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CITi-ZEN

Living Life Large



David Chin

**MODERN
MALAYSIAN
MAESTRO
STRIKING THE
RIGHT NOTE!**


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Greetings CiTi-ZEN Readers!

I know this is an oft-repeated statement, but time really does fly especially when you are busy. We will soon be greeting in a new year and it feels like my feet have hardly touched the ground

this year! Ireka has been busy with its KaMi Mont' Kiara, Dwi@Rimbun Kasia and ASTA Enterprise Park projects, as well as enjoying seeing The RuMa Hotel become a popular gathering place for travellers and locals.

This is CiTi-ZEN's 51st issue which is an achievement in itself. (We started in 2008!) Check out our articles in this issue about a sustainable forest in Kuala Lumpur, the growth of sports therapy; and after you are done, enjoy reading all about Dr. David Chin, Malaysian maestro with a passion for classical music and who created Bachfest Malaysia in tribute to seventeenth century German composer, Johann Sebastian Bach.

Finally, I am delighted to announce that the sixth and last in the series of YouTube RuMa videos entitled "Home" is now available for viewing. This video draws together both the Hotel and Residences, with RuMa's distinguished address and both entities offering a sanctuary from the busy-ness of bustling KLCC. It is somewhere for everyone who either visits or lives there to call Home!

<https://www.youtube.com/watch?v=6BQEaXNhiMw>

Happy Reading and Enjoy Living Life Large!

Datuk Lai Voon Hon
 Group Managing Director
 Ireka Corporation Berhad

Modern Malaysian Maestro Striking The Right Note!



The image of a maestro is that of someone who is autocratic, serious - and old! Award-winning **David Chin** is the epitome of the 21st century maestro - dynamic, articulate, exuberant and, above all, young! He is very passionate about the music of seventeenth century German composer, Johann Sebastian Bach - so much so that David started Bachfest Malaysia in 2015 to promote the music of Bach in Malaysia and beyond. To understand this passion, we need to start at the beginning.

Music in his veins

David is a KL boy who grew up in both Taman Tun and Shah Alam; and attended high school in Klang. He took a year off after high school to contemplate on what's next for him. He knew that it would be something around music (an ambition he has had since being 15) but he was not clear on its direction. In the time off, he conducted his Lutheran Church Choir which David had been doing since he was 16 to fill a vacant post. Incidentally, there is a Lutheran connection with Bach which David was not aware of as a teenager because the great composer was not on the scene then.

Even with being able to compose music and play the piano, drums, synthesizer and guitar, the path to David's musical career was not immediately evident to him. Then he was introduced to some oratorios (large musical composition for orchestra, choir and soloists) which put everything into place for David. This drew David into the world of classical music and his light bulb moment began to take shape, leading David to graduate from Liberty University, Virginia. He holds a Bachelor of Music Degree (Magna Cum Laude) in Choral and

Piano Performance from Liberty University and was awarded both Outstanding Music Student and Keyboard Student of the Year.

Life in the USA

This led David to receiving a full scholarship to attend the Eastman School of Music, University of Rochester, long regarded as one of the world's premiere schools of music. After his 2 year Masters course at Eastman, he remained in the USA to teach, conducting in a local college for the princely sum of USD5,000 a year but he

received a lot of support from local friends and through this experience, David quickly learnt the art of fundraising! David knew that remaining in the USA, would enable him to learn everything he could about every aspect of classical music, gain plenty of podium time conducting and be able to organize concerts. He was promoted the following year and thereafter started his doctorate at Eastman which he completed with distinction in 2017, holding both the Doctoral of Musical Arts and Master of Music Degrees. David proudly proclaims that one of the secrets of his success are his





parents who have remained his constant supporters throughout. Even today, they are his roadies, transporting instruments and equipment to all the Group's performances; and they are his biggest fans!

The Passion for Music Continues

There is nothing foreboding about David and I found him to be disconcertingly humble! David has musical accomplishments as long as your arm but at the end of the day, he is all about, in his own words, "discovering the composers' intention and philosophy by analysing the structures and elements in their compositions, and trying to make the notes on the sheet music come to life. Musical gestures can mean so much, even without words. I am always very eager to share my discoveries with anyone who is interested to hear them."

I experienced this first-hand at the Group's recent concert on Bach's Cantatas, performed in PJ Old Town, where David broke off from conducting to explain the

musical sections in crystal clear layman's terms, telling stories that demystified the cantatas – treating everyone with respect. He spoke in both Chinese and English to ensure maximum audience appreciation.

