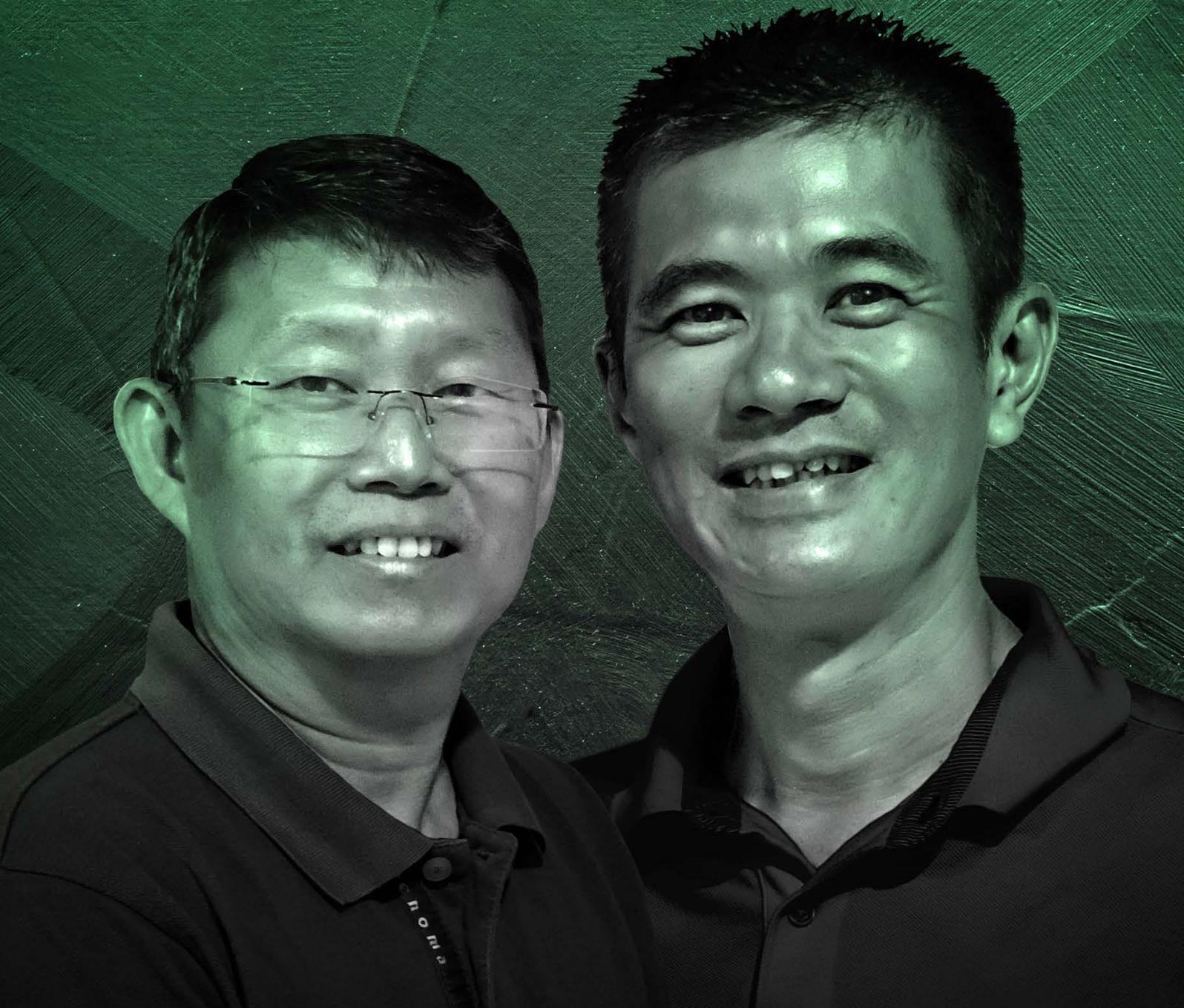


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CITi-ZEN

Living Life Large



KARUN HIJAU
LEADING THE WAY
ON RECYCLING


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Happy New Year Greetings to all CiTi-ZEN readers!

Welcome to 2020 and a new decade! Ringing in the New Year is always exciting and to do so to a new decade

is an added celebration we can decide on whether we want to define the decade ahead or to let it define us. At Ireka, our appetite for action will continue to grow and we expect the year ahead to be a busy one particularly as we progress towards completing the KaMi Mont' Kiara project and further develop on the Rimbun Kasia site. We will also be working hard on our new urban transportation business, Mobilus, which CiTi-ZEN will feature in its next issue for you to learn more about.

I am delighted this 52nd issue, the first for 2020 is featuring so many interesting individuals and their organizations. The one thing they have in common is being Malaysian pioneers, whether it is James Tan's solo circumnavigation around the World, Karun Hijau's unique recycling initiative or Kenex Kum's own brand of catering for the chronically ill. I know you will enjoy reading all about them.

I take this opportunity to (hopefully) be the first to wish you Gong Xi Fa Cai for the Year of the Rat and also to wish you a Happy 2020! May you continue to live life large!

Datuk Lai Voon Hon
 Group Managing Director
 Ireka Corporation Berhad

Karun Hijau Leading the Way on Recycling

Messages that we must act to save the environment make the headlines everyday and we talk of the environment more than ever before. Warnings of Arctic fires and closer to home, our smog filled towns and cities are stark reminders that we must act to save the environment. Teenage climate change activist and TIME Magazine Person of the Year, 2019, Greta Thunberg tells us bluntly, "We can't just continue living as if there is no tomorrow, because there will be no tomorrow. That is all we are saying." The message is a simple one - for every fraction of a degree that temperatures increase, the problems of world drought will worsen, thus pushing people into extreme poverty. According to TIME Magazine, "This is not fear-mongering; this is science."

We all know what is to come if we don't protect the environment and care for our common home. In fact, caring for the environment is everyone's baby and recycling warriors, Karun Hijau, Malaysia's leading digital recycling platform are championing an eco-friendly lifestyle for Malaysians, encouraging us to realize that the effects of recycling waste can make a positive impact on the environment and everyone benefits in the long term. Their mission could not be simpler, that is, to reduce recyclables going to landfill sites through education about effective separation and recycling logistics.

