# JOURNEY WITH LBS





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# Content

#### **Topic Today**

The Significance of Hari Raya

The Ultimate Checklist for a Seamless Raya

14 Before you buy that car...

18 Bandar Puncak Alam

#### Project

24 Ritma Perdana

28 Melodi Perdana

#### Lifestyle

How to keep fit at home: Part 3

#### Happenings

36 LBS Events

37 LBS Foundation

Tan Sri Lim Hock San's Commitment to the Community





# Message from Executive Chairman

Greetings and warm wishes of good health to you and your family. As the world finally adjust to the COVID19 situation and moves ever closer to an endemic stage, we want to encourage everyone to stay safe and continue to follow all SOPs for the sake of your loved ones.

It is ultimately up to us, as individuals, to practise self-discipline, and not let our guard down as health is the foundation of a good life and quality living. Encourage the people you are closed to, to do the same.

As Hari Raya approaches, do be careful when you travel back to your home town. Drive safely and bring along all the necessities for the journey, taking into consideration the potential delays due to traffic jams. Stay calm on the road.

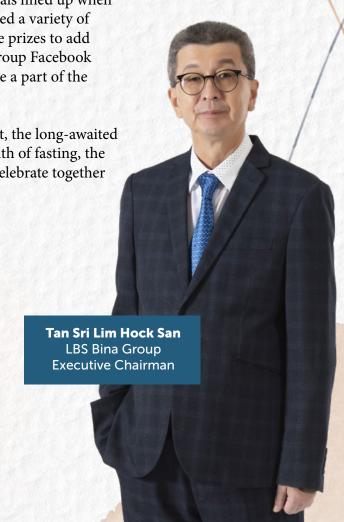
Remember to especially take care of your older relatives and friends when you see them. Do this by following the recommended SOPs, active masking and regular self-testing.

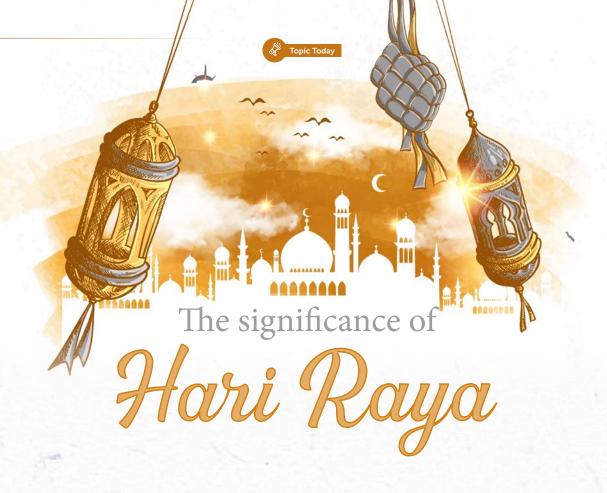
In conjunction with the festive season, we have exciting deals lined up when you buy your forever-home with LBS. We have also prepared a variety of games and activities where you stand a chance to win some prizes to add to the joy of this happy season. Check out our LBS Bina Group Facebook and Instagram pages for more details. Come, join us and be a part of the celebration.

Hari Raya holidays is a time where family and friends meet, the long-awaited gathering to celebrate with the people you love after a month of fasting, the month of Ramadan. It is a time where all Malaysians can celebrate together as a multi-racial country.

On behalf of the LBS Bina Group, allow me to greet every Muslim in Malaysia a "Selamat Hari Raya, Maaf Zahir dan Batin"

It is my hope that this will be a meaningful time for everyone as we look forward to better and best days.





After a month of fasting, Muslims celebrate Hari Raya Aidilfitri, signalling the end of Ramadan. This happens on the first day of Syawal, the 10th month of the Hijrah (Islamic) calendar. It should be noted that the month of Ramadan, is not just about physical fasting of food and drinks, but also there is the emotional and spiritual element that tunes the Muslim back to the kind of behaviour and attitudes that inspires a better lifestyle. Even the thoughts of an individual must be kept as pure as possible during this period.

Hari Raya itself is a **celebration** of both the individual's and the community's successful participation of discipline and self-denial in seeking a more peaceful and pious way of life. In practice, Muslims will wake up even before the sun rises, as they have for the month of Ramadan, and many will start they day at the local mosque, thanking God for all they have been given.



They do this after they have thoroughly cleaned themselves and dressed in their new and best clothes, displaying the joy that is in line with the celebration. A standard greeting of "Maaf Zahir dan Batin" is used to ask for forgiveness from one another from physical and emotional wrongs. The young ones are taught to initiate this act with their elders, especially their parents. In that sense, it is the start of a new chapter in the relationship where all past hurts are forgiven.

In line with this, it is customary for the younger generation to visit the older ones where they can renew their relationship on the best foot. The elders also give "green packets" or Duit Raya to the younger generation. While the hosts do not expect any gifts, it is good for visitors and guests to bring along some of the more familiar cookies or dishes to share with everyone present.





Traditional wear is most favoured by most, while those in the cities may opt for a more modern interpretation, as it really depends on the individual family practice. Regardless, everyone is expected to dress modestly, properly covering themselves. However, this does not mean everyone looks boring, because in actuality the vibrancy of the colours and designs shouts out the celebration of Hari Raya. And this can be seen everywhere in every home and even in mosques. Oil lamps, lights of every colour, ketupat-shaped decorations and lanterns together turns the whole country into one big festival.