David is described as one of the rising conductors and musical leaders in the new generation of globe-trotting musicians. Not only is he Artistic Director for the Hong Kong Bach Festival, the Bachfest Malaysia and the East Malaysia Bach Cantata Singers and Orchestra, he is also Principal Conductor of the Association of Toronto Chinese Evangelical Church Musicians in Canada and was appointed as the Assistant Professor of Choral Music at the University of Minnesota, USA, and the visiting Professor in Choral Music at Bucknell University, Pennsylvania, USA.

David's passion for classical music, particularly J S Bach is apparent as he sings, during the interview, a few notes from one of Bach's most celebrated works, St Matthew's Passion, to illustrate to me the depth to the notes. I loved it!

Bachfest Malaysia

In 2015, David founded Bachfest Malaysia (Malaysia Bach Festival) in commemoration of Bach's 330th birthday anniversary and their first concert was the premier performance of St John Passion in Malaysia. As its Artistic Director, David is clear that Bachfest Malaysia is here, not only to promote the music of J S Bach (and other great composers), but also to create excellent music-making opportunities to enrich the musical lives of fellow Malaysians. David built up the Group by inviting people to join him when he went to concerts and keeping his ear to the ground for talented musicians. All the members of Bachfest Malaysia are either themselves music graduates or working towards it. They are very accomplished musicians, 24 of them are conductors and almost 100% Malaysian.

Concert master Bernice, for example, is also a tenured violinist with the Royal Opera House, Sweden and 3 group members have even built a harpsichord (the first harpsichord to be built in

Malaysia) because they wanted to make this instrument accessible to the public.

David is very animated when he talks about the Group, crediting them with the hard work, passion and drive to bring Bach's music to Malaysians. He beautifully describes them and the music

minority interest. That is why, now more than in the past, everyone involved has to work extra-hard to make the music, in this case, Bach's music, an artistic success. Because when it works, everyone reaps the rewards.

Bachfest Malaysia's high playing standards have finally gained

4 get to perform in St Thomas Church and Bachfest Malaysia is one. It is the highest honour and we are ready for this!"

Even arriving at this point was serendipitous for David. He visited the international Bach festival in 2018 without a ticket for any of the concerts and went to the



they play, "The spirit of unity in the Group is a great experience because no one ego outshines. Bach's music is humbling and so if we don't perform in this way, we are not getting the message across and the audience will feel it."

They say that the public's experience of the music is through the personality of the maestro and David's artistic vision, charisma and humility in equal measure was there to inspire. Classical music has always been and always will be a

recognition – the Group has been invited to perform in Germany in 2020, the home of Bach! The 95th Bach Festival (yearly international event for Bach aficionados to celebrate his music and that of the Bach family) will in June 2020 be held in Leipzig, Germany. Bachfest Malaysia has not only been invited to Leipzig, but to perform in St Thomas Church where J S Bach was musical director from 1723 until his death in 1750. According to David, "Bachfest Leipzig chose 40 Groups to perform, and from this, only

box office on the off chance that he might be lucky. Two sets of premium tickets for entrance to all 10 concerts were returned which David did not hesitate to purchase. At one of the concerts, he sat next to the Director of the entire Festival, introduced him to Bachfest Malaysia and the rest is history!

More Please!

Bachfest Malaysia has already performed 8 concerts in 2019 and more is promised around the country, in part to fundraise for their trip to Leipzig. Finding the right venue is critical because all that practice will be wasted if the sound is dead! I, for one, am looking forward to hearing more from the Group because for me, Bachfest Malaysia's musicology, their insight of interpretation and the power of their performance is a "WOW"!

For more information visit their website on www.bachfestmalaysia.com





A Bit of History

The site was actually home to British Officers during the colonial era and after independence, the homes were then inhabited by Malaysian government officials. What remains of these residences are now concrete slabs which can be seen along the trails. A madrasah (school for Islamic instruction) and 4 Hindu shrines built to cater for those who also used to live in the area, are also part of the forest today. However, in keeping to the principle of not displacing current residents, Khazanah is rebuilding a bigger and more enhanced Surau-Jumaat and Hindu Temple within the site.

The palm oil trees in the forest are believed to be original, brought in by the British colonials in the 1870s who introduced the palm oil seeds from West Africa to plant for ornamental purposes!

Working Together for the Future



Taman Tugu is today a thriving enterprise and Project Manager, **Mienal Hussin** (ex- Management Consultant turned conservation activist) is the first to admit that this is not a one-organisation-show. The MNS, the Forest Research Institute of Malaysia (FRIM), DBKL (City Council), and many other environmental NGOs, are firm partners in the Taman Tugu vision because they are passionate about forest regeneration and understand that it takes collective effort to re-create this special place. Arborists have identified trees indigenous to Malaysia – Jelutong, Tembusu and Pulai trees among others– and planted over

4,000 trees of which 1,000 are considered to be endangered or critically endangered by the International Union for the Conservation of Nature (IUCN). One of the criteria in selecting the trees to be planted is the type of fauna they will attract. An increase in fauna will enhance the biodiversity of the site and promote the ecosystem including natural pollination. The project is also looking at planting plants that will repel mosquitoes and those that will attract dragonflies because they feast on mosquitoes!