Founder **Handson Tan**, who is also a licensed Independent Financial Adviser, decided to set up Karun Hijau after volunteering at a recycling event in 2014 where he found that waste and recyclable separation was still an undeveloped concept despite there being the National 3R (Recycle, Reuse and Reduce) campaign in Malaysia for the last 26 years. Karun Hijau formally



launched in July 2016 buoyed by the Waste Segregation Enforcement Act in June 2016. Handson was joined by **Auvy Goh** who advises on hardware issues in electrical and electronic waste for E-waste Green Action. Together they run Karun Hijau which provides a complete recycling service for private households, property management companies, corporations, hotels, education establishments, factories, shopping malls and NGOs.

Why does recycling matter?

There are many well-rehearsed reasons for recycling. Recycling is one of the best ways to have a positive impact on the world in which we live because waste such as harmful chemicals and greenhouse gasses are released from rubbish in landfill sites. Malaysia is still very dependent on landfills as the main method of waste disposal, according to Professor Agamuthu Pariatamby from the Center for Research in Waste Management, Institute of Biological Sciences, University of Malaya (November, 2017). Landfill sites are filling up fast in Malaysia and in fact, they are one of the major causes of toxic gas emissions such as methane. It goes without saying this causes great harm and damage to the environment. The amount of waste we create is increasing all the time and especially the amount of waste that isn't biodegradable. Recycling therefore helps to reduce pollution caused by waste. Poor enforcement is a



KARUN HIJAU

Our Vision

Make household recycling FUN, VALUE and INNOVATIVE through gamification and point reward system.

Our Mission

We lead responsible citizen by reducing recyclables go to landfills through effective separation education and efficient recycling logistic to our green users and partners.

Household Proper Waste Separation

- 1 Do separate your recyclables and packed in condition of DRY, CLEAN, SAFE and EASY HANDLE.
- 2 Members can drop the recyclables in our carbon store or engage our City Ranger Network for pick up service.

Reduce Carbon Emission Ways of Lifestyle

- 1 We reward your green effort through our Green Point Reward System.
- 2 Green Point can redeem for voucher or green items.
- 3 Register Now with your email and mobile phone to entitle your Green Point Reward.

For Pick Up Service, please follow the **EASY 5 STEPS**

WHAT WE COLLECT

PAPER	• Newspaper, Cardboard, Black & White Paper, Book, Magazine, Shredded Paper, Mixed Paper, Beverage Cartons.
PLASTIC	• Mineral Water Bottle, Plastic Bottle, Plastic Toy, Plastic Container, Plastic Bag, Plastic Waste Product.
E-WASTE	• Full Set CPU, Scrap CPU, Monitor (LCD/CRT), Cable, Wires, Adapter, Toner, Cartridge, Keyboard, Mouse, Printer, Scanner, Mother Board, RAM, DVD Rom Power Supply, Cellphone, CD/DVD, All Kind Of Scrap Electrical Products, Dry-cell Battery, CFL Bulb, etc.
OTHERS	• Food can, Aluminium Can, Glass Bottle, Clothes, Textile, Bag, Shoes & Umbrella.

www.karunhijau.com

Karun Hijau Recycling & Carbon Store
Karun Hijau Carbon Store - Books

key contributor to not recycling responsibly in Malaysia which is why the rate of recycling is only around 28% compared to over 60% in Germany and Singapore. Neighbouring Thailand's rate currently stands at around 40%.

Why the name Karun Hijau?

Karun means treasure and Hijau means green or nature in Malay. So Karun Hijau translates as nature's treasure. Handson says that the name is chosen in Bahasa to remind everyone that they are proud Malaysians. The green and brown logo is the colour of leaves and tea trunks, thus representing credibility and integrity.

The Karun Hijau team is passionate about recycling and work hard to seek innovative ways to recycling. According to Handson, "The recycling industry tends to be traditional with trading in recycling as the main mindset. People sell their recyclables to recycling traders who will keep the valuable items and the rest like plastic bottles are discarded, usually onto landfill sites or worse still, dumped irresponsibly." Even if individuals go through the trouble of separating their waste, they are often disappointed that

their separated waste is dumped altogether into the waste truck thus squandering their effort. Another motivating factor for the Karun Hijau team is the stark statistic that Malaysia creates 40,000 tons of waste everyday that ends up in landfills, about 25% of which are recyclable (e.g. paper, plastics etc). Handson and his team therefore came up with an alternative - digitalized form of recycling with a reward based system which they have been refining and expanding since their inception in 2016.

How does it work at Karun Hijau?

Karun Hijau provides a convenient, doorstep pick-up service for registered users (via email or mobile phones) and members are rewarded for their green effort through the Green Points Reward System. Points amassed can be redeemed for e-vouchers from participating merchants like online bookstore, Bookurve or green items such as upcycled bags (see below for explanation). They couldn't have made it any easier to change behavior on waste management! For example, Karun Hijau work with condo managers to agree collection dates and venues for the year

ahead so all residents need do is to bring out their recyclables. For an extra cost, Karun Hijau will help with education on waste separation.

So what happens to the waste collected from households and companies? It is important to stress from the outset that food waste management is not accepted by Karun Hijau as they just focus on solid waste. Clothes collected are given out to communities and organizations who might need them to re-use. Handson talks of the "upcycling" process where items like jeans, buttons, leather car seat covers, for instance are remodelled into bags or shoes that are sold online. This concept is gaining popularity and Karun Hijau has plans to unite and organize the growing "upcycling" community to share expertise. Some may call this "waste to wealth" or simply giving new life to recycled items. Children's books are also often re-used. For e-waste such as computers, printers etc, Karun Hijau will collect these and they work with a licensed partner who disposes of these items responsibly. Computer screens for instance contain lead and LCDs screens contain mercury – both are toxic, so it's important to keep this inside the monitor and out of landfill sites.