The first few days are usually the time reserved for visiting family, but after that it will be a neverending visit to extended family, close friends and neighbours, some extending their open house invitation to as long as a month.

The sense of community is emphasized with the month-long Ramadan, as everyone goes through the fasting period together. Even breaking fast is mostly done in a group, especially in families and at home. This helps every individual not just to look after themselves but to the well-being of others as well, especially those who are poorer in the community. This can be seen in the giving of Zakat Fitrah, which is channelled to the poor and needy.



MUBAR

All these aid in the strengthening of bond with one another in the community, relatives and friends. This is easily done with food of course. It is normal to expect to put on some weight during this celebration as there are endless delicacies and dishes to try out. The typical fare would include, ketupat, beef rendang, lemang, satay, curry chicken, lontong sayur lodeh, kuih bangkit and serunding. Imagine visiting 4 different homes in a day, and you can add up the calories with a calculator. But as we know, food is one element that brings Malaysians together.

Altogether, Hari Raya is a time of selfreflection, seeking forgiveness from one another, taking care of the poor and needy, strengthening and rebuilding family-ties, looking our best and being thankful for whatever we have been blessed with... and food... lots of food.



# THE ULTIMATE CHECKLIST FOR A Seamless Raya

With Hari Raya just around the corner, we have compiled a checklist for you to make it the smoothest Raya ever.

1. The first thing on the list is new clothes. There is no better excuse than this to buy a new outfit. What to buy is largely due to what your family and the elders in the family is used to. We recommend the traditional Malay attire, Baju Melayu or Baju Kurung. Obviously, there are the generic ones and the ones made by celebrity designers and tailors. So, your budget will be key in which you go for. But if your family is a little more "open" and non-traditional... you can probably get away with a good pair of branded jeans and shirt. And don't forget a nice pair of shoes to go along with the clothes.

The whole idea is to dress your best. Obviously, this has to be done within your individual budget. Do not get into the situation where you are overspending on clothes just to impress others, as we say... dress the best you can afford. It is not a competition.

There are two strategies you can employ in your quest to shop for that killer-outfit after you have done your due diligence in looking at clothing both online and in the shops.

The first one is, buy whatever you like best once you have found it, which may mean that you are paying a premium, but you have the exact outfit you want, in the right colour and size. The second way is, keep a shortlist of items you want and wait for potential discounts closer to the celebration, which may mean you may not get the exact thing you like, as they may have been sold out by then. Also note, what you see online may or may not be what the item actually look like on the screen, and you will to give a buffer in case they send the wrong size of colour.



2) Duit Raya is getting more and more popular in the celebration, and is certainly not a new addition to the Raya celebration. In general, those who are married, or even singles who are already earning a salary will give Duit Raya to children, teenagers and even those who are in need.

How much to give, naturally depends on what a person can afford. It is also a gift from the heart and reflects the intention rather than the amount in the small packet. There are also many more options in terms of packages or envelopes in which to use nowadays.

The key to making this work is planning. Have a budget, and have a list of people you expect to visit you or at the places you may visit. It is also good to have extra Duit Raya envelopes just in case you meet more people than you had originally planned.

In general, it is meant for people you meet during visits or for visitors to your homes, but there is nothing to stop you from giving it to others who you may meet at shops you frequent, and especially those you deem to be in need.

3) You should also pay the Zakat Fitrah, which is just a small sum to you, but is a great help to others in need. It is even easier now with online payment options.

4) If you do intend to Balik Kampung, ensure you send your vehicle in for a check-up, preferably a couple of weeks earlier to avoid the many last-minute customers at your local mechanic.

If you intend to beat the jam and prefer public transportation, book your tickets early. The same can be said for booking your accommodations early.

It is always a good idea to take leave and head back to your hometown a few days earlier as traffic jams can be as bad an eight-hours to a normal two-hour journey.

If you intend to go back with 90 percent of Malaysians, make sure you have all you need in the car with you. This includes water, food, entertainment for kids and possibly something to keep you warm as floods are getting more frequent. I would recommend taking at least 3 times the amount of what you usually need. And do not forget a few power banks to power your mobile devices just in case you get stuck in a massive jam.



5) Making or buying Kuih Raya is another tradition that is steeped in our culture. To be honest, most of these cakes and cookies are now available all year round. But we always save the best for Hari Raya. If you are very good at cooking and baking, now is the best time to showcase your talent. But if you are not such a person who possess this skill, or maybe you are too busy, you can always buy from outside sources. But there is nothing quite like home-made goodness that gives you the unique joy of feeding the people you love.

Again, budgeting is going to be key, make a list of who will be visiting you or who you plan to visit. It is always good to bring some along to the homes you intend to visit, as a gesture.

If you do intend to cook and bake, you have to make a list of ingredients and perhaps buy them as early as possible to avoid shortages or even price hikes. Of course, some dishes can only be made fresh and not in advance.

Shopping around for pre-made dishes is an option as they can be as good as home-made ones, and the cost may actually be less than if you made them yourself. Factor in the time and electricity you will use... it may make more sense to buy food that is ready-made. And the truth is, there are many options available, some of them tastier than what you can honestly cook.

