

!N **MOT!ON**

ISSUE 17-JAN/FEB/MAR 2017

WCT WINS ITS FIRST MRT ELEVATED VIADUCT PROJECT

**UNIQUELY MALAYSIAN
CHINESE NEW
YEAR TRADITIONS**

**GET YOUR WORKOUT
OUTSIDE A GYM**

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Welcoming the Year of the Rooster

We would love to
hear from you.

Email us at
corporate.affairs@wct.my

It is a brand new year and WCT is starting the year on a high note. 2016 has been a fantastic year for WCT having secured RM1.42 billion in new construction contracts and we hope to achieve more accolades in 2017. You can read all about WCT's first MRT elevated viaduct contract win and what the project entails in this issue's Cover Story.

The new year may also mean that you are making your New Year's resolutions. In our Lifestyle story this issue, we are sharing some creative ways to get fit without committing to a long-term gym membership. You will be surprised to learn the various ways you can get fit within the comforts of your own home.

It is also Chinese New Year and in our Focus section, we have listed down some Chinese New Year traditions that are uniquely Malaysian. Did you know that *Yu Sheng* (鱼生) is a proud Malaysian tradition and a Malaysian heritage food announced by the Malaysian Department of National Heritage? You can read more in our Focus section!

We hope that the year of the Rooster will treat you well. Here is wishing you and your family a wonderful 2017 and Happy Chinese New Year! Gong Xi Fa Chai!

Till we meet in the next issue!

MEETING SUPERSTAR ROY KIM 26 August 2016

Fans of Superstar K winner, Roy Kim filled the Upper Atrium, Level UG of Paradigm Mall, Petaling Jaya to catch a glimpse of the South Korean singer, who was in Malaysia to promote his latest album, 'The Great Dipper'. It was Roy Kim's first appearance in Malaysia. He serenaded his fans with his hit songs and took the time to share his music experience with adoring fans. Apart from the performances and interview, the crowd was also treated to album signing, meet and greet as well as photo cards giving sessions.



Meeting Superstar Roy Kim



WCT Land Property Showcase

WCT LAND PROPERTY SHOWCASE 1 September – 30 November 2016

With the aim of reaching out to interested property buyers, WCT Land organised a showcase of its signature properties at Level 2, gateway@klia2. The three-month showcase displayed properties such as d'Laman Greenville, The Lead Residences, Skyz Jelutong Residences, The Azure Residences and WCT's latest development – Waltz Residences at Paradigm Garden City.

AMAZING REWARDS AT PARADIGM MALL 1 September 2016 – 4 January 2017

In partnership with AirAsia BIG (AAB) and UOB Bank, Paradigm Mall hosted a weekly campaign to reward shoppers. All the shoppers needed to do was to spend RM30 at any outlet to stand a chance to win the weekly Grand Prize. Throughout the campaign, each of the 18 lucky shoppers was rewarded with a pair of flight tickets to a selected destination, a 3-night hotel stay and RM2,000 in travel cash. Apart from the Grand Prizes, 10 lucky winners were also selected to win 10x of AAB points based on the receipts submitted.

The campaign was well received as approximately 2,300 entries were submitted every week by eager shoppers.



Amazing Rewards at Paradigm Mall





Exclusively SimplySiti at AirAsia

EXCLUSIVELY SIMPLYSITI AT AIRASIA 5 September 2016

A press conference to announce an exclusive partnership between AirAsia BIG Duty Free and SimplySiti was held at Level 2, gateway@klia2. The special edition products - "Simply Elegant 2 Way Cake - AirAsia Edition" and the "Simply Elegant Lip Gloss Duo - AirAsia Edition" are available on board all AirAsia and AirAsia X flights.

The highlight of the press conference was the appearance of Dato' Siti Nurhaliza, who is also the president of SimplySiti Sdn. Bhd. She also performed some of her hit songs during the press conference. Apart from Dato' Siti, the Management Team of SimplySiti Sdn. Bhd. and AirAsia were also present at the event.



FLY, SHOP & WIN!

15 September – 31 November 2016

It was a mall-wide giveaway galore at gateway@klia2. Throughout the Fly, Shop & Win 2016 campaign, shoppers were required to spend a minimum of RM50 in a single receipt from selected outlets to stand a chance to win return tickets for two to pre-determined destinations such as Maldives, Taipei and Boracay.

Apart from that, shoppers were also entitled to redeem an exclusive branded clutch bag with a minimum purchase of RM200 in a maximum of two accumulated receipts at any outlet.



Little Bandung in Malaysia

LITTLE BANDUNG IN MALAYSIA 4 October 2016

As part of the Bandung government's effort to promote the crafts and culture of Bandung, a Little Bandung Store was opened at Level 2 of Paradigm Mall Petaling Jaya.

The store features the best of fashion, crafts, culinary delights and others from Bandung and the launch of the store was graced by Pak Ridwan Kamil, Mayor of Bandung and Tuan Mohd Azizi bin Mohd Zain, Mayor of Petaling Jaya.

A SWEET CELEBRATION 10 October 2016

Guests of Première Hotel, Klang were treated to a box of beautifully crafted macaroons in celebration of the hotel's 6th Anniversary.

A total of 200 boxes of macaroons were given out to all long stay guests as well as guests who checked-in or dined in on that day.



A Sweet Celebration

VIBRANT DEEPAVALI DISPLAY 14 October – 7 November 2016

In celebration of the Festival of Light, WCT Malls were decorated with colourful displays. At Paradigm Mall, a large colourful kolam with peacocks were displayed at Level G and vibrant displays were draped from the ceiling of the Upper Atrium.