EWASTE GREEN ACTION

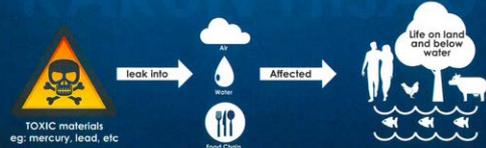
A Green Partner Program with Companies for making a safer, cleaner and greener environment and responsible community!

What is E-waste?

E-Waste is a short form about electronic and electrical waste. According to Global Ewaste Monitor Report 2017 : In Malaysia, there are **280,000 tonnes** of ewaste **NOT COLLECTED** after consumed.

E-WASTE IS ANOTHER FAST GROWING POLLUTION AFTER PLASTIC. (Never last for more than 1 million years)

How harmful is E-waste?



WE NEED YOUR GREEN ACTION TO ACHIEVE SUSTAINABLE DEVELOPMENT GOALS TOGETHER

Let's join our Green Partner Program now for Sustainable Environment, Social and Business Model



For enquiries: Please email to admin@karunjaiu.com or whatsapp to 016-2165870.

More info @ ega.karunjaiu.com

Authorised E-waste collector by DOE Approved Company (License No. 001452 & No. 001438)

Green4Good

Pay2Pick Services

Responsible Citizen always understand that Recycling Is Never A Free Cost. They always select **Pay2Pick** series of services that help to reduce recyclables end up in landfills



Pay2Recycle



Pay2Clear



Pay2Move



Pay2Clean

3 Easy steps to order Pay2Pick

- Step 1** Register as GREEN USER @ member.karunjaiu.com via email or mobile phone number.
- Step 2** Upload photos of recyclables, provide time, date and location to pickup. Then email to admin@karunjaiu.com or whatsapp to 016-2165870.
- Step 3** Make payment and pending for pickup confirmation. Your green efforts will be rewarded with Green Points (GP).



Thank you for your support
karunjaiu.com/pick-up-service

The Pay2Pick service offered is where Karun Hijau will dispose of unwanted items that cannot be recycled or “upcycled” to legal sites where a fee is usually charged. The most common items that people recycle are paper, plastic, clothes, metal, e-waste and furniture.

Most interestingly, the main Karun Hijau customers are millennials as they have grown up in an era of increasing environmental awareness and environmental education is often a given, therefore there is a better acceptance of the implications of inaction.

People get to hear about Karun Hijau largely through social media (Google, FaceBook, YouTube, WhatsApp), digital marketing, events and the ever trusted, word-of-mouth. Karun Hijau is working hard to encourage corporate users to participate in the Green Partner Programme to assist them to meet their Sustainable Development Goals with tailor-made initiatives and improve their sustainable credentials. One idea is for companies to establish Green Committees to oversee the delivery of these goals.

Karun Hijau also has a major education programme because

the team is adamant, not surprisingly, that it all starts with children. They produced a user-friendly recycling manual in various languages to provide information and to help people differentiate between what can and cannot be recycled. Karun Hijau is a regular visitor to schools and universities, raising awareness with students and answering their questions. The Green Ranger Support programme sends out well-trained teams to lead on waste and recyclable separation, including running education workshops when requested to do so. In the year ahead, Karun Hijau has plans to partner property managers to offer talks on recycling to residents because most recyclables are generated by individual households.

Karun Hijau has already made its mark:

- 195,000 kg of recyclables are being circulated and prevented from entering landfills and/or incinerators.
- 351,000 Green Points credited to Green Users and ready for re-circulation.
- 370,000 kg greenhouse gas emissions prevented.

What next?

The Karun Hijau service is currently focused in the Klang Valley area but plans are well underway to establish a service in Penang by 2020. The team spend hours working on new recycling apps and they are getting closer to their vision of getting the message far and wide through an online recycling game that will be fun for all.

The Karun Hijau team is very enthusiastic and passionate about recycling; the digital recycling platform they have created is a leader in the recycling field. . The truth is we all need to get into the habit of using less stuff in the first place, and the things we do use should be reused as much as possible before being recycled to minimise waste This is essential for the future of our planet and it has to start with us! This is at the core of Karun Hijau's message.

For more information on Karun Hijau contact **Handson Tan** on handsontan@karunjaiu.com

To register as green user or check the accumulated points, please visit member@karunjaiu.com

The Sky's Not Quite The Limit!



Captain James Tan at 28 years old has had more experiences than most people would in a lifetime – and this is no exaggeration! He has flown around the World and been recognised in the Guinness Book of Records for this achievement (more on this later); has established a learning academy and is also a joint-venture partner in a successful interior design business.

His dyslexia was never a crutch and in fact, with the help of family, it propelled James to bigger and better things. His education suffered at a mainstream school because at the time, no one understood how to support children with dyslexia. James was, in his own words, “left to rot and always punished because I did not understand anything I was taught!” James’ mother (whom he adores and admires) rescued him from mainstream school and the combination of home teaching and attending the Persatuan Dyslexia Malaysia based in Ampang eventually led James to seeking out his dream to be a pilot, gaining his qualifications

from the Western Australian Aviation College (WAAC), Perth. Through her experience of James’s dyslexia, his mother became an educator herself, achieving a Masters in Special Education.

Together, they set up a learning academy, Star Vista Education, almost 3 years ago for 130 students in Kajang on the outskirts of Kuala Lumpur. Children as young as 3 years old attend and study there up to “O” Levels. James’ speaks confidently and passionately about the holistic education offered because it is his way of “giving back” to society. He is proud of the indoor swimming pool and the range of education offered including Robotics. As well as the demanding responsibility of running a learning establishment, James works equally as hard at the interior design company, he and his brother-in-law have been partners in since 2015.



