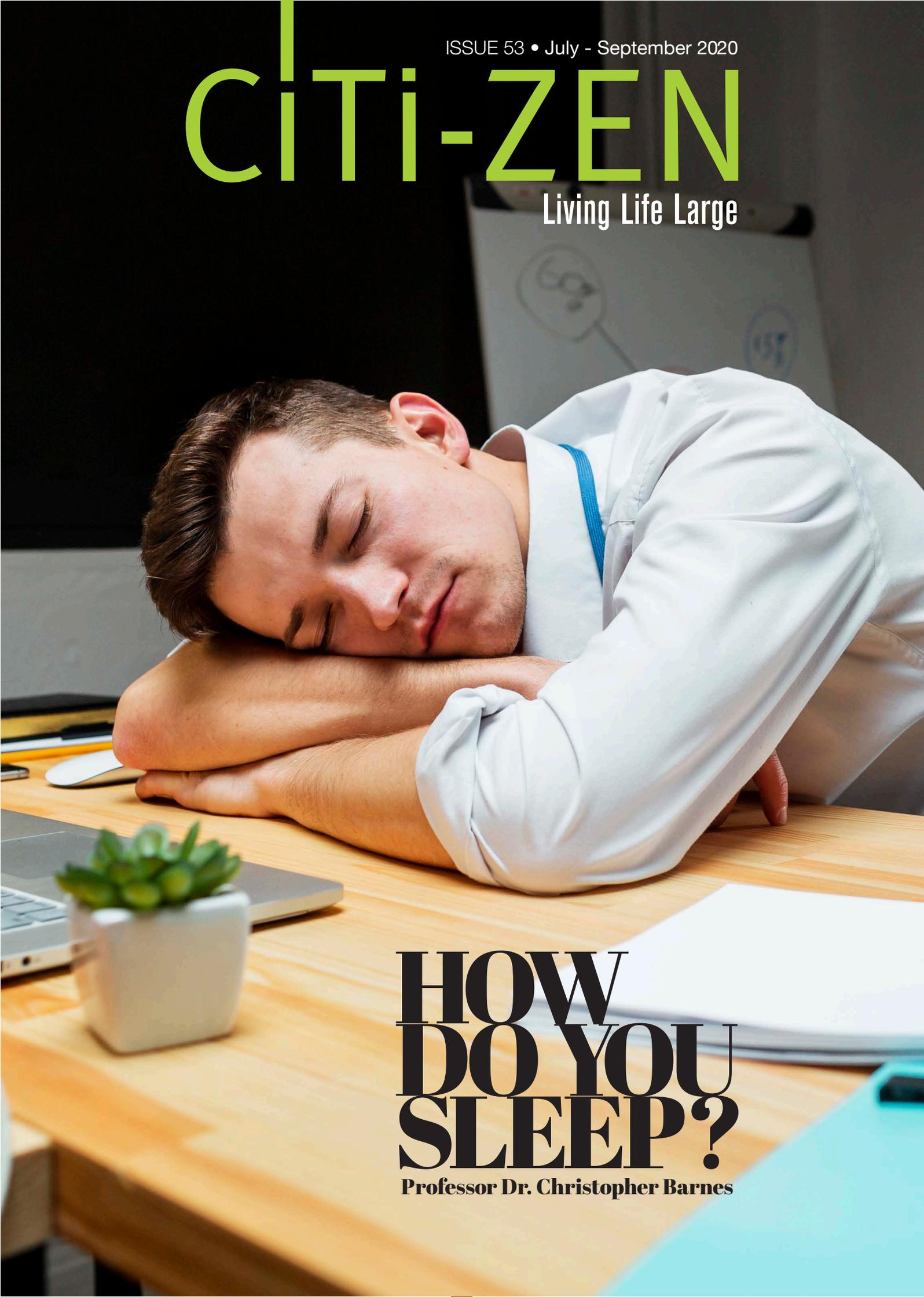


ISSUE 53 • July - September 2020

# CITi-ZEN

Living Life Large



## HOW DO YOU SLEEP?

Professor Dr. Christopher Barnes


**Ireka Development Management Sdn Bhd**

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## Contents

- 1 ..... *How Do You Sleep?*
- 5 ..... *Follow The Leader*
- 8 ..... *Making A Difference To Refugee Health*
- 10 ..... *Project Progress Update*
- 11 ..... *Kopitiam News - elHairbar Re-opens For Business!*
- 12 ..... *Kopitiam News - 1 Mont Kiara Updates*
- 15 ..... *Kopitiam News - SOUL Society - Bringing Some Normalcy In The New Normal*



## Greetings to all CiTi-ZEN readers!

As you read this latest issue, many of your worlds may have changed and most of us would have been in lockdown for months to do our part to prevent the spread of Covid-19. To say that our lives, both personally and at work, have been disrupted by the global pandemic is an

understatement. At Ireka, our offices remained closed from March 18th, the date Malaysia's Government introduced its Movement Control Order and re-opened for business on May 12th. We adapted our plans and have worked hard to make sure that Ireka's offices and building sites are safe places for all our workers, consultants, clients and visitors; and for this reason we will continue to apply social distancing measures, expect everyone to wear masks when they are in contact with others and to sanitize regularly.