But you may have one or two dishes that you are known for, so you can just focus on your specialities and you can buy the rest from other suppliers, to save you time and effort. Typical dishes that are all-time favourites include rendang, ketupat, lemang, nasi impit, kuah kacang, lontong and dodol.

6) On the topic of Balik Kampung, whether you are taking your own transport or public transport, you will need a Raya playlist due to the extended time you will be spending in one seat.

Trust me, this can be a life saver to avoid boredom, stress and anxiety that is festive travels. There is nothing like looping your favourite song endlessly to keep you sane and in an upbeat mood.



- 7) Unfortunately, with COVID-19 still rampant, bring along sufficient masks and self-test kits. If anything, to protect the people you love whom you will be visiting. Load up on hand sanitiser and Vitamin C. Stay hydrated, get enough rest and you should be in your best form. Obviously, make sure you are healthy enough to travel to begin with.
- 8) Plan houses for visitations by calling ahead and making an appointment. This allows your host to plan and expect your visit. And it will also ensure that they are taking guests which cannot be taken for granted anymore with COVID-19. Planning will ensure smoother transition between houses you want to visit, and by informing your family members, they will also be completely aware of how much time they will have in each home.
- 9) Since you already took the trouble to travel, it is a good time to plan for an extended vacation, after Hari Raya. This could be used to spend more time with your immediate and extended family members. It is also a good time to share your home town with the younger generation who know nothing more than city life. Teach them about the good-old-days.

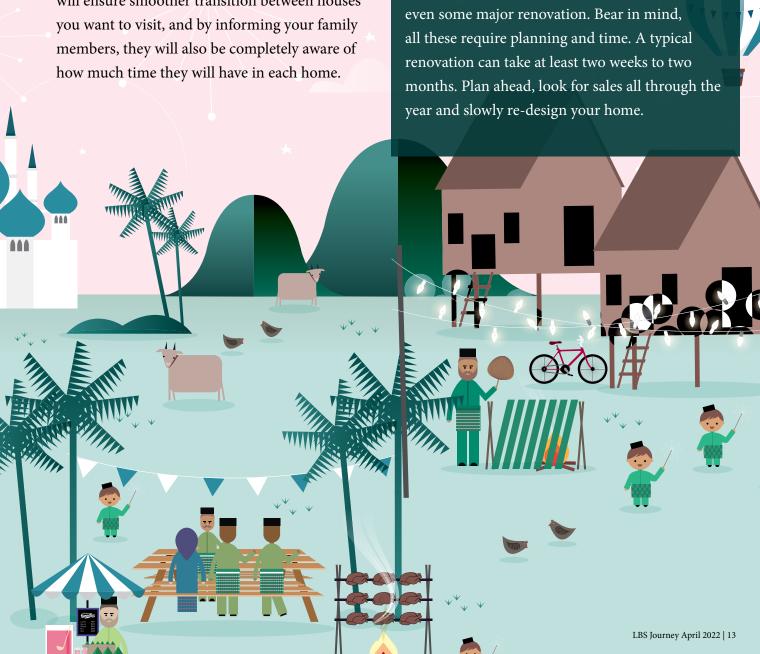
10) If you do intend to entertain

and have guests, ensure you clean

and decorate your home in stages,

so it is manageable. Maybe it is time for

a new coat of paint, or new furniture, or maybe





# Before YOU BUY THAT CAR...

Festive season is when many car manufacturers rejoice, as Malaysians just love driving a new car when they Balik Kampung. But here are (more than) a few things you need to consider before you buy that car.

In developed countries, a car is just a mode of transportation. In slightly less developed countries, a car is a status symbol. I will let you decide which category Malaysia is in.

#### Let us begin:

#### Can you afford that car?

We need to be realistic on what we can afford. The financial institutions are giving out loans up to nine years. While you will pay a smaller amount per month, you will also pay a lot more in interest. By a simple calculation, a consumer with a nine-year loan will pay as much as much as three times the total interest amount when you compared to what a consumer pay with a 3-year loan. That can add up to a lot.

So take the smallest and shortest loan possible.

The other disadvantage is, by the time you pay

finish the nine-year loan, your car will likely be worth very little and will have a significant repair and maintenance bill just to upkeep it.

Call your bank to ask what is the loan amount you can afford so you can work with a proper amount when shopping for your next car.

Another factor is, how stable is your job and income? If it is not very stable or consistent, get the cheapest car available.



#### Do you buy new or used?

Pros and cons either way you go. If you do decide to buy a new car, the smart thing is to buy a car that you can comfortably afford, and change it every five years, as that is when it will start draining on your wallet more with maintenance. The other school of thought is buying a new car and commit to it for ten to 15 years, while saving to buy another one at the end of that period.

The obvious benefit of a new car is that it has not been used or abused by a previous owner. There is also that period of free maintenance and warranty from the manufacturer that allows you to use it with confidence. You can also argue that it has the latest technology in terms of safety and comfort for you to enjoy.

Buying a used car is great if you are looking for specific models that you could not afford when they were brand new. Obviously, factor in a sum for maintenance and changing of parts. The added worry in these days is the fact that some or many of the cars may have been a "victim" of the multiple flooding in the country. They may have been cleaned up to look great, but do you really know what is rusting away where you cannot see?

A shortlist of what to look out for is the quality of the paint. Are there bubbles that may form into rust spots? Is the colour uniform all over the car, to ensure that it has not been in an accident? For the same reason, is there uniformity on all the panels of the car?