Flying Adventures

Flying is however, James’ absolute passion and this is what singles him out. His dream was always to be a pilot –he lived both in the USA and UK for over 5 years as a private jet pilot. In the UK, he gained experience as a safety pilot, who is basically the First Officer of a private aircraft. A

safety pilot sites and ensures the safe operation of the aircraft. In the USA, as a fresh graduate, he gained knowledge and expertise on circumnavigation and piloting. James got paid in food and learning time. He describes this time as a privilege because he was “standing on the shoulders of aviation giants”. He went on to say, “I will always be grateful that they trusted me with their time and knowledge.” Today James holds pilot licenses around the World (Australia, Malaysia, USA and UK) – an achievement indeed.

Most exciting for James was learning all about “bush flying” which he did in Alaska and Africa. In Alaska, he learned not only how to land on water but to also repair an aircraft knee-deep in water! His mentor was a veteran pilot who did not hesitate to offer James every opportunity to learn about different aspects of flying.

In 2013, James set a new World record as the youngest pilot (at age 21) to fly solo around the World in a single-engine Cessna 210 Eagle plane through 21 countries and achieving 25,600 in 50 days. It took James about 18 months to prepare for this adventure. He is today recognised in the Guinness Book of Records for this amazing achievement.



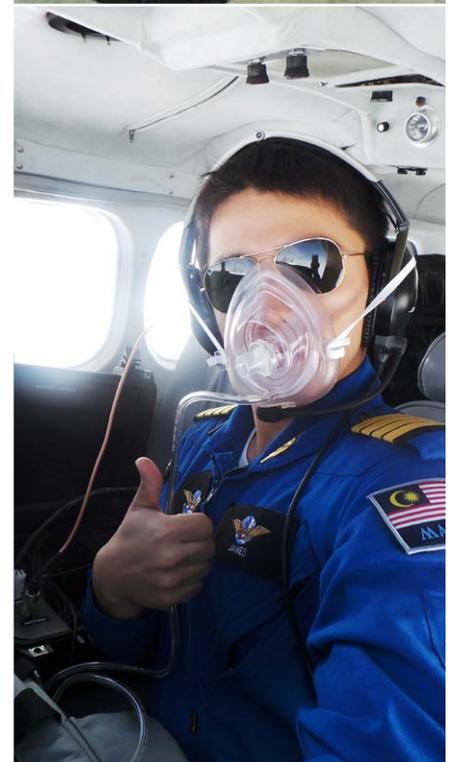
The preparation for such an adventure required not only physical fitness but also consideration of the logistics limitations such as wars, airspace restrictions, geographical restrictions (speed, height, weather, terrain), etc. James would have to call ahead of time to arrange for clearance to enter airways and there was no margin for error or delays. According to James, "A one-day delay may actually turn out to be much longer due to entry restrictions into different countries. India, for example, takes 2 weeks to get entry clearance (which is only for 24 hours) and if you miss this you have to reapply to ensure entry (2 weeks hence). Other logistics could be fuel for a small aircraft, for example, which along the Polynesian islands can take up to 2 months to arrange!"

James' physical training was conducted with the Royal Malaysian Air Force (RMAF) where he was trained to handle Hypoxia (lack of oxygen) which was a big concern because he would be flying at 23,000 feet most of the time for less fuel consumption but this meant that the oxygen level would be limited and his aircraft was as James' describes, "an old thing"!

For survival training, in case the aircraft had to land in water, the Special Forces took a boat out into the sea at Lumut and threw James in, wearing full Arctic gear! There was also jungle training in case the aircraft crashed there and in America, James was taught to make an igloo and trained for blizzard landings and white-outs. Of course for James, he took all this in his stride and saw the experiences as being great fun! When asked about mental training James declared, "I had none. I was taken by destiny and at the end of the journey, I slept for a month!"

More to Come.....

What was humbling during the interview with James is that all these achievements and amazing experiences pale into insignificance because to him, his family is everything – his parents, sisters, brother-in-law and fiancé, Vivienne. He commented, throughout how lucky he is to have his family and could not be prouder of each of them. This is the perfect place to press the pause button and we look forward to seeing more achievements from James in the future. Of this we can be sure!



Nilai Old Town Beautification Project

The Nilai Town Council (Majlis Perbandaran Nilai – MPN) invited Ireka to participate in the “Wall Street Art” Nilai Town Beautification Project which we were proud to do so. The objective is to invite developers with projects in the area to participate in an initiative to paint murals on a stretch of shop house walls in the old town area. Ireka’s Rimbun Kasia development is in the Nilai district.

The professionally drawn murals are expected to beautify and give a fresh look to the area. The Council has plans to publicise the area after completion of the murals with a media launch of the works (jointly with the Ministry of Tourism) to coincide with Visit Malaysia 2020. Nilai is the local authority that Ireka’s Rimbun Kasia development is sited in.



Taib bin Abdul Razak, aka **Taib Aur**, was commissioned to produce the Ireka mural which had a Malaysian cultural theme of 3 young girls celebrating their festivals. The beautiful piece of wall art was praised by both Ireka’s management and Nilai Council for its vibrancy and theme.



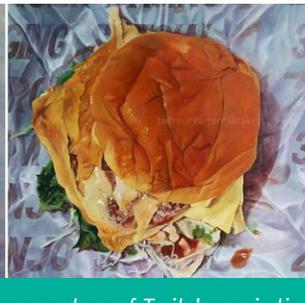
A Potted History.....

Graduating from Politeknik Johor Bahru with a Diploma in Industrial Design in 2002, Taib found work at Grand Banks Yachts (M) Sdn. Bhd. as a designer in the R&D department starting as a draughtsman and finished as executive designer when he left in 2009. He seriously started drawing in 2006 where he tutored under an experienced portrait painter, Ismail Attan. In 2007, Taib started a souvenir and painting business at Plaza Seni, Johor Bahru and eventually in 2016, he moved to Kuala Terengganu to open an art shop in Pulau Duyon, Kuala Terengganu where he continues to work from this base.





Examples of Taib's murals



Examples of Taib's paintings



Getting into Mural Art

Initially Taib's preferred medium of art was portraiture and water colour paintings. His first commission for a piece of mural work came in 2014 and he has not looked back since. Taib's clients are a varied bunch from business owners, government agencies, local authorities, hospitals and private corporations.

