

JOURNEY WITH LBS

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Message from Executive Chairman

Firstly, let us all appreciate the “new” freedom we have as we are able to move more freely almost everywhere. This does not mean that COVID-19 has been defeated entirely, and thus we must continue to take every precaution to keep the people we love and ourselves safe. Do not take anything for granted, especially your health.

Allow me to wish every Muslim a Selamat Hari Raya Aidilfitri again. And what a special year this is as we are all able to “balik kampung” once again after about two whole years of travel restrictions. I hope this has reminded us not to take our freedom and loved ones for granted. It has certainly reminded me of the same.

In LBS, we recently held the prize presentation ceremony for all our lucky homebuyers at KITA @ Cybersouth sales gallery, with some of them driving away brand-new cars, just in time for the “balik kampung” season. It was a cause for celebration and we wish all the winners a hearty congratulation! You can read a bit more about it in this issue of The Journey.

With Merdeka and Malaysia Day just around the corner, we must all be thankful even in these hard and challenging times. As we all work together for a better future, it is not just for our own benefit but for those who will come after us, the future generations. Remember, our present reality and prosperity came from the hard work of those who came before us.

Also, in conjunction with the upcoming Merdeka month and Malaysia day, we have line up another brand-new campaign to reward our homebuyers, so do check out our social media pages for more info.

Lastly, I want to take this opportunity to wish everyone a Happy Merdeka! Stay safe and stay productive.

A portrait of Tan Sri Lim Hock San, the Executive Chairman of LBS Bina Group. He is a middle-aged man with short grey hair, wearing glasses, a dark blue suit, a white shirt, and a blue patterned tie. He is standing against a light blue background with abstract white and yellow circular patterns. A dark blue rectangular box is overlaid on the bottom right of the image, containing his name and title in white text.

Tan Sri Lim Hock San
LBS Bina Group
Executive Chairman

How to celebrate Merdeka today

We are taught in our History class on how we achieved our independence and it is certainly a cause to celebrate. It used to be a big celebration with day-long parade at Merdeka Square by uniformed groups and groups representing people from all walks of life, but times have changed. And change is not necessarily a bad thing.

Sure, if there is a parade... go for it, bring the whole family. Independence day for any country is worth celebrating. I have been to my share of these and it was always good to see people from every segment of the country, waving the national flag in celebration. And there are many ways to celebrate Independence Day.





1) Go for the Parade

It used to be held exclusively at Dataran Merdeka, but has since been taken to other states in Malaysia. But if you are in the media or have a passion for photography and videography, heading to the parade is a great idea. It is the ideal place to see thousands of people and taking photos or videos either as an artist, as a hobbyist, as a historian or just for fun cannot be easier.

The pictures and images I took decades ago will never be repeated. So, in all sense of the word, any record is unique and from your personal perspective.

Also, being at the center of the celebration can be very inspiring, and who knows, it may inspire you to do something in the next phase of your life.

So, head to the parade if there is one.

Things to consider are transportation, as some of the roads will be blocked and public transport may be limited on that day. Going early is ideal and you will find the nearest parking spots, but do understand that there will likely be many cars parked after you and may delay your exit once you are done.

Bringing extra food and water is also a great idea... since there will likely be many people looking for food and water, making these items scarce and maybe expensive.

Ensuring you have sufficient batteries for all your electronic devices like your phone, camera or video camera is also important.

But yes, go for it, I never once regretted attending a Merdeka Parade.

2) Merdeka tour

Design a tour for your family and loved ones on key areas that are linked to Merdeka.

These must include Stadium Merdeka and Dataran Merdeka and ending the tour with a picnic made up of Tunku Abdul Rahman's favourite dishes such as:

- a) Roast Beef with Yorkshire Pudding
- b) Beef tripe and four angled beans salad
- c) Chicken is spicy Thai paste
- d) Fried fish with lemon grass
- e) Beef with peas
- f) Bannana with coconut milk

Other spots worth visiting to educate the younger generation include Tugu Negara, designed to honour the brave men and women who fought for the country.



3) Charitable works

We can give back to society as the generation of Malaysians before us gave to us. We can feed the poor and help with established charities during Merdeka day. This is to give back and serve those less fortunate than we are. Commonly known as Soup Kitchens, these organisations attempt to feed as many as possible as there are many Malaysians and foreigners in need today, especially now with COVID-19 affecting so many who are living with a diminished or zero-income.

There are many such soup kitchens, but here are a few:

PERTIWI Soup Kitchen

Kechara Soup Kitchen

Dapur Jalanan Kuala Lumpur

Assumption Soup Kitchen

Street Feeders of KL

Soup Kitchen Jinjang Kuala Lumpur

Charity Right Malaysia

The Nasi Lemak Project





4) Have a BBQ

For those who want to start a tradition... here is one... the Annual Merdeka (add your name here) BBQ. Not everyone likes it quiet, in fact, some can't stand being alone. What better way to celebrate Merdeka than with a big group of friends from your primary school days to your colleagues?

5) Go food-hunting

This is great way to spend time with friends and family. But a bit of planning is required. Firstly, identify about 10 food outlets or destinations you want to try. Then call them and ask if they are open on Merdeka day. If they are, plan a route that will take you food-hopping. Plan which dishes you want to eat, how long you should stay in one place and factor in the travelling time between eateries. An easy solution is to plan everything to happen in one Mall or location. Expect an epic and fun time.



There are at least three ways to go where food is concerned:

A) **you can go the completely halal route**, which may mean getting a caterer to sort everything out for you, or if you are a Muslim... easier, just cook everything yourself.

B) **the mix route, where there are both halal and non-halal food**. This can be achieved by firstly informing your guests, when you invite them that there will be both types of food available, and see if there are any pushbacks or concerns. At the BBQ, you will need two different set-ups, one for each category of food, which includes plates, utensils, BBQ pits, etc. Clearly mark which area is serving which food.

C) **the complete non-halal set up** is only possible if all your guests are non-Muslim.

That aside, it can be a start of an epic event that everyone looks forward to every year. **Being a Malaysian, nothing provides a stronger bonding than good food.**



6) Treasure Hunt

Contrary to popular belief, a basic treasure hunt is pretty easy to do. Again, the key is planning.