Meanwhile, a 180-foot long kolam and stunningly beautiful 3D peacock sculptures greeted travellers and shoppers alike at gateway@klia2.



Vibrant Deepavali Display

EXCLUSIVE APPRECIATION NIGHT 20 October 2016

Approximately 120 people turned up at Première Hotel's Première Plus Appreciation Night at Ichi Pool Bar, Level 1. The event was held in conjunction with Tropical Spa's official launch and Première Hotel's 6th Anniversary celebrations.

During the event, invited guests were taken for a familiarisation tour of the newly refurbished Executive Floors and were treated to a 10-minute massage experience by the newly-launched Tropical Spa. Other activities included a live cooking demo by the hotel's chef, live caricature drawing and a lucky draw session. The appreciation night was graced by Y.A.D. Dato' Setia Diraja Dato' Abdul Ghani Bin Haji Pateh Akhir.



Exclusive Appreciation Night



A Fashionable Affair

A FASHIONABLE AFFAIR 22 – 30 October 2016

This year, Paradigm Mall's annual fashion event – Paradigm In Style was held at G-Walkway, Level G. Aptly themed 'The Fashion Atelier', more than 30 fashion and retail outlets participated by showcasing their apparels and accessories during the Fashion Runway event.

Highlights of the event included performances from a dance crew and a photo booth session where shoppers took pictures and participated in an Instagram contest to win RM500 worth of Schwarzkopf products.



WCT Land on Tour

WCT LAND ON TOUR 29 – 30 October, 5 – 6 November and 12 – 13 November 2016

A roadshow was conducted by WCT Land to promote The Azure Residences, Medini Signature as well as WCT's latest developments – the Waltz Residences in East Malaysia and China. The roadshows were held at the RH Hotel in Sibul, Sarawak; Sutera Harbour in Kota Kinabalu, Sabah; Jing An Shangri-La Hotel in Shanghai and the Four Seasons Hotel in Beijing.

CORPORATE UPDATES 1 November 2016

WCT is pleased to welcome the appointment of Tan Sri Desmond Lim as the Executive Chairman of WCT Holdings Berhad.

Following the divestment of WCT Holdings Berhad shares by WCT Capital Sdn Bhd, Mr Taing Kim Hwa has stepped down as the Managing Director of WCT Holdings Berhad and will remain as a Advisor to the Group until June 2017. The Board also saw the departure of the Group's Chairman, Dato' Capt. Ahmad Sufian; Executive Director, Mr Kenny Wong Yik Kae and Independent Non-Executive Director, Mr Choo Tak Woh to pursue their personal interests. Subsequent to this, Tan Sri Marzuki Bin Mohd Noor, Datuk Ab Wahab Bin Khalil and Dato' Lee Tuck Fook were appointed to the Board. The new Board members brings with them a wealth of industry and professional related experiences which places the Group on a strong footing to continue to drive sustainable growth.

The Group conveys its best wishes to the outgoing members of the Board of Directors and bids a warm welcome to the new Board members!

RECHARGE AT gateway@klia2 WITH TUNE TALK 1 November 2016 – 31 December 2018

Travellers in need to charge their mobile phones can head to gateway@klia2 where ten units of mobile charging kiosks were installed in collaboration with Tune Talk Mobile. Each kiosk consists of 12 enclosed boxes with a power point, USB port and Android and Apple charging cables. There are four units on Level 1 and 2 and another two units on Level 3. This initiative aims to provide value-added service and convenience to travellers and shoppers alike.



Recharge at gateway@klia2 with Tune Talk

WCT WINS ITS FIRST MRT ELEVATED VIADUCT CONTRACT November 2016

WCT secured its first-ever MRT viaduct work package when Mass Rapid Transit Corporation Sdn. Bhd. awarded a RM896.41million contract to WCT to undertake and complete Work Package V204. This Contract is for the construction and completion of a viaduct guideway and other works from Bandar Malaysia South Portal to Kampung Muhibbah.

The scope of work includes soil investigation; traffic management and diversion; safety, health and environmental management; site clearance, demolition and earthworks; ground treatment; protection and relocation of utilities; viaducts and underpass & approach tunnel; drainage works; roadworks and road furniture; street lighting and traffic light system; electrical and mechanical works; landscaping works; external works to stations and ancillary works and miscellaneous structures.



In Recognition of WCT's
HSE Excellence

IN RECOGNITION OF WCT'S HSE EXCELLENCE 16 November 2016

It was a proud day for WCT as the Group received the Focused Recognition Award at the Petronas' Utilities & Interconnecting (U&I) CEO Synergy Session for its involvement in the Petronas RAPID Pengerang projects in Johor, Malaysia.

WCT was named Best Contractor for Health, Safety and Environment (HSE) without any prior HSE experience in the oil and gas industry. The award was for the Group's compliance to the high Health, Safety and Environment (HSE) standards as required by the oil and gas industry. In an assessment conducted by Petronas on all RAPID Pengerang contractors, WCT scored top positions for all three project packages.



Running Man Challenge with 100PLUS

RUNNING MAN CHALLENGE WITH 100PLUS 26 November 2016

Fans of Running Man's Lee Kwang Soo and local artists Ajak Shiro, Hairul Azreen, Ayda Jebat and Saharul Ridzwan flocked to the Boulevard and Upper Atrium of Paradigm Mall Petaling Jaya to catch a glimpse of their idol.