If the previous owner really took care of the car, there will be detailed documents and receipts of what has been done or not done with the car. Also have a look at the bottom of the car to see any dents, rust or oil patches (which may indicate a leak somewhere). Looking at the engine bay, try to examine the hoses and gaskets to ensure they are not dried and cracked. Is the engine clean?

Does the interior look and smells okay? Test all the buttons, toggles and switches to ensure they all work perfectly. Ask to take it for a test drive to detect any potential issues that may be seen in weird noises, rattling or even quick over-heating. To be honest, there is only so much you can do, but do make the effort and save yourself some potential heartache.

In general though, new cars have a significantly better safety, reliability and performance factors. Some have as many as seven air-bags which none of the used cars will have. Remember, new engine technology usually means better consumption and more power. And even if they do breakdown, you have the manufacturer's warranty as a back-up.



#### Does brand matter?

Yes. They do. Apart from the prestige of owning premium brands, the simple fact is the technology and features of a premium brand will only flow down to affordable cars in a few years, maybe even a decade.

Prestige aside, some brands are known to be more reliable than others. An independent survey in UK in 2021 of 16,000 car owners, of cars up to five years old showed that of the brands that are available locally; Lexus came out on top, while Hyundai and Suzuki were joint third, fifth spot were taken by both MINI and Toyota, seventh was Mitsubishi, eight spot was given to Mazda and Kia took ninth place.

Unfortunately, Malaysia is too small a market for the big boys in surveys companies to take one in the past few years, so we can only gather what little unofficial feedback there are in the market from consumers. Unsurprisingly, the list comprises of mainly Japanese, followed by Korean manufacturers. These include Japanese brands (in alphabetical order) such as Honda, Mazda, Mitsubishi, Nissan, Subaru, Suzuki and Toyota. The two main Korean brands are represented Hyundai and Kia, with the sole local manufacturer being Perodua.

So, choose wisely.

## What is the main purpose of the car?

If you, like many Malaysians, can only afford one car in the family, you will have to look at what the family needs in a car, over and above what you personally want in a car. If you are in a family of five, your will need a five-seater. No, a two-door coupe is not an option.

However, if you are single, sure, go for the two-door coupe. Or even a small car will do since it will mainly be used by you to move around town. If your family is larger than five, you will need a large SUV or MPV. Yes, these are not the sexiest vehicles known to man... but strapping your mother-in-law on the roof is actually illegal.

Will you be travelling outstation a lot? If yes, you may want a brand that will have after-sales service and maintenance everywhere you go. Are you the active outdoor type? You may need an SUV or MPV to ferry your outdoor equipment such as bicycles and such.

#### Can you handle the depreciation?

Here is a simple fact, a new car will likely lose 10 to 30 percent of its value immediately after you drive it away from the showroom. Only a small percentage of cars can retain or even increase its value... and they are not any of the cars we are talking about here. And if you do keep the car for ten years, it will more than likely depreciate as much as 75%.

This is one advantage of buying a used car, the depreciation is significantly less as the original or second owner has taken the biggest hit. But on the flip side of the coin, interest rate on loan and insurance will also be higher when compared to a new car as the older the car, the more it will likely breakdown.

#### Will cost of ownership be a factor?

In general, smaller engines will cost less to maintain, the only exception being Rotary engines that are actually performance oriented small capacity engines. Your road tax will also be significantly less, as low as 10 percent of a car with 3-liter engines. Fuel consumption, maintenance, and spare parts will also be less.

Sticking with Japanese, Korean or local brands would seem the cheapest.

So, there you have it, a shortlist of what to consider if you do intend to buy a new car to flash around your kampung. Think twice before you commit, and if you are a family man or woman, ask the opinion and advise of your spouse or elders at home.





# Bandar

With a humble beginning as a FELDA estate, which nurtured Palm Oil trees as an industrial effort, the area that was formerly a part of Bukit Cerakah is now gaining prominence as a desirable option in living quarters for many Malaysians.

# Puncak Alam

First developed as a housing estate in the 90s, Bandar Puncak Alam township itself was launched in 1997, and has now come a long way. Initially, there were not many takers, as with most new townships. But through sheer persistence of the authorities, it has developed into a life-sustaining and vibrant environment that delivers all the amenities and connecting roads to surrounding neighbourhoods and townships.



Bandar Puncak Alam is located in the **Kuala Selangor district**, sitting on a **14,000-acre plot** that is surrounded by key areas such as KL, PJ, Shah Alam and Klang. While it may have been a cluster of low- to medium-cost abodes in the early years, after more than two decades in the making, Bandar Puncak Alam now offers some exclusive real estate as well, bringing a touch of class to the whole township.

Clearly, the infrastructure, access and long list of amenities have improved by leaps and bounds. No longer is there a need to drive for too long before you arrive at exactly what you are looking for. These developments include vibrant schools such as SK Puncak Alam 1, SK Puncak Alam 2, and SK Puncak Alam 3.

There are also a long list of **public serving bodies** and utilities such as police stations, fire and rescue stations and shops of all kinds. Those seeking specialist treatment can head to Avisena Specialist Hospital, Hospital Shah Alam, Desa Puncak Alam Clinic, and Hospital UiTM.