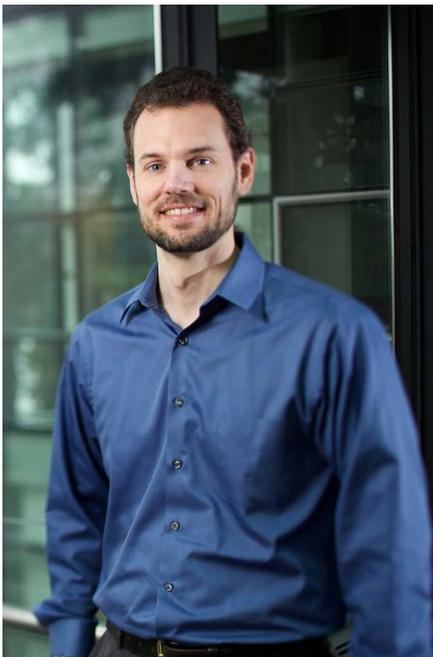
I am delighted to be able to bring you Issue 53 with some very interesting articles for your reading pleasure. We are privileged to have Professor Dr. Chris Barnes, a sleep study expert from the University of Washington share his thoughts with us on the importance of getting enough sleep, an issue close to many hearts. We go behind the scene of tour guiding in Kuala Lumpur through Jane Rai's heritage walks around the city and learn about a great health partnership scheme between Global Doctors and the United Nations High Commission for Refugees (UNHCR) to provide much needed diagnostic healthcare to registered refugees. Happy Reading!

Until next time, keep safe and continue to practice social distancing!

**Datuk Lai Voon Hon**  
 Group Managing Director  
 Ireka Corporation Berhad

# | How do you Sleep?

Ever wondered how much sleep you actually need to function effectively? Is it true that the older we are, the less sleep we need? What are the dangers of not having enough sleep? Does using our phones, tablets and other electronic gadgets before bedtime really impact on our sleep? During the Coronavirus pandemic when much of the world was in lockdown, questions on how much is enough sleep or even being able to get to sleep were heightened because of the disruption to daily life, rising levels of anxiety and worry; not to mention excess screen time (in my case)!



Sleep Health expert, **Dr. Christopher Barnes, Professor at the University of Washington's Foster School of Business** has made this issue his life's work because, according to him, "Sleep health matters because we should care about people. I find this to be such an important topic that I have devoted my career to studying it."

It was a privilege to attend a talk by Dr. Barnes, on his visit to Malaysia just before lockdown, on the significance of sleep

deprivation on everyday life and the benefits of getting enough sleep. There is nothing he doesn't know about the subject and still he says there is plenty to learn – more on this later.

How would you even begin a journey into this area to study, never mind become a world expert in the subject? Dr. Barnes' journey started with his time serving as a Lieutenant in the United States Air Force stationed in the Air Force Research Laboratory's Fatigue Countermeasures Branch. There, he was involved with sleep-related research, and found it both fascinating and important because for the Air Force in particular, many pilots and other air crew must engage in missions which are incompatible with unhealthy amounts of sleep and also the timing of sleep. So it is really important for the Air Force to be able to understand and potentially mitigate the risks involved in these sleep deprivation profiles.

Dr. Barnes' research in the Air Force thus led him to believe that many people throughout the world do not sleep enough or at least, do not sleep well which has important implications not only for their health but also for how they

function at work. This is when he decided to leave the military to pursue a PHD and an academic career focused on studying sleep.

## So why should we care about sleep?

Dr. Barnes cites three irrefutable reasons:

- The first reason we should care about sleep is because it is fundamentally important to our health. Just about every health outcome you can think of is influenced by sleep. In short, you will live a longer, healthier life if you get the sleep you need.
- Beyond health reasons, we should care about sleep because it influences our work. Sleepy employees are less effective employees. They are more likely to make mistakes and more likely to engage in inappropriate activities, like cyberloafing. And YES, there is research to back this up!
- More generally, we should care about sleep because it influences leadership both in and outside the work context. Sleepy leaders are less effective leaders, and undermine the effectiveness of their staff teams.



## Sleep is for wimps

The late Margaret Thatcher, UK's first woman Prime Minister, is said to have famously declared that "sleep is for wimps". Another great British leader, Sir Winston Churchill also famously claimed that by sleeping for only a few hours every night enabled him to pack a day and a half worth of work into a single day. American rock singer and song writer spoke for many successful people when he said, "I'll sleep when I am dead!" So why is there this prevailing attitude that success comes to those who put in the long hours, which often means foregoing sleep or believing that sleep is a necessary evil. Sleep is held an obstacle to becoming influential, powerful and productive; and should not be celebrated. I suppose it is that while awake, you can be actively making a profit, growing your organization or reaping greater rewards – in other words, **ACHIEVING SUCCESS!**

Dr. Barnes definitely does not see sleep deprivation as a badge of honour to be proud of because his studies have shown that successful insomniacs are the exception rather than the rule.