In conjunction with the Running Man Challenge Malaysia edition, the local artists teamed up with shortlisted participants to compete in a game session. The highlight of the event was the photo session where winners of a creative video contest had a chance to get up close and personal with Lee Kwang Soo on stage.



A SENSATIONAL CHRISTMAS AT WCT MALLS 2 December 2016 – 2 January 2017

Christmas was a merry affair at the WCT Malls with Disney's Mickey and Minnie display at the Upper Atrium, Paradigm Mall Petaling Jaya and Level 2M, gateway@klia2. Apart from art and craft activities for the children like Mickey's felt bauble and Minnie's hair band making workshops, children were also treated to storytelling sessions on stage at Paradigm Mall.

Shoppers also redeemed fashionable Disney's Mickey or Minnie tote bag with minimum purchase of RM300. The festive atmosphere at the malls was accompanied by Mickey and Minnie's appearance, Christmas carolling, Santa Clause walkabouts and musical performances.



A Sensational Christmas at WCT Malls



RECOGNITIONS CORNER

Every issue, we dedicate this section in appreciating the efforts and experiences of our staff.

SHARP SHOOTERS UNITE 1 September 2016

Première Hotel, Klang organised an inter-department dart competition to foster a sense of camaraderie among hotel associates. A total of six teams of 24 associates participated in the light-hearted competition.

The Security team clinched the champion title followed by the Kitchen team and the Food and Beverage team. The Heads of Departments Mr Christopher Chan – Finance Controller and Mr Azmi Tajuddin – Assistant Manager of F&B also joined in the fun.



Sharp Shooters Unite



A Celebration to Remember

A CELEBRATION TO REMEMBER 25 October 2016

A festive get-together was organised by Première Hotel, Klang in conjunction with Première Hotel's 6th Anniversary, staffs monthly birthday celebration and Deepavali celebration. The event was made merry with an Indian dance performance by hotel associates and Heads of Departments. The Associate of the Quarter award was also presented during the get-together.

The celebration was spearheaded by Première Hotel Manager, Ms Ng Sok Yee.



SAFETY IS ALWAYS FIRST AT PREMIÈRE HOTEL 27 September 2016

Fire drills are important to keep employees prepared in times of emergency. With this in mind, a fire drill was conducted at Première Hotel, Klang with the assistance of Taman Sri Andalas Fire and Rescue Department.

The drill helped the hotel evaluate the effectiveness of its evacuation procedure, escape routes, alarm system and emergency exits while rectifying and improving any flaws or weaknesses detected. During the fire drill, a mock fire scenario with casualties also took place for employees to learn effective emergency procedures. All in all, the fire drill was a success and an eye-opening experience for the staff of Première Hotel, Klang.



Safety is Always First at Première Hotel



AN EDUCATIONAL TRIP TO gateway@klia2 27 September 2016

20 special needs children and 14 teachers from the Program Kanak-kanak Khas Sekolah Kebangsaan Taman Sri Sinar Segambut visited gateway@klia2 for a field trip that was filled with fun and excitement. The primary objective of this visit was to help expand and enrich the children's knowledge.

After a tour of gateway@klia2, the children and teachers were treated to a delicious lunch sponsored by 'Quizinn by RASA'. The children also enjoyed a magic show and were given an opportunity to view airplanes from the observation deck. The lovely day concluded with the children going home with goodie bags filled with treats.



An Educational Trip to gateway@klia2



ARTISTIC DISPLAY FROM SPECIAL TALENTS 28 November – 23 December 2016

24 artworks created by the blind children of Sekolah Menengah Pendidikan Khas (Cacat Penglihatan), a boarding school in Setapak, Kuala Lumpur were showcased at The Ascent, Paradigm Petaling Jaya. These children, who are also diagnosed with multiple chronic illnesses such as diabetes and hypertension are highly talented and the proceeds from the sale of these beautiful works of art were donated to the children and their school.

This meaningful art display was a collaboration between WCT and Sireh Pinang Art Colony, an organisation representing a group of talented local artists.



Artistic Display from Special Talents



PARADIGM MALL SUPPORTS BLOOD DONATION DRIVE 20 November 2016

A blood donation campaign organised by the Persatuan Kuari Malaysia Cawangan Selangor/ Kuala Lumpur was held at the Concourse Square of Paradigm Mall Petaling Jaya. The day-long blood donation event was conducted in collaboration with the Malaysian Red Crescent and Paradigm Mall was the venue sponsor.

The event was successful and a total of 83 pints of blood were collected with the support from members of the public as well as WCT's staff.



Paradigm Mall Supports Blood Donation Drive



Sharing Is Caring This Christmas



SHARING IS CARING THIS CHRISTMAS 8 & 9 December 2016

100 underprivileged children aged between 2 to 18 from Rumah Charis Children Home, Mata Air Orphanage and Good Samaritan Home were given the opportunity to experience the Christmas cheer at Paradigm Mall's Mickey and Minnie's Sensational Christmas.

Upon arriving at the mall, the children visited the AFO radio station and were then treated to a movie at GSC before the anticipated meet and greet with Mickey and Minnie. The children also participated in the Disney themed workshops at the Upper Atrium and had a delicious lunch at Fish & Co.



HOTEL-STYLE LIVING IN THE HEART OF PJ



**NEW WORLD
PETALING JAYA HOTEL**
Opening in Q2 2017

**THE AZURE
RESIDENCES**
Completing in Q2 2017

**THE ASCENT
CORPORATE TOWER**
Grade A MSC
Status Building

**THE AERIUS
RESIDENCES**



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**Guaranteed 10% Return* | Fully Furnished* | Oasis Zone at Level 18 | 24 Months Free Service Charge* | 4-point Ingress & Egress
Bumi Release Units | Free Shuttle Bus to & from Kelana Jaya LRT Station***

Price Starts from
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Scheme*

0% Down Payment
For Bumiputera*

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*Terms & Conditions Apply.