Firstly, ascertain how many participants you have. Next, do you keep the movement to a small area like in a Mall or is it going to be district- or State-wide which requires travelling?

Have everyone contribute a fixed amount if a cash prize is the incentive. Questions do not have to be created by rocket scientists, by keeping it simple, everyone can participate for the fun of it. But of course, if the whole group has an average IQ of 160... sure... make the questions tough.

Set a meeting point and a time where everyone can congregate at the end of the hunt, regardless of whether they solve the questions and clues. And since it is Merdeka, make it a thematic one incorporating elements of Merdeka.

Idea #5 above can be incorporated to make it a food hunt instead of a treasure hunt.

7) Great time to head away from the Parade

The logic is, since there is a big crowd gathering where the Parade is held, if you are looking for some peace and quiet... head away from the Parade. Malaysia is filled with old and new locations to explore.

This is the ideal time for a family holiday, as more and more Malaysians are into taking short holidays. The key is to spend time with people you love. This can literally be anywhere away from the Parade. But here's the thing. Expect traffic jams at popular spots. Unfortunately... literally everyone will head to Port Dickson, Genting Highland, Cameron Highland, Ipoh, Penang, etc.

To avoid these large crowds and traffic jams... head for the path less travelled. The good news is there are many more options today than ever. Many quieter locations have been opened by industrious individuals. You just have to do some research and I am sure you will find a suitable location to visit.



8) Stay at home

One of the biggest joy a person should have is to stay at home. Not everyone may agree with this after enforced lock-downs, but if you have a nice place that you call home, with people you love, it is a treasure beyond measure.

Stock up with your favourite food and snacks... and binge on the boxset of your favourite Korean Drama, Star Wars, or whatever series you are into.

It is all peace and quiet... no one to entertain... no one to look after... just you and maybe your immediate family.

This is the epitome of alone- or family-time.



Regardless, there are many ways to celebrate Merdeka Day and the key idea is to pass down our history to the younger generation who may be less connected with the relevance of Malaysia's Independence Day. Any of the suggestions above can be used to do this by using a simple quiz on all things Merdeka and giving some small (or big) prizes for the best participant.



MERDEKA 1957



Winner's name: **Chong Ai Li**

Prize won: **PROTON Exora**

Project purchased: **Residensi Bintang Bukit Jalil condominium**

1) What was your initial reaction when you found out that you won?

I was very happy and excited. I feel blessed, but to be honest, I remained doubtful until LBS team call up to confirmed my win.

2) What is your opinion and feelings about LBS and the contest?

In my opinion, I feel that LBS is very generous and really considerate, especially during these hard times with the pandemic. The prize come just at the right time for me.

3) How useful and timely is the prize and what will it be used for?

I won a Proton Exora, and it will serve as my family car.

4) Would you recommend LBS properties to the people you care about? Why?

Yes, I would. I think LBS offer value-for-money properties and that's how I got my dream house.

5) How has winning in this competition affected your life?

This win has indirectly improved my lifestyle, and is great for the whole family. Of course, I am truly happy for the lucky draw and am reminded to be grateful always.



The recently concluded LBS Fabulous 20-21 Lucky Draw Round 2 delivered on all points, with a bevy of lucky winners from LBS home owners. Here are some of the lucky winners and what they have to say about their win.



Winner's name: **Faisal Bin Asmawi**

Prize won: **PROTON Iriz**

Project purchased: **Ritma Perdana townhouse**

1) What was your initial reaction when you found out that you won?

I felt very surprised and happy, of course. I feel really blessed.

2) What is your opinion and feelings about LBS and the contest?

In my opinion, this is a good thing and will add joy to all LBS home owners. This also applies to potential LBS home buyers, when they find out the many prizes that is offered to them when they buy a home from LBS.

3) How useful and timely is the prize and what will it be used for?

Yes indeed, the timing is perfect. This is just a month before Raya, and I can use the new car to travel back to my hometown. I really cannot ask for anything more.

4) Would you recommend LBS properties to the people you care about? Why?

I recommended all LBS projects to my friends and family. The location and area are all strategically beneficial to home owners and the prices are also affordable for those working with a certain budget.

5) How has winning in this competition affected your life?

This has elevated our life and brought so much joy to the whole family. This experience is so precious to us. Thank you, LBS!

Winner's name: **Jong Juth Samartkist A/L Su Chet**

Prize won: **SM Sport 110R Motor bike**

Project purchased: **BSP21 serviced apartment**

1) What was your initial reaction when you found out that you won?

I felt so lucky. I was so excited to be one of the winners.

2) What is your opinion and feelings about LBS and the contest?

In my opinion LBS could be the only developer I know who has a lucky draw contest like this. Honestly, I don't even know if there are other companies doing the same thing. I feel very happy as a winner.

3) How useful and timely is the prize and what will it be used for?

It is very timely and it's so convenient to use the prize as transport to go to the grocery store and anywhere else that is nearby. I feel very fortunate. Thank you, LBS!

4) Would you recommend LBS properties to the people you care about? Why?

I have already talked to my colleagues and relatives about LBS. I feel very lucky after I bought the house from LBS. It has a really big garden and comes with a full list of facilities, and all these at a fair price.

5) How has winning in this competition affected your life?

My family is very happy and we feel lucky. I am so thankful for winning in this lucky draw.

Puchong Proud

With a humble history as a settlement for Orang Asli, the area got its name from Burung Puchong (Heron) which were found in abundance in the area. Puchong has been on a slow but consistent burn from the onset. The growth of the area cannot be denied.

Fishermen, rubber tappers and tin miners occupied the area in different stages of the life of Puchong, and made it what it is today. This focus on raw materials ensured that it eventually got a small 2-lane road in the 1980s. This was the start of the modern-day Puchong we know today.