According to him, 30% of Americans get less than 6 hours sleep per night and in the UK, the National Health Service (NHS) concluded that 1 in 3 people say they don't get enough sleep; and in Malaysia, a New Straits Times article published in January, 2019

## Implicit Beliefs about Sleep



**W Foster**  
School of Business

put the figure for Malaysians being sleep deprived at a staggering 9 out of 10 people.

### So, what does it matter?

We already know that sleep has both restorative and rehabilitative benefits, which means it is an important part of physical and mental health, including memory improvement and general well-being. This is why some professional athletes will hire sleep consultants to help ensure that they have enough sleep and they even build longer sleep time into their schedules to enhance performance.

"Sleep allows us to consolidate and store memories, process emotional experiences, replenish glucose (the molecule that fuels the brain), and clear out beta-

amyloid (the waste product that builds up in Alzheimer's patients and disrupts cognitive activity). By contrast, insufficient sleep and fatigue lead to poor judgment, lack of self-control, and impaired creativity." (Barnes, C. *Sleep Well, Lead Better* published in *Harvard Business Review*, September – October 2018 issue)

Then there is the issue of sleep debt which is the difference between the amount of sleep we should be getting and the amount of sleep we actually get. Dr. Barnes likens it to putting money into a bank account so whenever we don't get enough sleep it's withdrawn and has to be repaid.

So, can we ever catch up on lost sleep? The good news is that the debt can be repaid with recovery sleep – i.e. going to bed early to

catch-up or having short naps to replenish. Whilst this is not as effective as a good 7 or 8 hour stretch, it's better than amassing the debt. Earning back the lost sleep can be rejuvenating and helps makes us feel well rested – finally, an irrefutable reason, backed by research, to have a lie in!

Napping is also often underestimated and gets a bad rap as being synonymous with laziness. However, much of the sleep research shows that dozing for even 20 minutes can be restorative and increases stamina for keeping attentive.

According to Dr. Barnes, when our sleep debt accumulates, this causes memory failures, distorted risk analyses, overestimation of ability and accuracy, not to mention speed and accuracy losses in thought processes. Add to the mix poor creativity, bad decisions, distractions resulting in injuries, more difficulty controlling emotions, less helping behavior



## Sleep and Prefrontal Cortex



- Prefrontal cortex important in innovation, self-control, and attention management
- Prefrontal cortex is especially vulnerable to sleep deprivation
- Decrements in innovative thinking, self-control, and attention management



and most unexpected of all, cyberloafing. Using work time on unrelated online activities whether it is the web, perusing new sites or watching Korean movies is cyberloafing and Dr. Barnes claims that we are more prone to this activity when we are sleep deprived because tiredness makes us less able to self-regulate and be less disciplined.

He goes on to say that 4 consecutive 5-hour sleep nights is equivalent to having a blood alcohol concentration of 0.6% which means it's like functioning continuously under the influence. The science tells us that the prefrontal cortex of the brain, responsible for acts like innovation, self-control and attention management is especially vulnerable to sleep deprivation so it is obvious what happens when we don't get enough sleep. Basically, the message is clear - we ignore the benefits of getting enough sleep at our peril. It might seem that we are wasting precious hours resting but studies by experts like Dr. Barnes have proven otherwise. In other words, listen to the science!

Getting a regular 7-9 hours' sleep, regardless of whether we are 22 or 92 years old is important because the problems caused by sleep shortage go beyond tiredness. Health conditions including heart disease, diabetes and obesity can also be brought on by the ongoing lack of sleep. For young children, 2-year-olds for instance, they need close to 12 hours of sleep to promote optimal health as their brains are still developing and sleep deprivation causes a reduction in growth hormone and muscle maintenance. How many times have we witnessed the inattentive and disruptive sleep deprived child?





## Sleep Hygiene

The good news is that it is not too late to adopt healthy sleep practice, what Dr. Barnes calls sleep hygiene which is basically about habits we have to practice to enjoy good quality sleep in order to be fully alert during the day and to perform at our peak. He urges us to do the following:

- Consistent pattern of going to bed early.
- No television in the bedroom. In fact, keep electronics in a separate room.
- Stop using electronics at least an hour before bedtime.
- No caffeine/nicotine/alcohol near bedtime.
- Exercise, but not within a few hours of bedtime.
- No activity in bed other than sleep or sex!

## What's next?

Dr Barnes' proudest achievement is that other researchers in management and applied psychology are now conducting research on sleep without including him. That doesn't sound like an achievement, but when he started conducting this research sleep was a topic that everyone ignored. So, for it to be a sufficiently legitimate topic for others to now study means that things have come a long way.

Dr. Barnes is already well published in some of the most prominent journals, his media mentions (including a TEDx Talk video, "Sleep Well to Work Well") are as long as my arm; and the impressive Honours and Awards received acknowledge his accomplishments in the world of sleep studies - so, what's next?