Most of the murals are sited around Johor and Terengganu. The largest mural in Terengganu is at the Payang Market parking lot. In Johor, there are two murals that are special to Taib – one is a joint mural in the Petronas program (#tanahairku 2015) and the other is at the Laman Pesona, Kluang (Kluang Charming Site) by the Majlis Perbandaran Kluang where the mural celebrates the arrival of the Sultan of Johor during the Kembara Mahkota Johor (Crown Prince's Journey). Nilai is the first place Taib created his mural work outside Johor and Terengganu.

Artistic Style

Taib derives inspiration and learns from a spectrum of artists but he is clear not to imitate them because he wants to have his own style. For murals, Taib prefers to highlight local Malaysian culture. Mural is an art for the public and Taib wants visitors who come from outside the area to know the local culture through the murals he creates. He sees mural art as a performance because the public get to see the work as it is being created. This, according to Taib, is a powerful way of communicating with the public because there will always be a reaction, good or otherwise.

What is Next?

Taib admits that he is never satisfied and loves the challenge of keeping up with changing art trends. He says sagely, "The trend of murals will change. Who knows, maybe in the future sculptures or other trends will become trendy. As a painter, I have to be always alert and ready to meet what's in demand."

For more information on **Kedai Aur**, contact **Taib** on **017-71903599**

Facebook : Kedai Aur
Instagram : kedai_aur



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KOPITIAM NEWS!

The i-ZEN & zenZ Community Page

Delicious Offerings From SOUL SOCIETY GROUP



Sapna Anand brings the tastes of Goa to the Golden Triangle



“Access to fresh seafood from the Arabian sea and influences from Muslim and Portuguese cuisines have evolved Goan food from a traditionally Hindu fare to the melting pot it is today. The one constant over centuries of growth is that the tropical region’s cuisine has always been centred around intense flavours and spices. So, stop by for a visit and live life with a little spice.” said Chef Sapna Anand at the launch of the restaurant.

Further establishing her rule as the “The Queen of Spice”, Chef Sapna Anand recently launched “Goa by Sapna Anand” at The Ascott in Kuala Lumpur, in collaboration with the SOUL Society Group. The launch will see this multitasking chef cum cookbook author cum TV Host introduce Malaysia to the unique flavours of her home, Goa.

“Goa by Sapna Anand” aims to transport Malaysians to the laidback, carefree state of Goa, known for its beaches, nightlife and contemporary culture. The dining experience promises to be a trip for all five senses, bringing together a cornucopia of regional flavour profiles and the casual, airy aesthetics of Goa brought to life with contemporary art pieces and interior design inspired by the eclectic state. The biodiverse flora and fauna of Goa have formed a unique cuisine in which local spices are ubiquitous in all dishes, from the seafood for which it is famed, to even desserts and everything in between.



"Goa by Sapna Anand" will feature classic Goan dishes such as the Rava Seafood Fry, which offers a medley of fresh seafood delicately coated in spices and crusted in semolina; the Goan Masala Chicken marinated in a Goan red spiced paste; the Panaji Fish Parcel, inspired by the most popular fish market in Panaji, the capital city of Goa; the Konkani Ghee Roast Chicken Tortillas, which is a dish that originates from Kundapur, a coastal town in the state of Karnataka; and the Goan Beef Vindalho, derived from a dish the Portuguese first brought to India in the 15th Century.

Born and raised in Goa, "The Queen of Spice" is no stranger to the eclectic flavours which characterize the region's cuisine. Apart from being the host of the popular cooking show "Fast Indian Cooking with Sapna" and the author of numerous cookbooks, Anand also has her own line of premium spice blends made up of Goan spices to complement any professional chef's or home cook's arsenal.



Her travels and experiences have influenced the way she sees and cooks the food she grew up with, allowing Sapna to elevate timeless Goan taste profiles with modern techniques and her own blend of spices at "Goa by Sapna Anand."

About Goa by Sapna Anand

Goa, a name that speaks of a kaleidoscopic blend of cultures, sweetened with sun, sea, sand, seafood and spirituality. In the local context, Goa by Sapna Anand is a dining experience housed in the prestigious Ascott Kuala Lumpur at the heart of the Golden Triangle.

Here you will dine on Celebrity Chef Sapna Anand's carefully curated menu, a veritable feast for the senses! Sapna, who has authored her own cookbooks and hosts her own cooking show on the Asian Food Channel, deftly puts her signature on time honoured recipes and adds a modern touch without compromising on the authenticity of taste. The Queen of Spice will make your palate dance with her vibrant use of herbs and spices.

Goa by Sapna Anand is helmed by the SOUL Society group that comprises other iconic outlets such as SOULed OUT, WIP, Tujo and Hubba.

Goa by Sapna Anand

Ascott Kuala Lumpur, 9, Jalan Pinang
Kuala Lumpur, Malaysia

t : 012-210 3055

e : hello@goakl.com.my

w : <http://www.goakl.com.my>

Great Times with Family & Friends at Hubba Mont Kiara!

The ever-cosy ambience at **Hubba Mont Kiara** is conducive for friends and family seeking a respite amongst the hustle and bustle of metropolitan Kuala Lumpur. Here you will feel like you are at a home away from home as we welcome you by name. Open daily from 11am till late, it boasts a simple but cheerful interior brimming with aromas of delicious food which beckons you to sink into your seat with a smile.

Start your Hubba experience with our **Hubba O’Clock deal**. Daily till 7pm, you can enjoy an ice-cold Carlsberg beer or red / white house pour wine or selected Mojito flavours for a mere RM11 per glass. Perfect to while away the time with your besties. Complement this with a delicious range of pizzas and you’re all set for a couple of hours. Delight in our Seafood Pizza.....laden with salmon, prawns, crabstick, mussels, cheddar, mozzarella and oregano, this scrumptious pizza will leave tummies happy.