It's brick-and-mortar industrial past was not the best billboard as an ideal place to make a home, but through the persistence of the local authorities and government, it blossomed from 1985 onwards when the mining license ran out, and it was earmarked for further development. The basic infrastructure from previous industries formed the bare bones in which a bustling community could be built



Today, Puchong is as accessible as any prominent cities or district in Malaysia. These come in the form of the heavily-used Damansara-Puchong Expressway and Shah Alam Expressway. The North-South Expressway Central Link highway connects Puchong to Shah Alam, Putra Heights, Bandar Saujana Putra, Kuala Lumpur International Airport. Puchong is also fed by the South Klang Valley Expressway and Bukit Jalil Highway. Additionally, Puchong is amply served by buses, LRT and MRT routes.

In quick succession, a host of industrial parks, commercial centres and residential areas grew to make Puchong a bustling center of activity. Today, Puchong is entirely self-sustaining and

residents know that Kuala Lumpur or Petaling Jaya no longer hold any particular advantage in terms of amenities or choices.

The fact that every major banks have a branch in Puchong is a good indication of its importance. In a blend of the old and new, Puchong has wet markets (Puteri Mart), supermarket (AEON, OTK), hypermarkets (Giant, Lotus, Hero), and modern Malls (IOI Mall, SetiaWalk, M Square Millenia Mall, Komplexs Puchong Parade, and Puchong Plaza). In the Malls, you will find everything that a Mall should house including eateries and lifestyle shops of both local and international brands. You can also expect the best and most modern entertainment outlets such as cinemas under one roof.

Something that is not lost to the locals are the numerous eateries and dining options that is Puchong. It is a hidden gem for foodies with literally everything a person could ask for in terms of F&B outlets and options. Specialty cuisine outlets, thematic eateries, pubs, large open-air variants... the list is endless. Don't believe us? We dare you to Google "Puchong food" and expect to be tempted into obesity.

But fear not, after you feast, you can burn it all off at Rakan Muda Complex (Kompleks Rakan Muda Puchong). This is another prominent address that is familiar with the locals as it is the place to head to for sporting activities and needs. It is a popular place for residents from all walks of life, striving to include a regular dose of exercise in their life.

Another similar place of interest, but one with an entirely different vibe, is the Ayer Hitam Forest Reserve. This go-to place for nature lovers forms the ideal green-lung to the Puchong residents and is popular enough that folks from other districts congregate there for walks, hikes and nature exploration. Again, these activities are both healthy and burns calories, perfect for tree-huggers.





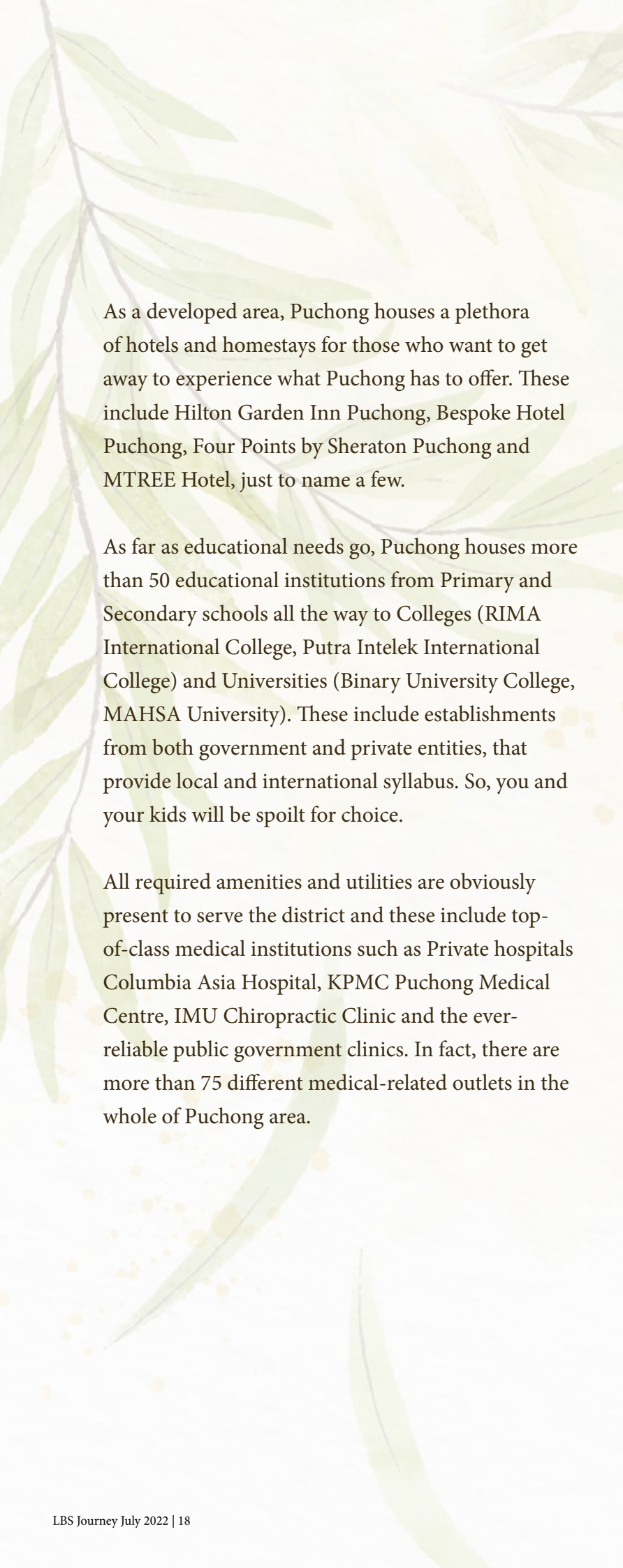
For the less adventurous, there is the Taman Wawasan Recreational Park which consist of jogging tracks, cycling paths, basketball courts and children's playground. It is also a popular weekend destination for open-air gatherings and families.

Two additional attraction that is entirely unique in Puchong is Beagle Mania and Uptown Puchong's Night Bazaar. The former is dedicated to that beloved breed and its history, with as many as 20 Beagles for a close-encounter for the furry kind. The latter is a night market that is a favourite of the locals and those in-the-know. You can expect a staggering variety of shops, stand-alone kiosks, and food stalls for your enjoyment.



As an old mining district, there are many old mining areas that are now beautiful lakes. These form the nucleus for fans of picnics, water sports and fishing. These enclaves of nature add a special touch that is home to many local flora and fauna, displaying the many facets that is Puchong.