The Trails

The trails are open daily to the public from 7am to 6.30pm, and there is no admission charge. The trails are also carefully built so that none of the tagged trees are compromised. By 2020, the Taman Tugu project intends to open more trails and will have about 7km of forest trails for the public to enjoy.

These are walking trails and running is not encouraged because it can hurt the tree roots which will eventually cause them to die. Dog walking is also not allowed because this excites the resident monkeys and can be dangerous. In other words, having domestic and wild animals in the same vicinity is not a good mix!





Activities

Since the forest opened in 2018, some 60,000 visitors have been to either walk the trails or take part in the project's many education programmes and largely free activities. Every week, there are free yoga called Flowga and zumba classes held at Taman Tugu.

On Saturdays, the Free Tree Society offer those interested, planting and composting classes.

Periodically, there is the River Scientist project in partnership with the Global Environment Centre to teach people about healthy rivers, river life and to learn how to keep our rivers clean.

The Malaysian Cave and Karst Society will soon be organizing sessions to do bat studies because forests and caves are interconnected.

Various arts programmes have also debuted in Taman Tugu – initiative using leaves, stones and sticks to create art; the Human Library project which invites members of the public to share stories (so far they have had an ex-military officer, zero waster practitioner, documentary maker, cancer survivor and refugees), Jungle Classrooms with Tatana Roots, and recently, a photo exhibition along the trails showcasing the indigenous Bateq community from Taman Negara.

Taman Tugu partnered the Elders of our Forest Group to tell the story of how the Bateq community who today continue to make the forest their home where they can find everything they need, such as food, medicines and clothes in the forest.

Volunteers Programme

The Taman Tugu Project is also expanding its volunteer programme to engage the public in habitat restoration. Volunteers help with the different activities and eventually the project is looking at training volunteers to be trail guides.

Preserving for the Nation

This ambitious project can be proud of what it has achieved to date. Not only is the ecosystem slowly changing with birds and insects attracted back to the area, but those responsible for this special public green space feel that the forest is worth protecting and want it to be so into perpetuity for everyone to enjoy. We hope that Taman Tugu will stand long after our time!

For more information and details of future activities, please email greenscene@tamantuguproject.com.my.

Alternatively, visit tamantuguproject.com.my or follow Friends of Taman Tugu on Facebook or Instagram for the latest updates and activities.

#friendsoftamantugu | tamantuguproject.com.my



What's Happening @ Taman Tugu this October...

Wed, 2 October	6.00pm – 7.00pm	Zumba Rimba
Sat, 5 October	10.00am - 11.00am	Flowga @ Taman Tugu Nursery
	4.00pm - 6.00pm	TT FTS Nature Education Programme*
Sun, 6 October	09.30am – 12.00pm	Taman Tugu Human Library
Wed, 9 October	6.00pm – 7.00pm	Zumba Rimba
Sat, 12 October	09.30am – 11.30am	Love No Waste: Composting, Eco-Enzyme & Candle Making Workshop**
	10.00am - 11.00am	Flowga @ Taman Tugu Nursery
	4.00pm - 6.00pm	TT FTS Nature Education Programme*
Sun. 13 October	09.30am – 11.30am	Kids Fight Plastic Workshop**
Wed, 16 October	6.00pm – 7.00pm	Zumba Rimba
Sat, 19 October	07.30am – 12.30pm	TAMAN TUGU ECO DAY
Sun, 20 October	09.30am – 10.30am	Halloween Spooky Paint Session**
Wed, 23 October	6.00pm – 7.00pm	Zumba Rimba
Sat, 26 October	10.00am - 11.00am	Flowga @ Taman Tugu Nursery
	4.00pm - 6.00pm	TT FTS Nature Education Programme*

**Registration required, activity is free of charge*

***Registration required, fees apply*

Unless indicated, activity is free and no registration needed (just walk in ☺)

Please follow Friends of Taman Tugu on Facebook/ Instagram for more details of each activity or email greenscene@tamantuguproject.com.my

Rehamed Therapy Keeping Injuries At Bay

Introduction

The United States Bureau of Labor Statistics in August 2018 claimed that sports therapy is one occupation group that is projected to have the fastest employment growth in the next 10 years. The reasons for this are twofold:

- People are today generally interested in health, fitness and prevention, as well as maintaining physical activity to improve health. Sports related injuries will more likely occur in an active population, old and young, especially those involved in high-impact sports and movement (e.g. triathlons, tennis, running etc.) resulting in the need to restore injured joints, prevent or manage injuries.
- Modern medicine means that we are living longer, and surviving serious illnesses and injuries are probable in the most part. Old age also brings aches and pains and ensuring a healthy life requires exercise and we have an ageing population that is increasingly active (even athletic). Therefore managing pain and rehabilitation therapies are growing in demand.



