

# DO YOU KNOW

By ANNA VIVIENNE

**H**oney is the people's first sweetener. In those days where sugar was literally unknown, the only sweetener the people has was honey, besides natural sugar from fruits.

Honey can also be used to preserve foods especially sour fruits.

Honey has a lot of uses, besides being eaten with bread, drank with tea or in cooking such as honey lemon chicken.

It can be used in face washes especially when it is diluted with pounded rice. It is used as a mask; applied to the face and washed off after it gets hard. It has a tightening affect on the face,

It is also used as tonic for colds. It is diluted in hot water with a dash of ginger and taken. Honey can be obtained wild in Sabah. The wild honey is better tasting than imported honey, even though



## Honey

some don't like it for its 'wild' taste.

The most famous honey farm in Sabah is in Gombizau. Called the 'bee-keepers of Gombizau' the farmers

there usually sell their wares to tourists who go to the farm to look at the bees.

Some individuals also sell honey in tamu or traditional market. They claim that the honey is obtained from the jungles but you may have to look carefully as some of them add diluted sugar in their wares.

## 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

**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

## 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 : +6088-521800  
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  
Venue : Dewan Masyarakat Kota Kinabalu  
**VIP Golf Tournament**

24th February 2007  
6:00AM - 2:00PM  
Venue : Nexus Resort Karambunai, Meng-gatal

**KK City Tourism Treasure Hunt**  
25th February 2007

6:00AM - 2:00PM  
Venue : Nexus Resort Karambunai, Meng-gatal

### PESTA KALIMARAN

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 Pelan-congan 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 Com-modore)  
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

## 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**  
Pinggang-pinggang, Tamparuli & Kudat

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

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

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

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