As a developed area, Puchong houses a plethora of hotels and homestays for those who want to get away to experience what Puchong has to offer. These include Hilton Garden Inn Puchong, Bespoke Hotel Puchong, Four Points by Sheraton Puchong and MTREE Hotel, just to name a few.

As far as educational needs go, Puchong houses more than 50 educational institutions from Primary and Secondary schools all the way to Colleges (RIMA International College, Putra Intelek International College) and Universities (Binary University College, MAHSA University). These include establishments from both government and private entities, that provide local and international syllabus. So, you and your kids will be spoilt for choice.

All required amenities and utilities are obviously present to serve the district and these include top-of-class medical institutions such as Private hospitals Columbia Asia Hospital, KPMC Puchong Medical Centre, IMU Chiropractic Clinic and the ever-reliable public government clinics. In fact, there are more than 75 different medical-related outlets in the whole of Puchong area.



Puchong township is made up of a good mix of business, factory and residential areas. Even the residential development houses everyone from all strata of life from the humble to the well-off. And close proximity to a green lung brings nature to your doorstep, while the ease of accessibility ensures connectivity with neighbouring districts. A completely self-sufficient township, it will cater to all your needs and wants, including your choice of educational institutions.

What more can you ask for?





Projects

Puchong, Selangor

LIVING IN YOUR DREAM



What makes a home? It is true that a loving family is the best ingredient to make a house a home, so even a small humble house can make the best home. But why stop yourself from the best that you deserve? This is the best time to upgrade to your dream home and we believe we have just that for you.

Malaysia is a hot and humid place, and you will not be able to get the kind of cool weather that you see in so many movies, unless you are living in the Highlands. Unfortunately for most of us, the most convenient places to live are the lowlands, and since the majority of our cities are in the lowlands, it is also where the action is.

Therefore, we have made D'Island Residence into a dreamscape for the most discerning buyers. Built within Puchong, it is a 175-acre township that is dotted with luxury. Designed with a mixture of high-end properties, it is surrounded by a 100-acre lake that makes this development a truly unique and highly sought-after offering.

Consisting bungalows, semi-detached homes, luxury super-link residences, serviced apartment, condominium and a commercial centre, D'Island Residence is an award-winning township that you will love living in with your family.

It aims to be the ultimate retreat that we all need in the midst of our stressful working life. Imagine going back every day to a resort-looking home surrounded by a large fresh water lake and lush natural greenery.

Your home was designed and landscaped to blend in with nature, providing a seamless, calm and idyllic life where the best of modern living can be experienced in natural tranquillity and beauty. The homes are built with an open and spacious concept, delivering interiors with large door and window for natural ventilation and lighting. It is the epitome of spacious interiors and stylish exteriors.

Apart from the status of owning a lake-front property, your home is built with sculptured fountains, pocket gardens and meandering walkways that dot the neighbourhood.

This guarded community comes with a 3-tiered security system, guardhouse, perimeter fencing, 24-hour CCTV surveillance, home alarm system equipped with intercom system. This provides security and peace of mind to discerning home owners. It is made up of low-density, upscale homes with resort-styled facilities within the neighbourhood.

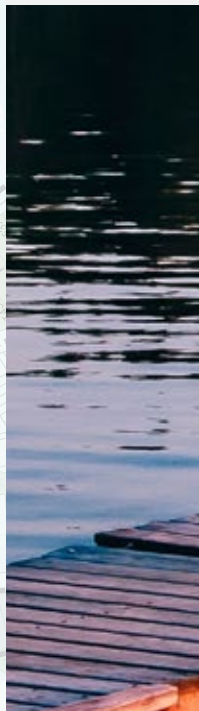
Facilities include a community clubhouse, fun park with gazebo and interactive playground, outdoor gym by the lake, paved jogging track that encircles the lake, landscaped lawn and playground, and pedestrian-friendly walkways connecting the neighbourhood.

Built around already established neighbourhoods, the location of D'Island Residence is ideal as it is just a few kilometres from key areas and malls (Tesco Bukit Puchong, Aeon Big Puchong Utama, Giant Seri Kembangan, Aeon Taman Equine, Giant Bandar Kinrara, IOI City Mall, Summit USJ, Sunway Pyramid).

The same can be said of schools, colleges and Universities (Multimedia University Cyberjaya, Mahsa University, Lim Kok Wing University, Monash University, Segi College Subang Jaya, Sunway University, Fairview International School, Taylor's University Lakeside Campus), some of which are just a few minutes' drive away.

Medical Institutions (Columbia Asia Hospital Puchong, KPMC Puchong Specialist Centre, Hospital Putrajaya, Sunway Medical Centre, Sime Darby Medical Centre Subang Jaya) are aplenty, just in case.

Surrounded by Cyberjaya, Bandar Saujana Putra, Bandar Sunway, USJ / Subang Jaya, Putrajaya, D'Island Residence is fed by ELITE expressway, SKVE, LDP, Lingkaran Putrajaya, MEX, and KESAS





As a multiple award-winning development, D'Island Residence is picturesquely framed against a shimmering lake, designed with utmost respect to the natural flora and fauna, built with sustainable features such as a rainwater harvesting system and solar-powered lighting to illuminate parks and walkways.

Live every day in your dreams.



Beginners' guide to property investing



Investing in properties is a good way of retaining wealth and building a strategy against inflation. But is it the best way to invest your money? It depends on the goal you have. Some prefer assets that possess easy liquidity, like gold. Comparatively, properties are not as liquid as gold. But properties have the ability to make you more if the circumstances are correct.

The first question we have to answer is: Is it a good time to invest in properties? The most accurate answer is yes, it is, especially in 2022. The trend is showing a weaker demand in properties, and this is not helped by the younger generation who seem to prefer to be financially free of supporting a housing loan. It must be stated that highly sought-after properties or areas are still retaining or increasing in value.

We have to narrow this article down to first time investors, and that being the case... this is a great time to invest in properties. This is mainly due to the glut in properties in Malaysia, and the weak economy, it is a buyer's market.



