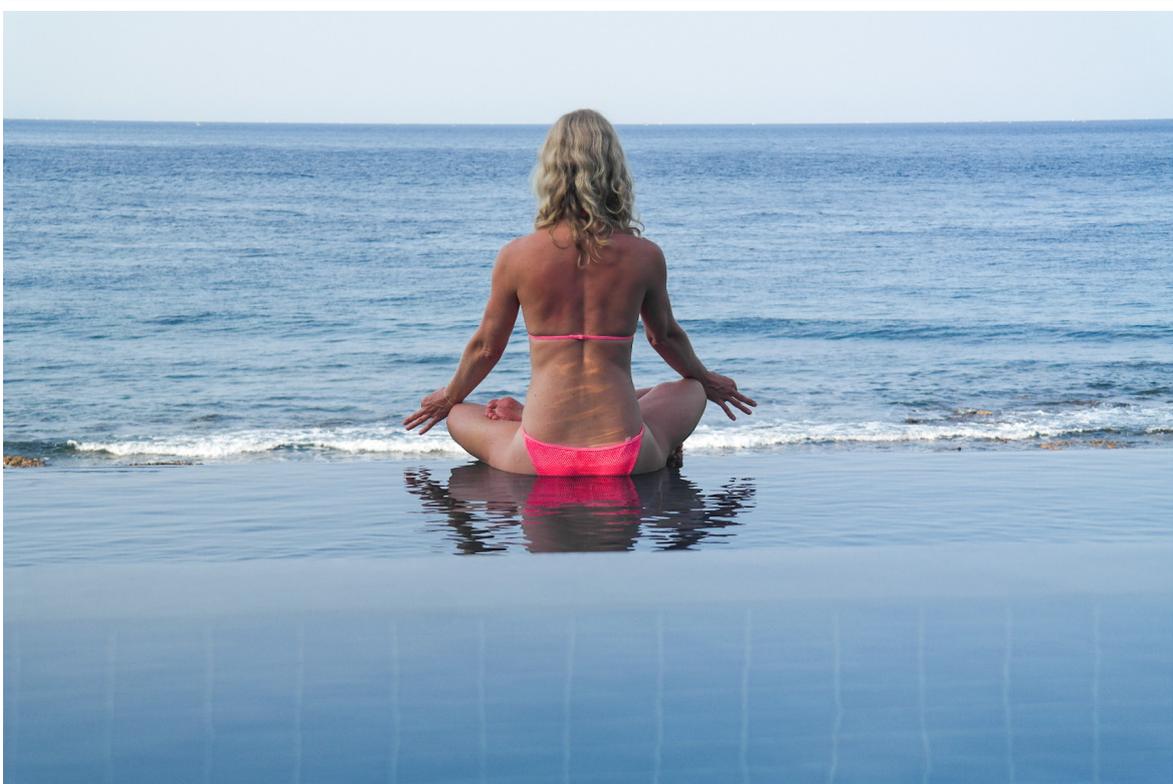




NEWSLETTER

October 2015

Amed, Bali



YOGA IS WHAT I CAN NOT NOT DO

Yoga-Teacher Marije

Marije was a corporate lawyer in Amsterdam, the Netherlands. She is now a well known yoga- teacher in the USA. A few times a year she flies to Bali to give a yoga retreat at "One world retreats", Ubud.

On her way she stayed some days in the Villa.

We heard that she belongs to the top in yoga,

So we interviewed her.



www.balivilla-bukitsegara.com



NEWSLETTER

YOGA IS WHAT I CAN NOT NOT DO

YOGA -TEACHER MARIJE



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Q: Marije, you must be very good in your profession since this Centre flies you in from the USA for 1 week and pays everything plus your fee! Especially because there are plenty of yoga teachers living in Ubud.

Marije: Yoga is my way of life and more. It is something I can not not do. And I want to be the best in what I do.

Q: How did you find your love for this yoga profession?

Marije: While studying Law and Ballet, I discovered Yoga. It became my passion, my purpose in life. (We noted that there is also one more passion hearing her talking with her husband Bill, an American pilot).

