



JOURNEY WITH LBS



7 tips to make and keep
your New Year's resolution

The ultimate 2023 CNY
list of do's and don'ts





HQ

Plaza Seri Setia, Level 1 – 4
No.1 Jalan SS9/2
47300 Petaling Jaya
Selangor Darul Ehsan, Malaysia
T: +603 7877 7333
F: +603 7877 7111

MITC SDN BHD

No. L3-22 Plaza Seri Setia
No.1 Jalan SS9/2
47300 Petaling Jaya
Selangor Darul Ehsan, Malaysia
T: +603 7877 7333
F: +603 7861 8077

MGB BERHAD

H-G, Sunway PJ @ 51A
Jalan SS9A/19, Seksyen 51A
47300 Petaling Jaya
Selangor Darul Ehsan,
Malaysia
T: +603 7874 5888
F: +603 7874 5889

CREDIT ADMINISTRATION

No. L3A-21, Plaza Seri Setia
No.1 Jalan SS9/2
47300 Petaling Jaya
Selangor Darul Ehsan, Malaysia
T: +603 7861 6000
F: +603 7861 6001/6002

IPOH

No.17 Medan Ipoh 1A
Medan Ipoh Bistari
31400 Ipoh
Perak Darul Ridzuan, Malaysia
T: +605 255 8820
F: +605 548 61377



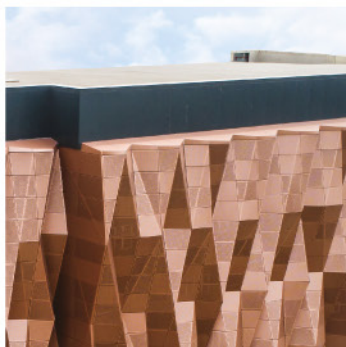
BUSINESS ADDRESSES

CAMERON HIGHLANDS

B3-31-G Brinchang Square
Jalan Besar Brinchang
39100 Cameron Highlands
Pahang Darul Makmur, Malaysia
T: +605 491 5018
F: +605 491 5020

BATU PAHAT

No. 27-29, Jalan Putera Indah 12/1
Bandar Putera Indah
Tongkang Pechah
83000 Batu Pahat
Johor Darul Takzim, Malaysia
T: +607 445 8899
F: +607 445 8888



SALES OFFICES & GALLERIES



CENTRAL REGION

D' ISLAND RESIDENCE

No.3 Jalan Timur 9
D' Island Residence
47130 Puchong
Selangor Darul Ehsan, Malaysia
T: 1700 81 8998

BANDAR SAUJANA PUTRA

No. 2 & 6 Jalan SPU 1
Bandar Saujana Putra
42610 Jenjarom, Kuala Langat
Selangor Darul Ehsan, Malaysia
T: 1700 81 8998

BUKIT JALIL

E13, Pusat Bandar Bukit Jalil
Jalan Jalil Utama 2
57000 Kuala Lumpur, Malaysia
T: 1700 81 8998

ZENOPY RESIDENCES

A-1-13a Zenopy Residences
Jalan LP 7/4
Taman Lestari Perdana
43300 Puncak Jalil
Selangor Darul Ehsan, Malaysia
T: 1700 81 8998

LBS SKYLAKE RESIDENCE

No.3 Jalan Timur 9
D' Island Residence
47130 Puchong
Selangor Darul Ehsan, Malaysia
T: 1700 81 8998

LBS ALAM PERDANA

Persiaran Alam Perdana
42300 Bandar Puncak Alam
Selangor Darul Ehsan, Malaysia
T: 1700 81 8998

KITA @ CYBERSOUTH SALES GALLERY

Cybersouth
43800 Dengkil Selangor
Darul Ehsan, Malaysia
T: 1700 81 8998

PRESTIGE RESIDENCE

Jalan LP 7/4
Taman Lestari Perdana
Bandar Putra Permai
43300 Seri Kembangan
Selangor Darul Ehsan, Malaysia
T: 1700 81 8998

NORTHERN REGION

BRINCHANG SQUARE

B3-31-G, Brinchang Square
Jalan Besar Brinchang
39100 Cameron Highlands
Pahang Darul Makmur, Malaysia
T: +605 491 5018
F: +605 491 5020
HP: +6012 206 7334
+6012 209 7334
+6012 217 1334



TAMAN KINDING FLORA

Changkat Kinding
31250 Mukim Hulu Kinta
Perak Darul Ridzuan, Malaysia
T: 1700 81 8998

SOUTHERN REGION

BATU PAHAT

No. 27-29, Jalan Putera Indah 12/1
Bandar Putera Indah
Tongkang Pechah
83000 Batu Pahat
Johor Darul Takzim, Malaysia
T: +605 445 8899
F: +605 445 8888



CONTENT

05	How to make this year your best year ever
09	7 tips to make and keep your New Year's resolution
13	LBS Fabulous Extra 2022-23
15	Healthy food for a better body goal in 2023
19	The Ultimate 2023 CNY list of do's and don'ts
23	LBS Scares Hotel Food Promotion 2023
25	Living with Sustainability in Mind
29	Prestige Residence
31	Idaman Melur
33	LBS and LBS Foundation Events
35	LBS Tan Sri Association Events

Message from Executive Chairman

Welcome to 2023! Allow me to firstly wish everyone in the LBS family; from stakeholders to homeowners a Happy New Year AND a Happy Chinese New Year! As we say goodbye to our fearless Tiger Hu-Hu, we welcome the productive and prosperous Rabbit Tu-Tu.

Thanks to your encouragement and support, we will continue to do our best for the nation by providing desirable homes that Malaysians from all walks of life can afford. With developments in advantageous locations and our competitive prices, LBS has managed to grow at a steady pace thanks to the hard work of everyone who has contributed tirelessly to the company.

It is true that every business will face challenges, among other things we face manpower shortages, material price hike, and the world's lethargic economic recovery in the endemic phase continues to hinder everyone in the industry. But even with these challenges, we are set to outperform 2021 year's results. With this in mind, we are certain of the path we have chosen and are optimistic for 2023. Regardless, we plan to improve every aspect of our operations to further serve the nation, our stakeholders and Malaysian homeowners.

We are also happy to announce more affordable houses in collaboration with Selangor State Government to roll out more Rumah Idaman homes to address the housing needs of Malaysians. Another three main areas that we are focusing on to feed demand for affordable homes are Klang Valley, Pahang and Batu Pahat. Look out for the launches coming your way soon.

To make 2023 even more exciting, we have lined up deals and activities for potential home buyers. Making a return is LBS Fabulous Extra 2022-23 Campaign, which rewards LBS homeowners with amazing prizes worth up to RM1.5 million. As you can imagine, this is an opportune year to own an LBS home.

In closing, I wish everyone a prosperous first quarter and may 2023 be full of joy and beautiful memories in your new LBS home.

Tan Sri Lim Hock San
LBS Bina Group Executive Chairman



How to make this year your best year ever



Life is not always easy. We all face challenges and some more than others. With a New Year, we can try to reset our minds and our lives to make this our best year ever. And if we pay attention to this year, we can make the next one even better.