In terms of your shopping needs, there are malls such as Star Avenue Lifestyle Mall, Citta Mall, MyMydin, Pasar Tani Mega Bdr Puncak Alam, Econsave, Alam Jaya Commercial Centre and the recently launched KIPmall.







The township has obviously benefitted from Malaysians looking for an alternative but equally desirable place to call home due to the ever-congestion of prime locale such as Kuala Lumpur, Petaling Jaya and even Shah Alam.

LBS Bina Group has made inroads here through the Alam Perdana township from 2017, and the first two phases of this development has utilised LBS' own in-house technology, Industrialised Building System (IBS), which is a safe and quick way of construction, lowering cost to the consumers, while keeping delivery and timelines shorter.

Notable townships and areas that surround Bandar Puncak Alam, which have also been growing in tandem are Denai Alam, Setai Alam, Bandar Tasik Puteri, Alam Perdana, Alam Jaya and Ambang Suria. These neighbours play off one another, helping to make the area more prominent and making it a sought-after place for home-owners.









As further proof of being a legitimate player as a home destination, the area is heavily linked to other prominent parts of the Klang Valley and indeed the whole State by Latar Expressway, Gutrie Corridor Expressway, North-South Highway (PLUS), New Klang Valley Expressway (NKVE), and ELITE Highway. Connectivity to Puncak Alam is expected to improve with the completion of the Damansara-Shah Alam Expressway (DASH) and the West Coast Expressway (WCE). It is also serviced by Kuang KTM Station and Sungai Buloh KTM and MRT Stations.

Thanks to the lower cost of ownership in the early years, many notable giants of higher education such as Universiti Teknologi Mara (UiTM), Universiti Selangor, and Malaysia-Japan Technical University have made it their home, helping to bring it prominence, even the state government has dubbed it an "Education Town".



Being located farther away from hot-spots such as Kuala Lumpur and Petaling Jaya, it is also a stone's throw away from the very best nature has to offer. For sure, it is significantly nearer to untouched and virgin greenery that can be enjoyed by residents of Bandar Puncak Alam.

The shortlist of natural attraction includes the **Kampung Kuantan Fireflies Park**, which is one of a small number of destinations available in the whole country for such an experience.

Pantai Remis Sungai Sembilan is another well-hidden nook nearby. As a coastal town, it boast everything you need for a short getaway. It is largely crowd-free with friendly locals to help make memorable memories for the whole family.

**Kuala Selangor Nature Park** is a unique place that house both a tropical rainforest and swamp forest. It is a favoured destination for some peace and quiet, especially for birdwatchers. Nearby is the Freshwater Fish Park that houses as many as 1,500 freshwater fish from 60 different species.

**Batu Hampar** is another favoured spot for outdoor recreation. Those who want to get away from the city will usually make this their destination for picnics and camping, especially next to the Batu Hampar waterfall. A river also makes it an ideal spot for some kayaking.











Another spot that can be accessed is the **Sasaran Beach Sky Mirror.** The name is self-explanatory, as it is the spot where the low tide stretches for miles to deliver a mirror effect, making it almost impossible to spot the horizon.

Eagle Feeding di Pasir Penambang is another completely unique activity that starts off in a boat which will head to a small cove, which is the spot where eagles can be fed. Expect as many as 40 eagles. Two other destinations can be found in Bukit Belanda and Bukit Malawati, both make a good and short getaway to absorb some real Malaysian culture.

Bandar Puncak Alam is not only a growing and desirable address, but it is also supremely well located for an intricate balance of modern living and nature-inspired getaways.







Bandar Puncak Alam is fast establishing itself as the go-to address for new home-buyers. This is partially due to the **easy access** and **proximity to the city center** and neighbouring areas that are so sought-after that it is out of reach for first time home-owners.

As a part of LBS Alam Perdana township, Ritma Perdana is located in Bandar Puncak Alam. Placed in the middle of bustling cities and suburbs, but located nearer to Kuala Selangor, it provides home-owners with the best of both worlds;

modernity & nature.



#### **OVERVIEW**

### 83.35

acres of land

**Townhouses** 2-storey Terrace Houses

22' x 80' 20' x 60' 22' x 95' 20' x 70'

FROM RM FROM RM 492,807

It is built on 83.35 acres of land and is a landed development. These consists of Townhouses (22' x 80' and 22' x 95') and 2-storey terrace houses (20' x 60' and 20' x 70'). Respectively, the units available are 250 and 901 units. The size makes it suitable for a variety of buyers. These include those who are looking for their first home, a newly married couple about to start a family, or a young family with a couple of kids.

Based on the demographics, those in the range of 25 to 40 years old will find Ritma Perdana an attractive deal, specifically those in low-mid to mid income group. Double Storey Terrace units start from RM492,807 while the Townhouse from RM388,740.

Designed with 'community inspired facilities' in mind, LBS Alam Perdana township has always expressed itself through elements portraying togetherness, vibrancy and diversity with phase names basing on musical elements symbolising individuals coming together and weaving melody in harmony.