Why Sports Therapy?

Joerg Teichman was a national athlete for Germany (in pole vaulting and track & field) and when he was injured, he received treatment from the best physiotherapists to enable him to compete again. Even back then, he wanted this facility to be available to everyone, professionals and otherwise, who received injuries through playing a sport or during exercise. Thus began Joerg's interest in functional therapy, biomechanics

and generally learning about how the body works. At Leipzig University in Germany, Joerg studied sports science and sports rehabilitation, graduating in 1994. He quickly realized the benefits of physical therapy and sports therapy:

- Pain management with reduced need for medication
- Avoiding surgery
- Improved mobility and movement
- Recovery from injury, trauma, stroke or paralysis
- Fall prevention and improved balance
- Strengthening specific parts of the body and muscles

Building Success in Malaysia

Whilst working for the Bavaria Clinic Centre of Excellence Leipzig, Germany as a sports therapist in 1997, Joerg received a call from Rebound Asia (international recruitment and sourcing organization), who were seeking therapists from around the world to work for the Commonwealth Games, Malaysia. He arrived into Kuala Lumpur in 1997 and has lived here ever since.





Incidentally, both Angela and Datuk Charles were past patients and such is their trust in Joerg's expertise that they wanted to partner Joerg in Rehamed Therapy. The key to success in this profession is motivation, determination and love of sports – for Joerg, it is football and today, he continues to kick-around regularly with this team, the Malaysian Grasshoppers.

Rehamed Therapy Centre

Joerg worked for Rebound Asia, treating Malaysian athletes, until the end of the Commonwealth Games in 1998. He was also a part-time trainer for Malaysian high-jumper, Loo Kum Zee. Joerg spent 21 years working for the National Sports Institute (Institut Sukan Negara) as a therapist, leading operations of the organization's Rehabilitation & Reconditioning Centre. His expert skills have led him to treat numerous national athletes like World No 1 squash champion, Datuk Nicol David and two time Olympic medalist diver, Pandalela Rinong. The list of success stories are in fact endless!

In 2018, determined once again that sports injury treatments should be available to everyone, coupled with the rise of the "fitness wave" as he described it, Joerg teamed up with long-time friend and fellow German, Angela Burchardt and former editor of The Star newspaper, Dato Charles to set up Rehamed Therapy, a recently opened physiotherapy and rehabilitation centre in UOA Business Park, Shah Alam. Joerg's vision is for the centre to be accessible to non-athletes too and more importantly, to raise awareness on the importance of maintaining joint strength through prevention and rehabilitation.

First impression upon entering the Centre is the bank of German state-of-the-art diagnostic and training machines fitted with chip cards to record patients' data and progress at the touch of a button. The machines measure and chart body strength throughout the training and this, for Joerg is a big motivating factor for clients. There are 6 fully trained resident therapists – 2 sports scientists and 4 physiotherapists, all trained in medical and rehabilitation therapy offering a client centric service. The Centre is not just about sports treatment but can treat all sorts of muscular skeletal problems and ailments.



Delivering the best holistically

Getting to the root cause of any presented problem is what it's all about for Joerg and his team, whether it is clients with lower back problems, slipped discs, orthopedic pains, requiring post-surgical rehabilitation or just prevention therapy. Nothing starts without a full body assessment to identify strong and weak muscles, evaluation of posture, movement, flexibility and of joint motion, bone deformation (if any), balance and strength testing. Setting tailor-made goals in partnership with the clients is then easier to achieve. Joerg is determined that his clients are not passive recipients of any of the therapies offered because taking responsibility is key to the recovery process. The most common injuries presented are lower back problems, neck, knee, shoulder, ankle and hip joint pain, where the range of motions is very often restricted – graphically (and scarily) described by Joerg as the body saying, “you are overusing me!”

*“Health isn't everything,
but without it, everything
else is nothing.”*

- Schopenhauer

Rehamed Therapy is all about returning confidence to their clients, for them to use the muscles and joints previously causing pain and to live as normally as possible. At the end of treatments, clients will be given a prevention programme to do in order to avert injuries and damage in the future. According to Joerg, “mostly, people are not sick, they are injured. They can use their mind and other parts of their bodies. The body actually has unused energy up to 100 years! Do not rely on Dr Google, trust your own body to function for you. Seeing your body regain full fitness is the best reward ever.”

