

# October 2014

## Hari Raya Aidiladha 05 October 2014

Also known as Hari Raya Haji, this festival marks the culmination of the Hajj pilgrimage to Mecca which is performed by millions of Muslims annually. It is also known as Hari Raya Qurban. Muslims in the country celebrate the festival with prayers and the sacrifice of cattle.

Venue: Nationwide



## Standard Chartered KL Marathon 2014 12 October 2014

The Marathon held its inaugural race in 2009 with 13,500 runners (in total) and in 2013, 33,000 runners registered. The marathon starts and finishes at Dataran Merdeka and is flagged off directly beneath the clock tower of the Sultan Abdul Samad building. The marathon route passes several landmarks unique to KL namely, the iconic Twin Towers, the National Monument, the colourful Little India quarter, the majestic National Mosque, the King's Palace and the Parliament building. The route takes you on a unique journey of new and old.

Venue: Dataran Merdeka and the City of Kuala Lumpur

## Mount Kinabalu International Climbathon - Adventure Series

19 October 2014

The Mount Kinabalu International Climbathon-Adventure Series covers a challenging 23km route, taking participants up the Summit Trail to Laying-Layang (2,072m above sea level), before descending to Mesilou and heading on the finish line at Kundasang Town. The race offers spellbinding vistas of Kinabalu Park's tropical and sub-tropical mountain forests, summit peaks and river valleys.

Venue: Kundasang, Sabah



## Deepavali Festival of Lights 23 October 2014

Deepavali or the 'Festival of Lights' is celebrated by Hindus with prayers, family gatherings and festivities. Open houses are held where family and friends visit each other and enjoy delicious traditional goodies (except Labuan and Sarawak).

Venue: Nationwide



## Terengganu Kenyir Lake Fishing Competition

03 November 2014 - 07 November 2014

The annual Kenyir Cup International Fishing Competition, which started in 2012, has increased the popularity of lake Kenyir as a tourist destination for international freshwater fishing. The competition tests the patience and skills of anglers in luring freshwater fishes found in Lake Kenyir. The 'Catch and Release' competition is judged by the catch, length, weight and photo of the fish before it is released into its original habitat.

Venue: Pengkalan Gawi, Tasik Kenyir, Terengganu



## Penang Bridge International Marathon 16 November 2014

The Penang International Marathon caters to serious runners as well as amateurs from both local and international grounds. The 10.5km Penang Bridge, hailed as the longest in Malaysia, is the playing field for over 30,000 participants.

Venue: Queensbay & Penang Bridge, Penang



## Formula E 2014 Putrajaya Race 22 November 2014

The future of motor sports has arrived in Malaysia - and its ELECTRIC!! Formula E is a new FIA championship that puts the most advanced electric powered formula cars on the streets of 10 iconic cities around the world. Catch the electrifying action as top drivers and renowned teams go head to head through the streets of Putrajaya at speeds reaching 250km per hour.

Venue: Downtown Putrajaya



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# Discover Malaysia

A Rewarding Journey has a Name...

October 2014

## Went on a road trip to Kuala Sepetang & Ipoh in Perak (Part 2)

The next morning, we checked out at 8 o'clock and went for a hotel breakfast at The Myth Eatery & Bar. We departed at around 9 o'clock from the hotel and started our long day hotel inspections in Ipoh town. Firstly, we checked out the Accor property, Ibis Style Hotel which nestled in the center of the town. Rooms are neat and clean, and overseeing colorful rooftop of the shop houses from the window of the room. It also features a restaurant, barista, rooftop bar and 4 modern function rooms, making it perfect for both leisure and business travelers.

# THE ABODE OF GRACE ~ PERAK

After this, we continued to Hotel French Ipoh. It is also centrally located in the city and the hotel has a nice café on the second floor. The name is Jose & Deli Eatery, is an all-day dining restaurant of the hotel. The rooms are bright and clean, simple yet comfortable. They provide all basic amenities and facilities like safe box, mini bar, hairdryer, LCD TV, solar powered shower, iron board, WIFI and etc. Then, we continued to Tower Regency Hotel & Apartments. Rooms are simple and a bit old, but they have a rooftop swimming pool next to a café, ballroom, function halls, gym room and even karaoke room. For families, their apartments are just nice to fit in 4 persons with a simple kitchen and living area.