The two very important assumptions we have to establish is:

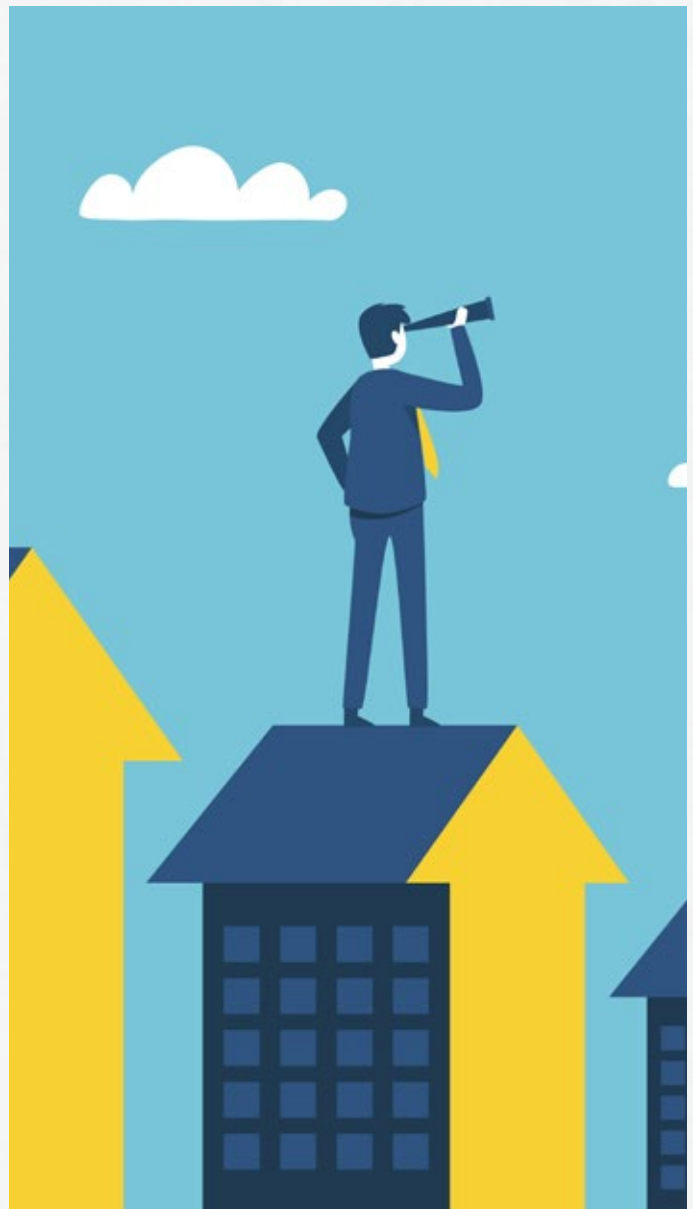
1) You have a stable flow of income, as this is crucial for getting a loan.

2) You are looking to invest your RM instead of just putting it in FD or other forms of investments, because you see properties as a tangible asset that may protect your wealth in the short- and long-term.

Next, we also need to establish what your intentions are. Are you planning to hold on to the property over a long period of time, or are you planning to make a quick kill by selling it off at a nominal profit and then moving on to another piece of property?

The one overriding advise we will give is... think long-term and prepare for the worse... if for whatever reason, you are not able to make any money from the property, are you still financially sound? Over stretching your budget or what you can comfortably afford is not advisable as you do not need the extra stress if your Plan A does not work out.

The uncomfortable truth is, with COVID-19 and the Russian-Ukraine war, we are living in very uncertain times. Assume the worse, if there is no rental and no buyers, can you afford to repay the loan and live comfortably. We say this because we do not want to encourage you to invest in a property that you can barely afford to upkeep under the false assumption that ALL property investments have a happy ending.





So again, are you stable enough financially to afford zero income from the property if no one rents or buys it? If you are... continue reading. If you are not... maybe invest in other things first. Do note that in any investments, potential high returns have equally high risk. Therefore, if you cannot stomach the high risk of a potentially higher return, stick to low-risk investments that produces lower returns. Regardless, nothing is certain, as all forms of investments are affected by market and economic conditions, both locally and globally.

But those who think long-term are usually risk-averse and would see the investment as a part of their asset over many years. They are able to wait for the property to increase in value, and then at a desired price, they will sell that property.

Those who are more determined and

impatient, would prefer to flip the property as soon as possible, with even 5% of net profit. They are aiming for a quick conversion so they can increase their wealth ASAP.

For those in the first group, there are multiple options of income such as rental and even an Air BnB model. Rental is ideal for a generally fuss-free return, but it can be likely the least in terms of total amount. Air BnB model offers more returns... as long as you have the demand for your property.

For the second group who plans to buy and then sell off the property very quickly, the fast conversion would likely mean they will have to put in more investment, as desirable locations are more expensive to begin with. If you can spot or predict how a new development will trend, you can buy it at a decent selling price and sell it off at a higher price when the property is then in hot demand.

Another key to the equation is location... location... location. Needless to say, established neighbourhoods will cost more than a new development in a place that is far away from familiar and popular locations.

If it is a new area, an insight into the area and future development helps. For instance, if there are plans to build a university nearby, you can safely assume that 1) parents may want to buy a property nearby for their children who are studying in the University and 2) students will want to rent a place close to their university.

A third group of investors are those who buy a fixer-upper, meaning a potentially abandoned or undesirable property, in which they put in even more money to fix it up to the point where it can be seen as a desirable to potential buyers. If you are in this group, ensure you have the extra money to actually fix it up. Depending on the condition of the property and what you want to do with it, it can cost from RM30,000 to RM300,000.

