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FREE

living

MOMENTS

The Best
Medicine

The joys of
Stand-Up Comedy

Township
In A Park

The joys of
Garden Living

Food
Art

The joys of
Fine Dining

福滿庭

The joys of
Chinese Classics

Fitness For The Win

The joys of
#LaProRun



EDITOR'S *letter*

Dear readers,

A preamble. We call Hock Seng Lee's property newsletter Living Moments because it represents our aspirational goal to create homes and work places for living.

This Living Moments is our life issue. We're highlighting health, parks, laughter and charity.

This issue features the collective work of our events team, landscaping department, health based tenants like Sweat Factory and collaborators including Sunway Medical Centre, Milo, Dayak Daily and CatsFM.

The cover story is a recap of 2022's La Promenade Fitness Weekend — Sarawak and Sabah's first mass running event since the pandemic in 2020.

Over 1,350 runners participated from as far as Singapore, Brunei, Penang, Kuala Lumpur and Kota Kinabalu. These outstation runners gave us valuable feedback. For instance, we'll add hotel stays and transportation packages to 2023's La Promenade Fitness Weekend.

Living in a township within a park is La Promenade's calling card. La Promenade is synonymous with greenery. We're known for our signature Norfolk pine trees, lakes and green certified buildings.

In this issue, we bring you behind the scenes of landscaping at La Promenade — what it takes to maintain 1,800 pine trees, 25,000 tea leaf shrubs; the planning involved for future phases of homes; and how we truly go green by recycling plant waste too.

Laughter, they say, is the best medicine. On July 29, La Promenade Mall hosted Mad Sabah's Ndak Logik tour in Kuching. It was the first stand-up since 2019 and it was a hit. Mad Sabah performed to a sold-out crowd, who laughed their heads off at his self-deprecating humour.

What's more, Mad Sabah is one of the very few comics to perform solely in Bahasa Malaysia. He is bringing stand-up comedy to a new segment of the public. We're so proud to host him, and we hope he returns to La Promenade Mall for his next national tour.

It is always a huge honour for us to support local talent.

Till the next issue, Living Moments wishes you good living. 

Sincerely,

shinji
SHINJI



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IDEA: Just like the art pieces, the dishes began with sketches.

FOOD ART: Dine With Art at Hoan Gallery is food inspired by the Rebirth exhibit.

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LAKE: Both sides of La Promenade's main guardhouse are natural waterways.

MAGAZINE OF HSL PROPERTIES
VOL 2 . ISSUE 4 | JULY - AUG 2022

Editor: Shinji | **Layout:** Velda Chang
Photos by Ben's Medium Photography, Jane Chang, Pixbugs Studio, Kelvin Yung, Eileen Ting, Jackson Goh, Dorene Li Photography & Mall Tenants.

Published by





TIME: Leonard's huge canvas piece is full of details. Seeing him paint, you are reminded of perseverance and patience.

Leonard Draws A Crowd

The Young Master's Masterful Work Is Drawing A Following

L EONARD Siaw had a big idea: Paint a Malaysian heritage street packed with people. Make it big. Give it lots of details. Study perspectives. Have depth. Add personal stories. Conduct figure studies.

"It was pandemic times. I had time. I could think ambitiously. I was inspired by my meetings with old artists through Hoan Kee Huang," says Leonard, drinking a coffee at 2am, and referring to Hoan Gallery's curator.

He began this giant piece during Chinese New Year five months ago. It's now mid July.

Tonight, Leonard's particularly inspired. He speaks to Living Moments animatedly. He's already painted for three hours, and on this night, he will go on painting until 5am. He doesn't keep track of time when painting, he says.

Does he know what time it is now?

"It's around midnight I think."

Is he sleepy?

"Not yet. I'm doing what I like. Mentally, I'm in a good place."

Keeping him company on most nights are a handful of mall guards, who are mindful not to disturb. They turn down their walkie talkies when near the artist.