Q: Where did you do your yoga study?

Marije: I studied at the Kripalu Centre for yoga and Health in Massachusetts, USA.

Q: What makes you successful as a yoga teacher?

Marije: I am ambitious in what I do and I have the ability to understand my students.

Q: What is your opinion on Yoga? Is it something for western people who are stressed, have lost their religion and are in search of happiness? Can you imagine this Balinese fisherman (who just passed by on the sea in front of the Villa) would want to do yoga?

Marije: You have a point, but this fisherman is still closer to life and nature than many western people. Yoga could help him physically, for example, when he has a problem with his shoulders.

Q: So yoga is therapy for body and mind.

Marije: Yes, it's based on self inquiry.

Q: Do you think the Villa is a good place for yoga?

Marije: Yes, it's fantastic! Before sunrise I do my own practice here at the seaside. There is total silence and then there is the sun, rising from the mountains of Lombok. The Villa itself is the perfect accommodation for a small group. The service is personal and the healthy food from your garden is a great way to fuel the body.

Q: Well, let's organize a yoga retreat for 1 week next year in the Villa. You do the yoga, we will do the rest, for example, some sailing, sessions with our “home priest”, visit some inspiring places, or learn Balinese dancing.

Marije: Good idea, sounds like a fantastic week!

NEXT MONTH WE WILL PUBLISH IN OUR NEWSLETTER A PROGRAM FOR A WEEK “YOGA RETREAT – PLUS” IN VILLA BUKIT SEGARA.

If you are interested, please inform us. We would like to discuss our concept program with you.

See also...www.beyourownyoga.com or more info about Marije.



Our Ardana getting the honey

Inspired by professional cooks (recently MasterChef Bart van Berkel), we now have the ambition to become one of the best restaurants in the area. The rating of our guests for this year is 9.3 out of 10. This motivates us to keep learning and improving.

In addition to the help of professionals, we are blessed with exceptional natural conditions: a sea with fish in front of the villa, and a garden of 4000 m2 with vegetables and fruit fertilized using the compost of our 2 cows.

Now we even have our own honey!

We hung some pieces of old coconut trees in the garden, and the bees arrived on their own. Since they live in a paradise with thousands of different flowers, in return they give us honey with an amazing taste.

food:now
even honey
from own
garden

BREAD



It started with a problem: Good, fresh bread was not for sale. We did not want to serve guests stale toasted bread in the mornings.

As a solution, two years ago we started our own bakery with the help of BreadMaster Levine van Doorne. We then improved the process. Recently Monsieur Maxime has tested our bread. Maxime had a "Boulangerie" in Paris and recently started a bakery called "Daily Baguette" in Ubud, Bali. He commented:

"I cannot improve this, you found the secret of making perfect bread."

The secret is the time of the rising- longer is better! We make the dough in the afternoon, put it in a cooler and bake it early in the morning. Our night service man Ardana makes sure to bake it at 6 AM, so we have fresh bread at breakfast time. He is a busy man, he also harvests the honey!

NEWSLETTER



DUCK VS DOLONG: DUCK

Many guests choose our (villa raised) grilled duck. It was always very good, but now it's excellent thanks to the expertise of Master Bart. He suggested to hang the duck upside down for 2 or 3 days on a cool place before using it. Indeed, the taste has improved. Thank you Bart.

We did a test: Darren and Michelle with sons James and Blake (15,16 y.o) from Perth, Australia, ordered both duck and dolong- both prepared in the same way. The Result? The parents strongly preferred the duck (fantastic!), but the sons preferred the dolong. Perhaps this is because it looks more like chicken. Maybe children prefer what they already know and adults like a more special taste.

Also John Lethlean, Kate and Elisabeth had a dinner with duck and dolong. Their background (see interview) made us very curious about there judgement. Here it is: the taste of the duck is more specific, the dolong more like chicken. We prefer the duck- delicious!

