoned chefs will be impressed with the immense work and effort put into these cookbooks. From stunning visuals to the fusion of tastes that will tantalise the appetite, the cookbooks are handy and inspiring cooking companions.

Haji Omar Ali sums up, "While the success of achieving the awards have inspired everyone in the team, we at RBC will continue to innovate throughout all areas of operations and create new benchmarks of excellence. New projects, new cookbooks, new innovations – life is always a journey of continuous improvements."



Royal Brunei Catering's Collection of Recipes cookbooks are available for sale at The Airport Restaurant, Seasons Restaurant, Dynasty Restaurant and Emperor's Court. Some of the popular dishes from *Volume 3* include Malay Style Chicken Wings and Salmon Tataki with Horseradish Cream Cheese and Citric Fruit Salad, which are rich in taste yet easy to prepare.

Text and images courtesy of Royal Brunei Catering.

Malay-style Chicken Wings



Ingredients

12 chicken wings, cleaned
 4 tbsp corn oil

Ingredients A

1-inch piece ginger, minced
 1 tsp turmeric powder
 A pinch of salt
 2 tsp chili paste

Ingredients B

3 red bird's eye chili
 1-inch piece fresh turmeric, peeled
 7 shallots, peeled
 5 pips garlic, peeled

Ingredients C

10 gm desiccated coconut*
 500 ml coconut milk*
 2 tsp tamarind paste*
 Sugar and salt to taste

Method

Marinate chicken wings with ingredients A. Roast at 180°C until half cooked. Set aside. Blend ingredients B. Set aside. Heat oil in wok. Fry ingredients B until fragrant. Add in ingredients C and slowly cook till it forms into a thick paste. Add in the roast chicken and stir till it coats the chicken. Over a slow fire, cook until done.

Serves 6

* Available at Asian grocers.





HOT for Uncle Ho's City

It's officially Ho Chi Minh City but locals affectionately call it Saigon. Whichever moniker you prefer, HCMC as it's also known, remains one of Vietnam's most vibrant and exhilarating places to discover.



Sweet chill

Fanny Ice Cream

If *pho* is the national dish, then ice cream is the national dessert. Over 600 hotels across the country have Fanny Ice Cream on their menu; making it little wonder why locals go ga-ga over it. Thanks to its delicious creations such as salt caramel, avocado, anise and chocolate chilli, Fanny Ice Cream also hosts monthly ice cream buffets that include non-stop serving of milk shakes and pancakes.

www.fanny.com.vn



Rustic fantastic

Le Cong Kieu

Also known as Antique Street, this is where visitors can stretch the US dollar while flexing their bargaining skills. There are all sorts of treasures to be found, from ceramics to pocket watches and hanging lamps to retro luggage. Although most may be reproductions, it's still fun rummaging through the crowded stores for things you'd never thought you needed in the first place.

Haute spot

Park Hyatt Saigon

From young Vietnamese hipsters to high society ladies, the place to be seen is the Park Lounge. Its elegant floor-to-ceiling windows and Baby Grand piano provide the perfect place to lounge and sip tea. In between nibbling French pastries, enjoy piano recitals by such luminaries as Kelda Shulman and Hillary Scott.

www.saiгон.park.hyatt.com



Rooms with views

Sheraton Saigon Hotel & Towers

There may not be a tower observatory or a gargantuan ferris wheel, but there are still places to catch a bird's eye view of HCMC's skyline. The Saigon Bar at Caravelle Hotel lets you lounge high on the 9th floor, but Sheraton Saigon Hotel & Towers' Level 23 rooftop bar is not only chic, it gives you unobstructed 360 degrees view of the city.

www.starwoodhotels.com/sheraton

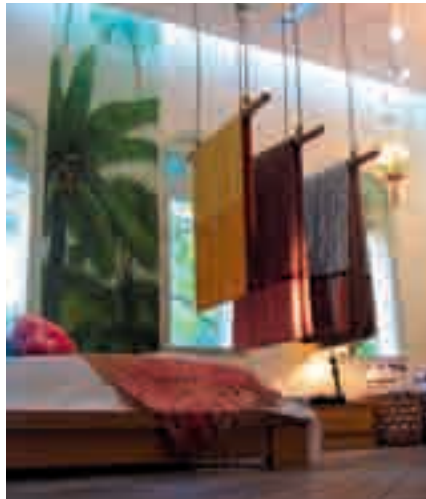


French flair

L'Apothiquaire Spa

Saigon's French influence is everywhere, but push through this spa's lavender doors and you get transported to idyllic Provence. One of HCMC's well-known spas, treatments pay homage to French therapies with natural and organic products. Four locations across the city, but for a full French flair, the one at District 1 lives up to its promise, housed in a charming 1950 Art deco villa complete with French windows.

www.lapothiquaire.com



Fashion forward

Saigon Centre

All things fashion and fashionable can be found here. The city's sleek new mall has everything from electronics to clothing to handicrafts. Less crowded than the markets, and definitely not for bargaining, well-known brands such as Kookai, Bebe and Nine West can also be found here. For local fashion, look for Vo Viet Chung that makes fabulous *ao dai* (tunics).

www.asiasongdesign.com/

Crazy alleys

Benh Thanh Market

Half the fun of going to this market is getting lost in its many back lanes and alleys. Styled like a *souk*, every road in the city leads you to Benh Thanh market – a nod to the disarming sense of humour of the city's early planners. Local souvenirs, fermented duck eggs, fashionable flip-flops and seasonal fruits can all be found here.



Kitschy collectibles

Dong Khoi Street

Galleries along this street scream out with HCMC artistic talent. From the edgy to the kitsch, sentimental to collectibles, you will find quirky posters and portraits for sale. Dogma stocks cute propaganda-poster reproductions printed on canvas, as well as T-shirts and greeting cards.

www.dogmavietnam.com



Royal Brunei Airlines flights to Ho Chi Minh City operate three times weekly from Bandar Seri Begawan.



Might of the Mercedes



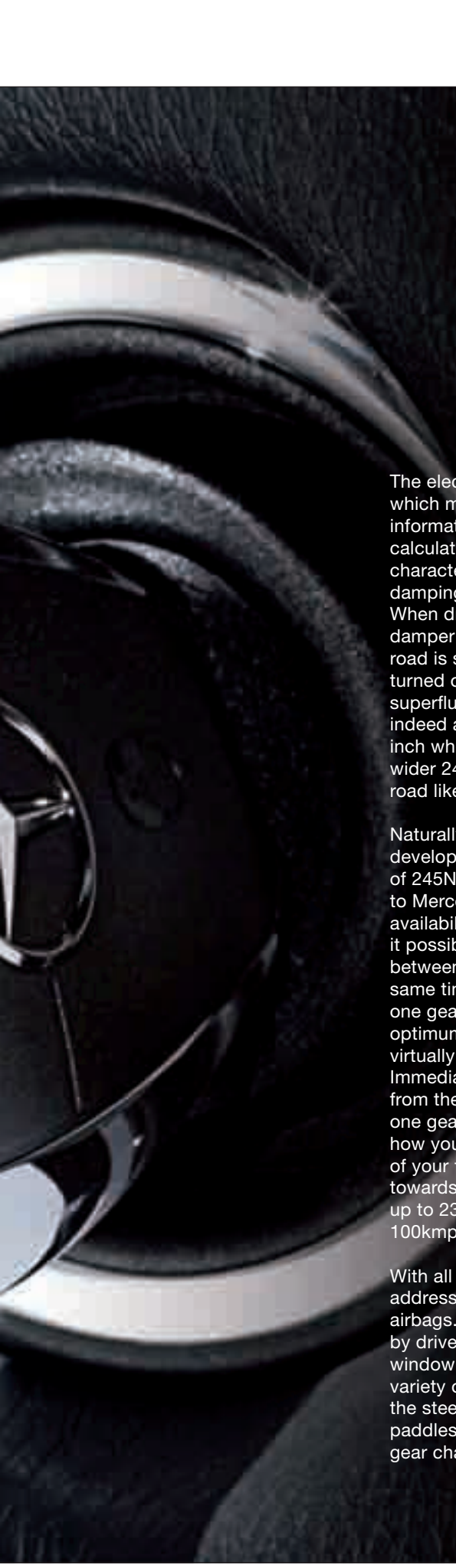
Are you after comfort or sporty dynamism?
Abd Razak too is faced with the sweet
conundrum of deciding on the virtues of
the Mercedes C230 Avantgarde.

The first thing you notice in your rear-view mirror is the expanding size of the three-pointed star coming at you on the highway. Your chivalrous side tells you to move in to let it pass. But soon, when the onrushing silhouette gets clear enough for you to realise that you are also driving one – the Mercedes Benz C230 Avantgarde. So you flick a switch and step on it and pretty soon, both cars appear to be conjoined twins and are flying along at the same pace.

Police speed cameras notwithstanding, a highway cruise in this 2.5-litre, V-6 engined new variant of the compact C-Class Mercedes allows you to enjoy the thrill of power, speed and performance with comfort and smooth handling in one neat package. Switching between a sporty performance and comfortable ride is as easy as pushing a button on the dashboard. But be warned that this 'C/S' button (COMFORT or SPORT) will not activate any afterburner in your exhaust on demand. You will still have to step on the gas to maintain distance.

Engaging one or the other activates the C230's electrically adjustable shock absorbers and fully independent suspension. Picking one over the other adjusts the damper settings at the press of a button. In SPORTS mode, the hydraulic forces of the shock absorbers are increased to achieve greater handling stability at high speeds and reduce the inherent understeer at speeds up to 120kmph. When driving normally on poor road surfaces, a soft damper setting is selected – with the choice of COMFORT mode – to maximise occupant comfort while maintaining handling stability and safety.






The electronics makes use of seven sensors, which monitor driving situations and relay information to an electronic control unit that calculates the optimum shock absorber characteristics. The system adjusts the damping forces for each individual wheel: When driving on poor road surfaces, a soft damper setting is selected but when the road is smoother, a more dynamic setting is turned on for a spirited performance. A bit superfluous one might say for the C230 is indeed a well-behaved car. Shod with 17-inch wheels with 225/45R tyres and slightly wider 245/40R 17 at the rear, it sits on the road like a bull ready to be unleashed.

Naturally aspirated, the V6 engine that develops 204 horsepower with a torque of 245Nm at 2,900-5500 rpm is mated to Mercedes' 7G-TRONIC gearbox. The availability of seven forward gears make it possible to widen the overall spacing between bottom and top gear while at the same time reducing the spacing between one gear and the next. This results in optimum engine speeds at all times with virtually imperceptible gear changes. Immediate acceleration response comes from the ability to shift down more than one gear at a time – thereby explaining how you were able to move out of the way of your fire-breathing brethren barreling towards you a moment ago! It can be driven up to 233kmph, accelerating from zero to 100kmph in 8.6 seconds.