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We finished the inspection in Tower Regency before 12 o'clock. Since it was still early for our next appointment and surprisingly that we are not hungry yet, we decided to visit some interesting homestay at the residential area. First, we visited the SIX Senses. It's like a boutique vacation villa which can accommodate up to 16 persons. It has 10 luxurious suites and bedrooms and many premium home facilities. However, it doesn't pay per room; guest must rent the whole house at per night basis. Next, we went to another Happy Eight @ Pasir Puteh. It follows the signature wooden style decorations and fixtures. The uniqueness of this property is that the bed in one of the room is hanging down from the ceiling and an outdoor bathtub sheltered by yam leaf. Around 1 o'clock, we started to move to Tambun, where Best Western the Heaven located. It is currently the most premium condominium in Ipoh. The Best Western here is an apartment style hotel. It has 1 bedroom suite, 2 bedroom suites and 2 plus 1 bedroom deluxe or executive. All suites are luxuriously designed and full amenities are provided. Facilities like swimming pool, gym, jogging trail and restaurant are all well-kept within the property compound. The surrounding is also a uniqueness of this property; the nature lake and mountain are just added points to people who are staying in the area. After that, we proceed to The Banjaran Hotspring Retreat for hotel inspection. The surrounding was beautiful, especially the thermal steam cave, ice bath, crystal cave and the natural hot spring dipping pools. They are the highlights of getting into a wellness retreat. We also went into the Jeff's Cellar. It is the world most unique wine bars set within a limestone cave. It is so comfortable and cooling once you step into the cave. In terms of room, they only have 2 types, which are the Garden Villa and Water Villa. They are all well maintained and all rooms come with an ensuite seating area, a patio with private pool, private outdoor rain shower and a sunken Jacuzzi with natural geothermal hot springs water. We already felt relax while we only walked around in the villas. Later around 4pm, we continued our inspection to the Symphony Suites. It is a new boutique hotel located along the road with fascinating limestone cave and temples near the entrance from North-South Highway at Simpang Pulai. Rooms are big and all basic amenities are provided in the room.



Chapati (Indian Flatbread)



Ingredients:  
2 cups whole wheat flour (or stone ground durum-wheat also known as "Atta")  
1 cup water (approximately)  
1 teaspoon salt  
Little extra flour in a shallow plate or pie dish to help with coating and dusting while rolling the chapattis

Method:  
Sieve the flour, add salt to it and mix well. Place the flour in a large bowl and add ¾ cup of water. Stir lightly with fingers in a circular motion till the flour start to gather. Add 1-2 tablespoons of more flour if the dough looks too sticky or add little more water if it looks too dry and firm.  
Knead the flour until you have soft and pliable dough that does not stick to your fingers. You can put little oil on your hand while kneading the dough to help with kneading. Cover with plastic wrap and let the dough rest for minimum 1 hour at room temperature. If keeping for longer period store the dough in refrigerator and make sure to bring it back to room temperature before using it.



New Hotel

**The Clans Hotel, Georgetown**  
Opening : 2nd Quarter 2015  
Rooms : 46 stylish rooms and suites  
Location : The Khoo Kongsi,Georgetown



**W Kuala Lumpur**  
Opening : 1<sup>st</sup> July 2017  
Rooms : 150 Rooms  
Location : The Golden Triangle



**Novotel Melaka**  
Opening : 2017  
Rooms : 330 Rooms  
Location : Taman Melaka Raya



**Movenpick Hotel & Convention Center KLIA**  
Opening : 2016  
Location : Kuala Lumpur International Airport (KLIA)  
Rooms : 333 units



**Sheraton Desaru Resort**  
Opening : 1<sup>st</sup> July 2015  
Rooms : 150 Rooms  
Location : Desaru Pengerang



Renovation/Refurbishment

**Nexus Resort, Karambunai**  
Start: 18th August 2014  
Completed: 17th September 2014



**Frangipani Langkawi Resort**  
Start: September 2014  
Completed: Early December 2014



**The Lakehouse Cameron Highlands**  
Start: 04September 2014  
Completed: 31 October 2014



**Dorsett Regency Kuala Lumpur**  
Renovation Works  
Duration : 20 Months



Do You Know?

Kuala Lumpur often abbreviated as K.L., is the federal capital and most populous city in Malaysia. The city covers an area of 243 km2 (94 sq mi) and has an estimated population of 1.6 million as of 2010. Greater Kuala Lumpur, also known as the Klang Valley, is an urban agglomeration of 6.9 million as of 2010.It is among the fastest growing metropolitan regions in the country, in terms of population and economy.