The piece is so big at 15m wide and 4.5m high (*wider than two terrace houses and taller than a typical floor*) that Leonard frequently has to move to the other side of the walkway to see the whole picture.

"When I started, I painted mostly during the mall's operating hours. Doing outlines, sketching, it was fine. But the moment I started doing details, I really needed not to be disturbed."

The details in the piece keeps changing. Some character outlines are ignored. Items on shelves change; entire shelves disappear. Over a period of two nights, a shop on the fringe of the piece changes, gaining a lion dance performance — because Leonard wants a store opening in his historical depiction. A person's gait in the piece also changes. Night after night, motion, story, architecture gains life.

It's a romance of Kuching's yesteryears, drawn by a young master who wishes he was there.

"I'm really loving it. I'm redoing some earlier parts that have been drawn. I'm seeing more and more of the piece."

Leonard doesn't want to give a timeline of completion. It'll be done when it's done, the artist seems to want to say. He is drawing a crowd because we'll all loving what he's doing. **LM**

La Promenade

PRECINCT GRANDE

new units launched

PRECINCT LUXE

sold out

PRECINCT PREMIERE

sold out

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La Promenade

Project Address: La Promenade - Precinct Grande, Lot 1689 (Part of Lot 893), Block 14, Muara Tuang Land District, Kuching-Samarahan Expressway, Samarahan | House Units: Three-Storey Detached (15 units); Three-Storey Duplex (40 units); Double Storey Semi-Detached (24 units) | Developer's License No.: L1605/KP/HD/09/160-R8 | Validity: 16/03/2021 - 15/03/2023 | Advertisement and Sales Permit No.: P2257/KP/HD/09/160-R4-9 | Validity: 21/02/2022 - 15/03/2023 | Expected Date of Completion: 32 months from date of SBP | Tenure of Land: 99 years leasehold (Mixed Zone Land) | Building Plan No.: (Three-Storey Detached) MPKS/PB/57/2018, MPKS/PB/58/2018, MPKS/PB/59/2018, MPKS/PB/60/2018, MPKS/PB/61/2018; (Three-Storey Duplex) MPKS/PB/71/2018, MPKS/PB/81/2018, MPKS/PB/44/2020, MPKS/PB/45/2020; (Double Storey Semi-Detached) MPKS/PB/26/2020, MPKS/PB/27/2020 | Approval Authority: Majlis Perbandaran Kota Samarahan | SPA Approval No.: P/BD/115-16 | Selling Price: Three-Storey Detached (Designer Bungalow / Bungalow Majestic / Bungalow Elegant) from RM3,350,000 to RM4,650,000; Three-Storey Duplex (Duplex Classic / Duplex Modern / Duplex Resort) from RM2,160,000 to RM2,650,000; Double Storey Semi-Detached (The Standard) from RM1,700,000 to RM2,500,000 | SHEDA Membership: SHEDA/179/00

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VERSION 1.1: The ordering counter and espresso bar has been tweaked.

Smoother Brew

Ordering Made Easier, Try A New Drink

BLACK Bean Coffee & Tea at La Promenade Mall's just been revamped.

Version 1.1 of Sarawak's best-known homegrown cafe had its layout slightly tweaked: It's now easier to order with a large and bright menu above the cashier; a second espresso machine has been installed for quicker orders during busy morning and lunch hours; better use of the vintage bars; and new rattan chairs.

"Last time, sometimes, there was congestion in the cafe. There is better flow now. It's easier to view the menu, and the ordering area has been tidied up," cafe manager Syarifah Norfatimah said.

"We've added a second espresso machine, which will speed up milky drinks like lattes and mochas.

"Other than that, there are new really nice chairs for the discussion room. Nothing beats rattan chairs for comfort and for a sense of home."

Shift supervisor Effa Eaqerzilla is particularly pleased with new art pieces hung inside the cafe. A budding painter herself, Effa's been visiting Hoan Gallery on L3 of La Promenade Mall often.