Continued learning is top of the list. As if he is not busy enough, Dr. Barnes is currently undertaking a Masters course in Sleep Medicine at the Nuffield Department of Clinical Neurosciences, Oxford University, England.

At the same time, Dr. Barnes is researching solutions for addressing sleep-deprivation issues in the workplace looking at both the effects of sleep on work as well as the effects of work on sleep. He describes his research as examining human sustainability.

As life's busy-ness picks up following 2 months of enforced lockdown for most of the world, due to the global pandemic, getting enough sleep will once again be a casualty of modern living. For sure, Dr. Barnes will have his work cut out for a long time to come!

**Professor Dr. Chris Barnes**  
University of Washington  
Department of Management and Organization, Foster School of Business  
[chris24b@uw.edu](mailto:chris24b@uw.edu)  
TEDx talk on sleep and work:  
<https://www.youtube.com/watch?v=z8rpaCSm708>

*(Much of the information on sleep taken from Dr. Barnes' talk in March 2020, "Employee Sleep Matters for Work Outcomes.")*

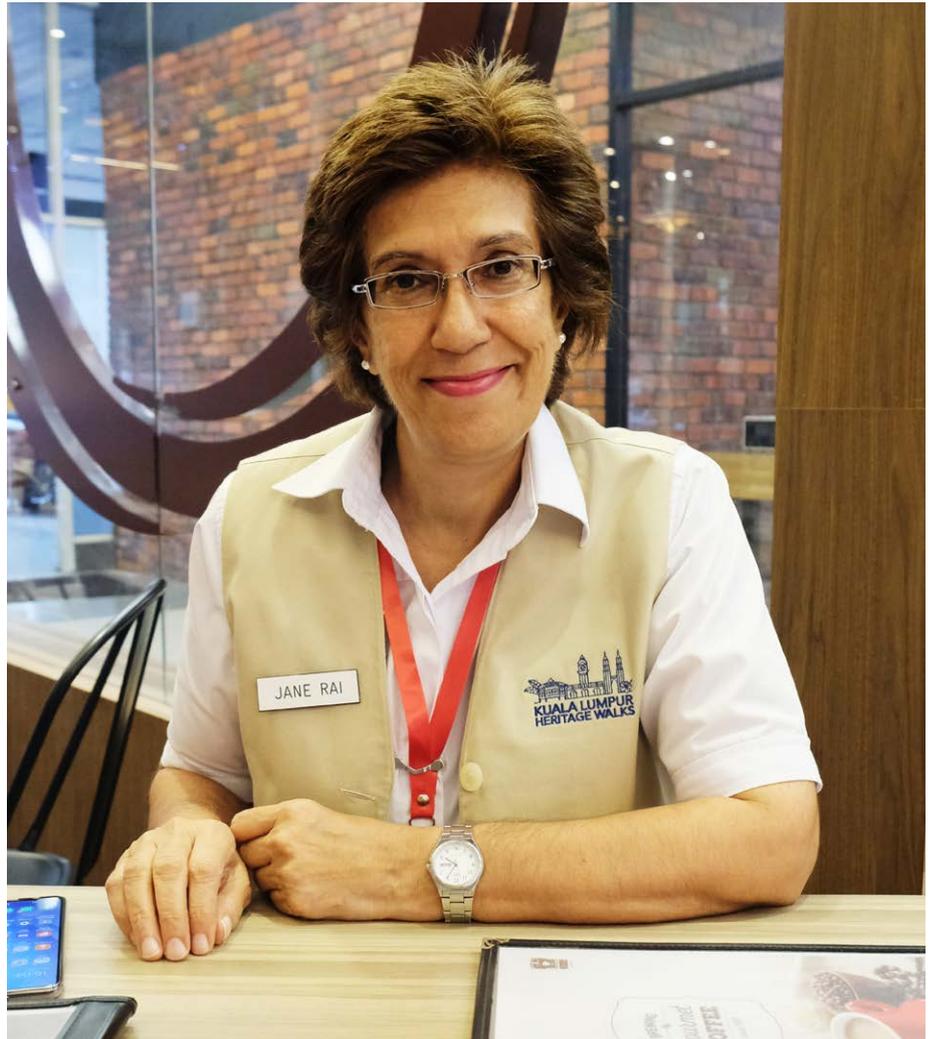
# | Follow the Leader!

Visit Malaysia 2020 (VM 2020) was supposed to attract some 30 million visitors with expected revenue of RM100 million, according to the article in Free Malaysia published on May 24, 2020. Unfortunately, the Covid-19 pandemic put paid to that and losses faced by the tourism industry will affect not only the key players like hoteliers, the shopping sectors or F&B industry; but also the licensed tourist guides, most of whom are independent service providers. The experts are predicting that once the lockdown and travel restrictions are lifted, people around the world, including Malaysians, will want to start travelling for a change of scene – domestic tourism is predicted to increase as confidence in flying long distances will take time to rebuild. This is good news because it will help the local travel and tourism sector, especially tourist guides who are in effect “ambassadors” for their country because they play a vital role in boosting up the image of their country.