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RM11 per glass

- Carlsberg mug
- House pour red or white wine (110ml)
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Or if you prefer something meaty, order the Pepperoni, a classic that’s beloved by all. Ours has a sprinkling of basil leaves that gives it that extra zing with every bite. Apart from pizza, we have a great mix of Western, Asian, Sandwiches and you may also customise your own salad! Friendly and personable service is just the icing on the cake, so swing by for a dose of Hubba warmth.

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Website : www.hubba.asia

Business Hours :
Mondays - Saturdays : 11am till closing

Let The 'Ong' Flow This Coming Chinese New Year!

Be sure to visit your closest SOULed OUT outlet for a taste of tradition, where everyone is invited to celebrate the auspicious and prosperous Year of the Rat. The popular neighbourhood haunt will be pulling out all the stops to commemorate Chinese New Year across all its outlets with traditionally themed food and beverage promotions until 8th February 2020. During this period, families will get the chance to 'Loh Sang' with friends and enjoy attractive and varied 'Yee Sang' deals!

Not forgetting the SOULed OUT brand's own tradition of serving up hearty portions of delicious food that bring people back for more, plus the Chinese New Year cocktail of the month, the Mandarin Orange Mojito, will be featured into our famous Mojito Trio whereby you can purchase 3 mojitos for the price of RM 60++.

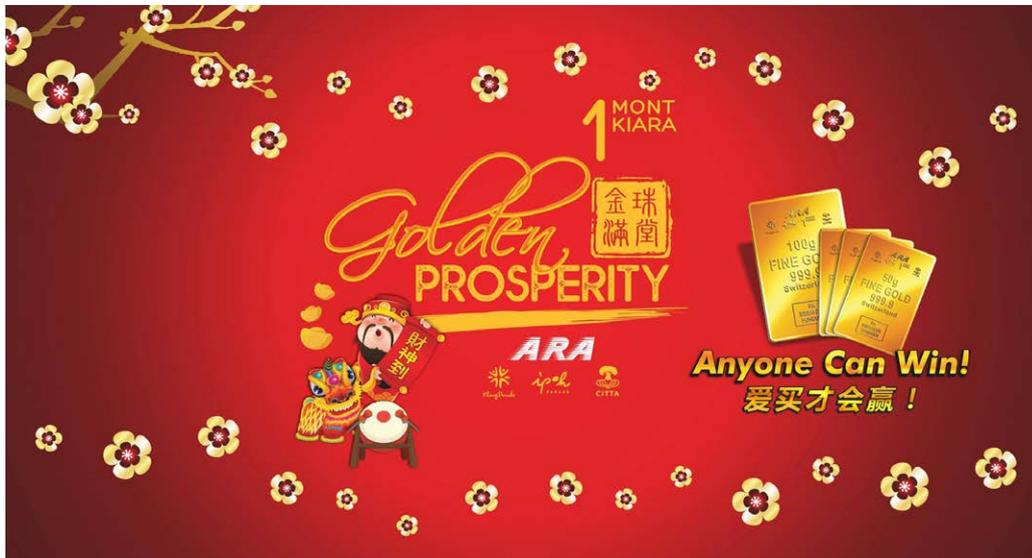


And what's Chinese New Year without a loud celebration? In keeping with tradition, SOULed OUT will host its annual Chinese New Year Celebration in a spectacular fashion and everyone is welcome to share in the tradition and togetherness. Start off with our Giant Loh Sang, be awed by the Acrobatic Lion Dance performance, meet The God of Prosperity, be entertained by various Chinese acts, boogie with our SO Gaya Dancers and of course end the night with the very loud Firecrackers and Fireworks. SOULed OUT in Hartamas hosts this much anticipated soiree on Sunday 2 February.

Our Ampang and Bangsar South outlets will run their celebrations on 1st and 7th February respectively and programmes / acts may differ.

KOPITIAM NEWS!

1 Mont Kiara welcomes the first quarter of 2020 with exciting activities



Kuala Lumpur, 9 December – The first quarter of 2020 will be an exciting time for 1 Mont Kiara, as the mall is set with a myriad of fun and engaging activities catered to its local and international shoppers.

In celebration of Chinese New Year, the mall will kick start its much-anticipated Golden Prosperity campaign that is slated for 30 December 2019 until 9 February 2020. The campaign, which involves the participation of 1 Mont Kiara and its sister malls, namely CITTA Mall, Klang Parade and Ipoh Parade will reward top spenders with attractive prizes and redemptions, while its grand prize winner will walk away with a 10g Gold Bar worth more than RM20,000.

Apart from this, shoppers can look forward to a series of traditional performances throughout the month-long festive celebration. Among them include the Acrobatic and Traditional Lion Dance, Prosperity Drum Performance, Kung Fu Show, Juggling Show, Diabolo performance and a Chinese Musical Recital incorporating traditional musical instruments such as the Guzheng and Erhu.

A Best Dressed Contest for children theming around the festive celebration will be held in conjunction with the February Playtime that falls on 1 st and 2 nd February. Special highlights for the weekend also include a Calligraphy Art Workshop and a Paper Fan Brush Painting Workshop. Come 1 March 2020, Mont Kiara will embark on a Go-Green Campaign to promote environmental awareness and sustainability amongst the public. During the campaign period, shoppers who drop by the mall can take part in several eco-friendly related workshops such as the Plant-a-Tree workshop, DIY upcycle workshop



and a Terrarium-Making workshop using recycled materials. Join the Earth Hour movement with 1 Mont Kiara on 28 March and be entertained by several interesting performances held in the dark, some of which include the LED Diabolo performance, a magic show and an LED Lion Dance.

For the full schedule and further updates on these events, follow **1 Mont Kiara's Facebook** page at <https://www.facebook.com/1montkiara/>

KOPITIAM NEWS!

NEW TENANTS UPDATE

1 Mont Kiara welcomes 4 new tenants recently. They are:-



1. Chiropractic First Group (The Spine & Nerve Clinic)

Lot No: L1-11 (First Floor)
Business Hours: 10:00am - 8:30pm (Daily)
Contact Number: 03-64199599

Founded in 2000, Chiropractic First is a group of specialist clinics focusing on the spine and nerves. They are the leading and most trusted chiropractic group with over 20 clinics in Singapore, UK, Malaysia and China. All doctors at Chiropractic First are qualified and highly trained chiropractors from USA, UK, Canada, Australia, New Zealand and Malaysia. Chiropractic First Group is committed to fostering a healthy, drug-free society by providing natural chiropractic care and wellness solution.