"Hoan Gallery is collaborating with Black Bean to have art pieces on rotation. Pieces in the cafe include water colours, acrylic,

FRESH: The seasonal Durian Layer Cake is so good.



Kopi O-range Peng

A great pick-me-up. The coffee is naturally sweetened by the juice.



Chinese ink and mixed media. All are on sale, ask us for more details. We have a brochure. But mostly I'm just really pleased there is real art on our walls," enthused Effa.

With the revamp, Black Bean La Promenade has launched two new menu items. The first is a seasonal Durian Layer Cake, which is only available on Fridays to Sundays. Made from real fresh fruit, the cake must be consumed on the day it is made.

"Half of the cake is durian. It's a lot. I've made the cake with simplicity in mind. When durian is this good, there is not much you want to do to it. I recommended Black Bean to have it in-store only as I was worried the cake would melt on deliveries. I didn't want to add gelatine to the fruit," said pastry chef Amini Lau, who supplies all the cafe's sweet treats.

The second new item is Kopi O-range Peng. The drink consists of two freshly squeezed orange juice with one shot of espresso. Espresso Orange as it is better known online, the drink was an online viral sensation earlier this year on TikTok.

Black Bean's take on it emphasises fresh juice with 100% pure gourmet coffee. Kopi O-range Peng is a fantastic morning pick-me-up. 

The Appeal Of Chinese Fine Dining

A Preview Of Foo Man Ting's Exquisite Cuisine

F

oo Man Ting, opening later this year, will serve Chinese classics. This 200-seater restaurant, with five private rooms, is inspired by history.

On the menu is Buddha Jumps Over The Wall (*Fo Tiao Qiang*), a double-boiled seafood soup rich in flavour and heritage. This Fujian delicacy will be one of Foo Man Ting's signatures.

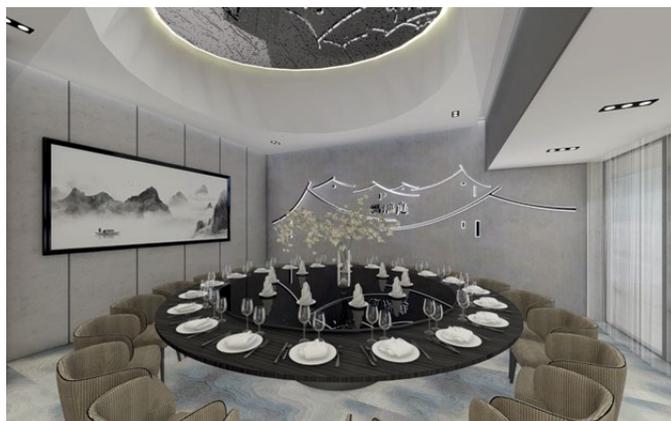
The restaurant will also serve amazing Cantonese barbecues — roast ducks, whole suckling pigs, crackling pork bellies, and maybe even goose.



JUMP: *Fo Tiao Qiang's* name means Buddha Jumps Over The Wall. Legend has it, the classic soup is so good, even monks will escape to have it.



DINNER: Foo Man Ting's interior is by Parallel Design. It is high-end Chinese dining.



ART: The theme of the decor is inspired by Chinese ink paintings.

"We're firming up the menu. It's an exciting time," says Head Chef Yong Chee Kian, who brings with him a wealth of experience from Singapore's dining scene.

"The kitchen crew and I drew up an initial list of 100 dishes. We've cut it down to 50 now. We're training up the crew offsite. Once Foo Man Ting's kitchen is done, we'll do several weeks of test runs. It's going to be high pressured, but that's the fun of it. All good chefs are excited by a challenge. Opening a new restaurant is the most challenging of all."

Yong is keeping the rest of the menu under wraps. During a photoshoot, only 16 dishes were previewed and shot. The rest, Yong adds, "will be from the classics". 