There is no doubt that having a good, friendly and knowledgeable tourist guide will help you achieve a memorable holiday and **Jane Rai**, born and bred in one of Malaysia’s driest districts, Kuala Pilah, Negeri Sembilan, is an award-winning tourist guide and founder of **Free Walk Kuala Lumpur Unscripted**, who is just about this. She doesn’t just rely on facts; she knows a lot about Malaysian history and culture, and more specifically, Kuala Lumpur’s heritage. Jane’s contribution to preserving Kuala Lumpur’s legacy is through her heritage walks which she is both proud and passionate about. She is a great believer in advancing her passion to business!

## Interest in guiding

Jane studied journalism and printing in England before returning to Malaysia; and did a short stint at The Star newspaper. Before long, she



was sure she wanted to take up tour guiding as a career which she has never looked back from, working with a few high profile companies, corporate sectors and government agencies – all that began in 1988. As Jane says, “This has been the best job ever! Tour guiding has connected me with Malaysia from an academic, cultural, heritage, social and political perspective. The Ministry of Tourism’s course was a great preparatory platform to learning more about my county. Over the 30 years of active tour guiding, I have met thousands of people and over 100 nationalities, loved getting to learn more about Malaysian batak, for instance, and the history behind our many colonial buildings.”

Getting behind the scenes of tour guiding, what does the

job actually involve? It’s more than having oratory skills or the art of articulating and getting information across in a fun and entertaining way to hold visitors’ attention for several hours at a time. The best bits for Jane, are also writing itineraries and the actual planning of the visits, especially to Kuala Lumpur’s Chinatown Cultural Walk which is a heritage fest.

“People want to invoke all their senses so that they come alive at the same time,” according to Jane. This is the experience she wants her visitors to take away and Chinatown is one place to do this. Jane’s cultural and heritage walks have strong elements of interfacing with local people, like meeting the traditional traders in Chinatown – herbalists, mole removers, tailors or cobblers.



Jane adds, "I can take you down a lane where there is a young man making noodles or an aunty making garlands for temple goers. She uses banana stems to tie them up. No one pays attention to that skill anymore. I want to show our visitors this tradition and to tell that story for her."

Jane was engaged by the Kuala Lumpur City Hall for her expertise in crafting themed heritage walking trails. From 2011 to 2014 she designed several trails to match the objectives of the Kuala Lumpur Master Plan (2015 – 2025), which she describes as "an honour because it's for my town, in my country."

She was impressed with the City Hall's commitment to develop sustainable tourism, encouraging tourists to appreciate the City's heritage on foot and to keeping Kuala Lumpur's heritage alive! Jane coached tourist guides to understand the thinking behind the itinerary – the people, experience, sights, culture, heritage and architecture are all key components of a walking tour itinerary. Kuala Lumpur has 11 districts so Jane takes great care to phrase the titles of the different walks for the visitors to know exactly what they are getting.

She instills in the tour guides she trains that they are ambassadors for Malaysia, set standards and it is important to settle people from the get-go with clarity, be relaxed, good diction and authority on the subject. The main ingredient of course is ENERGY which Jane clearly has bags of – keeping this up for two and half hours, the average length of a walking city tour, takes experience and love of meeting people. The connection with the local communities is truly memorable and inspiring.



Jane also crafted the Royal Klang Town Heritage Walk for the Klang Municipal Council and Tourism Selangor Sdn Bhd, which runs every Saturday and Sunday in Klang Town.

The global pandemic has put everything on hold but we hope not for much longer. Jane is looking forward to welcoming visitors back to Kuala Lumpur to continue keeping the city's heritage alive. A final word to Jane, "It's a privilege to share information about Kuala Lumpur, which by the way, I myself am always learning new things about. It hurts me when Malaysians say there isn't enough to see in Kuala Lumpur because this is simply not true. There is such a rich story to tell and I get to take them to many of our historical places. It's the look on their face as they experience things for the first time, and I am part of that memory."

**Free Walk Kuala Lumpur Unscripted** (tip-based) – Register at Facebook **019 699 2668** (WhatsApp only)  
 Email: **booking@freewalkkualalumpurunscripted.com**

# Making a Difference to Refugee Health

It is not often one can say they enjoyed a trip to the doctors but last week I certainly did! Meeting **Dr. Navindra Nageswaran** (Managing and Medical Director of Global Doctors Malaysia), **Dato' Dr. Sharifah** (Executive Chairman of Global Doctors Malaysia) and **Ms Somila Khanna** (Project Co-ordinator) to learn more about their refugee health service in Bayu Walk, Mont' Kiara was an inspiration. Their enthusiasm for the recently established service aimed at improving the health of refugees was (excuse the pun) infectious.