The following quote, which greets visitors to the Centre, sums up Rehamed Therapy's raison d'être:

“Health isn't everything, but without it, everything else is nothing” – Schopenhauer, German Philosopher

For more details about **Rehamed Therapy**, contact **+603 5031 5946** or email **info@rehamedtherapy.com.my**

ATAS Modern Malaysian Eatery's New Monthly Sunday Brunch Is An Ode To Nostalgia

Beginning 11th August, take a stroll down memory lane and delight in nostalgic Malaysian favourites at ATAS Modern Malaysian Eatery as The RuMa Hotel and Residences introduces its new Sunday Brunch with a contemporary twist.

Set to become a city highlight occurring every 2nd Sunday of the month, guests are invited to relish in the sublime and relaxing atmosphere of the hotel's signature restaurant where Executive Chef, Tyson Gee infuses his culinary creativity into a

menu that pays homage to local produce and familiar flavours, transforming Sunday brunch into the ultimate monthly feast.

In a semi-buffet style, guests will be offered a scrumptious selection of reinvented local favourites such as the Hainan French Toast with kaya and chicken floss, Fried Prawn Bao with tamarind chutney or salted fish Sticky Rice with coconut, as well as signature items such as the jasmine rice salad accompanied with slow cooked young banana

curry. Guests can end brunch on a sweet note with a dessert buffet featuring decadent treats such as liquid nitrogen strawberry ice cream, Sugee cake and Jackfruit tart tatin.

The ATAS Sunday Brunch is priced at RM160nett per person. Sunday Brunch will take place every 2nd Sunday of the month and is served from 12:00PM to 3:00PM.

For further inquiries and bookings, please call **+60 3277 808 88** or email **atas@theruma.com**

ATAS SUNDAY BRUNCH

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RM160 NETT PER PERSON
FROM 12:00 - 15:00
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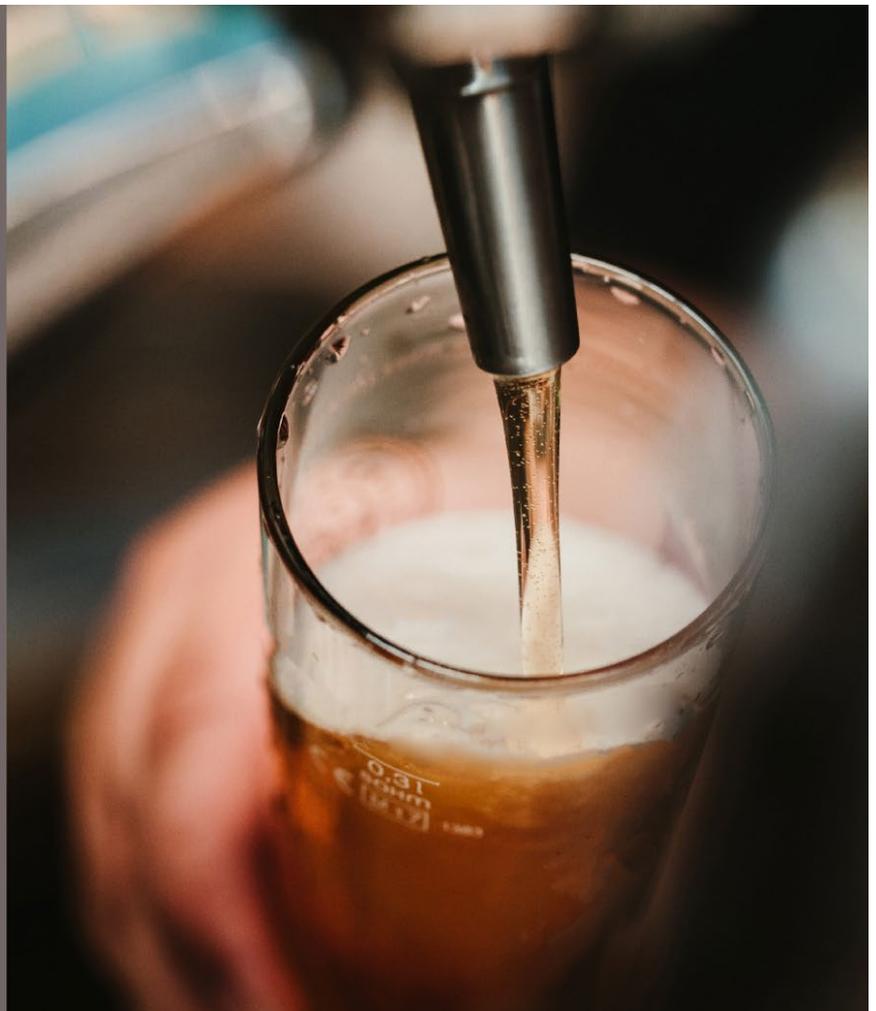
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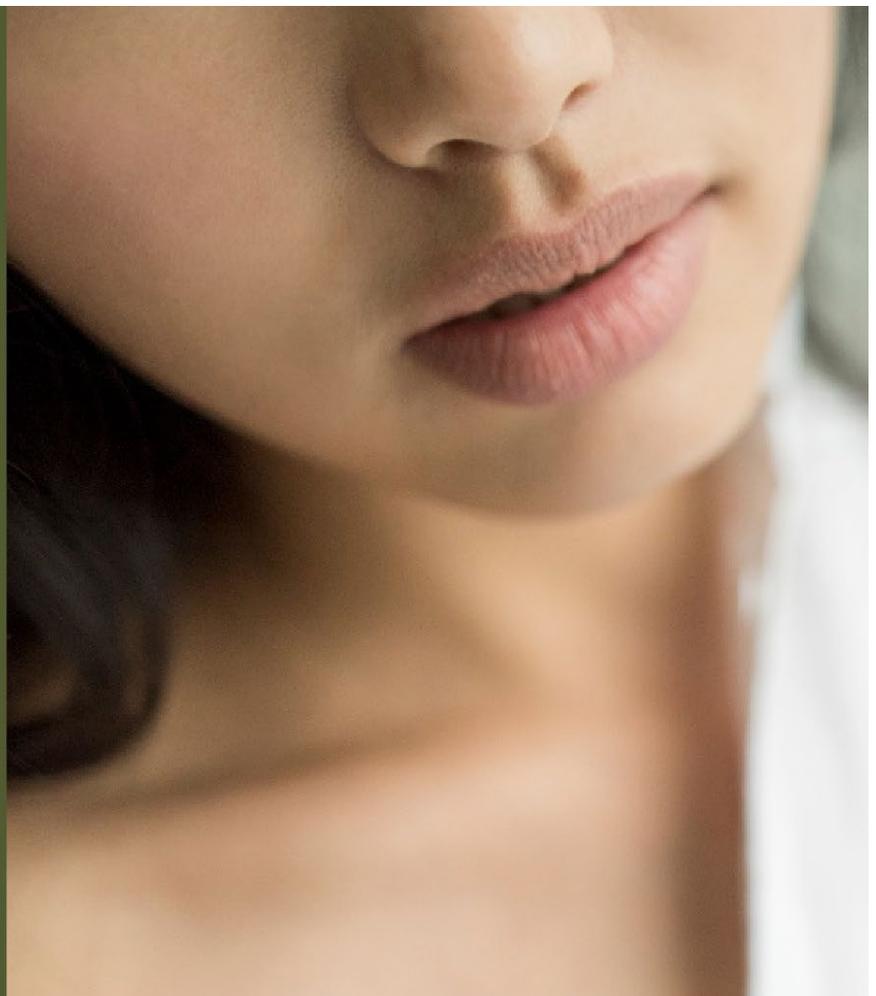
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| Project Progress Update