With all that speed on tap, safety issues are addressed with a comprehensive array of airbags. Front airbags can be supplemented by driver's knee airbags, sidebags and windowbags. Additionally, the driver has a variety of switches and controls located on the steering wheel; with F1 inspired shift paddles just behind the main spokes for gear changes.

From then on there's a whole host of acronyms patented by Mercedes including the PRE-SAFE system that takes pre-emptive measures to protect the occupants in certain hazardous situations. NECK-PRO increases protection to the driver's head and neck. It moves forward and upwards in the event of a head-on collision. ESP (Electronic Stability Program) monitors driving stability and traction. If it detects the vehicle is deviating from the direction of travel, one or more wheels are braked to stabilise the vehicle. It helps the driver when pulling away on wet or slippery roads and stabilises the car when braking. In slippery conditions, ETS (Electronic Traction Support) offers traction control which enables braking of individual wheels if they spin. Further braking assistance is available with EBV (Electronic Brake Force Distribution), which monitors and controls the brake pressure on the rear wheels to improve driving stability during braking.

The C230 has an intelligent light system using bi-xenon headlamps. This adjusts the headlamps automatically to suit the prevailing driving and weather conditions. The bi-xenon headlamps offer enhanced functions to improve illumination of the road surface and include a cornering light function. This is an active light function that moves the headlamps according to the steering movements of the front wheels. In this way, the relevant areas remain illuminated allowing the driver to recognise the presence of pedestrians, cyclists and animals while driving.

So the next time you see a three-pointed star in your rear-view mirror; it's game on! 

HIS WORLD

Moody Metal Mantle

Metallic and monochrome finishes instantly transform everyday products to sleek and shiny objects with a brooding, masculine edge to them. Going industrial has never been smoother, or sexier.



Egg Launcher

This quirky Rocket Eggcup from **Royal Selangor** combines the everlasting elegance of pewterware with the playful and whimsical and, is bound to put a smile on sleepy faces in the morning.

www.royalselangor.com

Wavy Wonders

This **Royal Selangor** zuii Salt & Pepper shaker set was created by Marcel Sigel and Alana Di Giacomo, the Australian duo behind zuii, *Wallpaper* magazine's Best Young Designers of 2004. The moody tones of pewter gets a mellifluous voice from the flowing form of the shakers.

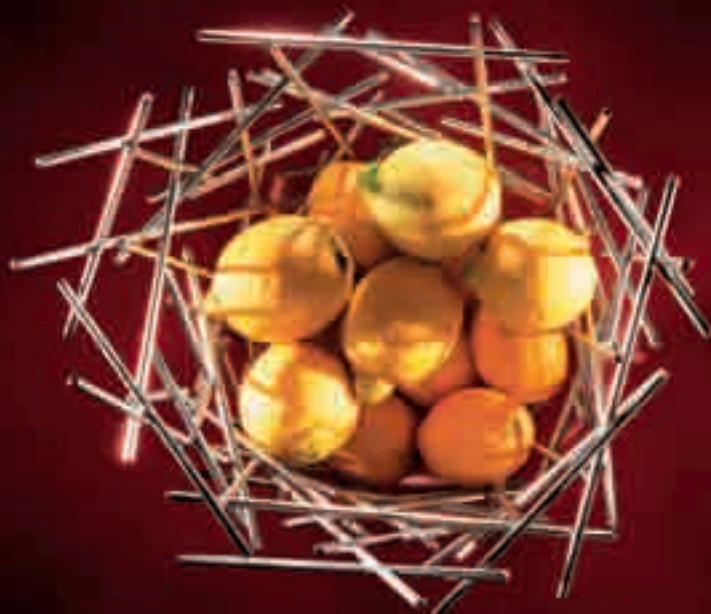
www.royalselangor.com



Stick Art

Combining design and function in everlasting works of art, the **Alessi** citrus basket in 'mirror polish' stainless steel is certainly a conversation piece. Designed by Fratelli Campana, the range also consists of umbrella stands and tealight holders.

www.alessi.com



Accelerated Power

The **Power Plate**® equipment is a vibration device that uses the principles of Acceleration Training™ to stimulate the body's natural response to vibration. The vibrations transmit energy waves and promises a host of benefits, ranging from improvement in blood circulation, increased muscle strength and, flexibility.

www.powerplate.com



Lens Sense

Stay truly connected with **Logitech**'s Webcam C600 that delivers fluid HD-quality video and 8-megapixel snapshots, thanks to its 2-megapixel sensor and glass lens, allowing you to capture HD video at up to 720p.

www.logitech.com



Power Central

The Adamo from **Dell** is the world's thinnest laptop and boasts a chassis that is milled from a single piece of aluminum. With Intel® Core 2 Duo processors with Intel® Centrino® technology and a litany of other specifications, the Adamo is pure style fused with cutting edge technology.

www.adamobydell.com



Acoustic Excellence

The Model C Music System from **Steinway Lyngdorf** comprises a set of speakers, a head unit and two boundary woofers that reproduces a full range of musical genres. Its RoomPerfect™ technology creates a 3-dimensional map of a room's sound field and adjusts the system to overcome spatial influences to deliver a uniform tonal balance.

www.steinwaylyngdorf.com



Surf's U

A customisable touch screen smart phone, the 3G MOTO SURF A3100 from **Motorola** allows for easy access to the information you need. The touch tablet's home screen is layered on top of the familiar Windows Mobile 6.1 software and offers many applications that can be accessed with the tip of your finger, a stylus, or the built-in omni-directional trackball.

www.motorola.com



Shining Armour

Named after Sir Walter Scott's hero, the Ivanhoe pen from **Caran d'Ache** exudes chivalry and romanticism. The middle part of the silver plated brass body is jacketed in a 'coat of mail' of woven stainless steel, while two rhodium-coated double bands mark the upper and lower ends of the jacket. Comes in fountain and roller pen nibs.

www.carandache.ch



Lunar Time

With five different finishes for a sophisticated dial, the Malte Moon Phase & Power-Reserve watch from **Vacheron Constantin** pushes horology to greater heights. The moon-phase display is a blend of technology, composed of a disc with a galvanised base and a moon face in 18 karat white gold or pink gold.

www.vacheron-constantin.com

Sharp Shooter

Canon's PowerShot SX200 IS is fitted with a powerful 12x optical zoom OIS lens that opens up to 28mm for shooting. A retractory pop-up flash gives a burst of brilliance from an elevated angle to prevent 'vignetting', while 1280 x 720 HD movie recording and HDMI connectivity takes videos seriously.

www.canon.com



HER WORLD

Wishlist 2009

So many things, so little time! Yet, we've managed to suss out stylish, sublime and stunning delectables women would want on their year-end wishlist. Go on. Pick one or just pick all.



Arm Candy

What's not to love about **Lancel's** latest bag? The medium shopper strikes a stunning pose in mock crocodile leather straps, while the suede details sand up the ante on style. Roomy interior makes this a perfect bag and a gorgeous addition to any wish list.

www.lancel.com

Top Greer

Whether it's art and craft, or fashion and design, you'll love the supplies at **Greer Chicago**. This paper goods shop stocks everything from invitation cards to notepads, gift wraps to gift tags, decorative papers and more. Hardcover bound, impeccably wrapped in cloth and tree-free paper, the beautiful Elum journals make journal writing a pleasure.

www.greerchicago.com



Cuff Enough

With clothes so urban and refined this season, up the fashion notch by piling up on bangles. These handmade resin bangles from **Axxezz** have feather inlays, while delicate capiz shells finish off the look, giving each bangle an exotic edge.

www.axxezz.com



Magical Masterpieces

Masriera, the Spanish design house of distinction with over 200 years of jewellery history, is known for its evocative 19th century Art Nouveau collection. This 18 karat yellow gold ring with brilliant cut diamonds boasts fired enamel work. Each piece comes individually numbered with a certificate of guarantee.

www.masriera.es



Eau Amalfi

What began as a signature scent for a hotel turned into a coveted collection among those in the know. **Eau d'Italie** line was concocted by owners Alvarez Murena and Marina Sersale, inspired by their luxury Hotel Le Sirenuse in Positano, Italy to capture romance of the Amalfi Coast. Created in 2004, the scent still seduces with its mix of bergamot and incense.

www.eauditalie.com

Raise the Bar

For bar soaps that hold their shape and scent right to the very end, only one brand steps up: **Claus Porto**. Each soap is milled seven times to prevent splitting or cracking, with a consistent fragrance that lasts three times longer. The soaps are moulded and pressed by hand, just as they have been when the company was founded in 1887.

www.clausporto.com



Planter Box

There's so much to love about **Pangea Organics** and the new Radiance Gift Set sums it up best. Each set not only packs all the natural and organic skincare goodies you'll love, but this is a gift within a gift. The box is made from 100 percent post-consumer newsprint without glues or dyes and is embedded with the seeds of the spruce tree. Follow the direction on the label and a spruce tree should spring up in your lawn in mere years.

www.pangeaorganics.com



Sweet Treats

Laura Mercier's whipped Souffle Body Cremes is scented with the finest gourmand notes that are rich with active ingredients to nourish the skin and make it silky smooth. Enjoy the Holiday Bath & Body Collection that consists of Crème de Pistache, Almond Coconut Milk and the signature Crème Brulee – all in a 4-oz size that's perfect for travel!

www.lauramercier.com



Call of the East



Chef, restaurateur, foodie, TV personality, funny man and 'International Man of Mystery', Bobby Chinn tells us how he almost ended up a banker, if not for his love affair with food, and how he finally settled in Vietnam to pursue his dreams.

Born to a Chinese father and an Egyptian mother, how did these huge polarities in culture and upbringing colour your own appreciation of food?

I have been very open to food and learned at a very early age the diversity of it. I was open to eating a lot of dishes that an average baby would not eat. I was eating okra with tomato sauce before I could walk or talk. As a child I appreciated octopus, which freaked out the neighbours. I am not afraid to try something new or different and because of it I am open to experimentation within reason.

Having graduated with a BA in Finance & Economics, why did you end up a chef?

Outside of having a lack of interest in greed or pursuing the quest for money and all that it brings, I really did not care about the suit and tie, as it strangled my imagination and I needed to find something different. As far as I was concerned, I could have done close to anything else, but somehow I found passion in food, cooking and the lifestyle that it brought me.

What was the training like and which great chefs inspired you to go the whole nine yards with the food business?