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Developed by:

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(A member of WCT Holdings Berhad)
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Selangor Darul Ehsan, Malaysia
Tel: +(603) 3324 3255 Fax: +(603) 3324 3257 Email: wctsales@wct.my
www.wct.com.my/property

WCT Sales Gallery (Selangor)
Lot No. CF-08, Concourse Floor, Paradigm Mall,
No. 1, Jalan SS7/26A, Kelana Jaya, 47301 Petaling Jaya,
Selangor Darul Ehsan.
Tel: +(603) 7887 4820/21 Fax: +(603) 7887 4825
www.theazureresidences.com

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WCT Wins Its First MRT Elevated Viaduct Project

WCT Berhad has secured its first Mass Rapid Transit (MRT) elevated viaduct project in 2016. This RM896.41 million contract is part of the MRT 2: MRT Sungai Buloh - Serdang - Putrajaya (SSP) Line and includes the construction of viaduct long span crossings at seven locations and an underpass amongst others.

The Klang Valley Mass Rapid Transit (MRT) is a rail-based public transport network that will integrate with the existing Light Rail Transit (LRT), monorail, Keretapi Tanah Melayu (KTM), Kuala Lumpur International Airport (KLIA) Express and KLIA Transit systems. The completion of the MRT will provide commuters with the ease of travelling within the Greater Klang Valley.



Building the MRT Lines

The construction of the first MRT line, the Sungai Buloh-Kajang (SBK) line was launched on 8 July 2011 and the construction of the MRT 2 started in the Q2 of 2016. It is in line with Suruhanjaya Pengangkutan Awam Darat (SPAD) Urban Rail Development Plan (URDP) of Greater Klang Valley Public Transport Master Plan which will connect the northern and southern corridors within Kuala Lumpur City Centre by integrating with existing railway lines.

Spanning from Sungai Buloh and through the city centre of Kuala Lumpur, the line ends in Kajang, the south-east of the city¹. The line consists of an underground distance of 9.5km and an elevated line distance of 41.5km. There are 31 stations throughout the 51km stretch². The first phase of the line which is from Sungai Buloh to Semantan (12 stations) is operational from end 2016 and the second phase which runs from Semantan to Kajang is scheduled to be fully operational in July 2017. The estimated journey from Sungai Buloh to Kajang is 90 minutes³. There will be a train set of four cars with an estimated passenger load of 1,200⁴ every 3.5 minutes.

The second phase of the MRT project is the MRT 2: MRT Sungai Buloh-Serdang-Putrajaya (SSP) Line which will span 52.2km. MRT 2 will cover an underground distance of 13.5km and an elevated distance of 38.7km with 37 stations, 11 of which will be underground. A total of 14 stations will be equipped with the park and ride facility a depot will be built in Serdang⁴. The MRT 2 is expected to be fully operational in the second quarter of 2022. The line will serve approximately 2 million people from Sungai Buloh to Putrajaya and is expected to have a ridership of 529,000 passengers per day⁴.

Reference:

¹ <http://www.mymrt.com.my/en/ssp/project-info/route-map>

² <http://www.mymrt.com.my/download/SBK-Alignment.pdf>

³ http://www.mymrt.com.my/download/newsletter/MRTNEWSLETTER-JUN-DEC2014_ENG.pdf

⁴ <http://www.mymrt.com.my/en/ssp/project-info/ssp-line>

First MRT Line: Sungai Buloh – Kajang (SBK)

9.5KM
UNDERGROUND DISTANCE

41.5KM
ELEVATED LINE DISTANCE

51KM
MRT LINE DISTANCE

31
TOTAL STATIONS

90
MINUTES TOTAL JOURNEY

**ESTIMATED
1,200**
PASSENGERS EVERY 3.5 MINUTES

Q4 2016
ESTIMATED OPERATIONAL DATE

Second MRT Line: Sungai Buloh – Serdang – Putrajaya (SSP)