PREVIEW: Pipa Beancurd with crab meat and vegetables, and stir-fried asparagus with scallops.

Mad Sabah Makes Us Laugh Like Mad

Stand-Up Comedy Makes A Return To Sarawak

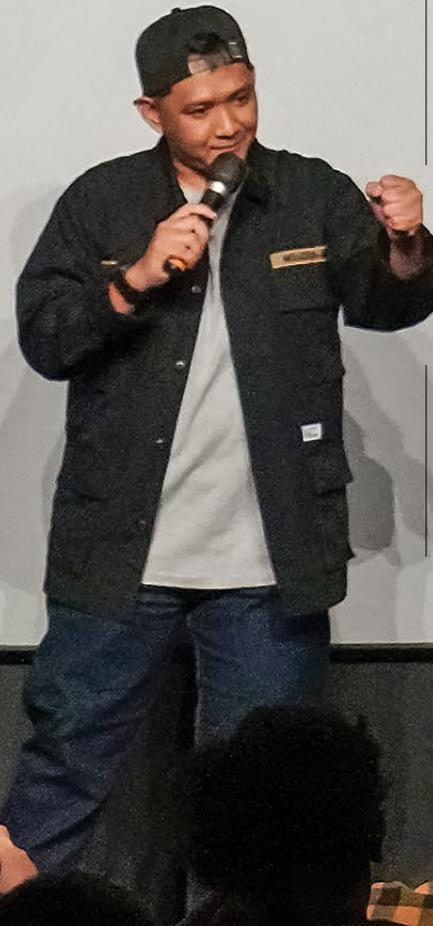
L

LAUGHTER, they say, is the best medicine. We agree. After a multi-year pandemic, it is high time we all laughed together.

Mad Sabah — real name, Achmed Rusli — made us laugh our heads off. The Sabahan comic performs entirely in Bahasa Malaysia. He is one of the very few in the country to do so, bringing the genre of comedy to an entirely new segment of society.

It was La Promenade Mall's honour to host him. Mad Sabah is funny, talented and with the work ethic of an athlete.

On the Friday he performed in Kuching, he flew in from Kuala Lumpur pre-dawn, went to CatsFM at Petra Jaya to record an interview, came to La Promenade Mall for sound checks, fulfilled sponsors' publicity obligations at the mall, quick dinner, started the show at nearly 9pm, and then agreed to media interviews post-show.



Pre-dawn the next day, again, the comic was on a flight to perform two other shows on Sat and Sun, repeating his schedules.

Speaking to Dayak Daily, he said: "I am working hard for this tour, trying to promote stand-up, despite knowing full well that I could have just made easy money by performing shows in Kuala Lumpur.

"My intention is to entertain the audience and make them laugh, and at the same time, I try to insert issues that are close to the people as the content of my shows."

On Kuching, he said the audience reaction was great, explaining there was great chemistry between Sarawakians and Sabahans. "I think Sarawakians can relate to what I expressed living as a 'kampung boy'."

Mad Sabah, we loved your show, we hope to see you back soon in Kuching at La Promenade Mall. Thank you for making us laugh together. **LM**

P.S. The next stand-up at La Promenade Mall will be Kavin Jay on Sept 2, Fri. As seen on Netflix, Kavin is bringing his "I Am Sorry I Shouted" national tour to Sarawak for one show only at La Promenade.

