

DO YOU KNOW

By ANNA VIVIENNE

WHERE TO STAY

SINGAPORE rhododendron or Senduduk is a common plant in Sabah. It is found everywhere. In fact, some paddy planters who clear the land for planting every year may have a problem with this plant. It grows very easily and is found in any wasteland.

Botanically called *Melastoma malabathricum* and locally known as Gosing or Gagabang, this plant has variations in characters, according to a particular place.

In the lower land the flowers may be light pink and the plants may be squatter, while those in Kundasang Ranau, which is in the higher altitude, the plant may look more robust, with dark pink to almost blue flowers.

However, the make up of the whole plant are generally the same. The stems are square and bristly, the



Senduduk



leaves are fine and it tapered to an end.

The fruits, which are slightly smaller than the tip of our smallest finger, are edible. It is a little pleasant to the tongue when the fruit is ripe and has cracked open, revealing bluish seedy flesh. When eaten the fruit dye will stick to the lips and tongue.

Although this plant is not a favourite, it has been used by the people to treat various ailments in the past.

The roots are used to treat diarrhoea. They are pulled up from the soil and washed properly. They are then boiled until the water turn slightly yellow. The water is then drunk. It should take effect within half an hour. The same drink is also believed to be an antidote to poisoning.

The leaves are also useful for treating slight cuts. The young leaves are chewed or pounded to a paste and applied on the cut as poultice.

The bleeding will stop almost immediately.

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Nexus Resort Karambunai
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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

JUNE EVENTS

LAUNCHING OF SANDAKAN FESTIVAL

Date: 02 June 2007
Organiser: Sandakan Municipal Council
Contact Person: Catherin Chua
Telephone: +6089-229751 / 275400
Fax: +6089-222964
Email Contact: Catherin.Chua@sabah.gov.my

TABIN WILDLIFE PHOTO HUNT

Date: May - July 2007
Organiser: Tabin Wildlife Sdn Bhd / Intra Travel Service Sdn Bhd
Venue: Tabin Wildlife Reserve
Contact Person: Alixon Hoo

Telephone: +6088-260558 / 262558
Fax: +6088-267558
Email Contact: enquiry@tabinwildlife.com.my

PATTERNS AND COLOUR OF SABAH

Date: 10 May - 04 June 2007
Organiser: Sabah Art Gallery
Contact Person: Datuk Mohd Yaman Hj Ahmad Mus
Telephone: +6088-268875
Fax: +6088-210040
Email Contact: gallery_9@msn.com

MATAKING REEF DAY

Date: 08 - 10 June 2007

Organiser: Matakang Reef Dive Resort
Contact Person: Sophia Sie (Executive Director)
Telephone: +089-770022
Fax: +6089-770023
Email Contact: sales@matakang.com

SANDAKAN CULTURAL CARNIVAL 2007

Date: 09 - 10 June 2007
Organiser: Sabah Cultural Board
Contact Person: Mackey Apison
Telephone: +60 88 268812
Fax: +60 88 264235
Email Contact: Mackey.Apison@sabah.gov.my, Rusman.Abdullah@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
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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