ASTA Enterprise Park, Kajang

ASTA Enterprise Park (ASTA), which totals 31 acres, is in the Bukit Angkat area of Kajang and is in a highly accessible location not only for the ready labour pool in neighbouring Bangi, Balakong or Sungai Long, but it is also within easy reach of both the North South Highway or the Silk Highway.

The Klang Valley's new industrial benchmark is located in an approved industrial zone where factory owners should not have problems applying for operating licenses and obtaining the various local author approvals.

Taisei Lamick (formerly known as Maypak) factory, built on 5 acres is already running its operations from ASTA.

What's Available

ASTA has 3 other phases made up of the following:
Phase 1 – 18 Type A units are 3-Storey Semi Detached Industry measuring 8,594 sq ft each.



Phase 2 – 7 vacant industrial land plots.
- Earthwork in progress

Phase 3 – 18 Type B units are 3-Storey Semi Detached Industry with Lower Ground Floor measuring 12,404 sq ft to 12,775 sq ft each

There are ample multi-functional spaces to suit all kinds of different businesses from publishing houses, electrical manufacturers, wine importers, packaging companies, etc. The Type B units in Phase 3 have basement levels measuring 5,531 sq ft to 5,903 sq ft which are perfect for storage. All the units have access to the 1.5 ton service lift.

There are enhanced security features which include CCTVS and motion sensors, 24/7 security patrol guards and security boom gates.

If you would like to find out more information about ASTA, please contact **03-6211 3338** or **018-388 6988**



Dwi@Rimbun Kasia, Nilai

Blocks A & B – reinforced concrete slab works are underway on Levels 1 & 2.

Rimbun Kasia – Central Park

A 2.3 acres central park with generous provision for a lake, fitness and sporting facilities place the focus of activity on the outdoors to encourage healthy green communal living.