Buy tickets, **kavinjayinkuching.peatix.com** or at **La Promenade Black Bean Coffee & Tea.**

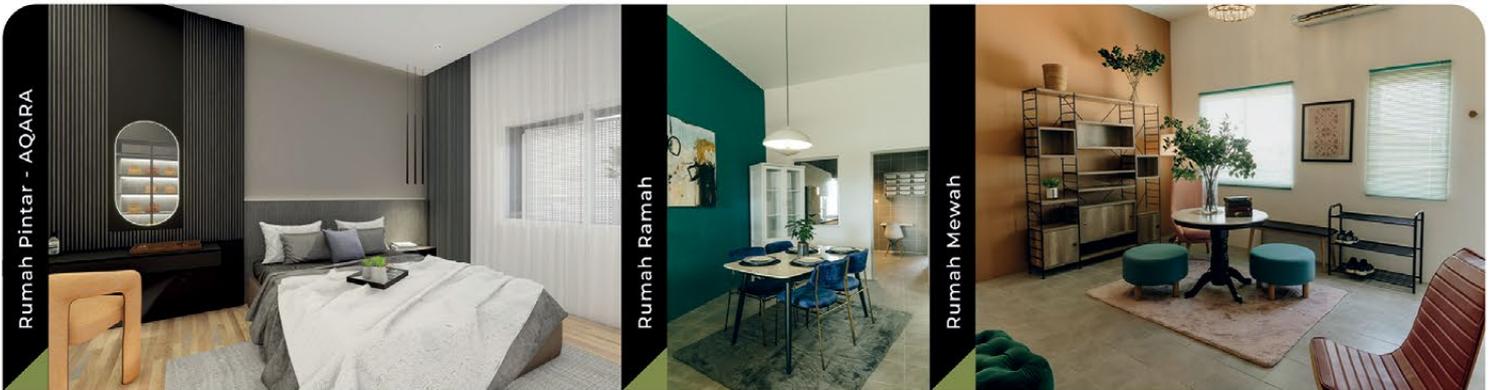
SO FUNNY: Mad Sabah is one of the few stand-up comics who presents in Bahasa Malaysia. We're so honoured to host his show in Kuching.

Samariang Aman 3

@ Petra Jaya



TIGA RUMAH CONTOH AKAN DIBUKA OGOS 31



Untuk sebarang pertanyaan sila hubungi, **013 836 5566** | **082 385 055**



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@hslcn | hsl.com.my



Project Address: Phase 3, Samariang Aman 3, Lot 875/99 of Petrus Lot 82/98, Block 3, Saka Land District, at Jalan Cahaya Utama, Off Jalan Sultan Tengah, Kuching (Mawab Dulu, Single-Storey Terrace 02 units), Double-Storey Terrace 02 units, Double-Storey Semi-Detached 02 units), (Development License No. 10218-KR/HCL/2020/001) | Validity: 08.03.2021 - 11.02.2023 | Advertisement and Sales Permit No. P003-KR/HCL/2020/004 | Validity: 01.07.2021 - 11.02.2023 | Expected Date of Completion: 22 months from date of S&P | Tenure of Land: 60 years leasehold (Freehold Zone Land) | Building Plan No. CMBU/136/2020, CMBU/136/2020, CMBU/136/2020, CMBU/136/2020 | Approval Authority: Director (Structural Working Plans) (S&P Approval No. 17/2016-16 | Building Plan: Single-Storey Terrace Home (M023/2016 - 01/14/2016), Double-Storey Terrace Home (M042/2016 - 01/14/2016) | (S&P Membership: 086264179100) | Project Address: Phase 2, Samariang Aman 3, Lot 870/01 of Petrus Lot 82/98, Block 3, Saka Land District, at Jalan Cahaya Utama, Off Jalan Sultan Tengah, Kuching (Mawab Dulu, Single-Storey Terrace 07 units), Double-Storey Terrace 07 units), (Development License No. 10218-KR/HCL/2020/001) | Validity: 01.12.2020 - 28.11.2023 | Advertisement and Sales Permit No. P003-KR/HCL/2021/001 | Validity: 01.08.2021 - 28.11.2023 | Expected Date of Completion: 36 months from date of S&P | Tenure of Land: 60 years leasehold (Freehold Zone Land) | Building Plan No. CMBU/136/2020, CMBU/136/2020, CMBU/136/2020 | Approval Authority: Director (Structural Working Plans) (S&P Approval No. 17/2016-16 | Building Plan: Single-Storey Terrace Home (M023/2016 - 01/14/2016), Double-Storey Terrace Home (M042/2016 - 01/14/2016) | (S&P Membership: 086264179100) | Project Address: Phase 1, Samariang Aman 3, Lot 870/99 of Petrus Lot 82/98, Block 3, Saka Land District, at Jalan Cahaya Utama, Off Jalan Sultan Tengah, Kuching (Mawab Dulu, Single-Storey Terrace 12 units), Double-Storey Terrace 12 units), (Development License No. 10218-KR/HCL/2020/001) | Validity: 02.08.2021 - 22.03.2024 | Advertisement and Sales Permit No. P003-KR/HCL/2021/002 | Validity: 24.08.2021-22.03.2024 | Expected Date of Completion: 36 months from date of S&P | Tenure of Land: 60 years leasehold (Freehold Zone Land) | Building Plan No. CMBU/136/2020, CMBU/136/2020, CMBU/136/2020 | Approval Authority: Director (Structural Working Plans) (S&P Approval No. 17/2016-16 | Building Plan: Single-Storey Terrace Home (M023/2016 - 01/14/2016), Double-Storey Terrace Home (M042/2016 - 01/14/2016) | (S&P Membership: 086264179100) | Disclaimer: Illustrations are an artist's impression only. The information and plans are subject to change as made required by the authorities or architect and cannot form part of an offer or contract. While every care has been taken in the preparation of this advertisement, the developer or agent cannot be held responsible for any inaccuracies.



