

DO YOU KNOW

By ANNA VIVIENNE

WHERE TO STAY

Betel Leaf

Betel leaf is a thick, smooth, dark green leaf, broad at one end and pointed at the other. This is the leaf known as daeng in some Kadazandusun dialect is used to wrap betel chew which contain slaked lime paste, gambir (a dark paste) and fine shreds of areca nut. The areca nut is also known as betel nut by virtue of its association with the betel leaf.

The plant is actually a vine that clings to other trees. They climb right up to the top, its leaves merging with the host plant's leaves. Most of the time, however, the betel plant is planted on dead trees.

The leaves are picked when they are mature. They should be tough and green. The young leaves are left to mature.

In traditional homes, the betel leaves are always ready in a container, with betel nuts, lime and gambir. Wax is also included. Wax is usually used to wax the lips of those who love betel chew.

A basic betel chew concoction includes half a betel leaf, a smear of slaked lime and shreds of areca nut.

Anyway, visitors will be served is the betel chew. During long visit, the people will usually sit around and make little betel chew packages to chew.

The betel chew is also served after a meal. It is suppose to act as breath-freshener.

Betel leaves have some medicinal values. It is believed to cure headache stemming from too much betel chew and also good for flatulence.



MARCH EVENTS

CITY CHARITY GOLF TOURNAMENT

Date : March 2007
 Organiser : Kota Kinabalu City Hall
 Contact Person : Alijus Sipil
 Telephone : +6088-521800
 Fax : +6088-244544
 Email Contact : alijus@dbkk.sabah.gov.my

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

PADI CDTc (COURSE DIRECTOR TRAINING COURSE)

Date : 13 - 24 March 2007
 Organiser : PADI International USA
 Contact Person : Johnny Wetzstein (USA)
 Telephone : +949 858 7234 (USA)
 Fax : +949 858 7264 (USA)
 Email Contact : johnnyw@padi.com
 Event Website : <http://www.padi.com>

TABIN WILDLIFE CONSERVATION CONQUEST

Date : 17 - 18 March 2007
 Organiser : Tabin wildlife Sdn Bhd & Intra Travel Service Sdn. Bhd.
 Contact Person : Alixon Hoo
 Telephone : +6088-260558 / 261558
 Fax : +6088-267558
 Email Contact : enquiry@tabin-wildlife.com.my
 Event Website : <http://www.tabin-wildlife.com.my>

MAULIDUR RASUL

Date : 31 March 2007
 Email Contact : info@sabahtourism.com

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

Radius International Hotel Waterfront
 Kota Kinabalu
 7th Floor Warisan Square
 Jalan Tun Fuad Stephens
 88000 Kota Kinabalu
 Phone: 6 088 447 200 / 525 969
 Fax: 6 088 447 300 / 525 967
 E mail: inquiry@radius-waterfrontkk.com
 Website: www.radius-waterfrontkk.com

Beringgis Beach Resort, Papar
 Phone: 6 088 752 999
 E mail: bbrpapar@tm.net.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
 Pinggan-pinggan, 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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