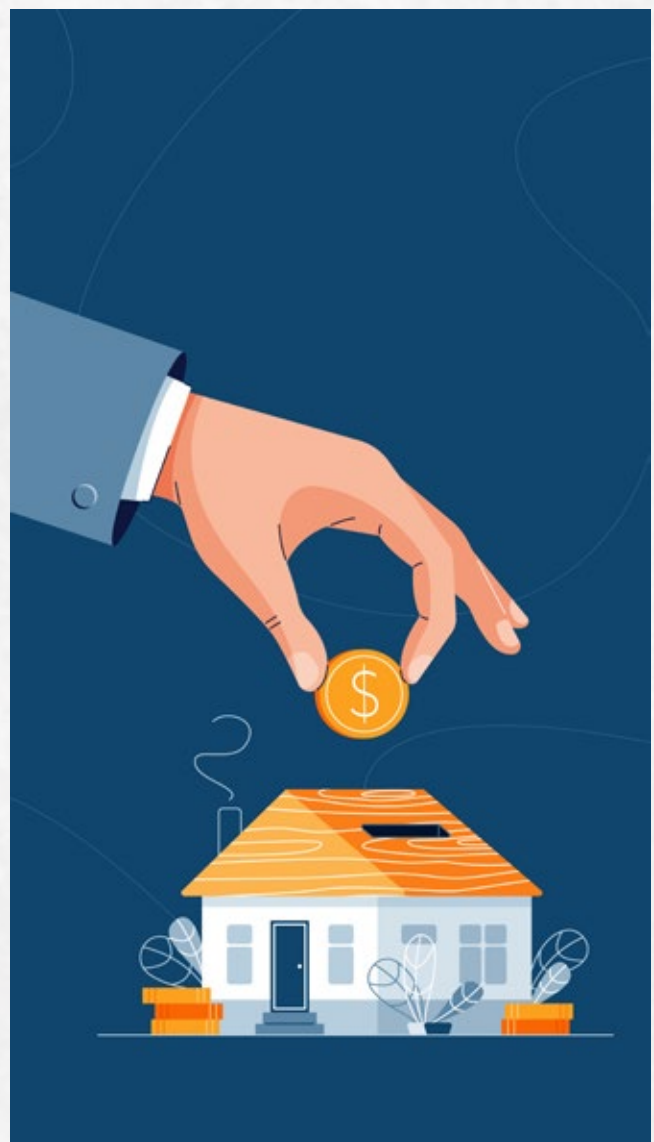


Accessibility is another key for new developments. Is it accessible? Are there roads linking it to main highways? Are the roads sufficient for the amount of traffic as to prevent jams and bottlenecks? Are there plans for amenities and when will these happen? The longer these are delayed, the less desirable the location is.

But for long-term investors, this is less of an issue, as they are willing to wait and in no hurry to make a profit.

Another way to do this is to look out for developers and developments that have a new scheme designed to attract new buyers. This is a Rent-To-Own model in which potential buyer set themselves in a piece of property with a long-term view of buying it. So, for the first part of the deal, they must commit to renting the place for a period of time, and once that period is over, they have the first-right-of-refusal to purchase said property.

Yet a new way to get involved in property investment is through a real estate investment trust (REIT). It is essentially investing in a company that owns, operates, or finances income-generating real estate. An investor can invest money into this and earn dividends from the property without having the hassle of buying, managing or financing the actual properties.





Remember, property investment is just another type of investment and comes with some amount of risk. There have been some who have bought properties that seem like a good area, but has now been completely abandoned with zero demand for the property or area.

And always make sure you have a stable income to finance your investment. And lastly, there is no such thing as a sure thing, so be prepared for the worse case scenario to avoid a truckload of stress if it goes bad.

If you do plan to make property investing work for you, you will have to stay alerted to what is happening in the market and study the new developments that are proposed to see if they meet your personal criteria for investing in properties.

And finally, be realistic with your investments, because expecting and assuming the best-case scenario is disastrous when it does not happen. Be patient, watchful and stay calm.



Artist's Impression

Taman Kinding flora

Located in Perak, the State famous for simple living and good food, Taman Kinding Flora is found in Changkat Kinding, Mukim Hulu Kinta, Perak. Like the State that it sits in, there is an honesty about the development. It is very relatable to people of every walk of life. While modern, it draws inspiration from simpler times – the good old days.

Set on a sprawling 107-acres of land, it consists of landed residential homes. These single storey terrace and cluster-linked houses are the epitome of good and honest living. The single storey terrace variants can be found in 20' x 70' and 20' x 65' sizes, while the single storey cluster link houses are built in 20' x 70', 20' x 65' and 20' x 60' layout.

Taman Kinding Flora can be classified as an affordable home development that consists of residential development which is suitable for the current market sentiment. Being a developer that caters to the needs of all Malaysians, LBS Bina Group continues to build affordable homes for the whole nation.

Created especially for the middle-income group, Taman Kinding Flora consists of well-designed single storey houses and comes with a host of facilities and amenities like mini playground, open lawn, jogging- and bicycle-track, football field, garden seating, outdoor gym, multi-purpose court and many others.

Needless to say, it is a place everyone can call home. The single storey terrace variants are priced from RM211,900, while the single storey cluster link variants are priced from RM217,000.

With a good progress in developing the area and its surroundings, a proposed new access road from Chemor (6.6km away) to Klebang is set to reduce traffic congestion in both towns and also allows easy access for traffic coming from Ipoh and Chemor. Within a radius of 25km Ipoh Railway Station and Ipoh Airport for nationwide connectivity, while the North-South Expressway is the ever-present artery for mobility. Ipoh city center is just about 18km from the development.

Taman Kinding Flora is built around developed areas near a couple of local favourites in terms of malls and entertainment outlets such as Aeon Mall Ipoh Klebang and Sunway Lost World Of Tambun. It is closed to various education centers such as SJK(C) Changkat Kinding, SJKT Ladang Changkat Kinding, SRJKT Landang Changkat Kinding, Kolej Sains Kesihatan Bersekutu Ulu Kinta (KSKSAS). Taman Kinding Flora is within a close distance to Chemor Health Clinic in case a medical need arises.

As per the State that is Perak, it is surrounded by nature and natural greeneries for that calming effect. Taman Kinding Flora is a throwback to the good old days and keeps everything simple because life is complicated enough.



Coffee vs Tea

which is better?

To start with, coffee and tea are readily consumed all over the world. It is estimated that about 2 billion cups of coffee are consumed daily, while for tea, it is 3.7 billion cups a day.

Clearly, there are personal preferences as some swear by coffee and others swear by tea, but is one better than the other? Both are known to contain caffeine and antioxidants, and these two elements are scientifically proven to be beneficial to us.