INSPIRATION: Each dish is specifically tied to an art piece from Hoan Gallery's Rebirth exhibit.



STAR: Kayan-Lun Bawang chef Achang Libat brings back his culinary skills from Sydney to La Promenade Mall for the special event.



SARAWAK: His home country is closed to Achang's heart.

Dine With Art

Food Art with Chef Achang And Artist Hoan Kee Huang



ARTIST: Hoan Kee Huang painting a portrait recently. The artist and gallery owner says the dinner should prove to be one-of-a-kind.

CHEF Achang Libat and artist Hoan Kee Huang recently found out they share similar thinking processes. Both begin with sketches.

The chef says every dish starts on paper. "After talking to people, after researching, I put pencil to paper and draw out ideas. I may have an image in mind or I have certain flavours I think could work together. What I draw may not always result in the final dish, but every dish does originate from drawings," Achang told Living Moments recently.

Hoan chipped in: "Sketching is very stimulating. The start of any piece of artwork is always the most fun. The difficult part is detailing."

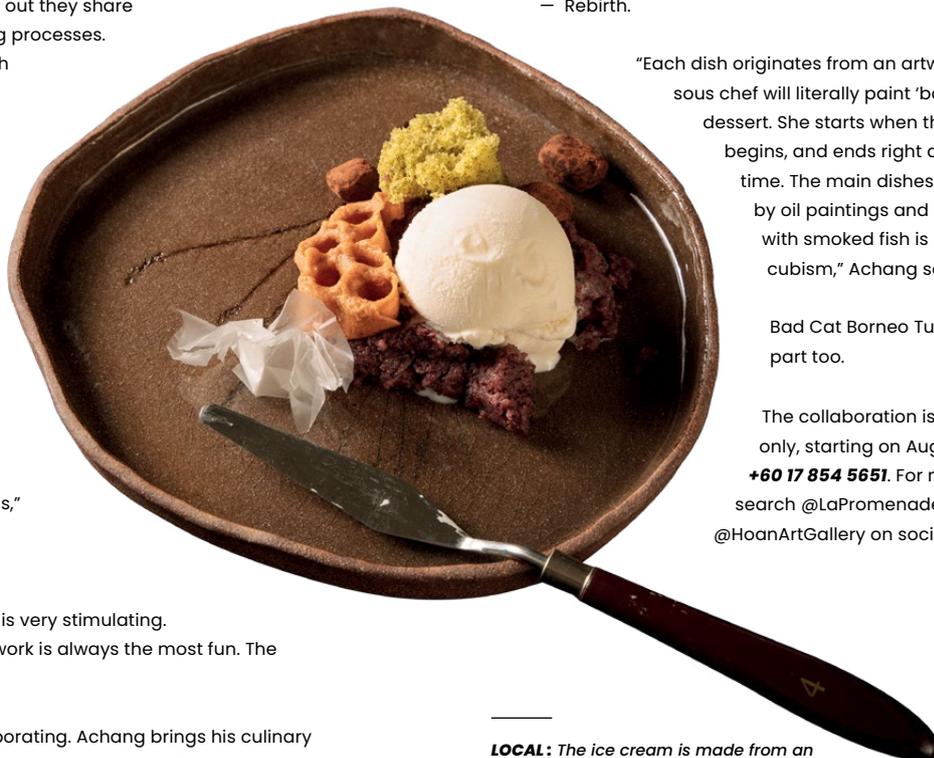
Achang and Hoan are collaborating. Achang brings his culinary experience back from Sydney to serve up an ambitious six-course dinner inside the art gallery.

