

# DO YOU KNOW

By ANNA VIVIENNE

Pegaga is a small herbaceous annual plant that is eaten as ulam or as salad in Sabah and Malaysia as a whole. Pegaga or Pennywort in English is usually eaten with sambal belacan or shrimp paste with chilli. Some people like it lightly sautéed but it is acquired taste.

In some community pegaga is made into drinks sweetened with sugar and crushed ice. It has medicinal values however, and is believed to cure nervous condition as well as

eyes and relieve arthritis pain.

It is also believed that the herb help to stimulate energy and thus treat nervous conditions, reduce stress as well as improve mental and physical well being. It is also believed to slow down ageing and senility while reducing high blood pressure.

Pegaga, botanically named *Centella asiatica* is indigenous to China, Indonesia, Malaysia, Australia, Southern and Middle Africa as well as tropical America.



## PEGAGA



### FEBRUARY EVENTS

#### KOTA KINABALU CITY IDOL

Date : February 2007  
Organiser : Kota Kinabalu City Hall  
Contact Person : Joannes Solidau  
Telephone : +6088-521800  
Fax : +6088-316137  
Email Contact : joannes@dbkk.sabah.gov.my

#### KK CITY DAY CELEBRATION

Date : 02 February - 24 February 2007  
Organiser : Kota Kinabalu City Hall  
Contact Person : Faradillah Abdul Rani  
Telephone : +6088-233815  
Fax : +6088-233815  
Email Contact : faradillah@dbkk.sabah.gov.my

#### Chinese New Year Carnival

10th - 15th February  
6:00PM - 10:00PM  
Venue : Deasoka Garden, Gaya Street  
**City Run**  
11th February 2007  
7:00AM

Venue : Padang Merdeka, Kota Kinabalu  
International Dart Tournament  
23rd - 25th February 2007  
10:00AM - 5:00PM

#### VIP Golf Tournament

24th February 2007  
6:00AM - 2:00PM  
Venue : Nexus Resort Karambunai, Menggatal  
**KK City Tourism Treasure Hunt**  
25th February 2007  
6:00AM - 2:00PM  
Venue : Nexus Resort Karambunai, Menggatal

#### KOTA BELUD CULTURAL CARNIVAL 2007

Date : 10 - 11 February 2007  
Organiser : Sabah Cultural Board

Contact Person : Mackey Apison  
Telephone : +60 88 268812/268884  
Fax : +60 88 264235  
Email Contact : Rusman.Abdullah@sabah.gov.my, Mackey.Apison@sabah.gov.my  
**Other Cultural Events:**  
**Papar Cultural Carnival**

Date: 24th - 25th February 2007

Venue: Papar Community Hall

#### Lahad Datu Cultural Carnival

Date: 10th - 11th March 2007

Venue: Lahad Datu Community Hall

#### Tawau Cultural Carnival

Date: 24th - 25th March 2007

Venue: Tawau Town Field

#### Tenom Cultural Carnival:

Date: 14th - 15th April 2007

Venue: Murut Cultural Centre, Tenom.

#### Sandakan Cultural Carnival

Date: 9th - 10th June 2007

Venue: Sandakan Town Field

#### Tuaran Cultural Carnival

Date: 21st - 22nd July 2007

Venue: Tuaran

#### Kudat Cultural Carnival

Date: 27th - 28th October 2007

Venue: Esplanade Sidek, Kudat

For more information please contact:

Sabah Cultural Board

Telephone : +6088-268812/268884

Fax : +6088-264235

Email : Rusman.Abdullah@sabah.gov.my

or Mackey.Apison@sabah.gov.my

#### CHINESE NEW YEAR

Date : 18 - 19 February 2007  
Organiser : Sabah Tourism Board / Sri Pelancong Sabah Sdn. Bhd.

Telephone : +6088-212121 / 232121  
Fax : +6088-212075 / 265540  
Email Contact : info@sabahtourism.com

#### TREE PLANTING DAY

Date : 22 February 2007  
Organiser : Kota Kinabalu City Hall  
Contact Person : Walter J. Kenson  
Telephone : +6088-244000  
Fax : +6088-243501  
Email Contact : walter@dbkk.sabah.gov.my

#### 2ND INTERNATIONAL SABAH OPEN DART TOURNAMENT

Date : 23 - 25 February 2007  
Organiser : Kota Kinabalu City Hall  
Contact Person : Felix Malangking  
Telephone : +6088-521800  
Fax : +6088-316137  
Email : felix.malangking@dbkk.sabah.gov.my