You never stop learning; the problem is trying to remember it all! It's a profession that can leave you very knowledgeable and stupid at the same time, which is very humbling. Many learn French technique, then there is Chinese and Persian and



Turkish... you name it; it never ends. I have always been humbled by the limitation of things I knew and could do. I found that by working with really good chefs. I accelerated the learning curve in some areas while my lack of experience deprived me in others.

What I didn't learn in a kitchen, I picked it up in a book, or in travel or through simple observation. Hubert Keller was a great teacher and has a great culture at *Fleur De Lys* in San Francisco. That experience coupled with years at *Elka*, taught me quite a bit, especially working with a chef like Traci Des Jardin. I hung out with Gary Danko, picked his brains and learnt a lot about the business side. *Gravlier* in Bordeaux was also inspirational. I always walk away inspired to raise my bar and to accept new challenges and I think that is what every chef does. It is a work in progress and you are only as good as the last dish. There is a certain attitude in any good restaurant, and when you work with people like those mentioned here, you cultivate a deep respect for them.

You are not Vietnamese but have become Vietnam's unofficial food ambassador. How did Vietnamese cuisine enamour you?

It takes a people and a country to inspire me. I think Vietnam's history speaks for itself. It's a country that is proud in its ways, and festivals and food go hand in hand. The food is sustainable, with clean flavours, wonderful contrasting textures and colours

and it's easy to make. If that isn't enough, it's also light and refreshingly healthy.

What prompted you to move to Hanoi to set up your restaurant instead of opening the same in the US?

Well, I got ran out of town in Ho Chi Minh City. Otherwise I would have stayed there. I fell in love with the people, the food, the culture, and the colourful expatriates who came here for some soul searching, or allowing themselves to try something different. I prefer living in a police state with no guns than a democracy with guns. It's also easier to ask for forgiveness when you forgot to get permission.

What would we find you eating at your own restaurant in Hanoi? Leftovers.

Your TV persona and brand of humour are great attractions in themselves, proving that food can be fun, gregarious and entertaining and that chefs need not be surly, overweight men. How did you cultivate this personality?

Through many years of abuse!

With all manners of fusion and experimental cuisines popping up in recent times, how does one learn to truly appreciate food and its provenance?

You appreciate by understanding the original cuisine that it takes form from. It does not need many ingredients, but an

understanding of the departure from the original. When the dish can appeal to a native where the key ideas and ingredients come from, then I think it works.

Celebrity chefs have become incredibly famous. What is your take on them?

I like to group the celebrity chefs into two groups. There is the celebrity chef who becomes a celebrity for his or her food. These are the ones with the 3-stars, million dollar kitchens and wear Braggard chef-ware. They walk around their kitchens in whites and have a team of people revering or fearing them. They are great in the kitchen and pay immense focus and attention to the finest of details, so much so that their food is so serious and everything else is of no consequence. Their interests do not lie in the media or TV, other than to perhaps sell a cookbook penned by them or to promote their food. Otherwise they hate TV and any chef on TV is considered a joke.

Then there are people like the late Keith Floyd, Anthony Bourdain, Curtis Stone and even Jamie Oliver. It can be formatted TV shows with gimmicks and competition, a little reality, travel, etc.,. They are embarrassed to call themselves 'chefs' as they have great respect for the profession. Unless you can stand in front of fire, work a full shift, day-in-day-out, and take responsibility for a station or an organisation, it is literally impossible to call yourself a chef. These people (myself included) rely on their ability to communicate and impart technique and information to a discerning public.

Which cuisines do you think are going to explode into the world food scene?

Ideally, it should be healthy, sustainable and tasty. I can see the world moving to eating more vegetables and demanding a higher standard of organic. But then again, you'll never know what's the next big thing.

Running a restaurant and travelling the globe for the food TV programme, how and when do you find time to relax?

Relax? I'm too wound up to have such a luxury. In my world, I think we refer to it as 'sleep'.

Stranded on a deserted island, what cookbooks would you have in your bag of absolute essentials?

1. *The Professional Chef* by the Culinary Institute of America.
2. *Food Lovers Companion* (not a cookbook). 

Abode of Peace

Brunei's beginnings

The first thing Antonio Pigafetta would likely to have seen when he arrived in Brunei in 1521 was a village built entirely on water and boats silently gliding by. This was the earliest known mention of Kampong Ayer by a European, chronicled by the Italian historian who was part of Spanish explorer Ferdinand Magellan's crew. He dubbed it the 'Venice of the East'.

Today, some 500 years on, Kampong Ayer retains the image of a tranquil rural community sitting quietly on stilts on the river, albeit with some telltale signs of development, prosperity and modernisation, such as television aerials and satellite dishes. Building materials have changed greatly over the years, but the visual appeal of an entire village on stilts remains undiminished.

Darussalam, the Arabic word translated means 'Abode of Peace'. Brunei's history dates back some 1,500 years. Empirical evidence shows that as early as the 6th century AD, Brunei was already trading with China; whose traders called the Sultanate Puni or Poli. By the 14th century, the Brunei Sultanate had embraced Islam and was the centre of an archipelagic empire that reached as far south as Indonesia and as far north as The Philippines. This empire lasted well into the 16th century.

With Islam, Brunei asserted and expanded its role as an independent and dominant trading power in the region. Its trade and territories grew with the spread of Islam to encompass existing Malay kingdoms in Borneo and the Philippines.

Then the Europeans came. With superior armoury, the Spaniards – and later the Portuguese, the Dutch and the British – subjugated the natives of the region and proceeded to impose their form of governments.

Brunei became a British Protectorate in 1888. The signing of the 1906 Treaty brought in the British Residential System and, a British Resident was installed to advise the Sultan on all matters, except those pertaining to the Islamic faith and Malay customs.

Nearly a century later, in 1984, with the declaration of independence by His Majesty Sultan Haji Hassanal Bolkiah Mu'izzaddin Waddaulah, Brunei became a sovereign state with a Malay Muslim Monarchic government.

Bunga simpur, Brunei Darussalam's national flower buds are found in abundance at Ulu Temburong National Park.



Brunei today

Brunei is arguably best known today as an oil producing country. Revenue from mineral fuels have accounted for over 95 per cent of Brunei's export earnings. Such wealth has allowed the government to provide its citizens with free education and healthcare, and, there is no personal income tax. Petroleum revenue also supports a large civil service, which employs a substantial percentage of the population. As the country still depends heavily on oil and gas exports, the government has now accelerated efforts to diversify the economy.

Geographically, the Sultanate covers a land area of 5,765 sq kms and lies on Borneo's northwestern shore. It is the oldest Malay state in Borneo. Its immediate neighbours include the Malaysian states of Sabah and Sarawak, and the Indonesian province of Kalimantan.

The nation has four districts: Brunei-Muara (which includes the capital Bandar Seri Begawan), Temburong, Tutong and Belait. The main source of its revenue, oil and liquified gas, is from the coastal towns of Seria and Kuala Belait, about 100 kms from the capital city.

Brunei has a population of over 372,000. Two-thirds are of Malay descent, while the remainder consists of members of other ethnic tribes: Chinese and expatriate workers.

Malay is the official language, but English is widely spoken. Although Islam is the official religion, people of other faiths have the freedom to practise their own religions.

A Wealth of Diversity

Brunei Darussalam is a country rich in culture and heritage. It is a small, peaceful, prosperous kingdom on the northern shore of the ecologically-rich island of Borneo. Come and discover Brunei, a Kingdom of Unexpected Treasures.



Lying just 443 kms north of the equator, Brunei can be hot in some months but wet and pleasantly cool at other times of the year; so much so that 'the wet and the dry' aptly sums up Brunei's two seasons. Blessed with such climatic conditions, tropical Brunei boasts rugged and remote coastlines and unexplored jungles, which are fiercely protected by an environmentally-conscious government. And with good reason too.

Brunei has the best-preserved rainforest on Borneo island. Covering more than 70 per cent of the nation's land area, it is so unique that it features heath and peat swamp forests not found in other parts of Borneo. Its untouched jungles are also home to one of the world's largest population of proboscis monkeys. The diversity of its flora and fauna is astounding, such as the strikingly-hued hornbills and the parasitic pitcher plant. And the volume of this diversity is so great that even today, scientists from London's Natural History Museum and the Brunei Museum continue to identify and document new species. The Royal Geographical Society (UK) and Universiti Brunei Darussalam have also jointly conducted field studies.

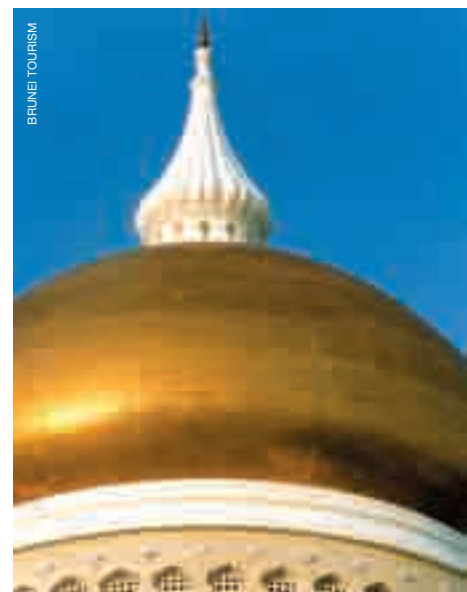


Clockwise from above: The tranquil waters of Tasek Merimbun; the rich flora at Temburong; the opulent environs of The Empire Theatre; the golden dome of the Sultan Omar 'Ali Saifuddien Mosque in Bandar Seri Begawan.



Apart from serving the cause of science, the rainforest also provides an outlet for recreational activities. Many of the reserves have picnic facilities, with trekking being a favourite pastime among tourists and expatriates. Among the popular reserves are Belalong, where there is a Rainforest Field Studies Centre, Batang Duri, Sungai Basong, Sungai Liang, Ulu Mendaram, Wasai Wong Kadir, Luagan Lalak, Bukit Shahbandar, Anduki Silver Jubilee Park and the Berakas Forestry Recreation Park. The national parks are situated in Ulu Temburong and Tasek Merimbun. Excursions into Temburong, by jeep or longboat, can be arranged. Elsewhere, boat trips on the Belait and Tutong rivers and dinner cruises on the Brunei River provide a relaxing way to see the country.

In fact, visitors need not leave the city to experience the remarkable rainforest. A natural waterfall and lake set amid jungle-like environs await visitors at the Tasek Lama Recreational Park in the heart of the capital. For sun worshippers, the places to go are Muara Beach on the north coast, Pantai Seri Kenangan in Tutong and Tungku Beach along the Muara-Tutong coastal road.