**Mercure Kota Kinabalu Eton**  
Opening : 3rd Quarter 2015  
Rooms : 110 Rooms  
Location : Kota Kinabalu



**Sheraton Petaling Jaya Hotel**  
Opening : 1<sup>st</sup> January 2017  
Rooms : 250 Rooms  
Location : Petaling Jaya



**Harrods Hotel Kuala Lumpur**  
Opening : 2018  
Rooms : 300 Rooms  
Location : Off Jalan Raja Chulan



**The Ruma KLCC**  
Opening : 1st Quarter 2017  
Rooms : 253 Rooms  
Location : Jalan Kia Peng



**Fairmont Kuala Lumpur**  
Opening : 2017  
Rooms : 750 Rooms  
Location : KLCC



**Holiday Inn Resort Penang**  
2nd Phase Started: 25 August 2014  
Completed: Mid November 2014



**Park Regis Singapore**  
Start: 11 August 2014  
Completed: November 2014



**Tanjung Rhu Resort Langkawi**  
Renovation Update  
Completed: Early 2015



**Ramada Plaza Melaka**  
3rd Phase Started  
Completed: December 2014



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The next morning, which is also the ending day of this trip, we first went to the famous Kong Heng coffee shop for our great breakfast. After that, we walked around the old town, taking pictures of Sekeping Kong Heng, long stretch of old shop houses converted into interesting cafés (remaining the origins however) and some other nicely done restaurants. Soon after we visited the old colonial building which has converted into a bar and restaurant, we stopped by at Gopeng (a small town not very far away from Ipoh). Here, we checked out the My Gopeng Resort, which does white water rafting, or river rafting and providing chalets and dormitory rooms for overnights. Then we also visited the Gaharu Tea Valley on the way down. They provide mobile tour in the valley, explaining the functions of leaves and woods and we even tried the Gaharu tea. You may want to do a quick shopping at the merchandise shop as well.

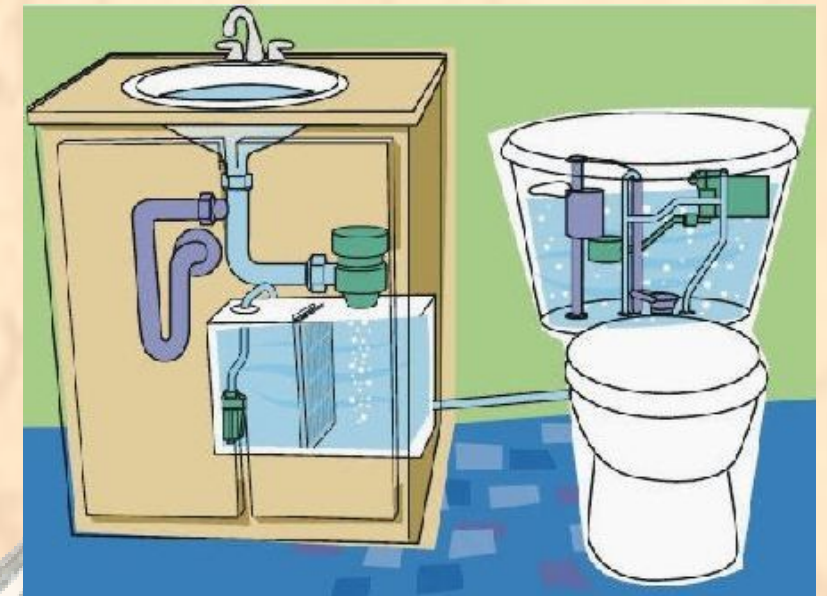
After finished all inspections, we finally rest our arms and legs in the nearby market stalls for a quick lunch. We tried their famous "Lai Fun" a kind of noodle, in Gopeng before we headed back to Kuala Lumpur.





## DOH in Action

The call for water conservation and wise use and management of water is now more urgent than ever, especially taking into consideration the recurring water crisis in Selangor. In the past, homeowners were often urged to collect and harvest rainwater for household use. However, deforestation has led to reduced rainfall and we are not able to collect rainwater as frequently as we used to. Many MNS members have expressed an interest in installing greywater systems and reusing greywater. Greywater is water from non-plumbing systems such as hand basins, showers, baths and washing machines. It is safe for use in the garden and for flushing toilets with. It should never include water from toilets, washing diapers and kitchen sinks, as these often harbour pathogens. Greywater should never be used on fruits, vegetables and anything you plan to eat. Most homeowners and building occupants are deterred by the high cost involved in installing greywater systems. The greywater tank system in the picture below, for example, involves quite sophisticated plumbing and pipes and takes up a significant amount of space.



# SIMPLE HOUSEHOLD GREYWATER SYSTEMS

Even simple retrofit systems such as the Toilet Lid Sink as pictured are not easily available in Malaysia or within the economic means of the people who need it the most to keep their utility bills down.

What can you do to collect and reuse greywater, if you are renting, living in a small space, living in shared accommodation or simply not inclined to install a complex plumbing system or purchase expensive equipment? Here are some tried and tested tips which may seem inconvenient in the beginning when you first implement it, but will soon become second nature, just like sorting your recyclables and taking your reusable shopping bag with you when you leave the house:

### SIMPLE WAYS TO COLLECT GREYWATER:

1. Use phosphate-free and biodegradable soap, shampoo, detergents and household cleaning solutions whenever possible. White vinegar is an excellent cleaning agent for glass surfaces and mirrors, for example. This is to ensure that the water collected will pose less harm to the environment and to human and animal health when used.
2. If you have a wide and sturdy tub, you can stand in it while showering and let the water collect. The advantage of this is that there is usually a very short distance between the shower and the toilet, so the greywater collected can then conveniently be used for flushing the toilet with.
3. For general household cleaning tasks such as cleaning the windows, mopping the floor and wiping down tables and furniture surfaces, let the water from cleaning and rinsing collect in a basin and then pour it into a bucket or pail that can then be put in the bathroom or outdoor areas for reuse. You can also collect water directly into a bucket or pail by washing and rinsing directly from a standing tap or hose. Written By Wong EeLynn