2. DO Arena

Lot No: Level 3, Rooftop
Business Hours: 6:00am - 12:00pm (daily)
Contact Number: 011-26112838

This first futsal court in Mont Kiara boasts of an artificial turf with shock pads, a covered roof, safety padding around the perimeter walls/columns and industrial-grade fans. Founded by Kim Do Hyun, a former Korean national player, it serves as a football academy for players under the age of 17, as well as a futsal court for rent.

Looking for an event space to host birthday parties and such? Look no further than DO Arena!



3. Ramen Setagaya

Lot No: L1-02 (First Floor)
Business Hours: 10:00am to 10:00pm (Daily)
Contact Number: 03-62117882

Ramen Setagaya is committed to making ramen a beloved inexpensive dish among people around the world. The famous Ramen Setagaya takes pride in its carefully processed ramen noodles and its incomparable housemade broth. Each day, the chefs in Ramen Setagaya work passionately to bring customers delicious ramen with the very best broth. At long last, the famous Ramen Setagaya is in Malaysia. Now everybody can enjoy this delicious ramen here in 1 Mont Kiara!



4. Apros Eyecare

Lot No: L1-06 (First Floor)
Business Hours: 10:00am to 10:00pm (Daily)
Contact Number: 017-8629052 / 019-2671936

Apros Eyecare's friendly eye experts always provide the best consultation for your vision. Its sophisticated eye test can even identify cataracts.

Find the perfect frame, sunglasses & contact lenses at Apros Eyecare! At Apros Eyecare, shoppers will be spoilt for choice as there are over 1,000 collections of frames and glasses from over 20 brands to choose from. Its exclusive branded eyewear include A Bathing Ape, MCM, Dan (Japan handmade) and more.

KOPITIAM NEWS!

Consider your Healthy Meal Plan Headaches Sorted- Lifestyle Kitchen Lab

Sticking to a healthy lifestyle can be a hassle. It's hard enough to find the time or energy for exercising or staying healthy, let alone prepping food and cooking it. We are not being lazy, just.....time-poor! A good alternative is to use a healthy food delivery service direct to your door.



Kenex Kum (*right*) describes herself as a Food Experimentalist but the former events director and her business partner, **Ashima** (*left*) (Nutrition Consultant and Yoga Instructor) are a dynamic duo whose ethos is about eating right. Their catering company, Lifestyle Kitchen Lab provides the solution to home-delivered wholesome meals. Also on offer is nutritional advice and thus tailor-made meals are created for their clients. Lifestyle Kitchen Lab started off focusing on weight management meal plans but increasingly their clientele are people with chronic diseases such as diabetes, high cholesterol or cancer.

In the beginning...

It all started with Kenex herself because she was advised by the doctor to lead a different lifestyle for her health and so from 2011, Kenex started "eating clean" which meant cooking without food additives or colouring, cutting out processed foods, cooking at home and eating out much less. She learnt to cook and experimented with food such as mixing her own multi-grain rice which today, Lifestyle Lab is known for. Soon after, Kenex's Dad was diagnosed with cancer in 2016, and taking her "eating clean" experience to the next stage, she worked with a dietitian to produce wholesome meals for her dad, saving him from a diet of liquidised meals!

The idea to set up Lifestyle Kitchen Lab then snowballed because a friend then asked Kenex to prepare food for weight loss. Thus, Lifestyle Kitchen Lab was launched! In 2018 together with Ashima, they moved to premises in Desa Seri Hartamas, Kuala Lumpur to a kitchen where they can cook the food and continue to experiment in.

The Lifestyle Kitchen Lab Way



The "Lab" in their title is precisely that. Kenex and Asima say that their vision is to create, "A cooking laboratory that combines culinary instruction using healthy wholesome ingredients, nutrition education, exercise, mindfulness and personalized health coaching." The chef-like image in the logo, indicates Lifestyle Kitchen Lab being the chef or you being your own chef through cooking lessons where clients are taught to cook from scratch using basic ingredients. Cooking is made easy with simplified recipes for healthy tasting food and dietetic information is also included as part of it. This means getting the appropriate meal plans and diet that suits you. Kenex refers to this as the "Teaching Kitchen" concept.

The holistic element in their philosophy is the ability to also do Yoga to complement the healthy eating - for healthy living. The people who have taken this up have found the Yoga useful for stress and pain management particularly for patients with cancer, those with chronic health conditions or highly stressed professionals.

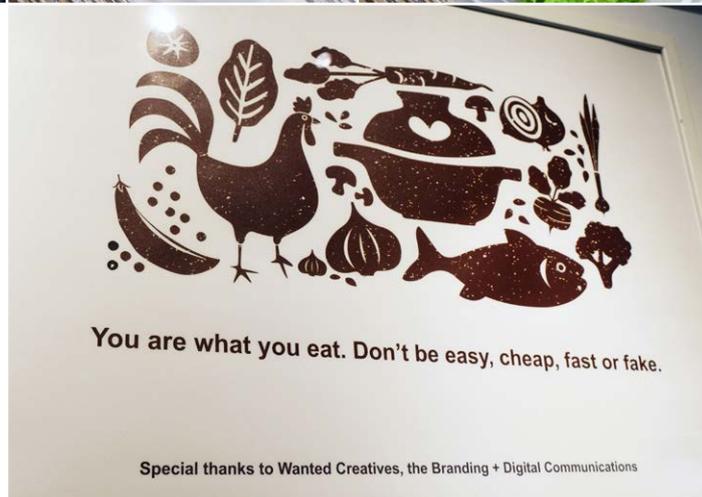


Talking about the food...