Brunei's main mosques, the Sultan Omar 'Ali Saifuddien Mosque in the capital and the newer Jame 'Asr Hassanil Bolkiah Mosque in Kiarong, are not only symbols of devotion and sanctuaries for prayer, but architectural wonders as well. Not many man-made structures in the world can rival the sight of the mosque's golden domes gleaming against a seamless tropical sky. Inside and out, Islamic artistic expressions are expressed in astoundingly intricate details.

Visitors are welcomed, but are requested to respect the congregation at prayer times. Footwear is not allowed inside, while female visitors are requested to dress modestly with arms, legs and head covered.

His Majesty's official residence and the seat of government, the *Istana Nurul Iman*, is another grand building. It is the largest residential palace in the world today, stretching more than half a kilometre in length and boasting

For culture and history buffs, the Brunei Museum displays an impressive collection of bronze and brassware, Chinese ceramics, jewellery and archaeological artefacts. The Malay Technology Museum showcases traditional cottage industries like boat-making, fishing, gold and silversmith, and house construction. The



1,788 rooms. Once a year, during *Hari Raya Aidilfitri* (Eid-ul-Fitr), the Sultan opens the gates to his palace, and with his family, warmly receive his subjects and visitors. For the rest of the year, the palace is best appreciated from the riverside recreation park, Persiaran Damuan at Jalan Tutong. This kilometre-long park also features a permanent display of sculptures from various ASEAN artists.

Another point of historical interest is the Tomb of Sultan Bolkiah, Brunei's fifth Islamic monarch. It lies within a mausoleum that commemorates Brunei's golden age, from the 14th and 16th centuries, when Brunei's sovereignty covered Borneo, Indonesia and The Philippines. Nearby, historical remains of the old capital of Kota Batu are being continually unearthed, providing valuable information about this ancient port city.

Sultan Haji Hassanal Bolkiah Islamic Exhibition Gallery houses His Majesty's personal collection of holy manuscripts and other artefacts from the Islamic world. But a real crowd-drawer is the Royal Regalia Museum, which displays actual royal artefacts, including silver and gold ceremonial armoury, the coronation crown and the chariots used during His Majesty's coronation and Silver Jubilee celebrations. Putting all these in perspective is the original copy of the Brunei Constitution.

A good place to acquire mementos is the Arts and Handicraft Centre where traditional skills in weaving baskets and *kain tenunan* (brocades) using gold and silver threads are on display. Popular souvenirs include the *keris* (an intricately designed ceremonial dagger), miniature replicas of cannons, boats and gongs.

Clockwise from right:

The *kain tenunan*, woven cloth with gold threads and chased silverware are Brunei's premier handicrafts; the canopy walkway in Temburong; the rich marine life found offshore.



A visit to Brunei would certainly be incomplete without a stroll through the wooden alleys of Kampong Ayer, Brunei's famed water village on stilts, which is home to some 30,000 residents. While the building materials are certainly much sturdier now, it still is pretty much what Antonio Pigafetta wrote five centuries ago. It certainly is Brunei's most remarkable 'living and breathing' museum. The greeting *Assalamualaikum* (Peace be upon you) and the smell of *rendang* (a spicy beef or chicken dish cooked in coconut milk) wafting from the locals' kitchens sum up the Bruneian experience like no other.

Food in Brunei mirrors the nation's wealth of cultural diversity. There are international fast-food outlets and a myriad

of other restaurants that offer Japanese, Indian, Arabic, Italian and of course, local cuisine. And then there is the not-to-be-missed *pasar malam*, or night market at the parking lot near Gadong's wet market. A gourmand's paradise, it is the place to feast on the best home-cooked food this side of the South China Sea.

From its jungles to its urban centres, the wealth of diversity truly makes Brunei a Kingdom of Unexpected Treasures.



Royal Brunei Airlines

A Story of Growth

With a fleet of sleek, state-of-the-art Boeings and Airbuses carrying the nation's colours across the globe, the prestigious and award-winning Royal Brunei Airlines has certainly come a long way since a sea-plane was first spotted over Tutong in August 1922. The airline has now become one of the aviation world's top high-flyers in the 21st century.



The early days

After the Second World War, Brunei Shell launched the regional commercial aviation operation Percival Prince Services. Twenty years later, in November 1974 the international airline of the Sultanate of Brunei, Royal Brunei Airlines, was born and Brunei's aviation growth has been on the up ever since. Wholly owned by the Government of Brunei, the airline continues to be the flag carrier for the Sultanate of Brunei Darussalam today.

Royal Brunei Airlines started out with just two Boeing 737s, one of which was put in service for the airline's first flight on 14 May, 1975 from the brand new Brunei International Airport to Singapore. Flights to Hong Kong, Kota Kinabalu and Kuching in East Malaysia also started on the same day.

Within its first year of service, Royal Brunei's two Boeing 737-200 jets and its staff of 84 had successfully moved 36,000 passengers between Bandar Seri Begawan, Singapore, Hong Kong, and Kota Kinabalu.

The following decade saw Royal Brunei expand its regional network with Manila and Bangkok in 1976 and 1977 respectively and Kuala Lumpur and Jakarta added in 1981 and 1984.

Asia and beyond...

In the mid-1980s, three extended-range Boeing 757-200s replaced the 737s which allowed Royal Brunei to stretch its trans-oceanic reach to Dubai in 1988, London in 1990, and Perth in 1991. With this great expansion, the airline enriched its gracious brand of hospitality with cabin crew recruited from Brunei's ASEAN neighbours.

As Royal Brunei's reputation for service excellence grew, the airline added Jeddah to its destination list in 1991 and expansion continued into the twenty-first century with the addition of Brisbane in 1994, Surabaya in 1997, Auckland in 2003, and Ho Chi Minh City in 2006.

In 2003, the delivery of two new Airbus 319 aircraft marked the beginning of Royal Brunei's re-fleeting programme and two Airbus 320s have been added since.

First class sky services

In 2001 Royal Brunei fully entered the cyber sphere with the launch of its Online Booking facility, enabling the airline to reach a wider audience. BlueSky Fares, the low cost internet booking engine facility was added in 2004, offering great-value economy class fares to selected destinations.

Royal Skies, the airline's popular frequent flyer programme, was launched in mid-2003 to boost sales, as well as customer loyalty. Royal Skies continues to set itself apart from other loyalty programmes with its straight forward simplicity and generosity in redeeming rewards.

As Royal Brunei continues to make convenience a priority for its customers, E-Ticketing was launched in 2004 to ensure greater flexibility and efficiency in booking, ticket issuance and check-in procedures.

Royal Brunei's 'food fit to fly by' meal concept was introduced in to Business Class in 2003. Designed by Chef Michel Roux Jr, of the Le Gavroche restaurant in London this unique in-flight menu features healthier and lighter meal options. The 'Dine Upon Request' meal concept was introduced in November 2005. International gourmet meals and refreshments are served up until 90 minutes before landing, giving long haul Business Class passengers the option of choosing to dine on their desired meal at a time that suits them.

For maximum in-flight comfort, Royal Brunei introduced SkyDreamer seats in its retro-fitted B767 in 2004. The state of the art, private cabin style 'podded' seating includes a personal pull-up screen and extends to nearly two metres when fully-reclined to provide extra privacy.



Brunei International Airport

Brunei International Airport's computerised passenger and cargo handling facilities can handle 1.5 million passengers and 50,000 tonnes of cargo a year and the airport is currently being expanded for traffic growth.

Among the facilities offered at the airport are a prayer room, telephones and internet services, restaurants, a viewing gallery and day rooms for transit passengers who want to rest or freshen up before flying.

For customers' comfort and convenience, Royal Brunei Airlines' Service Centre and SkyLounge are both located on the departure level. The former is a one stop centre providing services such as reservations, ticketing and booking of tour packages. Customers who book online can get their tickets here before departure. Royal Skies members may also redeem their miles here.

For Royal Brunei's Business Class passengers and Royal Skies' Gold and Silver members, the SkyLounge boasts plush seating for 120 people. Complimentary massage chairs, shower rooms, ablution areas, and widescreen plasma televisions are also available.

Duty-free shops offer consumer goods at competitive prices. There are several outlets, including a money changer, at the main departure/transit hall. On sale are portable electrical goods with international warranties, designer goods, perfumes and confectionery.



In the Economy cabin, re-designed seating now offers greater comfort, with adjustable head and foot rests, generous recline, 8.4 inch personal screens showing SkyShow entertainment and award winning meals.

Available in both Economy and Business cabins, the centrepiece of Royal Brunei's inflight entertainment system is the exclusive SkyShow, which offers 17 on-demand movie channels, five short feature broadcast channels, 10 game channels, over 200 on-demand audio channels, and 15 entertainment channels offered in a variety of languages – English, Malay, Mandarin and Hindi.

Royal Brunei's inflight magazine *Muhibah* continues to win awards for its informative features and superb photography, offering customers a deeper insight into the destinations they are flying to, as well as updates on all services offered by the airline.

Beyond the skies...

In 1985, Golden Touch Holidays, the tourism arm of Royal Brunei Airlines was established, offering holiday packages to the airline's inbound passengers. Today, Golden Touch Holidays can offer the best hotel rates for all guests in Brunei and across a number of destinations that Royal Brunei flies to.

Having appointed one of Brunei's top inbound tour operators to manage daily operations, Golden Touch Holidays continues to develop innovative and exciting holiday packages, ensuring the exceptional and professional delivery of service with every holiday package.

The airline's engineering department, not only keeps Royal Brunei's fleet in top shape, but also provides airframe maintenance, technical and materials support services to third-party customer airlines. Its base maintenance facilities in Brunei specialises in B767 and Airbus A319 and A320 heavy airframe maintenance.

What is more, Royal Brunei has expanded its corporate family to include subsidiaries to supply its operational needs. It is part owner of ABACUS Distribution Systems (B) Sdn. Bhd., the global computerised reservations system and is also a major shareholder of the Brunei International Air Cargo Centre (BIACC) that handles air cargo to and from Brunei.

Royal Brunei Catering is one of the nation's most successful restaurant chain operators. To ensure that the meat supply is halal and fresh, it has invested in the Mulaut Abattoir.

Last but not least, another subsidiary is Royal Brunei Trading, which oversees the duty-free shops at the airport.

Looking to the future...

From its small beginnings, Royal Brunei Airlines today flies to cities across the globe, from Asia, to Europe, and the Middle East to Australia and New Zealand.

With a story of such successful and continued growth, expect many more exciting developments in the years to come.

More information on Royal Brunei Airlines is available at www.brunelaiir.com

Comfort Onboard

At Royal Brunei Airlines, your health, safety and comfort is of prime importance to us. For your general well-being onboard our flights, we would recommend the basic inflight exercises.