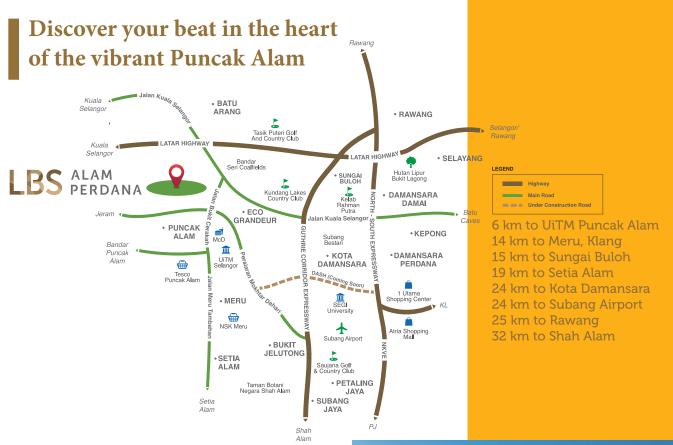


There is too much stresses in life already for us to continue chasing after rainbows due to society's unwarranted expectations. In Ritma Perdana, everyone is **encouraged to march and dance to their own beat, to their own rhythm**. Why? Because life is too short to waste on chasing someone else's dream. Here, we not only chase our own dreams, but we live it out... every day.

A myriad of facilities, 37 in all, are designed for you and your family, to be enjoyed at your own pace. These include back lane gardens that connect each house, various smaller gardens as enclaves to rest and recharge, multi-functional sports courts for futsal, sepak takraw, basketball, dodgeball, volleyball, and badminton.







Part of the charm of a developed neighbourhood is the **close proximity** for everything you need, such as education institutions (SK Desa Aman, SK Puncak Alam, SMK Puncak Alam), popular supermarkets (Tesco and Econsave Puncak Alam) and even a commercial center (Alam Jaya Commercial Center).

The **ease of mobility** in every direction is possible through an equally established network of highways that include LATAR expressway, Guthrie corridor expressway, Persiaran Mokhtar Dahari, Jalan Kuala Selangor and the upcoming DASH elevated expressway that connects to Subang Airport, Sunway, and Damansara.

For complete security and peace of mind, residents and home-owners will enjoy a 3-tiered security system with CCTV, boom gate and perimeter patrol.

Ritma Perdana is a value-proposition for anyone who is seeking to own a sweet spot between the city- and nature-living.

It is a gated and guarded neighbourhood with community-inspired facilities that is surrounded by matured and rapidly growing development.









Located in LBS Alam Perdana township,
Bandar Puncak Alam, Melodi Perdana
is set in between the rapid progress of
bustling cities and the calm serenity of
nature, closer to Kuala Selangor. Many who
have been priced out of the long-developed
areas such as Kuala Lumpur, Petaling Jaya
and Shah Alam, now have a clear option
with this project by LBS Bina Group.



4	37
block apartment	community-inspired facilities
21	1520
acres of land	units of apartments

As a fast-developing area, many Malaysians are looking intently at Alam Perdana as a first choice in making a new home. This is due to its **close proximity** and **easy access** to economic hotspots that are Kuala Lumpur and Petaling Jaya, which is likely where they work.

Designed as a 4-block apartment, Melodi Perdana is built on 21 acres of land. With 1,520 units of apartments, these 901 sqft abodes make an ideal choice for first-time home buyers and those looking to **start a small family**. Prices currently start at RM334,707.

Being the first high-rise development in LBS Alam Perdana township, Melodi Perdana provides homeowners the advantage of living in a **closely-knit community**. To aid in developing this vibrant relationship among residents, Melodi Perdana comes with **37 community-inspired facilities**, such as a Clubhouse with various indoor game rooms, swimming pool for adults and kids, sports courts for Badminton, Futsal, Basketball, Volleyball, and Sepak Takraw.



For those who prefer peace and quiet, Melodi Perdana also comes with surrounding gardens for some Zen moments to help recenter and recharge your body and soul.

#### "Serenity is just outside your doorstep."

Apart from that, you will also enjoy **peace of mind** as Melodi Perdana aims to provide a sense
of security in this gated and guarded living
environment. A 3-tiered security system with
CCTV, boom gate and perimeter patrol, complete
with perimeter fencing delivers on the promise.
Additionally, an access card is also required to enter
the lift lobby.

For residents and home-owners, a mobile app is available to report on defects, maintenance, manage visitors and the booking of facilities. As you can see, the developers have thought of everything to make this a home you can be happy and contented with.





Melodi Perdana is surrounded by matured and rapidly growing development. Proof of this can be seen in the multiple educational institutions such as SK Desa Aman, SK Puncak Alam, and SMK Puncak Alam that are ready to serve your children's need for a good education and future. Popular supermarkets are available in Tesco and Econsave Puncak Alam to provide for the nourishment of your family and the community.

Access to your new home is aplenty with a vast array of highways such as LATAR expressway, Guthrie corridor expressway, Persiaran Mokhtar Dahari, Jalan Kuala Selangor and the upcoming DASH elevated expressway that connects to Subang Airport, Sunway, Damansara, making this development one that will continue to grow in terms of desirability to potential home-owners.

For the asking price, Melodi Perdana delivers on value for money, in a popular address, for a spacious unit that consists of 3 bedrooms and countless community-building features and facilities, in a secured environment.

As a well-thought-out development, Melodi Perdana prominently sits in a spot that is set for future growth and demand in affordable homes.