#### CITY DAY REGATTA 2007

Date : 24 - 25 February 2007  
Organiser : Kinabalu Yacht Club  
Contact Person : Johnny Tan (Vice Commodore)  
Telephone : +60 88 240070 / 243070  
Fax : +60 88 243007  
Email Contact : kyctaru1@streamyx.com

#### KOTA KINABALU TOURISM TREASURE HUNT 2007

Date : 25 February 2007  
Organiser : Kota Kinabalu City Hall / Tourism Malaysia Sabah  
Contact Person : Fauziahton Ag. Samad  
Telephone : +6088-521800  
Fax : +6088-316137  
Email Contact : fauziahton@dbkk.sabah.gov.my

### WHERE TO STAY

**Winner Hotel**  
Phone: 60 088 243222  
Fax: 60 088 217345

**Hotel Deleeton**  
Phone: 60 088 252222  
Fax: 60 088 267999

**Kinabalu Daya Hotel**  
Phone: 60 088 240000  
Fax: 60 088 263909

**Berjaya Palace Hotel**  
Phone: 60 088 211911  
Fax: 60 088 211600

**Hotel Shangri-La**  
Phone: 60 088 212800  
Fax: 60 088 212078

**Likas Square Business Suites**  
Phone: 60 088 252233  
Fax: 60 088 251122

**Tang Dynasty Hotel**  
Phone: 60 088 263389 / 251155  
Fax: 60 088 263989 / 265566

**Beverly Hotel**  
Phone: 60 088 258998  
Fax: 60 088 258778

**Promenade Hotel**  
Phone: 60 088 265555  
Fax: 60 088 246666 / 253980

**Hyatt Regency Kinabalu**  
Phone: 60 088 221234  
Fax: 60 088 225972

**Le Meridien Kota Kinabalu**  
Phone: 60 088 322222  
Fax: 60 088 322223

**Nexus Resort Karambunai**  
Phone: 6 088 411222 / 411030  
Fax: 6 088 411020 / 412028

**Shangri-La Tanjung Aru Resort**  
Phone: 60 088 225800 / 41800 / 293306 (Reserv)  
Fax: 60 088 244871 / 217155

**Sutera Harbour Resort - Magellan Sutera**  
Phone: 6 088 318 888  
Fax: 6 088 317 777

**Sutera Harbour Resort - Pacific Sutera**  
Phone: 6 088 318888  
Fax: 6 088 317777

**Hotel Capital Sdn Bhd**  
23, Jalan Haji Saman  
P.O Box 11223, 88813  
Kota Kinabalu  
Phone: 6 088 231 999 (10 lines)  
Fax: 6 088 237 222  
E mail: capitalh@streamyx.com

**Beringgis Beach Resort, Papar**  
Phone: 6 088 752 999  
E mail: bbrpapar@tm.net.my

**Impiana Mutiara Hotel**  
Ground Floor, No 3, Block BC  
Lot 15, Lorong Ikan Juara 3  
88100 Sadong, Kota Kinabalu  
Phone: 6 088 268 823 / 268 824  
Fax: 6 088 258826

### Weekly TAMU (Open Market) in Sabah

■ Tamus are held in almost every town/district in Sabah. Most local traders gather to buy, sell or barter their farm produce, handicrafts, traditional ware, musical instruments, etc.

**SUNDAY 6am - 2pm**  
Kota Belud, Tuaran, Putatan, Papar, Babagon, Tambunan, Tenom, Membakut, Kota Marudu, Sikuati, Gaya Street Fair (Kota Kinabalu)

**MONDAY 6am - 2pm**  
Tandek

**TUESDAY 6am - 2pm**  
Kiulu

**WEDNESDAY 6am - 2pm**  
Pinggan-pinggan, Tamparuli & Kudat

**THURSDAY 6am - 2pm**  
Donggongan, Telipok, Tenghilan, Pekan Nabalau, Sipitang, Tambunan, Keningau

**FRIDAY 6am - 2pm**  
Donggongan, Sunsuron, Weston, Mesapol, Kanibangan

**SATURDAY 6am - 2pm**  
Kinarut, Beaufort, Sindumin, Matunggong, Pekan Pitas

### sabahtravelguide.com

#### The Ultimate Travel Guide to Sabah, Borneo's Paradise

Sabah Travel Guide.com (STG) is a comprehensive online free travel guide for visitors to Sabah, Malaysia. It is also presently the most accepted and complete information hub for tourism industry of Sabah. Main focus of STG is to create more awareness of visiting Sabah to the global tourism market and to provide an online automated market place for tourist and tour operators.

To subscribe to STG newsletter, please sign up as a member and enjoy special offers