Ankle rotation

While seated, raise one foot and draw a circle with your toes, 12-15 times clockwise, 12-15 times counter-clockwise. You can do one foot at a time, or both feet at the same time.



Knee lift

Lift and hug your knee to your chest as close as you can. Hold for 10-12 seconds. Do the same with the other knee, alternating 10-12 times.



Shoulder roll

Relax shoulders, and then hunch them forward. Rotate gently 10-12 times.



Upper back flex

Stretch hands forward, then pull back slowly as far as possible. Repeat 10-12 times.

One health issue that is of primary concern is the 'economy class syndrome', also known as 'traveller's thrombosis' or 'deep vein thrombosis (DVT)'.

This is a condition where blood collects in the feet and legs as a result of sitting for long periods of time; such as on long trips. In rare medical cases, a clot forms and blocks a major blood vessel, which could be fatal.

It is a misnomer, however, that only economy class passengers are exposed to this risk and discomfort. Those in first and business class cabins, as well as people in theatres, buses, cars, and even offices can just as easily develop DVT. In other

words, anyone who has to remain relatively immobile for prolonged periods is at risk.

While research on DVT is still inconclusive, Royal Brunei Airlines has developed a simple guideline that could minimise the risk and make flying with us more comfortable.

Medical warning

You should see a doctor first before booking a flight if you have any of the following conditions: previous or family history of DVT, malignancy, presently undergoing hormone treatment, blood disorders, recent trauma to the lower limbs, a heart condition, varicose veins, and are pregnant.

You may be feeling the onset of DVT if:

- you feel tenderness or pain in the calf muscles,
- swelling in the leg. You should, however, know that the feet and legs do swell a bit particularly during long journeys due to the accumulation of water because of gravity,
- the temperature of your leg rises, and/or
- the veins right below the leg's skin dilate.

Exercises

Airline passengers do not have much room for physical activity.

But exercises to relax the muscles and improve blood circulation in your legs can be done from the comfort of your own seat.

Other health tips

The aircraft's cabin atmosphere at an altitude of 10,000 m is pressurised and very dry. You are also travelling from one time zone to another. These factors combined can upset your body's rhythm.

Thus you can do yourself a favour by:

- drinking lots of fluid during the flight,
- avoiding coffee, tea and liquor. These

are diuretics, i.e. substances that make you visit the lavatory more often,

- avoiding wearing contact lenses. If you must wear them, be sure to apply eye drops regularly,
- moisturising your lips and skin often,
- eating moderately before and during the flight, as physical inactivity slows digestion, and
- wear comfortable clothing.

If you have any health condition that requires special medical attention, for example if you need to inject insulin, inform the reservations officer so you can be properly advised of procedures.

Royal Brunei Airlines has a notable tradition of looking after the safety, health and comfort of its passengers. Thank you for allowing us the pleasure of serving you better.

Route Map

Royal Brunei Airlines flies daily to Asia, the Middle East, United Kingdom, Australia and New Zealand



Royal Brunei Airlines' codeshare agreement with British Midland enables passengers seamless travel to and from the following five destinations via London Heathrow - Belfast, Dublin, Edinburgh, Glasgow, and Manchester.

CODESHARE AIRLINES



DESTINATIONS GUIDE

AUCKLAND (AKL)

Auckland International Airport

Airport-City 21 kms

Approx. Fare from Airport to City

• **Bus** NZD15 • **Taxi** NZD60

Airport Tax NZD25

Currency New Zealand Dollar (NZD)

Language English, Maori

Business Hours

• **Gov.** 8.30am – 5pm weekdays
• **Bank** 9.00am – 4.30pm weekdays

GMT +13

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 200 or/50 or/250g
• **Alcoholic Beverages** 4.5 litres
• **Perfume | Eau de toilette** Reasonable quantity

General Sales Agent

WALSHES WORLD

Level 9, 52 Swanson Street, Auckland 1001.

T: (64) 9 9772 209 **E:** akirba@rba.com.bn

BANDAR SERI BEGAWAN (BWN)

Brunei International Airport

Airport-City 8 kms

Approx. Fare from Airport to City

• **Bus** BND1 • **Taxi** BND25

Airport Tax BND12, BKL: BND5

Currency Brunei Dollar (BND)

Language Malay, Mandarin, Hokkien, English

Business Hours

• **Government** 8am – 12.15pm & 1.30 – 4.30pm
Mon to Thu and Sat

• **Bank** 9am – 3pm weekdays; 9am – 11am Sat

GMT +8

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 200 or/50 or/227g
• **Alcoholic Beverages** 2 litres (for non-Muslims only)
• **Perfume | Eau de toilette** 0.33 litre

RBA OFFICE

RBA Plaza, Jalan Sultan,
Bandar Seri Begawan BS 8811.

T: (673) 2212 222, 2240 500 **F:** (673) 2244 737

BANGKOK (BKK)

Suvarnabhumi Airport

Airport-City 25 kms

Approx. Fare from Airport to City

• **Bus** BHT150 • **Taxi** BHT200-250

Airport Tax BHT700

Currency Baht (BHT)

Language Thai, English

Business Hours

• **Government** 8.30am – 4.30pm weekdays

• **Bank** 8.30am – 3.30 pm weekdays

GMT +7

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 200 or/250 or/250g
• **Alcoholic Beverages** 1 litre
• **Perfume | Eau de toilette** Reasonable quantity

RBA OFFICE

968, U Chu Liang Building, 17th Floor,
Rama IV Road, Bangrak, Bangkok 10500.

T: (66) 2 6375 151 **E:** BKKRES@rba.com.bn

BRISBANE (BNE)

Brisbane International Airport

Airport-City 22 kms

Approx. Fare from Airport to City

• **Bus** AUD8 • **Taxi** AUD35

Airport Tax AUD38

Currency Australian Dollar (AUD)

Language English

Business Hours

• **Government** 9am – 4.30pm weekdays

• **Bank** 9.30am – 4pm Mon to Thu; 9.30am – 5pm Fri

GMT +10

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 250 or/250g or/250g
• **Alcoholic Beverages** 2.25 litres
• **Perfume | Eau de toilette** Personal use

RBA OFFICE

60 Edward Street, Brisbane, Qld 4000.

T: (61) 7 3017 5000 **E:** bnerba@rba.com.bn

DUBAI (DXB)

Dubai International Airport

Airport-City 4 kms

Approx. Fare from Airport to City

• **Taxi** AED20 + 50 fils for every 500m

Airport Tax AED30

Currency Dirham (AED)

Language Arabic, English

Business Hours

• **Government** 7.30am-2.30pm Sat to Wed

• **Bank** 8am-1pm Sat to Thu

GMT +4

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 2000 or/400 or/2kg
• **Alcoholic Beverages** 2 litres (for non-Muslims only)
• **Perfume | Eau de toilette** 150 g/1 litre

RBA OFFICE

Rais Hassan Saadi Building,
No 604/605, 6th Floor, Plot 1/1 Maashrat
Al- Baharna, Mankhool Road.

T: (971) 4351 4111 **E:** dxbrba@rba.com.bn

HO CHI MINH CITY (SGN)

Tan Son Nhat Airport

Airport-City 7 kms

Approx. Fare from Airport to City

• **Bus** VND2,000 • **Taxi** VND50,000

Airport Tax USD14

Currency Vietnam Dong (VND)

Language Vietnamese, Mandarin, English, French

Business Hours

• **Government** 7.30am – 11.30am &

1pm – 4.30pm weekdays

• **Bank** 7.30am – 11.30am & 1pm – 4.30pm weekdays

GMT +7

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 400 or/100 or/500g
• **Alcoholic Beverages** 1.5 litres
• **Perfume | Eau de toilette** Personal use

General Sales Agent

WORLDWIDE AGENCY CO. LTD.

Fidi Tour Building, 4th floor,
127-129-129A Nguyen Hue Street, Dist. 1

T: (84) 8 3914 6868 **F:** (84) 8 3915 2265

HONG KONG (HKG)

Chek Lap Kok Airport

Airport-City 32 kms

Approx. Fare from Airport to City

• **Taxi** Kowloon HKD300, Hong Kong HKD400

Airport Tax HKD120

Currency Hong Kong Dollar (HKD)

Language Cantonese, Mandarin, English

Business Hours

• **Government** 9am – 5pm weekdays

• **Bank** 9am – 4.30pm weekdays; 9am – 12.30pm Sat

GMT +8

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 200 or/50 or/250g
• **Alcoholic Beverages** 1 litre of wine
• **Perfume | Eau de toilette** Reasonable quantity

General Sales Agent

PACIFIC AVIATION MARKETING (HK) LTD

Rm 2505 Caroline Centre, 28 Yun Ping Road.

T: (852) 3180 3232, 2869 8608

Business Hours: 9.00am – 5.00pm weekdays

JAKARTA (JKT)

Soekarno-Hatta International Airport

Airport-City 50 kms

Approx. Fare from Airport to City

• **Bus** IDR7,000 • **Taxi** IDR150,000

Airport Tax IDR150,000

Currency Indonesian Rupiah (IDR)

Language Bahasa Indonesia, English

Business Hours

• **Government** 8am – 2pm weekdays

• **Bank** 8am – 4pm weekdays

GMT +7

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 200 or/50 or/100g
• **Alcoholic Beverages** 1 litre
• **Perfume | Eau de toilette** Reasonable quantity

RBA OFFICE

World Trade Centre, 11th Flr

Jln Jenderal, Sudirman, Kav. 29-31, Jakarta 12920.