## Health Partnership

Global Doctors Malaysia and the United Nations High Commission for Refugees (UNHCR) have collaborated to set up the Global Doctors Medical Care Centre to provide complimentary consultations and diagnostic services (e.g. CT Scans, X-Rays, Mammograms) for all refugees registered with the UNHCR. Pharmaceutical costs, however, must be borne by the refugee patients; and they can purchase their medication in-house or elsewhere at other pharmacies.

## Global Doctors Medical Centre

The health of refugees is a key component of the UNHCR's work programme and this latest partnership with Global Doctors is recognition by both organizations that access to healthcare facilities for refugees is crucial in making a difference to their lives and in many cases, life outcomes. In Malaysia, refugees have access to government and private healthcare but they are often put off by financial constraints, language barriers and the fear of moving in public in order to get to those services. According to UNHCR figures, as



at the end of April 2020, there are almost 180,000 registered refugees in Malaysia, 85% being from Myanmar and the rest from other countries like Syria, Somalia, Afghanistan, Yemen, Palestine, Pakistan and Sri Lanka. (Source: UNHCR Malaysia website)

The Global Doctors' dedicated service for UNHCR registered refugees is not just aimed at providing them with access to diagnostic services where health conditions can be picked up and treated (or at least have a treatment plan), before "the

acute gets to be chronic", says Dr. Nageswaran. His experience with treating refugees is that typically these patients are seen, prescribed medication and they move on. He is more interested in sustaining long-term health, providing more holistic care and preventing health issues, like Diabetes or Asthma, from worsening. Dato' Dr. Sharifah adds that when it comes to our health, prevention is critical so that health issues can be managed better if identified early enough. If refugee patients require surgery, intensive care or hospitalization,



they would be referred to the appropriate medical facilities. Part of the Global Doctors service for refugees is to also provide complimentary dental health consultations at the adjoining dental clinic but if they require dental procedures, these have to be paid for at a special privileged price.

Since the refugee health service opened its doors in early March, they have seen 90 patients and now that the lockdown has eased in Malaysia, the numbers are anticipated to rise. Referrals to the Global Doctors Medical Centre come from the UNHCR itself and other refugee centres. Appointments are strongly encouraged so that patients can be seen as quickly as possible.

## Community Outreach

Since 2003, Global Doctors Malaysia has been well-known for providing multi-disciplinary healthcare around the Mont' Kiara and surrounding areas of Kuala Lumpur. What many people may not be aware of is that community outreach has been woven into their DNA from the outset, walking the walk of its tagline, "Global in Reach. Local in Care". The Medical Centre for refugees is the latest in its portfolio of community programmes, having previously set up initiatives which include:

1. Global Doctors' "Kasih" Programme which provides diagnostic services such as X-Rays, CT Scans, MRIs and Mammograms at a subsidized rate (half of the original price) for foreign workers.
2. Global Doctors Hospital has adopted a home for the elderly, Asrama Cahaya Rumah Wanita



Kurang Upaya, taking care of 37 people with special needs and providing free medical assistance for the residents.

3. Clinical practice at the Top Glove factory (leading Malaysian manufacturer of rubber gloves) for their workers.
4. Health outreach facility to provide health checks for refugees staying at the K'Cho Community Centre in downtown KL. This initiative is part of the recent agreement signed with the UNHCR.

5. Community health education – e.g. prevention of Covid-19 talks and community CPR drills in Mont' Kiara.

All these activities come from a sincere desire to make a difference by bringing healthcare into the community.

## What next?

Thus, Global Doctors Malaysia is already setting its sights on other initiatives such as starting a mobile health clinic, bringing healthcare directly to patients, living by their philosophy of providing access to health for everyone, to the highest attainable standard. As with their UNHCR partnership, Global Doctors always welcomes participation from like-minded individuals or organizations to work together to further assist refugees and to make a difference.

**Global Doctors Medical Centre**  
 Bayu Walk  
 Jalan Kiara 2  
 Mont' Kiara 50480  
 Kuala Lumpur

Please call +603 2303 9906 to make an appointment to see a doctor

# | Project Progress Update

All 4 sites – **Dwi@Rimbun Kasia**, **Rimbun Kasia Central**, **KaMi** and **ASTA Enterprise Park** are now open – our project staff have worked hard to get each site ready for construction to re-start, preparing documents to submit to Government agencies like CIDB and the relevant local authority. The health and safety of all site workers is our priority, so we prepared markers for social distancing, setting out sanitizer and temperature check stations, and general cleaning of the sites. Testing on the workers started in May, and we are pleased to report that all the results have come back negative. All our sites are now fully open.



## Dwi@Rimbun Kasia

Structural works for Block A (West Wing) is at Level 4. This is 100% completed and 50% completed at Level 5.

Structural works for Block B (East Wing) at Level 4 is 100% completed. It is 60% complete at Level 5 and 30% at Level 6.

Architectural works are completed at Block B, Level 1 and works at Level 2 are currently in progress.

## Rimbun Kasia – Central Park

The main contractor is carrying out preliminary works such as checking the existing levels and demarcating the work area, with a view to starting work on this soon.