Preparations to award the works are currently in progress and the area is cleared ready for commencement of the works.

For more information on **Rimbun Kasia**, please contact **1800-18-6388** or www.rimbunkasia.com.my



KaMi Mont' Kiara

Reinforced concrete structural works are in progress at Level 2, Level 3 and Level 4.

For more information on **KaMi Mont' Kiara**, please contact **+603-6211 3338 / 018-388 6988** or www.KaMiMontKiara.com

KOPITIAM NEWS!

The i-ZEN & zenZ Community Page

Much-awaited Festivities

October to December, at 1 Mont Kiara



The last quarter of the year is always an exciting time for 1 Mont Kiara, as the mall will play host to two of its biggest annual events: Halloween and Christmas.

Cute little monsters, both fictional and real, will throng 1 Mont Kiara on Sunday, 27 October for a Spooktacular Halloween, collecting bucketful of candies at the highly anticipated Trick-or-Treat session at 2:00pm (as if the free cotton candy and popcorn giveaway wouldn't be enough!).

The other highlight for the day will be the Halloween Best Dressed Contest at 3:30pm where ghouls and banshees will compete to see who look better dead, or undead. Best Dressed Contests are usually showstoppers at 1 Mont Kiara, so even spectators can soak up in the uproarious fun emanating from the adorably spooky runway.

Aside from these attractions, there will arts and crafts workshops, ballet performances, balloon clown walkabouts, hip hop dance along session, and a magical showcase on the weekend of the 26th and 27th.

Additionally, as Deepavali falls on the same weekend this year, shoppers can look forward to a vadai eating contest, kolam colouring contest, and a classical Bharatanatyam dance performance on Saturday the 26th. The dance will be based on the epic Ramayana, where the Prince Rama fights the demon king Ravana to rescue his wife Sita.

While the mall has yet to release more information on its yuletide plans for 2019, we can anticipate some form of themed Christmas party this year based on past celebrations, which included princess parties, a balloon maze, and a chorus of angels. Perhaps a gingerbread house this time? One can only assume!

Follow 1 Mont Kiara's Facebook page at <https://www.facebook.com/1montkiara> for the full schedule and further updates on these events and more.

KOPITIAM NEWS!

2019 NEW TENANTS UPDATE

1 Mont Kiara welcomes 2 new tenants recently. They are:-



1. La Fiorire

LOT No. L2-13A (Level 2)
Business Hours: 10:00am - 10:00pm
Contact No.: 03- 6206 1011

La Fiorire means "to bloom a flower" in Italian. As such, it strives to bloom a beautiful flower in its customers' lives. It started with the first branch in Sri Hartamas Kuala Lumpur, Malaysia, and now it has branches all over Malaysia and is expanding to other parts of Asia.

At La Fiorire, only the stylists with the best verified skills in Korean hair trends are carefully selected and they create the latest hair trends that best suit the customers.

La Fiorire combines a cafe and salon; providing the new trend in service that has never been experienced before. All their customers are able to indulge in complimentary beverages and refreshments. The interior that gives cafe ambience does not only offer a spot for hair salon, but also provides the space that can be enjoyed with comfort.



2. Buldojang

LOT No. L1-13A (First Floor)
Business Hours: 10:00am - 10:00pm

Established a decade ago in Sri Hartamas, Buldojang extends its presence in 1 Mont Kiara. Its signature pork cutlet drizzled in its special sauce is a must-try as well as the delicious noodle dishes on the menu.

Enjoy sumptuous Korean Chinese fusion cuisine in a classy ambiance at Buldojang!

KOPITIAM NEWS!

**FOUR
POINTS**
BY SHERATON

Sandakan

Four Points by Sheraton Sandakan Offers Comfort and Convenience amid Stylish Settings



Dynamic Locale

Situated on Sandakan's prominent waterfront overlooking the Sandakan Bay, Four Points by Sheraton Sandakan offers a comfortable, relaxed stay for value-oriented business and leisure travelers. Part of the award-winning integrated commercial development - Sandakan Harbour Square, a joint venture between ICSD Ventures Sdn Bhd and the Sandakan Municipal Council, the hotel is located amidst the city's new Central Business District and with many points of interest close to its doorstep, including the Central Market and Harbour Mall Sandakan shopping center. The hotel is also 20 minutes away from the Sandakan Airport.

As the second largest city in Sabah, Sandakan is fast gaining popularity as a tourist destination in South East Asia. Unique attractions include the Sandakan Heritage Trail, which is a comprehensive walk throughout the beautiful town, dotted with various heritage attractions.

The walk starts at the historical Masjid Jamek, and leads to the Pryer Memorial, a statue to honour the founder of Sandakan, William B. Pryer. If you are up for it, we recommend you to climb up the hundred steps and be rewarded at the top with a spectacular view of the entire town of Sandakan.