WHO IS THE WINNER DOLONG

Even google cant help if you want to know what a dolong is. But we have them here on our property. Dulong is a kind of big duck familiar in Indonesia (see picture above). People say that the taste is even better than that of a duck. If you have the opportunity, try some for yourself!



NEWSLETTER

Tomato soup

At last an urgent question of Mr Klompenmaker from the Netherlands:

Dear Villa, I stayed with you a month ago and enjoyed your delicious food. Specifically, your tomato soup was amazing. You were so kind to invite me into your kitchen, I learned to make it and you even gave me the recipe. Now I tried to make it in the Netherlands. I followed your recipe exactly but the taste is wrong. What am I doing incorrectly?? Please help me, I miss the taste of your soup!

Our answer: Dear Mr Klompenmaker. The difference is the quality of the tomatoes.....

We are sorry to say but Dutch tomatoes are tasteless. Reason: The conditions of the growing, picking too early, transport and so on. There is only one solution, come back as soon as possible! The tomatoes we use are naturally grown and picked when they are dark red.

With kind regards, Hartelijke Groet, Kitchen Staff Villa Bukit Segara, Sery





NEWSLETTER

CRIMINAL ATTACK ON VILLA'S REPUTATION BEATEN OFF



tripadvisor

Somebody's TripAdvisor account was recently hacked and used to place a very negative review, in French, about the Villa. It was evident that it was fake, but how could we prove this and how would we get it removed?

The criminal who created the review made it easy: he mentioned that he stayed in the Villa last June. He also said he had contact with the owner...a terrible man of course. But the owner, Derk, was in the Netherlands at that time. Stamps on his passport could prove it.

With the help of Kate (a guest from Australia) we alarmed the fraud department of TripAdvisor. They checked the person whose account was hijacked. He immediately confirmed that he had nothing to do with this fake review and asked to remove it. Luckily, this was done by TA immediately.

In addition to that, on the same day another negative review was also published in French. It was a collection of lies written by a couple that had stayed in the Villa in October. To double the impact of their attack, they had also written the fake review. For that they hijacked someone else's account. In one day the Villa dropped 2 places in ranking.

TA removed this review also and put us back on top- where we belong.

In 2.5 years of operation this is our reviews result:

Excellent : 108

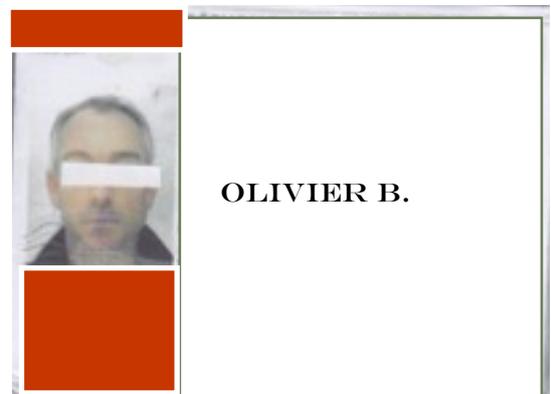
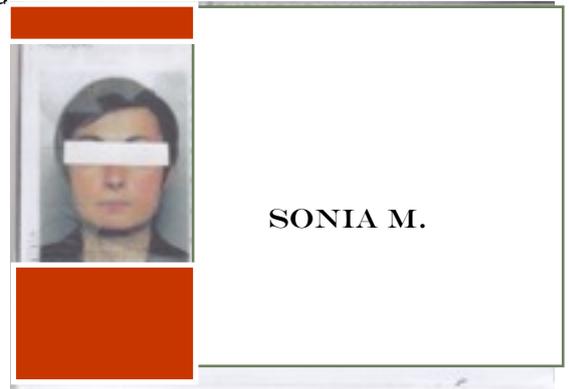
Very good : 9

Less than very good : 0

We are open for criticism and keep improving, but malicious or criminal attacks will be beaten off.