Achang took inspiration from Hoan Gallery opening exhibit — Rebirth.

"Each dish originates from an artwork. My sous chef will literally paint 'batik' onto the dessert. She starts when the dinner begins, and ends right at dessert time. The main dishes are inspired by oil paintings and a starter with smoked fish is based on cubism," Achang said.

Bad Cat Borneo Tuak is taking part too.

The collaboration is for six dinners only, starting on Aug 19. **Book here +60 17 854 5651.** For more info, search @LaPromenadeMall or @HoanArtGallery on social media. 



LOCAL: The ice cream is made from an ingredient that will delight those who enjoys Dayak food. (It's not Tuak.)

Our Fitness Weekend Really Worked Out

Come Back For Similar Events Later This Year & An Even Bigger La Promenade Fitness Weekend Next Year

TIGER YEAR: The animal on the run's logo is this year's zodiac animal. Next year's will be a rabbit.





PRE DAWN: All the fastest runners finished even before the run rose.

FIRST: For many, it was just great to be part of a mass running event again. Our run was the first in Sarawak and Sabah since the pandemic started.



1,350 runners

It was all smiles all around – runners, VIPs, mall tenants, exhibitors, but the biggest smiles, were on the organisers. Hock Seng Lee (HSL) and La Promenade Mall were overjoyed with the number of sign ups.

We aimed for 1,000 participants and exceeded our modest ambitions. The 1,350 participants came from across the state, with over half from Kuching and Samarahan.

Undoubtedly, being the first mass running event in Sarawak since March 2020 meant there was pent-up demand. Thank you everyone for making the first La Promenade Fitness Weekend a success.

We'll be back bigger next year!



- #LaProRun
- #PromenadeFitness
- #LaPromenadeMall
- #HSLTower

Searching these hashtags is the easiest way to find updates on the run. You'll also see plenty of participants' generated content from the recent event.



200 corporate sign-ups

— Kuching Water Board, Sarawak Biodiversity Centre, CatsFM, Sol Digital

HSL invited our partners to sign on. We were delighted with the response. Corporate sign ups were cheaper and all groups had unique bibs for keepsake.



CHECK: Sunway Medical Centre came on board as an event partner.

CHILDHOOD: Everyone's favourite childhood drink was also an event partner.

TREE: La Promenade's "signature dish" is our landscaping, which is all done in-house by a team of 30 people.



Great branding

One of the highlights of La Promenade Fitness Weekend was the Milo truck! The presence of the green truck brought back so much memories. The queue for Milo lasted for hours, literally from event start till end.