T: (62) 21 5211 842-6/784 **E:** jktirzatis@rba.com.bn

JEDDAH (JED)

King Abdul Aziz International Airport

Airport-City 25 kms (from North Terminal);

15 kms (from South Terminal)

Approx. Fare from Airport to City

• **Taxi** SAR50

Airport Tax SAR50 except Haj & Umrah pax,

diplomats and escorts for human remains

Currency Saudi Arabian Riyal (SAR)

Language Arabic, English, French

Business Hours

• **Government** 7am-3pm Sat to Wed

• **Bank** 9am-1.30pm & 5pm-7pm Sat to Wed;

9am-2pm Thu

GMT +3

Import Duty Free Allowance

• **Cigarettes | Cigars | Tobacco** 600 or/100 or/500g
• **Alcoholic Beverages** Prohibited
• **Perfume | Eau de toilette** Reasonable quantity

General Sales Agent

ELAF AVIATION

Al Nakheel Centre, Madina Road, Jeddah 21414

Kingdom of Saudi Arabia

T: (9662) 6657143 / 6612679 / 6657908

E: JEDGSA@rba.com.bn

KOTA KINABALU (BKI)

Kota Kinabalu International Airport

Airport-City 8.5 kms

Approx. Fare from Airport to City

• **Taxi** MYR13.50

Airport Tax MYR26 To/Transit via Brunei: MYR20

Currency Malaysian Ringgit (MYR)

Language Malay, Mandarin, English

Business Hours

- **Government** 8am – 4.30pm Mon to Thu;
8am – 11.30am & 2pm – 4.30pm Fri;
closed on every 1st & 3rd Sat of the month
- **Bank** 9.30am – 3.30pm weekdays;
9.30am – 11.30am Sat; closed on every
1st & 3rd Sat of the month

GMT +8

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 200 or/50 or/225g
- **Alcoholic Beverages** 1 litre
- **Perfume | Eau de toilette** Value of up to total MYR200

RBA OFFICE

Lot BG - 3B Ground Floor, Block B, Komplek KWSP,
Jalan Karamunsing, 88000 Kota Kinabalu, Sabah.
T: (60) 88 242 193/6 **E:** sskkoff@rba.com.bn

KUALA LUMPUR (KUL)

Kuala Lumpur International Airport

Airport-City 80 kms

Approx. Fare from Airport to City

• **Bus** Luxury RM25

• **Taxi** Budget MYR70-80, Limo MYR100-120

Airport Tax MYR51

Currency Malaysian Ringgit (MYR)

Language Malay, English, Cantonese, Tamil, Mandarin

Business Hours

- **Government** 8am – 4.30pm Mon to Thu;
8am – 11.30am & 2pm – 4.30pm Fri; closed on every
1st & 3rd Sat of the month
- **Bank** 9.30am – 3.30pm weekdays; 9.30am – 11.30am
Sat; closed on every 1st & 3rd Sat of the month

GMT +8

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 200 or/50 or/225g
- **Alcoholic Beverages** 1 litre
- **Perfume | Eau de toilette** Value of up to total MYR200

RBA OFFICE

Lot 25, 1st Floor, UBN Tower (Shangri-la Shopping Arcade),
P.O. Box 99, Jin P. Ramlee, 50250 Kuala Lumpur.
T: (603) 2070 7166, 2070 6628 **F:** (603) 2070 6899
E: kulrba@rba.com.bn

KUCHING (KCH)

Kuching International Airport

Airport-City 11 kms

Airport Tax MYR26

Currency Malaysian Ringgit (MYR)

Language Malay, English, Mandarin

Business Hours

- **Government** 8am – 4.30pm Mon to Thu;
8am – 11.30am & 2pm – 4.30pm Fri;
closed on every 1st & 3rd Sat of the month
- **Bank** 9.30am – 3.30pm weekdays; 9.30am – 11.30am
Sat; closed on every 1st & 3rd Sat of the month

GMT +8

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 200 or/50 or/225g
- **Alcoholic Beverages** 1 litre
- **Perfume | Eau de toilette** Value of up to total MYR200

RBA OFFICE

L2L 10, Level 2, Kuching International Airport
P.O.Box 1070, 93722 Kuching, Sarawak
T: (60) 82 453 422 / 456 422 **E:** KCHRBA@rba.com.bn

LONDON (LHR)

Heathrow Airport

Airport-City 35 kms

Approx. Fare from Airport to City

• **Bus** GBP7 • **Taxi** GBP40

Airport Tax F & J Class Pax: GBP80;

Y Class Pax: GBP40; PSC: GBP9

Currency Pound Sterling (GBP)

Language English

Business Hours

- **Government** 9am – 5pm weekdays
- **Bank** 9.30am – 3.30pm weekdays

GMT +0

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 200 or/50 or/250g
- **Alcoholic Beverages** 1 litre
- **Perfume | Eau de toilette** 50 g/0.25 litre

RBA OFFICE

49 Cromwell Road, London SW7 2ED,
England, United Kingdom.
T: (44) 207 584 6660 **E:** lonrba@rba.com.bn

MANILA (MNL)

Ninoy Aquino International Airport

Airport-City 9 kms

Approx. Fare from Airport to City

• **Bus** PhP13 • **Taxi** PhP120

Airport Tax PhP750

Currency Philippine Peso (PhP)

Language Tagalog, English

Business Hours

- **Government** 8am – 5pm weekdays
- **Bank** 9am – 3pm weekdays

GMT +8

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 400 or/50 or/250g
- **Alcoholic Beverages** 2 bottles
- **Perfume | Eau de toilette** Reasonable quantity

General Sales Agent

GLOBAL AIR SERVICES CORPORATION

G/F SGV II Bldg, 6758 Ayala Ave, Makati City,
The Philippines 1200.

T: (632) 864-0801 to 05 **F:** (632) 891-0435
E: mnlres@rba.com.bn

PERTH (PER)

Perth International Airport

Airport-City 15 kms

Approx. Fare from Airport to City

• **Bus** AUD11 • **Taxi** AUD30

Airport Tax AUD38

Currency Australian Dollar (AUD)

Language English

Business Hours

- **Government** 9am – 5pm weekdays
- **Bank** 9.30am – 4pm Mon to Thu; 9.30am – 5pm Fri

GMT +8

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 250 or/250g or/250g
- **Alcoholic Beverages** 2.25 litres
- **Perfume | Eau de toilette** Personal use

RBA OFFICE

Level 6, London House 216 St Georges Terrace,
Perth, WA 6000.

T: (61) 8 9321 8757 **E:** perba@rba.com.bn

SINGAPORE (SIN)

Changi International Airport

Airport-City 20 kms

Approx. Fare from Airport to City

• **Bus** SGD1.40 • **Taxi** SGD18

Airport Tax SGD21

Currency Singapore Dollar (SGD)

Language Malay, English, Mandarin, Tamil

Business Hours

- **Government** 8.30am – 5pm weekdays,
8.30am – 1.00pm Sat
- **Bank** 10am – 3pm weekdays; 9.30am – 11.30am Sat

GMT +8

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** Nil
- **Alcoholic Beverages** 1 litre
- **Perfume | Eau de toilette** Reasonable quantity

RBA OFFICE

81 Clemenceau Avenue, #03-11/12/13
UE Square Shopping Mall, Singapore 239917.
T: (65) 6235 4672 **E:** sinrba@rba.com.bn

SURABAYA (SUB)

Juanda International Airport

Airport-City 17 kms

Approx. Fare from Airport to City

• **Taxi** IDR29,500

Airport Tax IDR150,000

Currency Indonesian Rupiah (IDR)

Language Bahasa Indonesia, English, Madurese

Business Hours

- **Government** 7am – 2pm Mon to Thu;
7am – 12 noon Fri; 7am – 1pm Sat

• **Bank** 8am – 3.30 pm Mon to Fri

GMT +7

Import Duty Free Allowance

- **Cigarettes | Cigars | Tobacco** 200 or/50 or/100g
- **Alcoholic Beverages** 1 litre
- **Perfume | Eau de toilette** Reasonable quantity

General Sales Agent

PT. SURYA NAYAGATAMA

Plaza BRI, 6th Floor Suite 611
Jl. Jend. Basuki Rachmat No.122, Surabaya 60271.
T: (62) 31548 1819 **E:** SUBRBA@rba.com.bn

TRAVELLER'S GUIDE

Brunei Visitor Information

Visas Austrian, German, Malaysian, Singaporean, British nationals with the right of abode in the United Kingdom, The Netherlands and New Zealand nationals are exempted from the requirement to obtain a visa for visits not exceeding 30 days. American passport holders can enter Brunei Darussalam for three months without visas. For nationals of Belgium, Canada, Denmark, France, Indonesia, Italy, Japan, Luxembourg, Republic of Maldives, Norway, Oman, The Philippines, South Korea, Spain, Sweden, Switzerland, Thailand and The Principality of Liechtenstein — visas are waived for 14-day visits. Nationals of Australia are issued visas on arrival at the Brunei International Airport for visits not exceeding 30 days.

All other visitors entering Brunei Darussalam must have visas obtainable from any Brunei Darussalam diplomatic mission abroad. These visas are normally issued for a two-week stay but can be renewed in Brunei. Visitors must hold onward tickets and sufficient funds to support themselves while in the country.

N.B. For more details, please contact your nearest Brunei Embassy or diplomatic representative.

Duty-free goods Passengers will not be charged duty for carrying up to 200 cigarettes or 50 cigars, or 227 grammes of tobacco; two bottles of liquor plus 12 cans of beer (only for non-Muslims); and a reasonable quantity of perfumes.

Transportation The airport is about 11 kms from the capital. Taxis, car rentals and buses are available.

Currency The Brunei dollar is on a par with the Singapore dollar, which is also accepted in Brunei. Banks, hotels and many department stores will cash traveller's cheques.

Language Malay is the official language but English is widely used. Other languages include Chinese and its dialect variants and other indigenous dialects. Although the official religion is Islam, other faiths including Christianity and Buddhism are practised.

Clothing Light clothing is advisable as the climate is generally warm and humid. Women are requested to dress modestly in keeping with local customs.

Health Doctors provide private medical services for a nominal charge. There are a number of state health clinics and hospitals.

Credit cards Hotels, department stores and other major establishments generally accept all internationally known credit cards.

Tipping Optional. Some hotels add a 10 per cent service charge to their room rates.

Telephones Overseas calls can be made from hotel rooms through the operator, or via international direct dialling (IDD). There are also coin and phonecard operated public telephones.

Utilities Power supply is 220 - 240 volts, 50 cycles. The PAL and NTSC systems are used by local television. Tap water is generally safe to drink although some take the precaution of boiling it.

Media Radio Television Brunei has nightly news bulletins and a range of popular entertainment in both English and Malay. Cable network and Malaysian television programmes can also be received. There are three local daily newspapers namely: *Borneo Bulletin* (English), *The Brunei Times* (English) and *Media Permata* (Malay). Other regional and international publications are also available at newstands.

Food For the adventurous, the food stalls offer Malay favourites, such as *satey* (barbecued meat on a skewer) and local dishes prepared with curry or coconut milk. Chinese, European and Indian cuisines are also available.

Hotels Accommodation in the capital ranges from international standard to middle range hotels. Service apartments are also available at reasonable rates.

Shopping Department stores and shops offer goods ranging from cosmetics and stereos to local handicrafts such as the *keris* (an ornamental dagger), miniature brass cannons, and *kain tenunan*, a cloth woven with gold or silver threads.

Festivals and celebrations National Day, 23 February, *Hari Raya*, the end of the Muslim fasting month, and His Majesty The Sultan's birthday, July 15. Other public holidays include Chinese Lunar New Year and Christmas.