## KaMi Mont' Kiara

Currently reinforced concrete works are in progress, with Levels 3, 4 and 5 at 100% completion.

2 out of 7 zones are completed at Level 6, and 2 out of 5 zones are completed at Level 7.

## ASTA Enterprise Park

The Movement Control Order (MCO) delayed project progress for Phase 1 and therefore a revised work programme has been drafted for building the 18 Semi Detached Factory (Type A) units. Phase 1 is now targeted for vacant possession in October 2020.

Earthworks have started on Phase 2 (also 18 Semi Detached Factory (Type B) units) and building works will commence as soon as this is completed. The project is scheduled to be completed by June 2022.

# KOPITIAM NEWS!

The i-ZEN & zenZ Community Page

## elHairbar Re-opens For Business!

**WAY** HEADSPA DETOX  
HOLISTIC WELLNESS FOR  
HAIR ❖ SCALP ❖ MIND

ENJOY HEADSPA DETOX AT

**RM150**  
NORMAL PRICE RM180

T&C APPLY

ENJOY

**20%**  
DISCOUNT

FOR HAIR TREATMENT WHEN  
COLORING ❖ HIGHLIGHTING ❖  
PERMING ❖ REBONDING.

T&C APPLY

NOTICE

MANICURE  
&  
PEDICURE

AVAILABLE NOW.

elHairbar salon in SENI Mont' Kiara celebrated its first birthday in the midst of our lockdown as a result of the coronavirus pandemic. Owner Noel Wan had great discount plans for customers to enjoy in honour of this milestone celebration. Fear not, because Noel has decided to introduce the exciting promotions as soon as they open (June 10th) following the Government's Recovery Movement Control Order (RMCO).

A year ago, Noel's vision was to open his salon in what he describes as a relaxed residential setting and he has not looked back since. Noel says, "It has been a wonderful time being in SENI Mont' Kiara, meeting the residents and local neighbours. We were building up our clientele and our services were abruptly put on hold with COVID-19 but I look forward to welcoming everyone back, and to us being stronger and busier."

Here is the range of hair treatments offered by elHairbar and a list of their first anniversary promotions. There is now also a nail bar service for you to have a truly indulgent experience.

To make an appointment or to find out more about elHairbar's services, contact Noel on **012 889 1105**.

**elHairbar**  
SENI Mont' Kiara Condominium,  
Jalan Cangkat Duta Kiara  
Mont' Kiara, 50480  
Kuala Lumpur

KERATIN EVOLUTION

STRAIGHTEN OR PERM YOUR HAIR WITH  
KERATIN EVOLUTION FROM KOREA.  
START FROM

**RM450**

TAKE NOTE :  
NOT RECOMMENDED FOR HEAVILY BLEACHED HAIR

T&C APPLY

HAIR & SCALP  
TREATMENT PROMO

ENJOY

**50%**  
DISCOUNT

FOR HAIR TREATMENT OR SCALP TREATMENT  
WHICHEVER IS THE LOWER PRICE.

T&C APPLY

NOTICE

WE WILL BE RAISING  
OUR PRICES FOR  
CERTAIN SERVICES  
EFFECTIVE FROM  
1 MAY 2020

# KOPITIAM NEWS!

## New Tenants Update @ 1 Mont Kiara

Amid the Covid-19 outbreak, tenants at 1 Mont Kiara remain hopeful as they embrace and adjust to the new normal in keeping businesses afloat. Keep a lookout on tenant movements, new tenants, and mall happenings here: -

### 1. Sushi Zanmai

(Relocation from L1-01 to G-27 & G-27A in June)

Backed by more than 20 years of experience in Japan, Sushi Zanmai possesses extensive knowledge and expertise when it comes to the selection of fresh and raw ingredients. With genuine ingredients and original recipes, it provides an experience that is distinctively Japanese.



## Event Listing

### 1. My Superhero! Father's Day Online Photo Contest @1 Mont Kiara!

Haven't got any idea to celebrate Father's Day? How about posting a photo of you together with your superhero dad, and stand a chance to win attractive vouchers from our tenants? The contest lasts from June 1-22. Here's how you can participate: -

1. Head to 1 Mont Kiara's official Facebook page ( [www.facebook.com/1montkiara](http://www.facebook.com/1montkiara) ) and look out for My Superhero! Father's Day Online Photo Contest post.
2. Post a photo of you and your dad (dressed in any Superhero costume) under the Facebook post.
3. Don't forget to include your best wishes to him!
4. 5 winners will be selected and be notified via DM at the end of the contest.



## II. Moments at 1 Mont Kiara

Share your moments with us at 1 Mont Kiara and stand a chance to win sponsored vouchers/prizes from our participating tenants! The contest lasts from **July 1-31**. Here's how you can join: -

1. Head to 1 Mont Kiara's official Facebook page ([www.facebook.com/1montkiara](http://www.facebook.com/1montkiara)) and look out for Moments at 1 Mont Kiara contest post.
2. Post a photo of you shopping or dining in any of 1 Mont Kiara's outlets and include a caption that starts with "Good day at 1 Mont Kiara..." under the Facebook post.
3. Winners will be selected and notified via DM at the end of the contest.

