

CyberSpot

For love of food and travel

By GABEY GOH

THE pursuit of one's passion for travel and food is certainly an endeavour which requires, among many things, the perfect companion and an unquenchable desire to discover all there is of the world around us.

These are precisely the elements which drive Epicurienne (<http://epicurienne.wordpress.com/>), a native of New Zealand who now calls London home. Accompanied by Monsieur, her French fiancé who also shares her passions, the duo had many memorable moments during their visit to our shores, two years back.

"While we were there, I noted down every experience in my travel notebook. It's those jottings that form the basis for my Malaysia blog series, which a lot of people are enjoying – blogs provide the way to live vicariously," noted the budding writer, who holds a day job as an Office/HR manager for a large architectural firm.

Named after Epicurus, a philosopher of ancient Greece whose followers are inspired to live without pain or fear, visitors to Epicurienne's blog will get a chance to live vicariously through her travels in the form of enjoyable and informative posts, complete with stunning pictures.

How and when did you start to blog?

I'm a relative newbie to the world of blogging; I only started in February of this year and after a modest beginning, I'm now thrilled to say that Epicurienne has a regular readership with 1,200-1,500 hits per month and rising.

On July 14, the national holiday in France, I launched a second blog about life with a Frenchman and all things French. It's called "Frenchified" (<http://frenchified.wordpress.com>). Having studied French for most



"In Langkawi, Monsieur and I experienced some of the most astounding sunsets imaginable. It's as if the earth is on fire all around you, with a blaze of colour hanging in the sky and tinting everything in sight. It's impossible to describe in words, just that the intensity of such natural beauty makes you stop and think that the best things in life really are free."

Epic Postcard Moment



REPTILIAN ENCOUNTER: Getting close and personal with a cold-blooded native at Batu Caves

of my life, I am constantly amazed by how much there is still to learn about the French culture.

Has blogging changed your life?

Yes, blogging has definitely changed my life. It has enriched it greatly. I now belong to a local bloggers group and have learnt a lot through networking with them.

I also realise I'm part of a new community of friends around the globe, whom I'd never have known otherwise. Blogging has given me a new focus in life; a focus that allows me to indulge all of my interests.

If you had to choose one blog to read/comment/

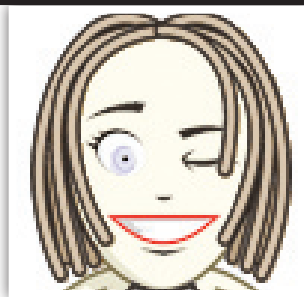
interact with, which would it be?

If I had to choose only one blog to interact with, it would be All The Dumb Things (<http://blog.allthedumbthings.com>). This blog is written by Australian, Razzbuffnik, and you never know what's going to pop up next.

Razz started his blog when his wife suggested he write down all the crazy adventures he's had in his life (some are really hair-raising!) and these tales appear alongside beautiful photography, recipes and heartfelt comments. Sometimes I feel as if I'm in their living room, that's how evocative this blog can be.

If there were someone you could influence to take up blogging, who would it be?

I'd love to read the Dalai Lama's blog, but he doesn't have one yet. He has a great website and there are plenty of followers of Tibetan Buddhism who write blogs, but



EPICURIENNE: Lover of travel and food

Got time? Must read these...

Compiled by SHEILA RAHMAN

If Rectums Could Talk

Product of the System

<http://unwantedcitizen.blogspot.com>

IT's funny how everyone seems to be speculating on the events that might have taken place in that posh Daman-sara condominium. Overnight, every Ahmad, Ah Chong and Muthu has suddenly become expert in criminal forensics and rectal examination.

PRODUCT OF THE SYSTEM

THINKING, THINKING

• Who wrote this: *His profile says "A Malaysian by birth, a Christian by conviction, a medical doctor by profession, a rebel by nature, a whistle-blower by choice." The good doctor gives an enlightening prognosis by various armchair 'ignoranus' (sic)*

Where Have All the Leaders Gone?

Borders

www.bordersstores.com/features/feature.jsp?file=wherehavealltheleadersgone

HAD Enough?

Am I the only guy in this country who's fed up with what's happening? Where the hell is our outrage? We should be screaming bloody murder. We've got a gang of clueless bozos steering our ship of state right over a cliff, we've got corporate gangsters stealing us blind, and we can't even clean up after a hurricane much less build a hybrid car. But instead of getting mad, everyone sits around and nods their heads when the politicians say, "Stay the course."

• Who wrote this: *You reckon this is written by a Malaysian? Guess again. It's by the great businessman and 'management guru' Lee Iacocca, with Catherine Whitney in his book of the same title published last year. Philanthropist Iacocca, now 83, is the former CEO of Chrysler and former president of Ford. The next line to this first chapter of his book reads: "Stay the course? You've got to be kidding. This is America, not the damned Titanic. I'll give you a sound bite: Throw the bums out!"*

Cycle1: Experiencing Pain

One Breast Bouncing

<http://onebreastbouncing.blogspot.com>

We meet here again. *Alhamdulillah*. With this Treo 650, I'm able to write without sitting down. I have been experiencing joint pains all over my body since yesterday. Moving around the house is quite difficult. Most of the time I just lie down and once a while stroking my feet trying to massage it with a hope I comfort and ease myself.

Breast cancer – and the road to Mecca



• Who wrote this: *A very much-loved blogger, there have been over 100 comments and outpouring of support and prayers from her blogging family – personal friends and total strangers – since her posting of her renewed battle with cancer and chemotherapy. Our very sharing and caring Raden Galoh was featured on this page exactly two month's ago on June 4. We are with you, dearest Dalilah.*

SPOTTED anything of interest in the big world out there that you would like to share with our readers? We'd love you to compass the way – just email the URL directions to: themail@gmail.com

Got a favourite recipe?

"Before I sign off, I'd just like to thank the Malay Mail for appreciating the importance of the Blogosphere and to ask your readers if they would send me their favourite Malaysian recipes... I love Malaysian food and would like to post the best recipes in a new Malaysia series."

Send your recipes to epicuriennemail@yahoo.com