# how to PARI3 KEEP FIT AT HOME

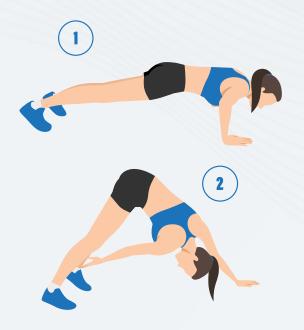
Yes, the Omicron is moving around with rising numbers of infections. While the Ministry Of Health is lowering the days required for self-quarantine, many are taking extra precautions by willingly staying indoors as much as possible to avoid catching COVID-19.

The key is to stay positive because there is only so much anyone can take, even if they choose to stay indoors on their own volition. There are at least a handful of things you can do to tune your mind and stay healthy. A good diet with lots of fibre, staying hydrated, getting enough sleep, and of course... keeping a regular session for exercise.

Here are another five ways to keep fit at home, without any additional equipment.

#### Plank reach-unders

### **Bird Dog**



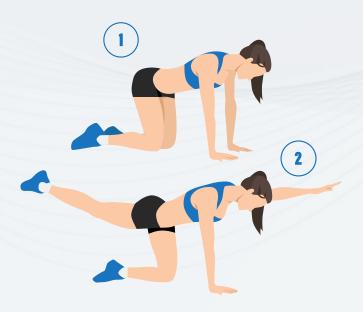
Planks are excellent to develop your core. So, once you get bored with that, here is one that will level-up your routine.

Start with a normal plank position. With your arms straight down to the floor supporting your body, just like the start of a push-up session. Make sure your back and legs make a straight line.

Starting with your right hand, lift it off the ground and touch your left thigh. And go back to the plank position.

With your left hand, lift it off the ground and touch your right thigh. Return to the starting position.

Repeat as many times as you can.



This one will test your balance and co-ordination. Like many of these exercises, it may seem simple, but may take a lot of effort.

Start by getting to the ground with your arms straight down to the floor making a straight line from the shoulders and your knees touching the floor making a straight line from your hips. Make sure your knees and palms are supporting your weight equally.

As your head is positioned in a way that you are looking at the floor, lift and extend your right leg to the back, forming a straight line to your back. And at the same time, lift your left hand and stretch it forward, making a straight line with your back.

Remember, lift and stretch both your right leg and left hand simultaneously. Return to the starting position and repeat with the left leg and right hand.

Repeat as many times as possible.

### Standing side hops

### Walking lunge





This exercise will improve your balance and strengthen the muscles that will aid your overall mobility. Moving laterally from one side to the other is a key feature for your reflexes.

Start by standing with your feet close together while your arms are positioned in a 90-degree on your sides. Your knees are just relaxed and slightly bent.

Keeping your feet touching each other, bend your knees and lightly jump to your immediate right, pushing with both the knees and ankles, taking off with the ball of your feet. The distance of this side jump does not need to be big. Start with jumping 12 inches to the right.

Now jump to left. Repeat as many times as comfortable.

You can increase the distance but make sure you have enough grip between your feet and the floor so you do not slip and fall down.

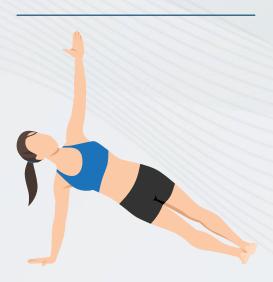
A normal lunge is performed on a spot, while a walking lunge requires you performing the lunge and moving forward. This will greatly improve your balance and mobility.

Start with your feet at shoulder width on the floor. Next, slowly step forward with your right leg, and slowly move your whole body until the right thigh is parallel to the floor. Remember, do not take too big a step forward.

Slowly rise with your right leg, and bring your left foot forward to the same line as your right foot. Now lunge slowly forward with your left leg and repeat, moving slowly forward.

Do as many as you can manage.

### Side planks



Another alternative to the normal plank is this one. It will strengthen your core muscles and add the element of balance.

Warning for beginners: This one can be a tough one, so it should only be attempted if you have a decent strength base and very good balance.

There are a few variations. The easiest one to start with is lie down on the floor on the right side of your body, with your right arm stretching away from you forming 90 degrees to your body. Your right leg is also on the floor but bent at the knees. Your entire left side of the body, including the left arm and leg are facing upwards and not touching anything. Your left hand is resting at the side of the body. This also means your left leg is not touching the floor and resting on your right leg.

Slowly move back your right elbow to support your raised body. Your right elbow, right forearm

and right palm is supporting your body weight.

Beginners should also start with their right hip and leg remaining on the floor while your left leg remains on top of your right leg. Now slowly raise your left arm towards the ceiling, making a 90 degrees angle to your body. Hold the position for five seconds and return your left hand to the side of your body. Repeat for 10 times and turn to your left side, and do the same exercise supporting the left side of the body.

For those in the advanced level, instead of the right elbow/forearm/palm, stretch your hand completely downward to the floor, supporting your body weight only on your right palm. You also need to stretch your legs straight, in line with your back, keeping your feet together with the left leg resting on top of the right leg. In this position, your whole-body weight is on your right palm and right foot, specifically the right ride of your right foot. Now slowly raise your left arm towards the ceiling, making a 90 degrees angle to your body. Hold the position for five seconds and return your left hand to the side of your body. Repeat for 10 times and turn to your left side, and do the same exercise supporting the left side of the body.

Yes, it is hard, but the benefits can be felt almost immediately.

On a final note, know where you are in your skill set. Go slow. And make sure there is always a good grip and connection to the floor when doing any exercises.