Customs and courtesy

- Thoughtful visitors learn to appreciate the nation's devotion to Islam. In mosques, visitors should remove their shoes and should not pass in front of people at prayer. Never touch the *Al-Quran*. A woman should ensure that her head, knees and arms are covered before entering mosques. Robes are provided at the entrance to the mosque.
- A Bruneian shakes hands lightly and brings his hands to his chest. Members of the opposite sex do not shake hands.
- It is impolite to point with the index finger (use the right thumb instead) or to beckon someone with fingers and palm facing upwards. Instead the whole hand should be waved with palm facing downwards. The right fist should never be smacked into the left palm.
- Gifts, particularly food, are passed with the right hand. When sitting, the sole of your feet should not be pointed towards your companions.

ADVICE

Bruneians Travelling Abroad

If Brunei citizens encounter problems while travelling abroad, help can be sought from the High Commissions or Embassies of Brunei Darussalam.

Many problems can be avoided by careful preparation prior to departure and by ensuring compliance with the laws of the countries visited. Before leaving Brunei Darussalam:

- Ensure that you have a return ticket or, if this is not possible, set aside sufficient funds to buy a return ticket.
- Reserve money to cover emergencies including the possibility that you may need to pay the airline to carry baggage in excess of your weight allowance.
- Buy travel insurance, especially if you are travelling to distant countries.
- Ensure that your passport is valid.
- Ascertain the visa requirements of the countries you are visiting and comply with those requirements. Information can be obtained from the appropriate embassy or high commission in Brunei Darussalam or from your travel agent.
- Ascertain and comply with the health regulations of the countries you are visiting.
- Remember that most countries punish narcotics offenders with heavy fines, imprisonment or even death.
- Avoid carrying unnecessary jewellery and other valuables. If you must take valuable items, be very careful how you use or wear them. Always store them safely when not in use. Most hotels have safe deposit boxes.
- Find out if the country you are visiting limits (or bans) the importation, sale or use of liquor — ensuring that you comply with those regulations.
- Check out the laws applying to the importation of farm produce (or items containing farm produce), as well as live or dead plants and animals (including items made from or containing elements derived from plants or animals) of the country you are visiting. A written consent may be needed to import these items. Information can be obtained from the embassy or high commission of the country concerned.
- Refuse to accept packages for inclusion in your luggage from strangers. As a minimum precaution, the contents of the package should be thoroughly examined because it may contain illegal substances. If in any doubt, politely refuse.
- Always allow plenty of time for your journey to the airport, especially in countries which are prone to traffic jams. Arriving late to find the airport check-in desk closed causes ill feeling, and you will miss your flight.
- When you reach your destination call the appropriate airline or travel agent as soon as possible to reconfirm your onward or return flight booking.

The safety and well-being of any traveller is largely his or her responsibility. Most problems can be avoided by ascertaining the regulations applying to each country being visited and planning well in advance to ensure that you comply with those requirements.

Muslim Prayer Times in Brunei Darussalam



Zulqaedah 1430 / Zulhijjah 1430

November 2009

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Hijriah	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	1	2	3	4	5	6	7	8	9	10	11	12	13	
Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	
Imsak	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.37	4.38	4.38	4.38	4.38	4.38	4.38	4.38	4.39	4.39	4.39	4.39	4.40	4.40	4.40	4.41	4.41	
Subuh	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.47	4.48	4.48	4.48	4.48	4.48	4.48	4.48	4.49	4.49	4.49	4.49	4.50	4.50	4.50	4.51	4.51	
Syuruk	6.05	6.05	6.05	6.05	6.05	6.06	6.06	6.06	6.06	6.06	6.07	6.07	6.07	6.07	6.08	6.08	6.08	6.08	6.08	6.09	6.09	6.10	6.10	6.10	6.11	6.11	6.12	6.12	6.12	6.12	
Doha	6.29	6.29	6.29	6.29	6.29	6.30	6.30	6.30	6.30	6.30	6.31	6.31	6.31	6.31	6.32	6.32	6.32	6.33	6.33	6.33	6.34	6.34	6.34	6.35	6.35	6.36	6.36	6.37	6.37	6.37	
Zohor	12.05	12.05	12.05	12.05	12.05	12.05	12.05	12.06	12.06	12.06	12.06	12.06	12.06	12.06	12.07	12.07	12.07	12.07	12.07	12.07	12.08	12.08	12.08	12.08	12.09	12.09	12.09	12.10	12.10	12.10	
Asar	3.26	3.26	3.26	3.26	3.26	3.26	3.26	3.27	3.27	3.27	3.27	3.27	3.27	3.28	3.28	3.28	3.28	3.28	3.29	3.29	3.29	3.30	3.30	3.30	3.30	3.31	3.31	3.31	3.32	3.32	
Maghrib	6.03	6.03	6.03	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.02	6.03	6.03	6.03	6.03	6.03	6.03	6.04	6.04	6.04	6.04	6.05	6.05	6.05	
Isyak	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.14	7.15	7.15	7.15	7.15	7.15	7.16	7.16	7.16	7.16	7.17	7.17	7.18	7.18	7.18	7.19	7.19	7.19	

Zulhijjah 1430 / Muharam 1431

December 2009

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Hijriah	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Day	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
Imsak	4.41	4.42	4.42	4.42	4.43	4.43	4.43	4.44	4.44	4.45	4.45	4.46	4.46	4.47	4.47	4.47	4.48	4.48	4.49	4.49	4.50	4.50	4.51	4.51	4.52	4.52	4.53	4.53	4.54	4.54	4.55
Subuh	4.51	4.52	4.52	4.52	4.53	4.53	4.53	4.54	4.54	4.55	4.55	4.56	4.56	4.57	4.57	4.57	4.58	4.58	4.59	4.59	5.00	5.00	5.01	5.01	5.02	5.02	5.03	5.03	5.04	5.04	5.05
Syuruk	6.13	6.13	6.14	6.14	6.15	6.15	6.16	6.16	6.17	6.17	6.18	6.18	6.19	6.19	6.20	6.20	6.21	6.21	6.22	6.22	6.23	6.23	6.24	6.24	6.25	6.25	6.26	6.26	6.27	6.27	
Doha	6.38	6.38	6.39	6.39	6.40	6.40	6.41	6.41	6.42	6.42	6.43	6.43	6.44	6.44	6.45	6.45	6.46	6.46	6.47	6.47	6.48	6.48	6.49	6.49	6.50	6.50	6.51	6.51	6.52	6.52	6.53
Zohor	12.11	12.11	12.11	12.12	12.12	12.13	12.13	12.14	12.14	12.15	12.15	12.16	12.16	12.17	12.17	12.18	12.18	12.19	12.19	12.20	12.20	12.21	12.21	12.22	12.22	12.23	12.23	12.24	12.24	12.25	
Asar	3.33	3.33	3.33	3.34	3.34	3.35	3.35	3.35	3.36	3.36	3.37	3.37	3.38	3.38	3.39	3.39	3.40	3.40	3.41	3.41	3.42	3.42	3.43	3.43	3.44	3.44	3.45	3.45	3.46	3.46	3.46
Maghrib	6.05	6.06	6.06	6.06	6.07	6.07	6.08	6.08	6.08	6.09	6.09	6.10	6.10	6.10	6.11	6.11	6.12	6.12	6.13	6.13	6.14	6.14	6.15	6.15	6.16	6.16	6.17	6.17	6.18	6.18	6.19
Isyak	7.19	7.20	7.20	7.21	7.21	7.22	7.22	7.22	7.23	7.23	7.24	7.24	7.25	7.25	7.26	7.26	7.27	7.27	7.28	7.28	7.29	7.29	7.30	7.30	7.31	7.31	7.32	7.32	7.33	7.33	7.34

TRAVEL DIARY

A world of adventure and new experiences awaits you when you fly with **Royal Brunei Airlines**. Make your trip even more memorable with free flights, seat upgrades and other privileges when you become a member of **Royal Skies**, our frequent flyer programme.



MALAYSIA

Langkawi International Maritime & Aerospace (LIMA) Exhibition 2009

1 – 5 December, 2009

Since its inception in 1991, LIMA has become the premier destination for manufactures to promote the latest developments and innovations in the aerospace and maritime industries, targeting the Asia Pacific markets in defence, enforcement and civil sectors. With over 450 exhibitors from 24 countries and displays that exceed 70 vessels and 80 aircraft, LIMA not only allows industry players to clinch deals and peek into the next wave of technology, it also enables the general public to appreciate the technology of these aircraft and vessels.

www.lima2009.com.my



BRUNEI DARUSSALAM

Hari Raya Aidil Adha

27 November, 2009 (date subject to change due to lunar calendar)

Celebrated during the last month of the Muslim calendar, *Aidil Adha* commemorates the sacrifice undertaken by Prophet Abraham. Also called *Hari Raya Korban*, Muslims immerse themselves in spirituality and engage in charitable activities by donating meat to the poor specially for the festival. The festival is also known as *Hari Raya Haji* as Muslims the world over fulfill the *Hajj*, one of the tenets of Islam that requires Muslims to make a pilgrimage to Mecca at least once in their lifetime.

www.tourismbrunei.com



THAILAND

Thailand International Motor Expo 2009

2 – 13 December, 2009

"Driving... for Sustainability" is the unique proposition put forward by the 26th Thailand International Motor Expo 2009 in light of the global economic turmoil faced by the automobile industry in the past months. Hoping to rejuvenate the industry and recreate the excitement and sales, this expo will bring together some of the most renowned and recognisable automobile brands alongside new and upcoming names.

www.motorexpo.co.th



UNITED KINGDOM

Angels of Anarchy: Women Artists and Surrealism

November 2009 –
10 January, 2010

The first major exhibition of women artists and Surrealism to be held in Europe, *Angels of Anarchy* features over 100 artworks by 33

women artists like Frida Kahlo, Meret Oppenheim, Leonora Carrington and Lee Miller. The exhibition at the Manchester Art Gallery includes a selection of photographs of women artists by Lee Miller and Dora Maar, and a series of androgynous and theatrical self-portraits by Claude Cahun. The exhibition also presents a selection of ephemera such as poetry, books, photographs, letters and cards to illustrate the fascinating relationships between many of these Surrealist artists.

www.manchestergalleries.org



SINGAPORE

Beauty & the Beast

25 November – 19 December, 2009

The folks at Wild Rice are offering yet another modern installment on this all-time favourite fairy tale. Staged at the Drama Centre Theatre @ National Library Building, the tale unfolds with Big Boss Bong living with his three girls, Brandy, Desiree and his youngest, Beauty. Beauty later ends up in Beast's mansion where she encounters peculiar characters such as the nanny, Ah Ma Chow Chow, the excitable cook Baba Pongteh, and the sarcastic maid, Vacula Contessa. A real crowd pleaser, this pantomime musical comedy promises to be the most over-the-top, riotous and colourful staging yet.

www.wildrice.com.sg

SCOTLAND

Edinburgh's Hogmanay

Late December 2009 till early January 2010



Recognised all over the world as the place to herald in the New Year, Edinburgh's Hogmanay offers a diverse and vibrant celebration to over 100,000 partygoers from around the world. 'Hogmanay' is the Scots word for the last day of the year and is synonymous with the celebration of the New Year. However, the city gets into the swing of things early with a variety of events leading up to the biggest New Year's eve party ever. Highlights include the Torchlit Procession and Fire Festival, and the Night Afore International, a blend of entertainment that features the world's biggest *ceilidh*.

www.edinburghshogmanay.org

AUSTRALIA

Sydney's Banana Boat Bondi to Bronte Ocean Swim

6 December, 2009



The annual Bondi to Bronte Ocean Swim takes a course between the first two Surf Life Saving Clubs in the world.