COMMITTED FRAUD

HIJACKED ACCOUNT
WROTE FAKE- REVIEW



NEWSLETTER

JOHN LETHLEAN AND KATE ON LIFESTYLE AND FOOD



On the picture
Kate, Derk, Putu foto
made by John

John Lethlean and Kate about lifestyle and food in the villa.

An interview with people who enjoy life.

John and Kate stayed 8 days in the Villa and enjoyed every moment of it.

Question: John, you had only been in the Villa one hour and you got yourself nearly drown in the sea..What happened?

John: Well, it was not that serious. After arriving I jumped in the sea and was swimming a few hundred meters to the buoy off the coast, but it was too far. I started to swim back but I couldn't pass the coral, it was not deep and there were strong waves.

Q: And then?

John: I was swimming and floating to the East, hoping to find a better place to go ashore.

Kate: Yes, I saw John far away and then he disappeared

Q: My God, you were shocked of course, what did you do?

Kate: I called Putu, he immediately ran over the rocks to find John, bringing a life jacket with him. He had found John already washed ashore.

Q: Kate, is John always doing these risky things?

Kate: Sometimes he is still a boy seeking adventure, for example driving on his motorbikes, falling of from his sailing boat, things like that.

Q: Did you have any injuries?

John: Just some scratches caused by the coral. But in the evening a Dutch dentist cleaned that.

Q: A dentist??

John: Yes, he happened to be in Bali that evening in the Villa, nice guy and very professional.

Q: John, you are an editor and journalist working for the "Australian", you are travelling all over the world. You have dinners in top restaurants 2,3 times a week (often together with Kate), you like driving your Triumph motorbike, and you like sailing. Why did you choose this quiet part of Bali, instead of, say, Seminyak?

John and Kate: We could do all the things we like to do here in a quiet, beautiful and personal environment. We were swimming in a clean sea with beautiful coral, we cooked with the staff, we rode motorbikes and even got to sail.

Q: About sailing....

John and Kate: Yes, we made spectacular sailing trips with the trimaran of the villa. We got up to 10 knots per hour. That's faster than last year with a Bavaria yacht in Thailand. This trimaran is a great machine and the combination of the jukung (fishermen's boat design) with modern rigging is unique.

Q: You were also sailing with a fisherman in his traditional jukung, not as a tourist but on your own. How was that?

John: Amazing, and winning the coming match of these fishermen is not a piece of cake, they are tough and experienced guys .
(Note: On Oktober 25 there is a match with 50 boats, 1 of them is the trimaran of the villa..See article elsewhere.)

Q: John, you are writing about food and Kate was a cooking pro.

Kate: John is also a excellent cook.

Q: You had your dinners in the Villa restaurant and outside. What was your experience?

John: Well there are good restaurants nearby and the Villa's restaurant is great, but we don't come to Amed to eat on Michelin level. So what better meal can you have than eating fish you caught yourself with friends in the beautiful ambiance of the villa?

Note: Fair chance to see John and Kate again next year. Together with owner Derk they are preparing a sailors week in the villa around May 2016...more news will follow.



NEWSLETTER

A DISAPPOINTING “SAILING” MATCH

Oktober 25 would be an important day for Amed: about 50 Jukung (fishermen's boats) would compete in the biggest sailing event ever in Amed.

One of them: the "Racing Jukung" of Villa Bukit Segara. Fishermen were buying new, huge sails and changed their boats, some were made longer and smaller.

The prices for the winners were high, and so were the bets. They spoke about the Villa's Racing Jukung with fear- it was the boat with the 2 sails.

It could even become worse for them, they had not yet seen our secret weapon: a huge genaker. We trained with John (experienced sailor from Australia). On the planned track there was a long part downwind- perfect for our genaker. Poor fishermen...

But on the day of the match there was hardly any wind! The day before Bf 4/5, the day after 3/4...

Here's what happened: The committee changed the track in a shorter one, good enough for paddling with a little sailing. We started but were passed by bodybuilders peddling like crazy. They can do that 2 hours full speed. Unfortunately we gave up, sailing is our passion, not paddling.

We have invited some of the competitors for a match when there is wind, we will keep you informed.



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