Instead of diving into the usual pick-me-up speech on how we should focus on what we want and “go get it” and give you a false sense of “positivity”, let’s get real.

Here are 5 ways to make this your best year ever.

01 We will never be in control of everything

We are all limited in many ways. Understanding and accepting our limitations will set a realistic foundation for what we plan to build this year.

No matter what we would like to think, we are NOT in full control. If we were, all of us would be Billionaires as ALL our plans would have succeeded. But the fact is, as good a plan as we have, things beyond our control happens. Some of these include worldwide phenomenon such as pandemics, recession, war and food shortages, etc.

So, accept that we are not in FULL control of everything. Knowing and accepting this enables us to be more resilient and practical with our ambitions and goals.



02 Control what we can control

The other side of the coin is, there are things we have full control of. Ask yourself, what do you have full control of? And are you doing that well? This basic step will take away a lot of potential stress and worries, because you will know what you actually can control and what you cannot.

The aim is to not lose sleep over the things you cannot control. If it is indeed something you have no control over, let it go. For example, I know the whole world is worried about the economy, but can we control the war in Ukraine, or the pandemic that affects the world economy? No. But what we can control is to limit our spending, put more

in savings, and maybe even invest in something stable.

Many are worried about their health, but strangely, they do nothing about it. They eat the same unhealthy food, drink sugar-filled drinks, sit and watch TV for a whole day and never exercise. This will lead to health problems. It is proven over many studies that the healthy and fit live a longer and disease-free life compared to those who are unhealthy and unfit.

Change what you can change, and for things you have no control of, thinking or worrying about it will not give you more control of it. Take full control of what you can control.

03 Have a plan that can be worked on

Make it the best plan ever. BUT remember to make it realistic enough to achieve. When Daniel Craig first took over as James Bond, there was a scene where he rose out of the ocean in all his muscular glory. I thought to myself, "hey, I want that body too." Obviously, I still look like a potato today, because I did not realise the kind of exercise and food that was required to develop that body. And I was not paid to look that good, provided with a personal trainer, given the nutrition I needed... because I had a regular 9-5 job.

Remember, if you want the plan to work, you have to work the plan, hence, keeping it real and something you can achieve realistically is going to be key.

The plan needs to have actionable items to help you achieve it. It is pointless to say I want to save

RM100,000 in 2023 when there are no actionable items to do. For example, we can...

- A) Save 50% of my take-home pay**
- B) Do not buy anything just because of the status of the brand, find a cheaper alternative**
- C) Do not buy coffee from large coffee franchise**
- D) Eat at food stall or cook at home for 6 days and leave 1 day to treat myself on weekends**
- E) Have a fixed number of clothing for all the usual occasions and do not buy anymore till they are worn out or does not fit you, do not buy based on trend or fashion**

The five items above will help you save money, and it is not so extreme that it is unachievable. In fact, everyone can do them.



04 Prioritise your health

A healthy person with little money in the bank is far richer than a billionaire stuck in the hospital with tubes and wires keeping him alive. Like most important and good things, this requires discipline. There are three basic elements to good health.

A) Output, or exercise.

The best way to achieve this is to find an exercise that you actually enjoy doing, then it becomes a joy and not a chore. If you have to wake up early at 5am, do it. For those who need motivation, you will require a personal trainer, which is added expenditure, or the cheaper method is to find a group of people with the same goals and do it together.

B) Input or what we put in our bodies.

Food and drinks play an equally important part in our health. Cut off fried food, sugared drinks, fast food and fast snacks (bagged chips and snacks), processed food, etc. Eat more vegetables, and less red meat. Cut down on the rice and noodles. Avoid alcohol. Stop smoking. Drink water instead of canned drinks or sweet Teh Tarik from the mamak stall. All these are achievable if we are serious about our health.

C) Rest or sleep

While everyone is different, the general guideline is 7 to 8 hours of sleep is best for our bodies and health. If you find it difficult to sleep, avoid caffeine or alcohol 6 hours before you sleep. Looking at your phone or computer screen before bed has also been proven to disrupt good sleep. Make it a habit to leave your worries outside your bedroom. Additionally, certain "white noise", aromatherapy, complete darkness and a room temperature of 65 degrees Fahrenheit or 18.3 degrees Celsius is best for getting good sleep.

05 Managing stress

Anxiety is the largest silent killer in the world. Extended anxiety is known to cause a person to fall ill and into many diseases. This is because the more stress we are, the more our immune system is weakened, allowing diseases to sneak in. This is linked directly to the previous point about knowing what we can control and what we can't. As a reminder, do not let things you cannot control keep you awake at night... you have to learn to let these type of "thoughts" or "worries" go.

Exercise is a great way of managing stress as it increases Endorphins in us. Spending time with the people you love is another excellent way to deal with stress. Some people find meditation helpful. Others find religion beneficial. On a personal level, learn to forgive and love others. Holding on to a grudge causes stress and happy

people have the highest chance of living a long and healthy life.

Managing stress has to do with changing the way we look at things, and how we act or react to daily situations. It is about changing our minds so we can move forward to be a better person. The mind is a tough thing to change, and it will take some time for it to happen. Like any other training, we need to keep at it and the results can be seen, eventually.

In conclusion, keep track of your progress this year so you can make a better plan for next year. We at LBS, are about progress and making ourselves the best we can be. This is a long-term goal that everyone should take part in. You only have one life. Get it right. Make it your best life. **Start now.**



7 tips

to make and keep
your New Year's
resolution

Ahh... it is that time of the year again.

A New Year beckons and people all over the world spend anywhere from a few minutes to a few days to come up with their resolutions. In essence, it is a goal or list of things they want to change in their lives, usually to improve themselves.

But some fail almost immediately, while others may be able to achieve them partially and only for a short period of time. Regardless, most will fail, eventually.

If you are serious about achieving your New Year's resolutions, here are some tips to make it work for you this year.

New year Resolutions

1

2

Read!

3

Travel!



01

Be serious about your resolutions

Any goal-setting should be taken seriously. The difference between success and failure is this: Failure is caused by making a list in the HOPE you may somehow achieve it, and success is making a list with a PLAN to achieve it.

A list with no plans or determination is a waste of time. Do spend some time considering what you want to achieve and how you plan to achieve it. If you are not even going to try to achieve it, you might as well spend your time doing something else.

Your heart and mind must be focussed and in complete agreement for you to reach your goals and achieve your resolution.

02

Determination, dedication and discipline is required

There is no shortcut to lasting and genuine success. Many people aim for a quick fix or the shortest distance between two points, some even cheat to get where they want to be. But cheaters will eventually be found out, and all their "successes" will be wiped away as fraudulent. They may even end up in jail.

So do it the right way. Yes, it may take a longer time, but once you get there, no one will be able to take it away from you because you have actually earned it. Be prepared to put in honest work to reach your resolutions.

Anything less will not last.

03

Have an accountability partner or group who can be honest with you

Clearly, we need people in our lives. Reaching our resolutions is no different. An African Proverbs puts it best, "If you want to go fast go alone. If you want to go far, go together." It is good to get someone involved with your resolutions. Give them the right to remind you, keep you on track, and even scold you. The deal is, you cannot get angry at them for telling you the truth.