13.5KM
UNDERGROUND DISTANCE

38.7KM
ELEVATED LINE DISTANCE

52.2KM
MRT LINE DISTANCE

37
TOTAL STATIONS

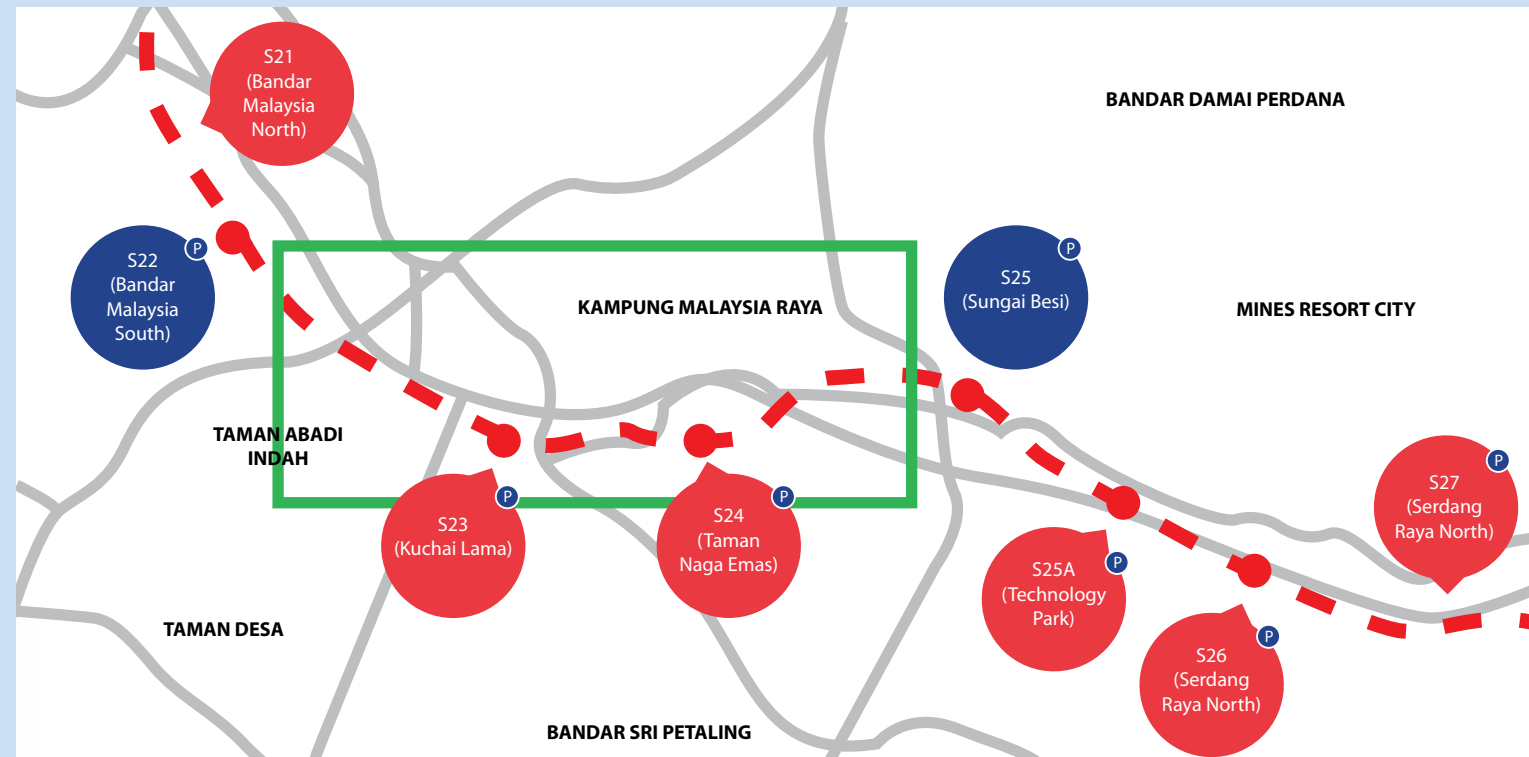
**ESTIMATED
529,000**
PASSENGERS PER DAY

Q2 2022
ESTIMATED OPERATIONAL DATE



Facts and Figures of Package V204

- 134 Piers (six different Pier designs with maximum height of 23 metres)
- 134 Standard Spans
- 27 Long Spans
- The biggest Segment Box Girder will weigh 66 tons



WCT's Involvement in MRT

WCT was recently awarded the contract Package V204 which includes the construction and completion of viaduct guideways and other associated works from Bandar Malaysia South Portal near Desa Water Park and will end at Kampung Muhibbah. This spans approximately 4.13km in length¹ and the viaduct structures are divided into Standard Spans and Long Spans.

The key aspects of Package V204 are nine long span crossings at seven locations, U-trough and Contiguous Bored Pile (CBP) open cut approach structure to twin pipe arch underpass (crossing Kuala Lumpur - Seremban Expressway) and two MRT stations. It is worth noting that among all southern MRT Work Packages, the V204 Package has the most viaduct long span crossings. These viaduct crosses are located over Sungai Kerayong, New Pantai Expressway (NPE), Maju Expressway (MEX), Besraya Highway, Kuala Lumpur - Seremban Expressway, a water treatment plant and at grade roads. In addition, Package V204 is one of the few work packages that includes the construction of twin pipe arch underpass.

Reference:

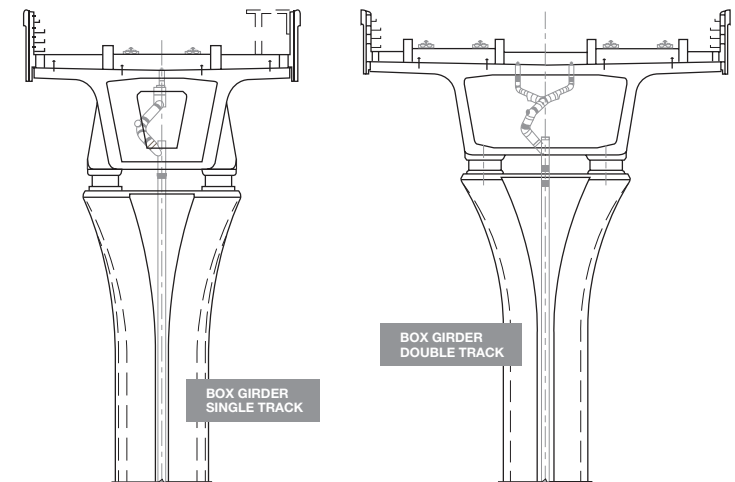
¹ <http://www.mymrt.com.my/en/awarded-contracts-ssp>



What is a Viaduct?

Viaduct is an elevated guideway structure where the tracks of the MRT trains will be located in.

VIADUCT



What is a Long Span?