# LBS Events & Activities



#### 5th January 2022

#### LBS 2022 Media Briefing

During its annual media briefing, LBS announced that the Group surpassed the RM1.2 billion sales target, ending a challenging year on a high with RM 1.575 billion in property sales. It also revealed plans to launch 14 new projects in 2022, covering Klang Valley, Johor, Pahang, and Perak – amounting to 3,733 units with a Gross Development Value (GDV) of RM1.77 billion.



#### 24th January 2022

#### LBS Bina Group 2022 Town Hall Meeting

The Group held its annual town hall meeting, in both virtual and physical settings. With the on-going pandemic, for the sake of the safety and health of all attendees, the Town Hall was a two-day affair to ensure all SOPs are met. Critical items on the agenda were addressed. These include how to continue to establish good bonding among all LBS staff, acknowledging the efforts everyone made throughout 2021, and how the organization can grow and go farther with the foundation that has been laid.



7th January 2022

## Appointment of new Director, Dato' Yong Lei Choo

LBS announced the appointment of Dato' Yong Lei Choo as its new independent non-executive director, member of LBS' Remuneration Committee and Risk Management Committee, effective 14 January 2022 and replaces Datuk Lim Tong Lee who will retire from the LBS board. With Dato' Yong's appointment, LBS will have 2 female directors on its board, which translates to a 25% female composition. The higher female composition allows for increased diversity as LBS supports the push for a greater representation of women in boardrooms.



#### 24th February 2022

#### LBS FY2021Q4 Financial Result

The group announced its fourth-quarter results for the financial year ended 31 December 2021. For the period under review, LBS reported revenue of RM441.84 million, translating to a year-on-year increase of 50%. Additionally, the Group recorded a profit after tax ("PAT") of RM46.38 million for Q4FYE2021, an impressive 41% increase as compared to Q4FYE2020. For FYE2021, revenue increased by 24%, year-on-year, from RM1.10 billion to RM1.36 billion, this being LBS' highest revenue achievement to date. The PAT increased by 76%, from RM67.29 million to RM118.70 million.



#### 7th February 2022

#### **Agong Graces LBS Bina Group 2022 CNY Dinner**

His Majesty Seri Paduka Baginda The Yang Di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah Ibni Almarhum Sultan Haji Ahmad Shah Al-Musta'in Billah graced the Chinese New Year Dinner organized by LBS at Hotel Majestic, Kuala Lumpur, on the fifth day of the Chinese New Year. His Royal Highness was also accompanied by DYMM Pemangku Raja Pahang, Tengku Hassanal Ibrahim Alam Shah ibni Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah. Present as well were

several cabinet ministers including Senior Minister of International Trade & Industry, YB Dato' Seri Mohamed Azmin Ali; Minister of Finance, YB Tengku Datuk Seri Utama Zafrul Tengku Abdul Aziz and Minister of Transport, Datuk Seri Ir. Dr. Wee Ka Siong. The celebration began vibrantly with a ceremonial welcome of traditional CNY drum accompanied by an energetic lion dance performance. This year's event was celebrated with 250 selected guests under strict compliance with the governing SOP.





#### 28th January 2022

### LBS Foundation Donated RM 21,746.66 to Ajar-Ajar Malaysia

LBS Foundation is committed in their support of providing better education for the students in our nation. LBS Foundation has contributed to Ajar-Ajar to assist in providing free tuition for underprivileged children through LBS Virtual Run 2019 that was held the whole month of August 2019. The fundraising activity attracted more than 1,500 individuals to support and contribute to the cause.



#### 28th January 2022

### LBS Foundation Donated RM10,000 to Kelab Aleaa

LBS Foundation handed over a donation of RM10,000 to Kelab ALEAA - Back to School Program. This initiative will provide school essentials like uniforms and stationeries to children in need. LBS Foundation was represented by Mr Amal and Kelab Aleaa was represented by their secretary, Puan Linda.



#### 12th February 2022

# LBS Foundation & Kelab ALEAA provided essential school supplies to underprivileged children in the community

In their bid to help out families in need, Kelab ALEAA together with LBS Foundation provided essential school supplies to underprivileged children at Aeon Ampang. These items will ensure the children are ready to move forward in their education for 2022.

# 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.





#### 7th January 2022

## **ShangHai Elite Entrepreneurs Book of Fame 2022**

Tan Sri Lim Hock San was invited as a special guest to attend the launching ceremony and receive the book banquet of **ShangHai Elite Entrepreneurs Book of Fame 2022** and was awarded the **Social Influence award**. Guests present in the event were Tengku Hishammuddin Zaizi, a member of the royal family of Selangor, Honorary Advisor of Shanghai and National Recovery Council members Datuk Michael Kang and others.



#### 9th January 2022

#### 28th Board of Directors Inauguration Gala

Tan Sri Lim Hock San, the President of the Federation of Hokkien Associations Malaysia attended the 28th Council Inauguration Gala.



#### 24th January 2022

#### Federation of Hokkien Associations Malaysia visits Sin Chew Daily

Tan Sri Lim Hock San, the President of the Federation of Hokkien Associations Malaysia paid Sin Chew Daily a visit.



#### 6th February 2022

#### The Federation of Malaysia Lim Associations Group Visit & Exchange Session

Tan Sri Lim Hock San, as the Acting President of the Federation of Malaysia Lim Association, alongside other members of the association held a group visit and exchange session.





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