Starting at the Bondi Rescue Lifeguard tower at Bondi Beach, swimmers head south around McKenzie's point and continue down the coast into Bronte Beach, a distance of 2.1 to 2.4kms. Attracting swimmers from all over the world, the event welcomes all age groups categories ranging from 12 year olds through to 65+, including the new flippers, fins, wetsuits and floaties group for those who want a little help around the course.

www.bonditobronte.com.au

HONG KONG

Hong Kong 2009 East Asian Games

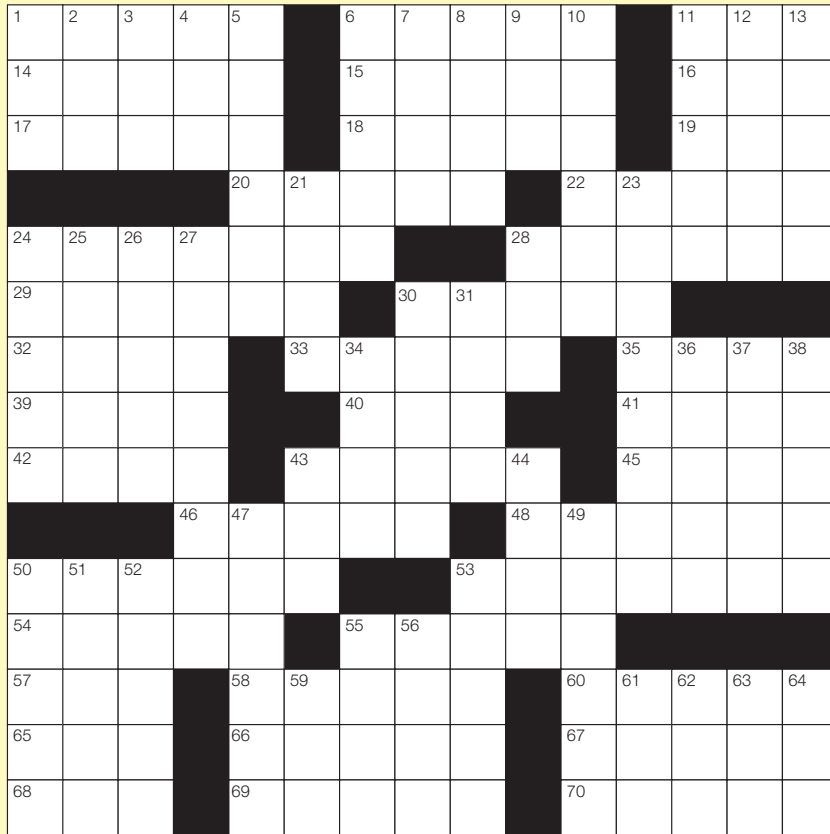
5 – 13 December, 2009

The 5th Hong Kong East Asian Games celebrates sporting excellence in over 262 competition events under 22 sports. Held once every four years, the event brings together athletes from China, Chinese Taipei, Macau, Japan, Mongolia, Guam, North Korea, South Korea and Hong Kong and is touted as an event that celebrates commonality and kinship of East Asia. This year's slogan is 'Be the Legend' and the mascots, Doni and Ami, are artistic representation of a lion and fire.

www.2009eastasiangames.hk



Crossword Puzzle



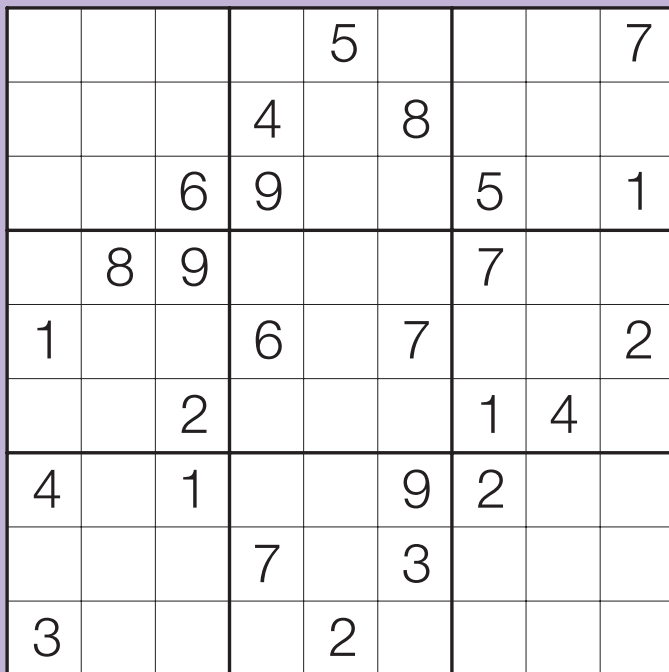
Across

- 1 German submarine
- 6 Lathered up
- 11 Cookin' g container
- 14 Japanese gateway
- 15 Inuit dwelling
- 16 Bambi's aunt
- 17 Large wave caused by tidal flow
- 18 Get to know
- 19 Hi-_____ monitor
- 20 Actor's parts
- 22 Failed to
- 24 Food store
- 28 Make bare
- 29 Cure
- 30 Opposite astarboard
- 32 Fall birthstone
- 33 Three-masted ship of the Mediterranean
- 35 Canadian gas brand
- 39 "Rule Britannia" composer
- 40 Bill's partner
- 41 Spoils
- 42 Film _____
- 43 Divert
- 45 Switch ending
- 46 Gold bar
- 48 Position, in Britain
- 50 Expert
- 53 See-through material
- 54 Cost
- 55 Sweet spongy yeast cake
- 57 Fam. reunion attendee
- 58 Magna _____
- 60 Thorny flowers
- 65 Chemical ending
- 66 Marner's creator
- 67 Lauder of cosmetics
- 68 Acapulco article
- 69 Mine excavation
- 70 Caterpillar rival

Down

- 1 Salt Lake City athlete
- 2 Anaconda
- 3 Assn.
- 4 Atmosphere
- 5 Set in layers
- 6 Absurd
- 7 Arch type
- 8 Exclamation to express sorrow
- 9 _____ favor
- 10 Over there
- 11 Lost in Paris?
- 12 Upright
- 13 Flavor
- 21 Large African antelope
- 23 Concern
- 24 Moan
- 25 Dupe
- 26 Muscat native
- 27 Cultivar of an edible stem
- 28 ER VIP
- 30 Close to
- 31 Drudge
- 34 Mimic
- 36 A bit, colloquially
- 37 European ermine
- 38 _____ Mio
- 43 Cpl.'s superior
- 44 Bloodsucking parasitic arachnid
- 47 Sisters' daughters
- 49 Approached
- 50 Month of showers
- 51 Hives
- 52 Rasping instruments
- 53 Become less intense, die off
- 55 Vigor
- 56 On
- 59 Cockpit abbr.
- 61 Sugar suffix
- 62 _____-Foy, Quebec
- 63 Always
- 64 Date

Sudoku



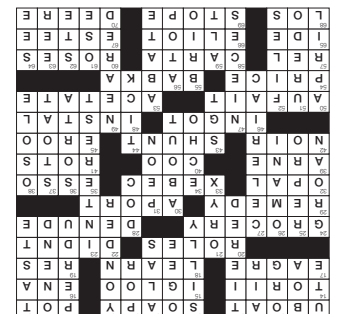
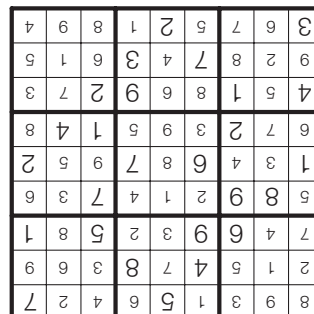
© 2009 sudokucollection.com

Toon Time

1. What is Mickey Mouse's shoe colour?
2. What is Bart Simpson's dog's name?
3. In *South Park*, which character dies every time?
4. In *Who Framed Roger Rabbit*, who provided the voice for Jessica Rabbit?
5. In *Thundercats*, what was Mumm-Ra's greatest weakness?
6. What creature is Spongebob Squarepants's best friend Patrick?
7. "Turtles fight with power!" was the battle cry for which toons?
8. The song *Hakuna Matata* was featured in which Disney movie?
9. Name the fat, orange cat with an acerbic tongue and was always hungry.
10. What relationship do Cow and Chicken share?

1. Yellow 2. Santa's Little Helper 3. Kenny 4. Kathleen Turner 5. He couldn't bear seeing his own reflection 6. Starfish 7. Teenage Mutant Ninja Turtles 8. The Lion King 9. Garfield 10. Brother and sister

Answers



Solutions



Dorchester *Collection*

The Dorchester

The Beverly Hills Hotel

Le Meurice

Hôtel Plaza Athénée

Hotel Principe di Savoia

The New York Palace

Hotel Bel-Air

London Paris Beverly Hills

Paris Milan New York Los Angeles

www.dorchestercollection.com

THE EMPIRE

Hotel & Country Club

escape invigorate rejuvenate



*Awarded 2nd Best Golf Resort in Asia by Asian Golf Monthly Awards 2008
Awarded 5th Best Golf Resort in Asia by Asian Golf Monthly Awards 2007
Awarded 6th Best Championship Course in Asia by Asian Golf Monthly 2007
Awarded 9th Best Destination in Asia by Asian Golf Monthly Awards 2007*

The Empire Hotel & Country Club, Negara Brunei Darussalam Tel: +673 241 8888 Fax: +673 241 8999
Email: info@theempirehotel.com www.theempirehotel.com

MEMBER OF
WORLDHOTELS
DELUXE COLLECTION