After decades of research, what is clear is that both drinks are beneficial to most people. We say “most people” because there is a very small percentage of the world’s population that are very sensitive or even allergic to either coffee or tea, mainly due to the caffeine found in both drinks. Some of these adverse reactions for caffeine sensitivity are fast heartbeat, headache, jitters, nervousness or anxiousness, restlessness and insomnia. For those who are allergic, the symptoms are much more severe and includes itchy skin, hives, swelling of the throat or tongue and even difficulty in breathing.

If you are sensitive or allergic to caffeine, it is best to avoid both beverages.

For the majority of us who are not sensitive or allergic to either coffee or tea, the good news is... both beverages are potentially good for you. “Potentially” because research have yet to confirm that they provide the same conclusive benefits to everyone in the exact same way. This simply means that coffee or tea will be more beneficial to some people and less beneficial to others.

How much caffeine?



Coffee

95mg



Tea


47mg

An average cup of coffee contains 95mg of caffeine, while an average cup of tea contains 47mg. Understand that there are many different types of coffee and tea, so these average figures are just an estimate, as your favourite coffee or tea may have more... or less... caffeine than the average number stated above.

Coffee and tea differs in many ways, one of which is the way they boost your energy or how they perk you up. Coffee delivers a almost immediate boost while tea provides a gradual and slower boost.

Tea has the advantage of providing calmness and relaxing the drinker due to other elements in tea that are not found in coffee. So, if you feel stressed, avoid coffee and go with tea.





The best tasting coffee or tea, like those found in coffee- or tea-based franchises may not be the healthiest either. In general, research have shown that coffee that is freshly ground from a bean contains the most benefits, while instant/powdered coffee is not as beneficial. The same can be said for tea, drinking tea from whole tea leaves are more beneficial than those found in packed tea bags. Like most food we take, the fresher and least processed types are the ones that are most beneficial to our health.

Due to our personal physiology and DNA, some can take only one cup of coffee or tea a day, while others can consume more than 10 cups of either with no adverse side effects. But it is commonly accepted that one to two cups of coffee and two to four cups of tea are safe for a normal and healthy person.

We recommend a moderate approach to drinking these two beverages, especially coffee. Coffee is also known to be potentially addictive, and has been labelled the most freely available addictive drug in the world. So, beware and do not over-consume coffee.

Ultimately, research has linked coffee and tea to many (potential) health benefits. While coffee and tea have similar health benefits, some research suggest that coffee can prevent Type 2 diabetes, boost physical performance, and provide essential nutrients such as B vitamins, manganese and potassium. Tea on the other hand may prevent cancer, help with weight management, boost brain health and prevents heart disease.

In general caffeine is noted to improve physical performance (by up to 12%), boost mood and mental alertness, quicken reaction time, improves memory and brain processing capabilities, decrease risk of Type 2 diabetes, gives added benefits of protection against dementia and Alzheimer's disease, gives added protection against cancers and heart diseases by lowering strokes.

Studies have also shown that people who drink four cups of black tea or more per day reduces their risk of stroke by 21 percent when compared to non-drinkers. Studies have similarly shown that five cups or more of coffee per day reduces stroke by 23 percent. If you have trouble sleeping, avoid coffee and go with mild tea like camomile. The same can be said for people who are living a stressful life and high anxiety.



Is one drink better than the other? The right answer is, a good cup of coffee or tea is the perfect beverage, depending on the individual and their needs. If you are a healthy individual, you can drink both. Maybe coffee in the morning, noon and afternoon, and tea in the evening.

Drink whatever works for you, as everyone is different. And instead of buying from popular franchises, why not make your own brew at home, as you have better control of the ingredients? Definitely consider less or zero sugar, and maybe try some non-dairy milk such as milk from nuts or grains.

Remember, whatever you choose to drink, drink in moderation.

LBS Events & Activities



31st March 2022

LBS Fabulous 20-21 Lucky Draw Round 2

LBS launched the 2nd lucky draw for the LBS Fabulous 20-21 campaign with up to RM731,000 worth of amazing prizes, which include the Proton X70 1.8L Executive 2WD, Proton Exora CVT Executive, 3 units of Proton Persona 1.6 CVT Standard and 3 units of Proton Iriz CVT. Round 2 of the LBS Fabulous 20-21 lucky draw went live via LBS' Facebook on 28th March 2022 and the prize giving ceremony for the lucky winners took place at KITA @ Cybersouth sales gallery.



20th April 2022

Tan Sri Lim Hock San Receives National Outstanding Entrepreneurs Lifetime Achievement Award

Tan Sri Lim Hock San, Executive Chairman of LBS, received the National Outstanding Entrepreneurs Lifetime Achievement Award from KSI Strategic Institute for Asia Pacific in recognition of his significant contributions to the country, society, and business community. The Award was conferred by the Minister of Domestic Trade and Consumer Affairs, YB Dato Sri Alexander Nanta Linggi at a special business awards gala dinner held at the InterContinental Kuala Lumpur.



21st March 2022

LBS Participates in the proposed joint venture of a Light Rail Transport System in Johor Bahru

LBS has entered into a Heads of Agreement with Nylex (Malaysia) Berhad, Sinar Bina Infra Sdn Bhd, BTS Group Holdings Public Company Limited and Ancom Berhad to build and operate a light rail transport system ("LRT Project") with an integrated property development based on the "Transit-Oriented Development" concept in Johor Bahru's metropolitan region. This potential collaboration provides LBS with an opportunity to monetise the land in their landbank in Johor, as well as expanding the scope of their property development and construction expertise beyond the usual housing projects.



12th April 2022

Raikan Rezeki Bersama LBS Returns

In conjunction with Hari Raya celebration, LBS launched another cycle of campaign Raikan Rezeki Bersama LBS where homebuyers stand a chance to bring home e-wallets worth more than RM541,800 and enjoy 6 bonus offerings when they purchase their dream home with LBS. Entries were from homebuyers who purchase selected LBS participating projects from 1st April 2022 to 31st May 2022.