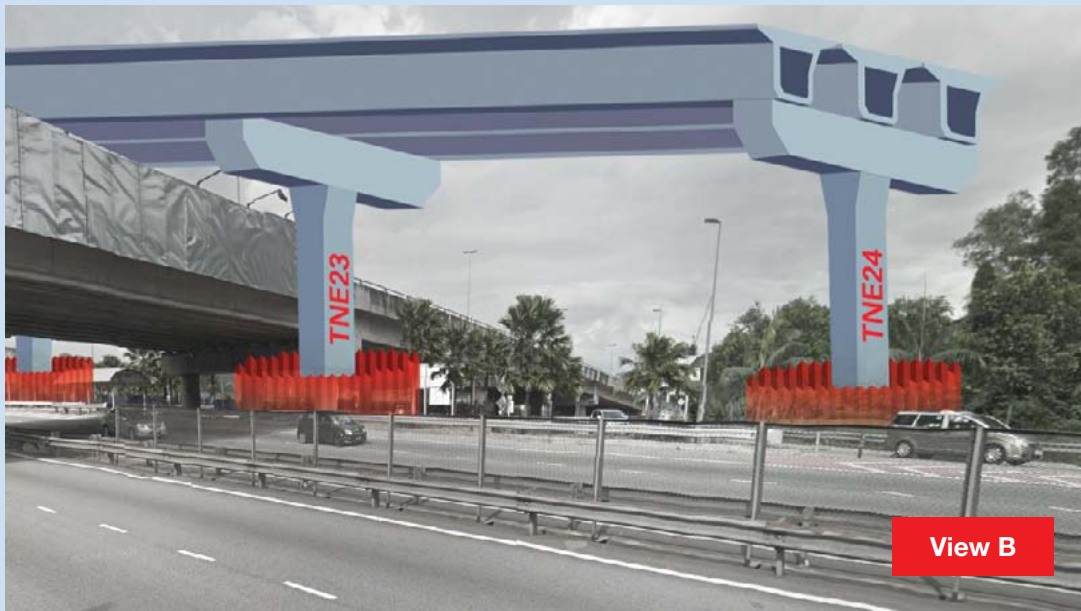
While Standard Spans are 39.8 metres in length, Long Spans are continuous viaduct structures that are usually 39.8 to 95 metres long. It is used to cross various infrastructure constraints. Apart from that, pocket span launching activities must also be done optimistically. Work will be done in challenging live traffic conditions therefore traffic management and diversion activities are crucial.

What is a Pocket Span?

A Pocket Span is a track adjacent to a main track used for meeting or passing of trains².



View A



View B

Scope of Work

The full scope of work done by WCT for the MRT 2 project includes soil investigation, traffic management and diversion, safety, health and environmental management, site clearance, demolition and earthworks, ground treatment, protection and relocation of utilities, viaducts and underpass & approach tunnel, drainage works, roadworks and road furniture, street lighting and traffic light system, landscaping works, electrical and mechanical works, external works to stations and ancillary works and miscellaneous structures.

The Group will also be responsible for the demolition of existing buildings and factories for the Kuchai Lama MRT 2 Station. Apart from closely monitoring the works done for the safety of workers, it is also important to ensure temporary supporting and protection system is fully operational to protect road users during the construction progress. For this, the project management team is required to have good stakeholder management to meet tight project timelines. With WCT's vast experience in maintaining Health, Safety, Security and Environment (HSSE) standards, WCT strives to uphold the highest standards of safety on the site and minimise possible construction risks.

Reference:

² http://www.valleymetro.org/images/uploads/lightrail_publications/Design_Criteria_Manual_FINAL_030207.pdf



好運到

CHINESE NEW YEAR 2017
THE YEAR OF THE ROOSTER

Harmony brings health. May joy and happiness surround you today and always!

2017年1月9日至2月12日
9 January to 12 February 2017



御品轩于新年前夕至十五
照常营业
Royal Gourmet is open throughout
the 15 days of the Festival

新春魚生

The Prosperity Toss - Yee Sang

Toss your way into the Lunar New Year for a prosperous year ahead with our special selection of the Prosperity Yee Sang.

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东洋海鲤齐捞生

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福祿鲍鱼三文鱼捞生

Prosperous Salmon and Abalone Yee Sang
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新春魚生供堂食和外卖

Yee Sang is available for dine-in and takeaway

新春套餐

Auspicious Dining

Usher in the prosperous Year of the Rooster with a lavish feast at the Royal Gourmet and savour premium culinary treasures with our epicurean festive menus.

喜悦满堂红套餐

Double Prosperity Set Menu
RM988

生意庆昌盛套餐

Blissful Happiness Set Menu
RM1188

常年大丰收套餐

Everlasting Abundance Set Menu
RM1388

每桌10人份

随套餐奉送新春红酒一瓶。

10 persons per table

Complimentary one bottle of red wine per set.

于2017年1月15日前确认订桌
将获得RM80 Tropical Spa礼券。
Complimentary RM80 Tropical Spa
cash voucher for confirmed
bookings made by 15 January 2017.

询问或预定请洽 For enquiry or reservation: T: +603 3325 6868 | E: fnb@premiere-hotels.wct.my

或亲临我们在地下低层的御品轩餐厅。 Please visit us at Level LG.

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Uniquely Malaysian Chinese New Year Traditions

Multicultural Malaysia is home to the second largest community of overseas Chinese in the world, after Thailand. Malaysian Chinese are also the second largest ethnic group in Malaysia, after the Malays.