Kenex does all the cooking herself and in fact, insists on this because she is then in control of the ingredients going into the food. Everything is home-made, even the Kimchi. Kenex makes multi-grain Chinese dumplings and bakes flourless cakes for her clients. Not even Stevia is used because this is processed thus adding more toxins to the diet so either Gula Melaka (palm sugar) or fruits are used to sweeten.

Many of Kenex's clients have chronic conditions so eating well is paramount because good nutrition is necessary to get better. Everything is measured so that there is not too much or too little potassium or magnesium in the diet, for instance. Some clients require a little more salt in the diet whilst those on weight management programmes do not as salt encourages water retention. Fresh food like meat is not ordered in bulk because everything provided has to be as fresh as possible. The thing about having this form of tailor-made food delivery is that you get just the right amount of food, meaning that there is minimal to no waste.

Thank goodness Kenex is passionate about cooking and food creation. Knowing that you are going to have healthy food delivered and having fun experimenting with new dishes you would never think to cook on your own is a bonus as far as I am concerned, not to mention having your meal plan headaches sorted!



Where do they deliver?

The catchment areas, for the moment, are Mont' Kiara, Bangsar, KLCC and everywhere up to Sunway.

For more information on **Lifestyle Kitchen Lab**, contact **Kenex Kum** on **019 730 2906** or visit **FB** fan page, **Lifestyle Kitchen Lab**.

i is for Ireka

Founded in 1967, Ireka Corporation Berhad's current focus is mainly on three core businesses: Infrastructure, Real Estate and Technologies.

Its distinguished infrastructure portfolio developed over a 52-year track record includes the construction of the Kuala Lumpur International Airport runway, sections of the Kuala Lumpur Middle-Ring Road II and North-South Expressway, Putrajaya Government Administrative Offices, OCBC Head Office, Wisma AIG, DiGi Head Office (D'House), Technology Park Malaysia, The Westin Kuala Lumpur and Aloft KL Sentral. The Group also previously developed and managed The Westin Kuala Lumpur and Aloft KL Sentral, both are the winners of multiple regional and international awards.

Within its Real Estate business, Ireka initiated the listing of a property company, Aseana Properties Limited ('Aseana'), on the London Stock Exchange on 5 April 2007, to undertake

property development activities in Malaysia and Vietnam.

Ireka also created the much celebrated i-ZEN brand of luxury properties, continuing to raise the bar for contemporary high end designs in our developments, striving to meet the needs of our customers at all times so that they can live in homes they desire. The essence of i-ZEN is embodied in the 6S philosophies of Style, Service, Security, Sophistication, Soul, and Sustainability. These are demonstrated in its portfolio of properties.

In Malaysia, i-Zen's portfolio includes Sandakan Harbour Mall and the recently opened The RuMa Hotel and Residences in Kuala Lumpur City Centre.

Ireka's current projects under construction include Dwi @ Rimbun Kasia, KaMi Mont' Kiara and ASTA Enterprise Park in Kajang. Some of the completed projects undertaken include SENI Mont' Kiara,

Kiaraville and Tiffani by i-ZEN, 1 Mont' Kiara, i-ZEN @ Villa Aseana, I i-ZEN @ Kiara I, i-ZEN @ Kiara II, Luyang Perdana and Sandakan Harbour Square (Phase 1 & 2).

In Vietnam, the development is the City International Hospital, a flagship project of the International Healthcare Park (Binh Tan District), which formally opened in January 2014.

In 2003, Ireka's Technologies arm, i-Tech Network Solutions Sdn Bhd (i-Tech') was set up as a systems integration and networking company, offering customized IT infrastructure solutions and outsource services. From there, i-Tech expanded to provide co-location services, disaster recovery services, hyper-converged infrastructure, and managed services in Malaysia and Vietnam.

In late 2016, iTech, with its extensive knowledge in IT consultancy services, moved into the Cloud Service as a Cloud Service Provider.

by
i-ZEN
Life, styled.

An  **IREKA** concept

The i-ZEN brand is founded on and driven by six basic principles that ensure customers' highest expectations are met.

STYLE
EACH i-ZEN DEVELOPMENT EMBODIES AN EXTRAORDINARILY HIGH STANDARD OF CONTEMPORARY STYLE. NOT MERELY IN TERMS OF AESTHETICS BUT ALSO IN THE WAY IT IS CONGRUENT WITH FORM AND FUNCTION.

SERVICE
i-ZEN OPERATES TO THE HIGHEST STANDARDS, BENCHMARKING ITSELF AGAINST THE FINEST TO EXCEED THE EXPECTATIONS OF CLIENTS AND STAKEHOLDERS IN THE HOSPITALITY AND PROPERTY INDUSTRIES.

SECURITY
AS SECURITY IS OUR TOPMOST PRIORITY, ALL SYSTEMS AND PROCEDURES ARE ROUTINELY MAINTAINED, UPGRADED AND TESTED TO ENSURE COMFORT AND PEACE OF MIND FOR ALL.

SOPHISTICATION
IN SYNERGY WITH STYLE, i-ZEN INCORPORATES CUTTING-EDGE INNOVATION AND TECHNOLOGY TO INTRODUCE EASE AND EFFORTLESSNESS INTO EVERY ASPECT OF THE i-ZEN LIFESTYLE.

SOUL
SOUL LIES AT THE VERY HEART OF EVERY i-ZEN DEVELOPMENT. THIS ENCOMPASSES A STRONG SENSE OF BELONGING, PRIDE OF PLACE, AND IDENTITY AS A COMMUNITY - WHICH IS ACHIEVED WITH THE FULFILMENT OF THE OTHER ESSENCES.

SUSTAINABILITY
THROUGH INNOVATIVE TECHNOLOGY AND DESIGN, i-ZEN ENDEAVOURS TO STYLE LIFE THAT EMBRACES ENVIRONMENTAL CONSERVATION WITH SUSTAINABILITY IN MIND. i-ZEN SEEKS TO MEET THE NEEDS OF THE PRESENT WITHOUT COMPROMISING ON THE NEED OF OUR FUTURE GENERATIONS.