We can get distracted, we can lose focus, and we can lose motivation. But when there is someone there who we have enabled to "police" us, we will find it easier to keep at the goals.

04 Have a year-long goal but broken up to smaller parts

Break the main resolution into smaller monthly or quarterly goals. Let's say you want to stop smoking, if you currently smoke two packs a day, aim to smoke only one pack a day for the first month, and then in the second month aim for one pack a week.

If you aim to be a better staff in your company, sit down with your superior to chart monthly and quarterly goals. If you plan to be promoted, find out what that post entails and what you are lacking, then aim to learn all the skillset you need to be promoted and to do that job properly. Maybe the role requires you to learn a new language, sign up for the relevant classes. Be practical about this.



05 Set in place a reward system for every achievement you reach

Give yourself a reward every time a goal is achieved in your monthly or quarterly review. It can be something small, as long as it is something you enjoy.

For those who are very goal-oriented and need a more significant reward, why not? Maybe a local weekend getaway for every monthly goal achieved and a present of RM3000 for every quarterly goal achieved?

Whatever works for you, do it. The rewards will help you focus on getting it done.



06

Do not quit the resolutions when you fail, start over again immediately

There will be failures and setbacks along the way. This is normal. No one wins all the time, and we will actually learn more in failure than when we succeed.

However many times you fail, do not give up on your resolutions. Do not quit and tell yourself you will start again on the 1st of January next year. Get up immediately and restart your journey.

07

The resolution is meant to make you a better person

If in the course of the year, you become a person who is not as nice as when you started... you may have aimed for something that is not worth achieving. Nothing is worth diminishing your personal integrity or character.

Resolutions should be bigger than a goal, it should build you up to be a better person. A kind, polite and benevolent person who has more integrity, is more caring and loving compared to when you first started. This is the type of person who will be able to contribute to your friends, family, company and nation.

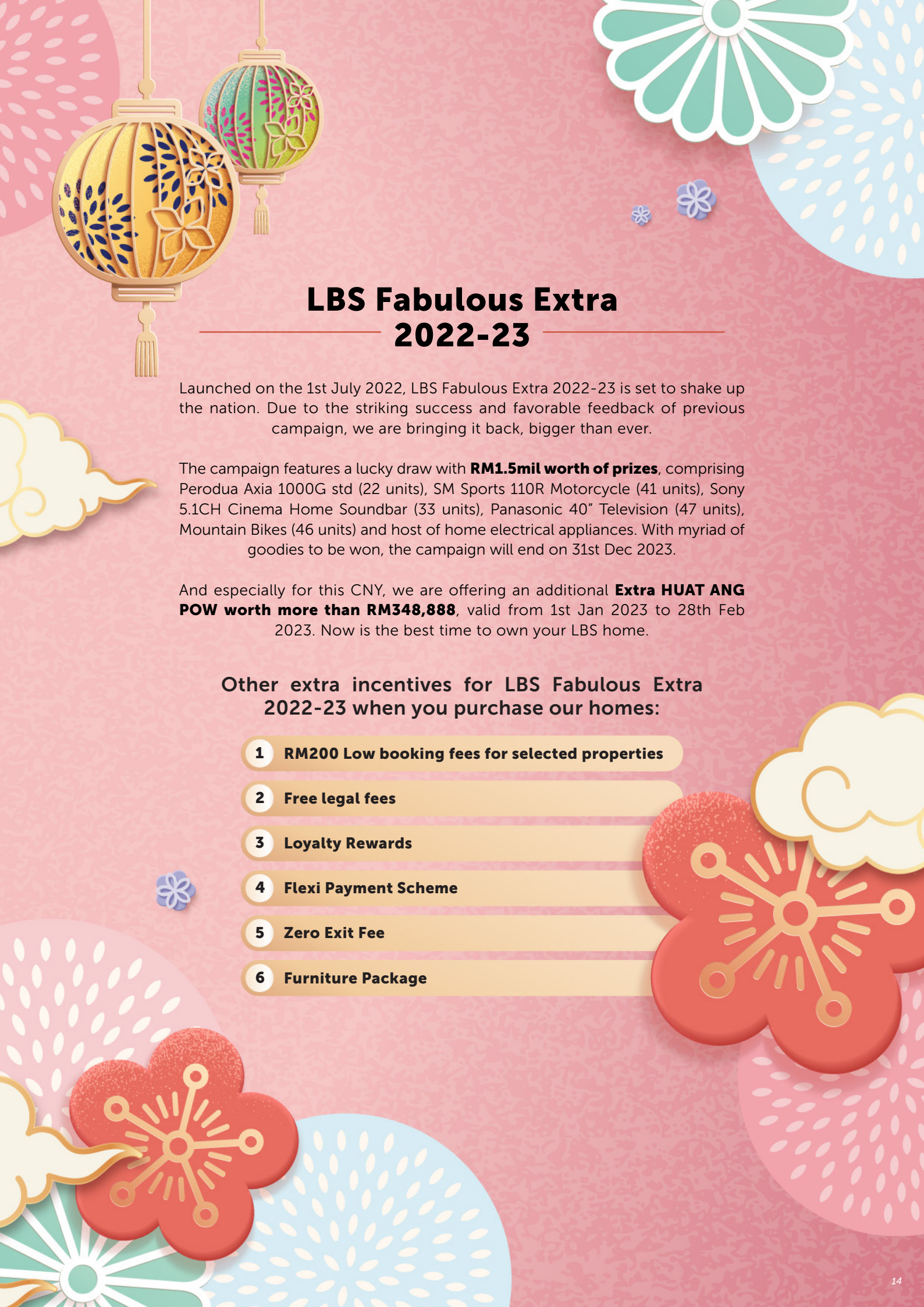


LBS FABULOUS

2022-23

Extraaaa





LBS Fabulous Extra 2022-23

Launched on the 1st July 2022, LBS Fabulous Extra 2022-23 is set to shake up the nation. Due to the striking success and favorable feedback of previous campaign, we are bringing it back, bigger than ever.

The campaign features a lucky draw with **RM1.5mil worth of prizes**, comprising Perodua Axia 1000G std (22 units), SM Sports 110R Motorcycle (41 units), Sony 5.1CH Cinema Home Soundbar (33 units), Panasonic 40" Television (47 units), Mountain Bikes (46 units) and host of home electrical appliances. With myriad of goodies to be won, the campaign will end on 31st Dec 2023.

And especially for this CNY, we are offering an additional **Extra HUAT ANG POW worth more than RM348,888**, valid from 1st Jan 2023 to 28th Feb 2023. Now is the best time to own your LBS home.

Other extra incentives for LBS Fabulous Extra 2022-23 when you purchase our homes:

- 1 **RM200 Low booking fees for selected properties**
- 2 **Free legal fees**
- 3 **Loyalty Rewards**
- 4 **Flexi Payment Scheme**
- 5 **Zero Exit Fee**
- 6 **Furniture Package**

HEALTHY FOOD FOR A BETTER BODY GOAL IN 2023

If anything, the pandemic showed that those who are healthy will always have a better chance at surviving. Malaysians are spoilt for choices where food is concerned, because the reality is, we have some of the best food in the world. Unfortunately, some of the tastiest foods are not good for us.