In The Beginning

The first group of Chinese from China settled in Malaya in the early 15th century. Sultan Mansur Syah, who married Chinese princess Hang Li Po played a big part in this as five hundred youths and maids of noble birth had accompanied the princess from China to Malacca.

In the years to come, Chinese immigrants, mostly from the Fujian and Guangdong provinces came to work at the tin mines and rubber plantations in Malaya in the 19th century. That was the beginning of the colourful melting pot of cultures that we call Malaysia today.

These Chinese immigrants were of different dialect groups and they were the Hokkiens, Teochews, Hainanese, Cantonese and Hakkas. Each of these groups came to Malaysia with their own traditions and culture which further enriched the Chinese traditions that are both unique and special to Malaysians¹.

Proud To Be Uniquely Malaysian

Due to the mix of different and distinct cultures from the different parts of China and also the influence from the Malays and Indians in Malaysia, Chinese New Year celebrations in Malaysia may be slightly different from how it is celebrated in China or other parts of the world.

Though some of these traditions may be adapted from the existing ones in China, Malaysian Chinese have taken these traditions and mixed it with the local culture. Here are some of the traditions that we Malaysians are proud to call our own.

Jade Emperor Festival (*Pai Ti Kong*)

This event is celebrated on the ninth day of the Chinese New Year and the festivities usually start at the stroke of midnight. On this day, the Hokkiens usually celebrate the birthday of the Jade Emperor at home with prayers for a blessed year ahead and offerings of food, sugarcane and prayer papers¹. The types of food offered on the altar includes fresh fruits, a whole roasted pig, rice-flour buns (*Mee Koo*) and tortoise-shaped pastries². The preparation of these items are tedious and the Hokkiens are usually busy with the preparation a few days before the festival³.



Image by @smithytan47 via Instagram

Significance of the Offerings to the Jade Emperor

Each item placed on the altar has some sort of significance to those celebrating the festival and here are some of the common offerings.



Sugarcane – A pair of sugarcane is usually placed next to the altar or by the front gate of the house. Legend has it that during the war, the Hokkiens were forced into hiding in a sugarcane plantation to avoid being killed. On the ninth day, at the stroke of midnight, they realised that they have regained freedom and they believe it is because of the Jade Emperor's blessings they managed to escape³.

Kim Jua (Prayer papers) – *Kim Jua* are prayer papers folded into shapes of golden ingots, pineapples and even golden pagodas. This is to offer wealth and gold to the Jade Emperor³.



Hard Boiled Eggs & Rice Vermicelli

This dish is traditionally served during birthdays and it signifies longevity and prosperity³.



Fruits – Pineapples (to represent prosperity), peaches (for longevity) and mandarin oranges (for wealth) are usually stacked on plates as an offering³.



Sweet Kuihs – It is important to have something sweet on the table to represent a sweet year ahead. *Ang Koo Kuih*, *Nian Gao*, *Mee Koo* and Steamed Cakes will usually be placed on the altar for this reason³.

Reference:

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Reference:

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- ³ <http://bakingquinn.blogspot.my/2010/02/offerings-to-jade-emperor.html>





Yu Sheng (鱼生)

Yu Sheng (鱼生), also known as 'Lo Hei' is a Chinese New Year must-do for the Chinese community. The dish itself is a fish salad with strips of raw fish (usually salmon) mixed with a variety of raw shredded vegetables, crunchy fried crackers, peanuts and usually served with plum sauce. Some say it has Teochew roots¹ but others claim that the dish was adapted from Cantonese customs². Regardless of the origins of the dish, it is delicious and proudly a Malaysian tradition.

The word *Yu Sheng* (鱼生) literally means 'raw fish' and the word is often interpreted as a homophone for 'an increase in abundance' in Chinese. Therefore, *Yu Sheng* (鱼生) is considered a symbol of prosperity and abundance and that is one of the reasons the tradition of *Yu Sheng* (鱼生) is so popular during the Chinese New Year in Malaysia.

The dish is often served on a big round plate with the ingredients laid out and diners will use chopsticks to 'lo' or to toss and mix the dish while saying auspicious phrases. This action is thought to usher in wealth and prosperity for the coming year.

Fun Fact:

Some may argue that the dish originated from Singapore but this popular dish has been declared as a Malaysian heritage food by the Malaysian Department of National Heritage³. It was said that a restaurant in Seremban, Malaysia first sold this dish in 1940s⁴ and the dish maintained its popularity

Lion Dance

While the Lion Dance originated from China, the exciting lion dances with 'lions' jumping from pole to pole that we see today was actually pioneered by Malaysians.

The idea of lion dancing on poles was inspired by Mei Hua Quan, a style of kungfu performed on pillars. But it was Malaysia that began to increase the height of the poles in competitions to three meters tall. Many countries then followed this standard¹.

There are two forms of lion dances – the Northern and Southern. The type commonly seen in Malaysia is the Southern style. It is said that the Southern style lion dance originated as a celebration in a village in China where a mythical monster called 'Nian' was successfully driven away².



Reference:

¹ <http://www.thestar.com.my/metro/focus/2016/02/06/10-talking-points-about-lion-dance-key-attributes-of-a-muchloved-festive-tradition/>

² https://en.wikipedia.org/wiki/Lion_dance



Get Your Workout **Outside A Gym**

If one of your New Year's resolutions is to get fit, read on! Most people sign up for a gym membership only to realise that they do not have the time with their busy lifestyle to hit the gym and this may result in money wasted.