Another highlight of this tour is the Agnes Keith's House which is a fascinating museum to visit for anyone who is familiar with Agnes Newton Keith's three-part autobiography. In addition, this adventure also takes you back to 100 years ago with places such as St. Michael's and All Angels Church, Puu Jih Shih Temple, Goddess of Mercy Temple and what remains of an old staircase which is thought to be from the Consulate building of the pre-war Chinese Government. The Sandakan Heritage Trail offers a great opportunity for you to get lost in the history and beauty that is Sandakan.



If you are a nature lover, embark on an adventure of discovery with nature and wildlife in Sandakan. Visit the Sepilok Orang Utan Rehabilitation Centre, Bornean Sun Bear Conservation Centre, Rainforest Discovery Centre, Labuk Bay Proboscis Monkey Sanctuary, Kinabatangan River, Gomantong Caves and Turtle Islands Park.

These venues are located within 30 minutes to 2 hours from the hotel, and you may plan for half day or full day tours with the hotel's friendly concierge.

Complete Comfort

Each of the hotel's 299 stylish contemporary guestrooms is filled with thoughtful touches that contribute to an unencumbered, comfortable stay. Each guestroom features the Four Points by Sheraton Four Comfort™ Bed: a plush mattress, down pillows, cosy duvet, and crisp 250-thread-count sheets and LCD flat screen television. For serious work and play, the hotel offers complimentary wireless high speed internet throughout the hotel.

Set to be the ultimate hotel of choice for business travellers and families, Four Points by Sheraton Sandakan is the only hotel in the city to offer The Presidential Suite – a well-appointed one-bedroom unit featuring a lounge area, dining facilities, separate kitchenette, and study. Other options include the simple comforts of the Deluxe Room and Deluxe Sea View Room; the more spacious Executive Club Room and Executive Deluxe Club Room; and The Executive Suite.

Hotel guests also enjoy use of a fully equipped gym (24hrs access) and outdoor pool on the 13th floor, with expansive views of the bustling harbor and city.

Varied Vittles

Four Points by Sheraton Sandakan is proud to introduce the renowned brand's signature restaurants and Best Brew™ program – both of which are set to elevate dining scenes of Sandakan. Indulge in a variety of three worldclass dining venues: The Eatery - the brand's signature restaurant – serves a wide array of tantalizing local and international dishes throughout the day; The Best Brew pub – Four Points by Sheraton's renowned Best Brews™ program that offers a varied selection of hand crafted beers from around the world, including local favorites in a lively and fun atmosphere. The Wrapped Deli and Lobby Lounge offer beverages, light meals, and sweet treats.



Personalized cakes are also available upon request and has become a popular trend in Sandakan. Out of the hotel, Sandakan is fondly known as Little Hong Kong due to the large number of Cantonese immigrants who came to Sabah from the Guangdong Province in China via Hong Kong. Over the years, the migrants made Sandakan their home and evolved Sandakan cuisine. Also known for affordable and tasty seafood due to its abundant fresh supply from the Sandakan Bay, take a visit to Kampung Buli Sim Sim, a fishing village by the city to find out!

Just next to the hotel is the Sandakan Central Market, where it houses the spacious multi storey dry market where fruits, vegetables, dried seafood produce are sold and a busy fish market behind. Come early and view the fishing boats docking by the seafront. The upper section of the market is also a food court which caters to both Muslim and non-Muslim patrons.

For desserts, Sandakan is also known for the UFO tarts, little snack with meringue-like top with a custard center on a sponge cake base. For the food lovers' wanting to explore Sandakan's culinary offerings, guests can approach our Concierge desk for more information!

For Every Occasion

Four Points by Sheraton Sandakan houses the largest state-of-the-art function space in the city. The ballroom and meeting room, totaling close to 1,600 square meters in space, can host any event, from business meetings and conferences to social banquets and wedding receptions. Catering and wedding specialists are on hand to ensure that special occasions go off without a hitch.

Another great feature of having an event at the Four Points by Sheraton Sandakan is its Pre-Function Area. Delegates may mingle and network at this spacious area that could hold a reception for up to 400 persons.

Adjacent to the Four Points by Sheraton Sandakan, the Harbour Mall Sandakan shopping centre houses the largest convention centre with a capacity to seat 1,000 persons in a banquet setting – and is accessible through the hotel – offering delegates the utmost comfort.

Catering and event specialists are on hand to ensure that special occasions go off without a hitch. The hotel also offers a comprehensive Business Center that provides additional support services, as needed.

For more information, please call **+60 89 244 888**, visit us at www.fourpointssandakan.com or www.facebook.com/fourpointssandakan.

For reservations, please contact reservations.
sandakan@fourpoints.com

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.