There are three ways to eat. The first way, like most Malaysians, eat whatever you enjoy most. More than likely, this way will lead to multiple health issues. The second way, eat whatever is healthy. A small group of people are choosing to eat ONLY healthy food, and to be honest, this can be quite boring and life may seem less than enjoyable because they are cutting off everything that is yummy and tasty.

We are suggesting a third way, eat nutritious food 80 percent of the time, and have whatever you feel like 20 percent of the time.



There are foods that we need to **avoid though:**

01 | HIGH IN SUGAR

Malaysia has one of the highest incidences of diabetes in the world. In fact, there are 4 million Malaysians suffering from diabetes. This can be attributed to all the high-sugar drinks we have like canned sodas, teh tarik, milo ais, sirap bandung, etc. And then there are the ample selection of local kuih-muih that is laden with sugar. We also consume a high amount of coffee and tea, but how much sugar are in these beverages? Stop consuming these high-sugar food and drinks.

02 | HIGH IN SALT

Processed and canned food are high in salt content, as a natural preservative and flavour-enhancer. Some of our favourite sambal and local condiments follow the same line of thought, because salt enhances the taste. Potato chips, those made locally and those bagged from overseas... high in salt content. And let's not forget the household-favourite, kicap, especially with half-boiled eggs. Excessive salt in your diet can lead to high blood pressure and heart diseases.

03 | HIGHLY PROCESSED CARBOHYDRATES

Malaysians love their breakfast, lunch, teatime, dinner and supper. You will often find white bread, white rice in the mix. These are staple diet for Malaysians. Also, cereals, cookies and biscuits can be included in the list. They taste nice, and even seem harmless, but avoid overconsumption and keep it to a minimum as refined carbohydrates can lead to diabetes, and inflammation.

04 | HIGHLY PROCESSED MEAT

Unfortunately, the list is like a Malaysian all-time favourite. These include burgers, sausages, luncheon meat, spam, most canned meats and fast-food franchises. These will increase your cholesterol and increase the chances of heart disease and cancer.

05 | DEEP FRIED FOOD

List down your 3 top dishes to eat and chances are, one or more of them will be fried or deep fried. Unfortunately, one of the tastiest ways to cook any Malaysian favourites, is by frying, but it is also entirely not good for health especially if the oil is used repeatedly. Avoid.

**Instead of the 5 groups of food above,
here are the dozen that we **need** more of:**

01 | GREENS

Yes, vegetables, boring but great for you. Spinach, broccoli, capsicum and anything that is leafy and green is good. They provide high fibre, nutrients and will help detox our bodies.

02 | BEANS AND LENTILS

Kidney beans, soy beans, mung beans, red beans... are all good. Again, high in fibre, minerals and protein.

03 | NUTS AND SEEDS

Almonds are known to contain vitamin E, and nuts are nature's capsule of nutrients that even animals survive on.

04 | WHOLE GRAINS

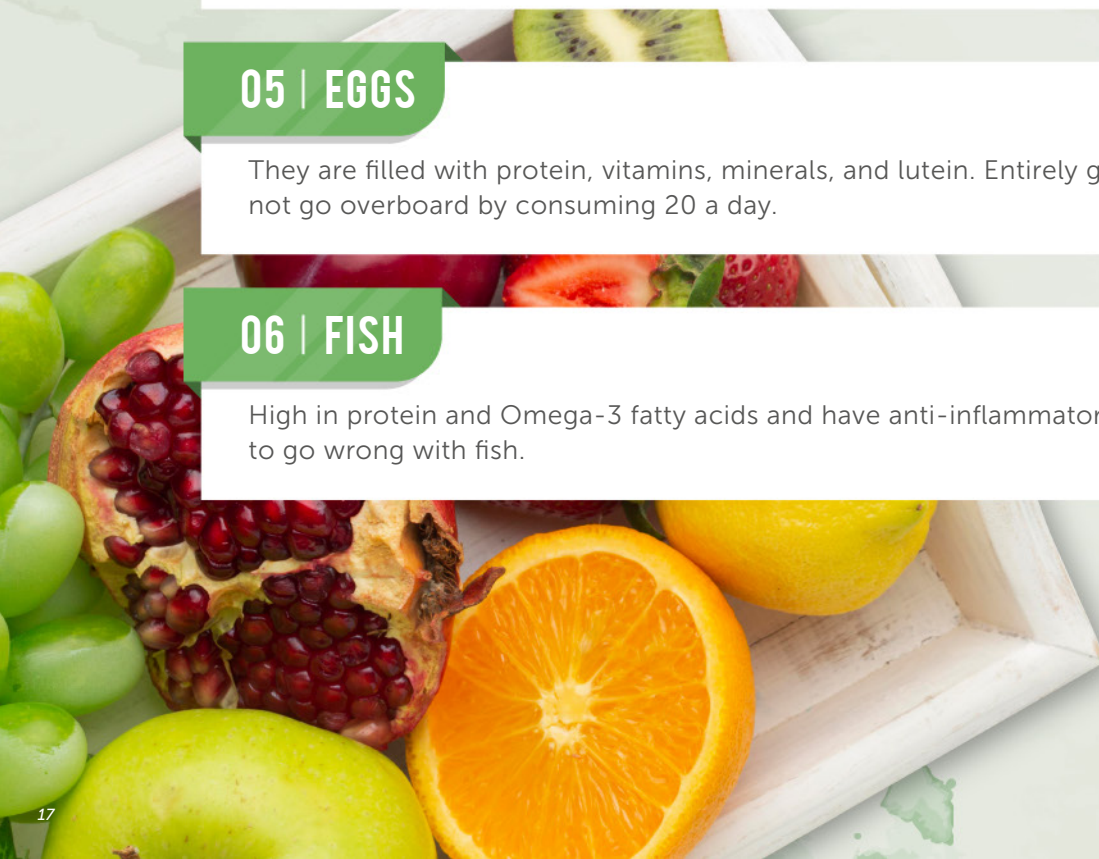
Instead of buying white bread, get the wholegrain ones. Barley is readily available and quinoa is high in protein and fibre and an excellent alternative for rice. Multigrain, oats and oatmeal are highly recommended.

05 | EGGS

They are filled with protein, vitamins, minerals, and lutein. Entirely good for us, but do not go overboard by consuming 20 a day.

06 | FISH

High in protein and Omega-3 fatty acids and have anti-inflammatory properties. Hard to go wrong with fish.





07 | BERRIES

High in antioxidants and fibre, it adds variety and flavour to your diet. Also known to be an anti-inflammatory food.



08 | CHOCOLATE

Preferably those high in cocoa content, 70% is a good place to start, as the majority of chocolate bars are also high in sugars. Natural antioxidant is found in chocolate.

09 | PEANUT BUTTER

Yes, you read right, wonderful, rich and creamy goodness. High in protein, carbohydrates and some sugar.

10 | OLIVE OIL

Contains monounsaturated fat proven to reduce risk of heart disease and LDL cholesterol. Extra Virgin oil is best as it is the least processed.