22nd April 2022

LBS Iftar with Media Associates

The LBS Media Team held an Iftar session with media associates at the Mardhiyyah Hotel & Suites, Shah Alam. To ensure a safe and conducive environment for all media members, the event was held at Seruling hall. It was a great opportunity for all media members to mingle and build rapport whilst still adhering to the SOPs. Assistant General Manager, Amal Bin Abdul Aziz was interviewed by Harian Metro regarding Idaman projects and LBS' future plans. Needless to say, LBS's first Iftar with the media was a success.



18th May 2022

Announcement of LBS Q1 2022 Results

LBS announced its first quarter results for the financial year ending 31 December 2022 ("Q1FYE2022"). For the quarter under review, LBS delivered a revenue of RM409.02 million as compared to RM402.55 million in the first quarter of 2021 ("Q1FYE2021"). Profit before tax and profit after tax were RM54.26 million and RM33.80 million respectively, which translated to a year-on-year increase of 2.14% and 2.7% respectively. To add on, profit after tax and non-controlling interests (PATMI) clocked in at RM30.16 million, a commendable year-on-year increase of 20.0% despite a quarter inflicted by the uncertainties due to the Russia-Ukraine war and higher raw material prices.



27th May 2022

LBS Sets 2nd Malaysia Book of Records for Most Indoor Showhouse Units under One Roof

After LBS' first Malaysia Book of Records (MBOR), namely the BSP21 project which bagged the award for 'Most Number of Facilities in a Residential Development' in Malaysia with a total of 103 facilities; LBS has secured another entry for the 'Most Indoor Showhouse unit in Sales Gallery in Malaysia', with a total of 13 indoor showhouses under the KITA@Cybersouth and LBS Alam.



14th April 2022

LBS Foundation donated 20 units of computers to Urbanice Malaysia

In hopes to make Urbanice Malaysia's Komuniti Hab a success, LBS Foundation donated 20 units of refurbished PCs, which will be used as educational devices. These PCs are intended to serve the Komuniti Hab for years to come.



29th April 2022

Iftar with Baitul Rahmaniah orphans at the SCAPES Hotel, Genting Highlands

Tan Sri Lim Hock San, LBS Bina Executive Chairman, together with Puan Sri Karen Wang hosted the Baitul Rahmaniah orphans at the SCAPES Hotel, Genting Highlands in an Iftar ceremony organized by the LBS Foundation.



18th April 2022

Iftar Untukmu: Belanja Raya with LBS Bina, in collaboration with Sinar Harian

In collaboration Sinar Harian, LBS Foundation reached out to a single mother of five. The children who are of school-going age also required some assistance. The mother and kids were given monetary aid, brought to shop for clothing to celebrate Aidilfitri and broke fast together in a restaurant.



12th May 2022

LBS Foundation Donated 20 Refurbished PC to First Baptist Church, Subang Jaya

As a means for sustainability and to provide education for the children of the First Baptist Church, LBS Foundation donated 20 refurbished PC, equipped with essential software for educational purposes.

Tan Sri Lim Hock San's Commitment to the Community

Being a philanthropist and an active advocate of social and community works, Tan Sri Lim sits on the board of more than 30 charitable organizations and makes considerable effort to be personally involved in various causes.



3rd March 2022

Passing of Dato' See Teow Chuan

Tan Sri Lim Hock San, President of the Federation of Hokkien Association of Malaysia, led all the directors of the Association to pay their final respects to the late Dato' See Teow Chuan, the honorary president of the Federation.



15th March 2022

Passing of Low Keng Seng

Tan Sri Lim Hock San, President of the Federation of Hokkien Association of Malaysia, led all the directors of the Federation to pay their final respects to the late Mayor of Tan Sri Low Keng Seng, the former president of the Federation.



1st April 2022

The Federation of Malaysia Lim Associations' 'Drive for Charity' team delivers supplies - Mapo Station

The relief materials and aid distributed by the Malaysian Lim's off-road team have so far approached RM200,000, and after the completion of the South Malaysia Charity Walk, it will plan to go to the East Coast in the middle of the year.



11th April 2022

The Federation of Welfare and Welfare exchanged views with former Deputy Prime Minister Anwar Ibrahim

Tan Sri Lim Hock San, President of the Federation, led all the directors of the Federation for dinner session with former Deputy Prime Minister, Datuk Seri Anwar.



21st April 2022

The Federation of Chinese Associations Malaysia (Huazong)'s Reunion Dinner

Tan Sri Lim Hock San, President of the Federation of Hokkien Association of Malaysia, was invited to attend the reunion dinner organized by The Federation of Chinese Associations Malaysia (Huazong).



24th April 2022

"Datuk Lim Chin Wing Cup, President of the Malaysian Lim Clan Association"

Acting President Tan Sri Lim Hock San was invited to attend the kick-off ceremony of the "Malaysian Lim Clan Association President Datuk Lim Chin Wing Cup" badminton tournament.



24th April 2022

Batu Pahat Lim Clan Ancestral celebration

Acting President of the Malaysian Lim Clan Association, Tan Sri Lim Hock San, was invited to attend the Batu Pahat Lin Clan Ancestral Hall to preside over the opening ceremony.



20th May 2022

Press conference for the 65th anniversary of The Federation of Hokkien Association of Malaysia

Tan Sri Lim Hock San, President of the Hokkien Association of Malaysia attended the press conference for the 65th anniversary of the association, with the slogan "Join hands with the Welfare Federation, Love eight Fujian". At the same time, it was announced that the 65th anniversary celebration party of the Federation will be postponed to 24 September, and a series of activities will be prepared before the party, mainly to raise funds for the UTAR Medical Fund, with a fundraising target of RM1 million.



21st May 2022

Inauguration ceremony of the Lim clan in our Notre Dame Lam Church in the southwestern district of Penang

Acting President of the Malaysian Lim Clan Association, Tan Sri Lim Hock San, was invited to deliver a speech at the inauguration ceremony of the Lim Clan at Our Lady of the Lim Church in the Southwest District of Penang. The General Council of Marin expressed the unanimous approval of the preparation of a foundation to assist more vulnerable groups.



25th May 2022

The Federation of Malaysia Lim Associations' lunch session with the former Finance Minister



empowering individuals
enhancing communities