## III. Anak Malaysia Online Contest

Proud to be Anak Malaysia ? For the Merdeka celebration this year, 1 Mont Kiara is bringing its best-dressed contest online! All you need to do is to share a photo of you dressing up in your traditional costume and stand a chance to win attractive prizes from our tenants! The contest lasts from **August 15-31**. Here's how you can join:-

1. Head to 1 Mont Kiara's official Facebook page ([www.facebook.com/1montkiara](http://www.facebook.com/1montkiara)) and look out for Anak Malaysia Online Contest post.
2. Take a picture of you dressing up in any of your favourite traditional costumes and post your photo under the Facebook post.
3. 5 creative winners will be selected and notified via DM at the end of the contest.

## Event Highlight

### 1. Congratulations to the Winners of "My Furbaby and Me" Contest!

The "My Furbaby and Me" online selfie contest organised by 1 Mont Kiara recently has garnered overwhelming response from its shoppers. We would like to congratulate all winners, (@josobelle\_f, @ngh2.o @him\_hymm, @dongseok\_kim77, @mar8anne), kudos to you and your creative shots!



### II. Winners of the GUESS and WIN Online Contest @ 1 Mont Kiara

1. **Wong Chiu Kheng**  
(Eligible to receive Salad Atelier vouchers)
2. **Sneha Jaiswal**  
(Eligible to receive Union vouchers)
3. **Tan Yen Jiet**  
(Eligible to receive Mercat vouchers)
4. **Khoo Wei Yin**  
(Eligible to receive complimentary consultation and discounts at Dent Art Dental Clinic)

### III. Winners of 1 Mont Kiara **Mother's Day** Online Contest

Congratulations to all winners of the 1 Mont Kiara Mother's Day Online Contest! Now you can spend your mothers with the vouchers that you have won from our participating tenants! Well done on the beautifully taken shots! (Winners @ Uganewary Uganewary Uga Ann Angela Alyssa Ezzura Bowene Hwa Rusmin Sofiz Tan Sri Yusof Clara Guzman Ko Yin Pritibah Rabinder Xaxa Axra Maila Sarah C Zhi Wen Bella YeYe Ch Trinity Cp Moon Bolivia Sui)



## KOPITIAM NEWS!

# SOUL Society – bringing some normalcy in the new normal.



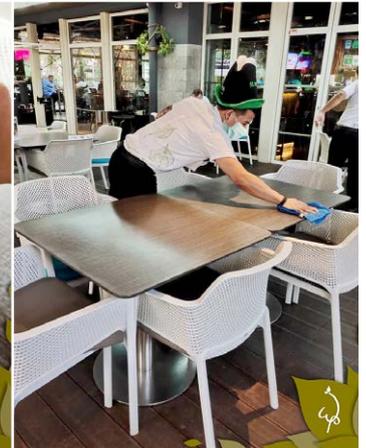
When the government announced a new Conditional Movement Control Order to be in effect from 4th May 2020, it opened the doors to many businesses to resume operations. Among them were restaurants and cafes.

For SOUL Society, the company that manages F&B outlets SOULEd OUT, Hubba Mont Kiara, WIP, Tujo and Goa by Sapna, the decision to reopen wasn't an easy one. While they look forward to welcoming back their regular customers and nearby residents for dine-in, they were well aware of the need to be vigilant during these trying times. Their aim was to bring some normalcy back after what must have been a long and tiring journey for everyone, while still making the safety and well-being of their customers their key priority.

For those who still prefer staying at home, SOUL Society started its own delivery service, with their entire menu from all their outlets available to enjoy while staying in. Included in this delivery service are the famous Mojitos from SOULEd OUT's mixologists. Known as KL's best Mojitos, SOUL Society has packaged these tantalising thirst-quenching cocktails in a nice takeaway bottle for customers to drink at home.

For those who still would like to soak in the atmosphere at any one of SOUL Society's outlets, be assured that all necessary health and safety precautions have been taken to protect everyone on the premises; guests and serving team alike. They are, but not limited to:

- only offer a 30% seating capacity ensuring physical space for movement amongst the guests and serving team
- tables arranged 2.0m apart
- sanitisers placed all around the premises



- contactless menus and payment methods available
- stringent entry protocols to safeguard against any unsuspecting patrons
- sanitisation personnel to frequently sanitise all shared surfaces

SOUL Society hopes that with these steps in place, customers will feel reassured and secure when dining with them and that this will bring back some normalcy in what is now the new normal.



# i is for Ireka

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

Its distinguished infrastructure portfolio developed over a 53-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.

**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 award-winning 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 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.

In July 2019, Ireka and CRRC UT established a joint-venture company, Mobilus Sdn Bhd to spearhead its urban transportation business in Malaysia and Southeast Asia (ASEAN).

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.*