11 | FRUITS

Can't go wrong with local favourites like papaya, banana and even the durian is a great source of fibre.

12 | WATER

Drink enough water, 8 to 12 glasses a day. More when you exercise.

While all these should be a part of your regular diet, the point to remember is that, do not get excessive with any one of them. All things done in moderation is key to a healthy and happy life.

The Ultimate 2023 CNY List of *do's and don'ts*

CNY is just around the corner and this New Year is the year of the Water Rabbit. On the Chinese Calendar, it starts from the 22nd of January 2023 and ends on the 9th of February 2024. The Rabbit, in the Chinese Zodiac, is a symbol of longevity, peace, and prosperity.

As we read the list, we need to remind ourselves that they are often set in ancient times and while these ideas and practices may seem illogical to some, we have to appreciate that others take them very seriously. Everyone should decide what they want to do without judging the other group who may not think like you do.

In making the list, we trust that it will help everyone understand the culture and practices a little bit better.

Here are a few lists that we have compiled:

1 Most "Ong" colours for the year of the Water Rabbit

- Pink
- Purple
- Red
- Azure blue
- Apple green



2

The **right** things to do

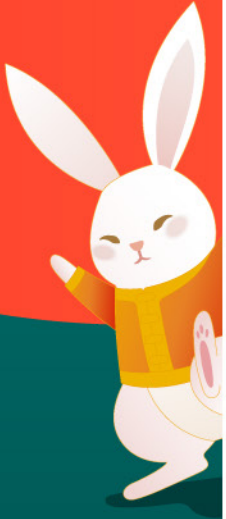
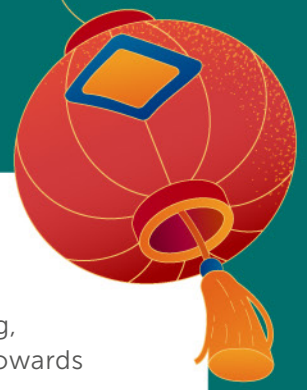
- Make sure you have enough red packets (if you are married) – ideally, it should contain new notes, and the amount should be in even numbers, but remembering to avoid 4 and 40, as these numbers sound like death or wishing death upon the recipients.
- Wishing everyone you meet – the well-known “Kung Hei Fatt Choy” is always a safe bet. The second most popular greeting is “Sun Tai Keen Hong”. Both can be combined meaning “wishing you wealth and health”.
- Clean your homes before CNY – traditionally this is done two days before CNY. The action is meant to symbolise the sweeping away of bad luck and preparing a new chapter that welcomes the good.
- Decorate homes with angpaw and anything red – Red is known as a bringer of luck, prosperity and all things good.
- Buy and wear new clothes – Everything one wears must be new... and we mean EVERYTHING. This is to ensure you attract wealth at the start of the new year.
- Get a (few) Kumquat trees – traditionally, these are small potted kumquat trees with small orange fruits already borne. They symbolise prosperity and luck. They should be present in your homes and some people make it a habit to bring pots as gift to family and friends when they visit them.
- Give Mandarin oranges – The pronunciation of Mandarin oranges sounds like “Gold” hence giving them is wishing the recipients wealth.
- Accepting Mandarin oranges – Likewise, do not reject Mandarin oranges for the same reason.
- Firecrackers and fireworks – It is believed the louder and brighter the firecrackers, the more luck it will bring. (Check local laws on firecrackers and fireworks, or it may just bring the police)
- Reunion dinners – It is meant to bring back everyone from however far they are to begin the New Year together. Dishes that symbolises luck and health are to be eaten together so the whole clan is blessed.
- Offering sacrifices to ancestors – This is to show respect and piety. It is also believed that the ancestors will protect and bless them.
- Bearing gifts to the homes you visit – It is a good practice to come bearing gifts, but there are certain gifts to be avoided. (Read further below) Mandarin oranges is always a good and safe bet, as are cookies.



3

The **wrong** things to do

- Wearing white and/or black – As these are colours of mourning, wearing them is considered rude, ignorant and having ill-will towards the people you visit.
- Washing your hair on the first day of CNY – The Chinese character for hair is similar to “Fatt” and this implies a washing away of fortunes.
- Taking medicine, visiting hospitals or people in hospitals – Hospitals are known to be places of illness and death, visiting them means you will bring illness and death back to your home for the whole year.
- Talking about or mentioning certain words – Death, dead, ghost, illness, disease, poor, poverty, losing something... are words and topics not to be spoken about on the first day, lest you attract these to your homes for the whole year.
- Cry – Do not cry (includes children) as it will mean all sorts of suffering for the whole year.
- Buy new shoes during CNY – The pronunciation of shoe in Chinese sounds like a sigh, implying a sense of disappointment that will last for the whole year.
- Buy books during CNY – The pronunciation sounds like “lose” or “losing”, which is believed to be carried into the whole year.
- House cleaning or taking out garbage – It is forbidden to clean your house, specifically sweeping, on the first day of CNY as it will indicate a wiping away of good fortune.
- Washing clothes – This is avoided on the first two days of CNY, as the pronunciation of water is the same as money. Pouring away excessive water is equivalent of pouring away money.
- Eating porridge as your first meal in CNY – As porridge represents food for the poor, eating it will mean you will be poor for the whole year.
- Breaking plates or bowls – This is taken to mean bringing loss and causing break-ups within the family.
- Using knives or scissors – This is said to lead to arguments and a sign of losing wealth.
- Lending or borrowing money – Believed to bring bad luck to anyone who does so. (Or it could be made up so people who gamble and lose are discouraged from asking for money.)
- Killing of animals – Spilling blood on the 15 days of CNY is believed to bring disasters.



4

Gifts to avoid *(especially during CNY, but applicable throughout the year)*

- Wallets – It is the same as giving away your wealth.
- Handkerchiefs and umbrellas – It is taken as a sign that people will leave and part ways forever. Umbrellas are similar, but not as serious as a handkerchief.
- Dolls – Small dolls, especially those made with cloth are said to attract evil spirits.
- Knife – It means severing ties between the two parties.
- Scented candles – as candles are used during funerals and offering to the dead, it is to be avoided.
- Mirrors – It is believed to attract evil spirits.
- Flowers – It is believed that cut flowers, often used in funerals, will attract bad luck. This is especially true for yellow Chrysanthemums and white flowers.
- Clocks or watches – The Chinese words of “giving a clock” sounds similar to “Attending a funeral”, hence is to be avoided, as it brings bad luck.
- Hats – They symbolise grief and heartaches. Especially significant is a green hat, which means the wife or girlfriend is unfaithful to the man.
- Pears – It means parting ways and will bring bad luck.

SCAPES

HOTEL | GENTING HIGHLANDS

Food Promotion



Starting the year right must include a personal or family getaway to reset yourself for the New Year ahead. And what better way to do this than to spend some well-deserved time in SCAPES Hotel Genting Highlands. Set in the deep, lush greenery of Malaysia's favourite holiday destination, Scapes Hotel is the go-to place to recharge or just to spoil yourself a bit. With a host of uniquely theme rooms and suites, there is something that is just right for you.