So instead of spending your hard-earned cash on a pricey gym membership, here are some ways you may consider to get a decent workout outside the gym!

Household Chores

If you dread doing chores around the house, think of it as your cardio workout. Here are some common chores and the estimated number of calories you can burn.



Sweeping

You need to do this every day and you will be glad to know that 30 minutes of sweeping is worth approximately 136 calories¹.

Mopping

Getting your tiles all shiny and new will never be the same ever again. One hour of lugging around a mop and a pail of water will help you shed about 153 calories¹.



Vacuuming

Work those arms while getting rid of dust from under your couch. It may not seem intensive but you can burn up to 119 calories in 30 minutes while on the job¹.



Washing the Car

Skip the car wash queue and do it yourself. Even better, get someone to help you out! This fun activity will burn about 153 calories an hour¹.



Clearing Your Closet

You can burn about 85 calories or more in an hour, just by tossing out your old clothes. On the plus side, you can now make way for even more new clothes in the organised closet¹!

Laundry

One hour of clothes folding can help you burn 68 calories while ironing in a standing position can help you burn another 88 calories per hour. How does that sound for a chore that most of us dread²?



Cooking

Food preparations can help you burn up to 68 calories an hour while the act of cooking takes up to 102 calories. So if you spend about 2 hours preparing and cooking your meal, you will burn approximately 200 calories, even before eating²!

(The calorie counts are estimates only based on a 68-kg person, and will vary with intensity, body composition and weight.)

Reference:

¹www.shape.com/weight-loss/tips-plans/spring-cleaning-how-many-calories-do-you-burn-doing-chores

²<http://calorielab.com/burned/>

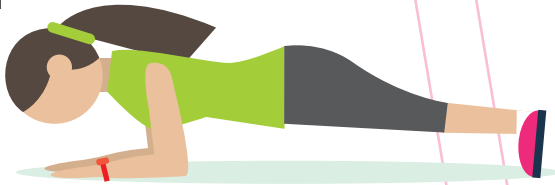
Exercise at Home

You do not need fancy machines to get the body of your dreams. Here are some simple exercises that can whip you into shape. You will need an exercise mat, comfortable clothes, about half an hour every day and lots of determination.



Plank

Planking is a core exercise and although you do not need to move while doing it, it requires strength and determination to hold the position¹. This exercise helps strengthen your lower back and builds your shoulder. To perform a plank, get into the pushup position on the floor and bend your elbows 90 degrees. Your weight should be on your forearms. To ensure the correct position, your elbows should be directly beneath your shoulders and your body in a straight line from your head to your feet. Hold the position for at least two minutes².



Burpee

A burpee is arguably one of the best full body exercises you can do in the comforts of your own home. To perform the basic burpee, stand with your feet shoulder-width apart. Lower your body until you reach a squatting position with hands placed on the floor in front of you. Kick your feet back to assume a push-up position. Perform a push-up and bring chest back up. Immediately return to the starting squat position. Stand up and leap in the air as you bring your hands together overhead³.



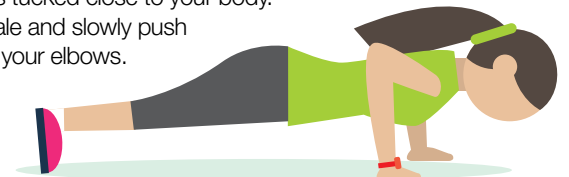
Squats

This exercise is all about balance⁴ and targets all the muscles in your legs⁴. To perform this exercise, put your feet shoulder-width apart and stand on the soles of your feet. Begin squatting slowly as if sitting down on a low chair. Your knees and feet should form a straight line. You can stretch your arms out in front of you to keep your balance. And when you are down, start pushing yourself up as slowly as possible¹.



Push-up

Push-ups work the muscles in the upper part of our body. This means it can help you get rid of jiggly arms⁵. Place your arms on the ground in a straight line with your shoulders. Use your toes to stabilise your lower body. Flatten back to keep your entire body straight. Slowly lower your body until your chest grazes the floor. Do not let your buttocks dip or stick out as your body should remain in a straight line. Your shoulder blades should be back and down while keeping elbows tucked close to your body. To return to the starting position, exhale and slowly push back up while taking care not to lock your elbows. Repeat in repetitions of 10⁶.



Outdoor Exercise

If you prefer the great outdoors, you may consider these simple workouts.



Running/Jogging

Running and jogging are fantastic cardio workouts. All you need is a good pair of running shoes, a motivating soundtrack on your music player and off you go! Whether you run in your neighbourhood park or for marathons, this activity is the simplest, yet requires the most determination to keep up⁷.

Swimming

Swimming is a low impact and relaxing way to exercise. If you hate sweaty clothes during workouts, swimming is definitely for you.



Reference:

- ¹ brightside.me/article/seven-simple-exercises-that-will-transform-your-body-in-just-four-weeks-82255/
- ² www.mensfitness.com/weight-loss/burn-fat-fast/how-to-do-a-plank-a-single-move-for-stronger-abs
- ³ www.just-health.net/Calories-Burned-Burpees.html
- ⁴ www.livestrong.com/article/313995-calories-burned-during-squats/
- ⁵ eatdrinkandbeskinny.com/the-many-benefits-of-push-ups/
- ⁶ <http://greatist.com/fitness/how-do-perfect-push>
- ⁷ www.cosmopolitan.com/health-fitness/advice/a29580/workouts-that-burn-more-calories-than-jogging/



WISHING YOU A
HAPPY & PROSPEROUS
CHINESE NEW YEAR

吉祥

From all of us at



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