Additionally, Chef Ashar has created a special menu for the first quarter of 2023 to tempt your palate and satisfy your cravings at two of our F&B outlets; Lemon3 and Poolside. But there is only so much we can describe, here are some photos and details to help you make up your mind.

Once the word gets out, there will be a rush to SCAPES Hotel, so book early... like, now. Go to www.scapeshotel.com or enquiry@scapeshotel.com. Alternatively, you can call +60 3 6106 0833 or +60 3 7866 1745 (corporate office).



JANUARY 2023

LEMON3

1. New Year Semi Buffet Hi-tea

RM68 nett per person

Spread of local and international semi buffet hi- tea with main course from the kitchen

1 Jan 2023 (Sun) – 12.30pm to 3.30pm

2 Afternoon Snack Tier

RM38 nett (Set for 2 pax)

Selection of local and international snack items with hot drink

Friday and Saturday from 2pm to 6pm

3. CNY Reunion Set Dinner (7-course)

RM1000 nett per table / 8 pax

From 12 to 31 Jan 2023

POOLSIDE CAFE

1. Sandwich Kiosk

RM15 nett per person

Your choice of sandwiches with selected filling and bread

from 12pm to 6pm



FEBRUARY 2023

LEMON3

1. Jenahak Asam Pedas

RM35 nett per person

A' la carte style

- served with steamed white rice

Serve from 12pm to 9.30pm

2 Afternoon Snack Tier

RM38 nett (Set for 2 pax)

Selection of local and international snack items with hot drink

Friday and Saturday from 2pm to 6pm

POOLSIDE CAFE

1. Valentine Set Dinner

RM300 nett (per couple)

from 11 to 14 Feb 2023 – 7pm to 10pm

2. Sandwich Kiosk

RM15 nett per person

Your choice of sandwiches with selected filling and bread

from 12pm to 6pm



MARCH 2023

LEMON3

1. New A'la Carte Menu

Available from 12.00pm - 9.30pm

2. Jenahak Asam Pedas

RM35 nett per person

A' la carte style

- served with steamed white rice

Serve from 12pm to 9.30pm

3 Afternoon Snack Tier

RM38 nett (Set for 2 pax)

Selection of local and international snack items with hot drink

Friday and Saturday from 2pm to 6pm

POOLSIDE CAFE

1. Sandwich Kiosk

RM15 nett per person

Your choice of sandwiches with selected filling and bread

from 12pm to 6pm



LIVING WITH SUSTAINABILITY IN MIND

When we realise that we all live on the same planet, we begin to understand that every bit helps in keeping this world healthy and liveable. The global call for sustainability is a timely one as using our natural resources responsibly will have a lasting and positive impact.

It is all good and fine to read what the 7 Rs of Sustainability are... but how do we put it in action daily? When you go through the seven points, you will realise it is a thought process that starts from point 1, and this will lead you into action that begins with point 2, and so forth.

But talk is cheap, so here are some tips...



01 - RETHINK

This is the first critical step and it involves us asking ourselves the right questions. The main question we always need to ask is "Do I need that?". We are all creatures of habit and we have grown into a certain groove or behaviour. This behaviour, while comforting, is unlikely to be the best way to live if we intend to make sustainability a reality in our lives.

The word consumerism comes to mind and clothing is the easiest category to look at as an example. How much clothes do we have and how much do we actually need? And we keep buying new ones even when our existing wardrobe is more than sufficient. Why? The uncomfortable truth is, we like to shop, we like to look good and that makes us feel good about ourselves.

We are driven by marketing, advertising, sales, trends and fashion; all these encourages us to keep buying things we do not need. We feel good for a short time, then we get bored and look for a new thing to buy. This is a vicious cycle that this planet cannot sustain indefinitely.

The statistics show that up to 10% of global carbon dioxide output is from the fashion industry. Remember to ask yourself "Do I need that?" about every item you want to buy from today onwards, because we need to break away from how we are currently living.

"Do I need to buy that new phone, TV, or car? If they are all working fine, why do I even need a new one?"

"Do I need the shop's plastic containers and bags? Why can't I bring my own food container and reusable bag?"

"Do I need that plastic cup from my favourite coffee franchise? Why can't I bring my own cup?"

"Do I need to make a daily trip to the grocers or the mall? Why don't I make a list and go once every two weeks?"

The key is asking the right questions. It is no longer an excuse to do something just because it is what we have always done.

02 - REFUSE

We need to learn to say "no" to anything we do not need. The simple equation is, as long as we own something, it is a consumption and that product comes with a carbon footprint. Learning to say "no" is both an outwards and inwards process.

Outwards from the perspective of saying "no" to all the sales and offers that is out there, including free things that we do not need. Inwardly, we need to get out of our comfort zone which has much to do with convenience. Can I walk to the shops instead of driving? Can I go to the wet market and pick up unpacked fruits and goods, rather than the nicely packed ones in single-use packaging at the supermarket?

Refuse to buy things that we do not need, even if they are on sale and refuse to allow comfort or laziness to stop you from sweating a bit to walk or cycle to the shops.





03 - REDUCE

To reduce simply means we need to learn to live on less. How do we buy less? How do we use less? Are there wastages in the way we normally live?

Do we buy too much food that they expire and go to waste? Do we cook too much and throw away what we cannot finish? Do we teach our children to finish all their food?

Do we let the water run when we are brushing our teeth? Can we install a flushing system that has an option to discharge half of the tank? Do we wash three pieces of clothing in the washing machine but with the full amount of water instead of setting it to half?

Do we leave the TV, lights, fan and air-conditioner on when there is no one in the room? Do we open the refrigerator door every hour out of bad habit? Do we drive out to a shop just to buy one item? Do we leave for our appointments early so we do not have to drive the car hard and fast, therefore using more fuel? Do we use energy-saving light bulbs for the whole house?

We live in a world of excesses and are so used to it that we do not even think of the high amount of wastage we cause. Learn to live on less by questioning our current choices and practices.

04 - REUSE

One of the biggest issues today is we shop a lot online. And with the pandemic, we even buy food online. The waste product is excessive in the form of one-use containers and bags. Some of these we can reuse, especially plastic food containers. But how long before your whole cupboard is filled with these containers? Maybe it is time to go eat at the shops and reduce waste from packaging.

The first way we can reuse is to give away what we have stopped using. Avoid throwing something that is functional into the garbage bin because what you do not want may be exactly something someone else needs. The second way is to sell them online or to people who are looking for them. There is a thriving business on second-hand goods, we can save the environment and make some money at the same time.

05 - REPAIR

We live in an age of plenty, and due to that, we tend to throw away items at the first sign of it developing an issue. A good example are mobile phones and laptops which are discarded or upgraded immediately when they start slowing down. This is obviously wasteful as any item that is malfunctioning should be repaired first; it is that simple. If it is something you can fix yourself, do it. If not, call in the professionals.

But yes, there are times when repairing it is just a temporary solution as it will break down

again, and the repairs will cost more than a new item. In cases like this, you may need to replace it with a new product.

Clothing can be repaired as well. A tear or a hole is not the end of the garment. Why throw away that pair of jeans you have spent a couple of years wearing-in when you can simply patch it up? The same can be said of shoes that can be easily "refreshed" with a new sole at your local cobbler.

If it can be repaired, do it.

06 - REPURPOSE

Using something originally meant for one thing in another way is how we can repurpose. Old glass jars are great for food or condiment storage and old toothbrushes can be used as cleaning brushes. If you are the creative type, you can even turn bottles into lamps. In fact, if you are creative, the sky is the limit with what you can do in repurposing something old and used into something functional and beautiful.

Old car tyres can be repurposed as "pots" for plants if you have a garden. Old inner tubes from bicycles are great as a grip for comfort

and to absorb vibrations. Old bicycle tyres can be stitched together to make a bag; in fact, scraps of cloth or leather can be used in a similar way. Decent quality paper bags can be reused until they tear or break. Resealable bags should be washed and reuse as well. Even egg shells can be cleaned, sanitised and ground up as a calcium supplement.

Another point to consider is to "re-gift", meaning to give away (as a gift) a gift you receive but is not using, to someone who will actually use it.

07 - RECYCLE

This often-used term specifically means turning something that is used back to its original state as a raw material. The easiest way we do this is to separate our garbage into categories and put them in recycle bins. We should have bins for glass, paper, metal, electronic, perishable foodstuff, plastic, etc. This enables manufacturers and business operators the chance to transform these waste products back to their original state and then used to make something new.



Conclusion: Let's be honest, there is a lot we can do in our daily lives to achieve a state of "zero wastage". Remember, the key is asking ourselves the right questions... start with "Am I bothered to start?" We hope the answer is a "yes", and then we can do this together.

PRESTIGE

—RESIDENCE—

Seri Kembangan is developing a reputation as a formidable address to be in, thanks to the rapid but consistent development the area has been blessed with. It is in all rights a self-supporting neighbourhood and one that has experienced growth exponentially.

With the Ayer Hitam Forest Reserve as its green lung promising an airy expanse, Prestige Residence is within a stone's throw to other matured neighbourhoods and fast emerging urbanity. Additionally, factor in Taman Puncak Jalil Recreation Park, Kinrara Golf Club, and Bukit Jalil Golf & Country Resort, all within driving distance, makes Prestige Residence the home of choice.

For this reason and more, it is the place to be when you think of a property in Seri Kembangan.

Sited on 8 acres of land, the serviced apartments configuration comes in three different layouts; Type A - 600sqft (RM270,000), Type B - 800sqft (from RM440,900) and Type C - 850sqft (from RM466,900). The target demographics will largely fall into the Chinese and Malay markets from mid-low to middle income range.

These cosy homes are attuned to young professionals who are looking to settle down and owning their first house. Likewise, Prestige Residence will also be ideal for young and small families, possibly those who have grown up in the neighbourhood and want a place close to their parents and family home.





Touted as “chic-ly affordable”, with modern design, it comes with practical layout to adapt to the new norm of WFH/Study from home generation, and it is equipped with broad range of facilities as well. You can do your best work and play in Prestige Residence. It comes with 40 full-fledged facilities for every spectrum of age; such as swimming pools for adults and kids, gymnasium, courts for basketball, takraw, futsal and badminton; indoor games room, kids’ gym and playground, silver station and reflexology gardens for the matured, multiple landscaped gardens for those seeking quiet time alone, space for family and friends to bond, BBQ, and picnic lawns, and even a 2-storey clubhouse that provides a private and comfortable setting for functions.

Accessibility is incredibly good with a host of different routes for easy ingress and egress via MEX, NSE, BESRAYA Expressway, Kuala Lumpur-Seremban Highway and LDP Expressway. Where public transportation is concerned, there are the Putra Permai Bus station, the upcoming Taman Putra Permai and Equine Park MRT stations.

Located nearby are a plethora of public and private educational institutions: SJK (C) Bukit Serdang, SK & SMK Taman Desaminium, SMK Bandar Puncak Jalil, Alice Smith School, Rafflesia International Private School, and Universiti Putra Malaysia; while shopping and retail therapy can be found within Seri Kembangan in Mydin Puncak Jalil, AEON Mall Taman Equine, GIANT Seri Kembangan, The Mines Shopping Centre, and IOI City Mall. Importantly, there is no shortage in healthcare facilities either as these can be found in Hospital Serdang, Hospital Putrajaya, and Andorra Women and Children Hospital.

As you expand outwards from Seri Kembangan, you will see matured townships such as Taman Equine, Puncak Jalil and Pusat Bandar Putra Permai (also known as Puchong South), Puchong, Bukit Jalil, Putrajaya and Serdang; ensuring future relevance to the Seri Kembangan address.

At the end of the day, Prestige Residence is surrounded by various greeneries and a forest reserve, and this makes it an ideal place to be in an already matured neighbourhood. The pricing is also extremely attractive for its location and as a development unto itself. It is a gated and guarded property, with CCTV, and added security features such as access card via guardhouse and lift lobby, including perimeter patrol.

Prestige Residence is the place to call your home.



IDAMAN

M E L U R

SOLUSI PEMILIKAN KEDIAMAN TERUNGGUL

As a nation that is on the upward trend, Malaysia continues to grow and as such will require more and more affordable housing options for the masses. It is with this in mind that Permodalan Negeri Selangor Berhad (PNSB), a Selangor State Government subsidiary under the supervision of Menteri Besar Selangor (Incorporated) (MBI) in partnership with MGB Berhad (a subsidiary of LBS Bina Group Berhad), create the Rumah IDAMAN MBI projects known as Idaman Melur.


Idaman Melur is located in Cybersouth, Sepang and consists of two blocks of 23-storey apartments spread across 12.07 acres with an estimated Gross Development Value (GDV) of RM414 million. The high-rise apartment project is made up of 3 layouts

and priced at RM250,000 and RM288,800.

With a total of 1,448 units which are equipped with air conditioners, refrigerator, wardrobes, kitchen cabinet, television, television cabinet and water heaters; they have a built-up area of 1,000 and 1,022 and is configured with 3 bedrooms, 2 bathrooms. Additionally, each unit comes with two parking lots from their 6-storey car park block and open space car park.

The strategic location of Rumah Idaman Melur in Cybersouth, with its reasonable pricing and semi-furnished finishing of each unit has become a major attraction for property buyers and is meant for those in the low to middle income range and first-time home buyer in Selangor.





It is easily accessible by various major highways such as MEX, SKVE, ELITE, PLUS and Putrajaya-Cyberjaya Expressway. Being centrally located between matured townships – Cyberjaya and Putrajaya is an advantage as Idaman Melur is placed near established institutions such as Heriot – Watt University, SMK Dengkil, Multimedia University MMU, Dpulze Shopping Center, and Hospital Putrajaya; all well within 10km radius.

Just outside this zone can be found Xiamen University, Seri Puteri School, Lim Kok Wing University, AEON Big Putrajaya, Alamanda Shopping Centre, IOI City Mall, Mitsui Outlet Park, and Hospital Serdang. Public transport is very efficient in the forms of MRT Putrajaya Line, KLIA Transit and KLIA Ekspres.



The placement of Idaman Melur is as advantageous as properties many times its cost. It also comes with a range of basic amenities and is surrounded by the greenery of nature for a peaceful and serene lifestyle. The aforementioned amenities are the playground, futsal court, half basketball court, takraw court, shop lot, management office, Kindergarten, multi-purpose hall, prayer room (Surau) and toilets.

Being a gated and guarded property, it also has added security features such as entry via access card through the guardhouse and CCTV coverage at certain locations. Idaman Melur is a no-brainer choice for anyone who is looking for good affordable housing within Selangor; thanks to PNSB, MBI and MGB.

LBS and LBS Foundation Events



24th August 2022

LBS Bina honoured with numerous awards at The Star Property Awards 2022

The nation's most prestigious property developers have gathered together at the Star Property Awards 2022 to laud significant achievements in the property development industry. LBS Bina Group celebrates multiple awards in the real estate industry, a testament to the successful strategies and diversified portfolio in property development.



26th August 2022

LBS Bina Group wins BCI Asia Top 10 Developers Awards

LBS Bina Group Berhad has won yet another Top Ten Developers Award 2022 at the BCI Asia Awards (BCIAA), honouring the most commercially significant developers across the Southeast Asia.

The BCI Asia Top 10 ranking of developers for 2022 were conceived to showcase an international overview of their most significant contribution towards sustainable architecture in the seven regional markets across Asia.



26th August 2022

LBS Fabulous Extra 2022-23 Campaign returns with extra excitement and prizes

Proven as a crowd-favourite in the past, LBS Fabulous has made a grand return! With even greater prizes worth a total of RM1.5 million, LBS Fabulous Extra 2022-23 has EXTRA cars, EXTRA motorcycles, and so much more for homebuyers that purchase homes from our participating projects with the price point of more than RM300,000.00 from 1st July 2022 till 31st December 2023! Join us in our official launch and you may just walk away with a special lucky draw prize!



5th September 2022

Media Mid-Autumn mooncake delivery

LBS PR & Media team has taken the initiative to deliver mooncakes in conjunction with the Mid-Autumn festival as a token of appreciation to all Media Publications who have been with LBS Bina Group's journey.



7th September 2022

LBS recognised as one of Malaysia's Best Managed Companies by Deloitte

LBS Bina Group Berhad is pleased to announce that the Group has been chosen as the recipient of the "Best Managed Companies 2022 (Malaysia)" by leading global consulting firm Deloitte. Deloitte's Best Managed Companies award is a leading business awards programme that has been hosted in more than 37 countries since 1993. It recognises top privately-owned local companies (including listed entities with majority shares held privately) for their organisational excellence and contributions to the economy.



18th October 2022

LBS recognised as Top 10 Players in the Property Industry at The Malaysia Developer Awards 2022 (MDA)

LBS Bina Group Berhad is pleased to announce that the Group is a winner at the Malaysia Developers Awards 2022 Top of the Charts (under RM1 billion category) – Top 10 ("Award").

The Malaysia Developer Award is a joint collaboration between Star Media Group and FIABCI- Malaysia. It aims to serve as a benchmark of excellence for property developers to elevate themselves to international standards and to strengthen the Malaysian property industry in the global arena.



3rd October 2022

KIWANIS 39th year of Charity Treasure Hunt 2022

LBS Foundation, an organization handling the Corporate Social Responsibility for LBS Bina Group Berhad donated and participated in The Kiwanis Charity Treasure Hunt 2022 held in Johor. The Treasure Hunt, with an aspiration to provide a nestled haven for the community, was held from 1st to 3rd October 2022, gathering communities from all walks of life for a memorable adventure while raising funds.



21st October 2022

Breast Cancer Awareness Campaign

In conjunction with October as Breast Cancer Awareness Month, LBS Bina Group employees wore pink to show their support to honour survivors, remember those lost to the disease, and support awareness of the advocacy initiatives.



29th October 2022

The Launching of Idaman Melur

Permodalan Negeri Selangor Berhad (PNSB), a Selangor State Government subsidiary under the supervision of Menteri Besar Selangor (Incorporated) (MBI) in partnership with MGB Berhad (a subsidiary of LBS Bina Group Berhad), a construction and property development solutions provider, held a ceremony to launch one of its six Rumah Idaman MBI projects, Idaman Melur at KITA @ Cybersouth Sales Gallery.

Tan Sri Lim Hock San – Event and activities

August – October 2022

AUGUST



27th August 2022

Malaysian Fujian Exemplary Leaders & Outstanding Entrepreneurs Awards

The 'Malaysian Fujian Exemplary Leaders & Outstanding Entrepreneurs Awards' was organized by The Federation of Hokkien Associations of Malaysia in conjunction with their 65th Anniversary, and the award ceremony was graced by the Yang di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah.

A total of 10 Hokkien recipients, with outstanding achievements in various fields, were honoured.

SEPTEMBER



9th September 2022

Minister of Finance's Book Launch

LBS Executive Chairman, Tan Sri Lim Hock San was invited to attend the Minister of Finance's book launching ceremony. The Yang di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah, the Sultan of Selangor, the Regent of Pahang, and the Crown Prince of Selangor were also present at the launch.



24th September 2022

The Federation of Hokkien Associations of Malaysia Annual Conference

Tan Sri Lim Hock San, President of The Federation of Hokkien Associations of Malaysia (FHAM), graced the opening ceremony of FHAM 19th First Annual conference of the Youth League, and the 11th First Annual Conference of the Women Division.



24th September 2022

The Federation of Hokkien Associations of Malaysia 65th anniversary

Tan Sri Lim Hock San, President of The Federation of Hokkien Associations of Malaysia (FHAM) and his wife, Puan Sri Karen Lim attended FHAM's 65th Anniversary Gala Dinner. The guests gathered at a grand banquet to celebrate the occasion.



1st October 2022

The Federation of Malaysia Lim Associations 40th Anniversary

Tan Sri Lim Hock San, President of The Federation of Malaysia Lim Associations, attended the 40th Anniversary of the association's establishment at the Fairy Park. In conjunction with the celebration, the Association signed the contract for, and held the ground-breaking ceremony of, the Lim Ancestral Hall.



10th October 2022

China's Fujian Province Online Interaction

Tan Sri Lim Hock San, President of The Federation of Malaysia Lim Associations conducted an online meeting with Minister of United Front Work Department of China's Fujian Province.



12th October 2022

Dinner Meeting with Dato' Seri Mohamed Azmin Ali

LBS Executive Chairman, Tan Sri Lim Hock San had a dinner meeting with the Senior Minister of International Trade and Industry, Dato' Seri Mohamed Azmin Ali and leaders of major local companies.



26th October 2022

Inspection of Vietnam Construction Projects

LBS Executive Chairman, Tan Sri Lim Hock San visited Vietnam for the inspection of two construction projects under China Construction (Southeast Asia) Co., Ltd.

BE THE FIRST 100 READERS TO SCAN & WIN AN EXCLUSIVE LBS GIFT



How to participate?

1. Scan the QR code.
2. Answer 3 simple questions.
3. The 1st 100 readers to scan and answer correctly will be entitled to a gift.



empowering individuals
enhancing communities