Another great brand that joined La Promenade Fitness Weekend was Sunway Medical Group. Its Traditional Complementary Medicine arm provided free health screenings and sports massages. Sunway's booth was popular from race pack collection day until the event was over.



Media Partners

— Dayak Daily, TeaFM

Sarawak's best online news portal, Dayak Daily, signed up as a media partner early on. The news portal featured ads, registration links and news articles about our run.

TeaFM carried interviews with our race organisers and Sweat Factory trainers. TeaFM's DJ, TP, also emceed on race day.

La Promenade
MALL

Media Partners

We Choose Sarawak
dayak
daily

TEA FM

Event Partners

SUNWAY
TCM CENTRE

双
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SWEAT
FACTORY

NESTLE
MILO

GREENLEAF
Your Fitness, Our Quality

MOMA
WATER

GRIT
EVENT MANAGEMENT

City Jagger's Club

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REBEL

REHAB CONCEPT

RevRun

SHENTON SPORT SUPPLIES

PRO OUTDOOR



KICK: Martial art demos.

SOL DIGITAL: Our online marketing specialists partners.

READY: Warming up session.





3KM
Family Walk

5KM
Fun Run

10KM
Competitive Run

21KM
Half Marathon



Four categories

— 21.1km Half Marathon,
10km, 5km Fun Run,
3km Family Walk

For a proper running festival, La Promenade Fitness Weekend catered to runners of all kinds.

Different needs were considered. For instance, Half Marathon participants were all equipped with timing chips, while the Family Walk category started later than usual flag off times to enable more to take part.

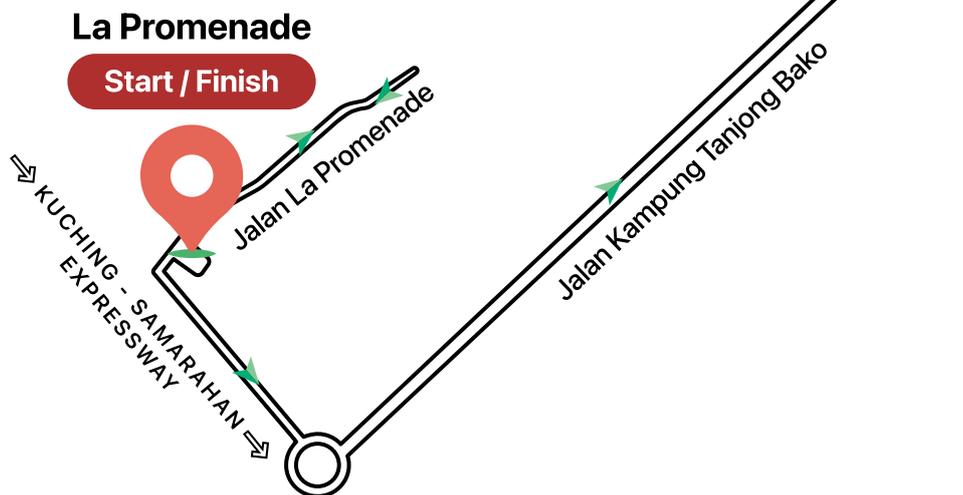


Four unique routes

Each distance had unique routes. The longest, 21km, took runners from La Promenade Mall to Tanjong Bako, across two picturesque bridges and back.

The shortest, 3km Family Walk, was entirely within La Promenade for everyone's safety.

All categories, including 10km and 5km, included a section within La Promenade's tree-lined gated community.





Flat & fast

For the fastest possible runs, we purposely selected the flattest route. Many personal records were achieved during La Promenade Fitness Weekend.



RM10,000

— Female & Male

Our prizes were equal for both female and male winners. At HSL, we're big supporters of gender equality. After all, the effort to complete the races are the same — same distances covered, same route — so prizes are the same too.

With more participants next year, cash prizes will be increased.



Singaporean Winners

Who knew La Promenade's first ever run could draw international participation?

Our Guest of Honour, Samarahan MP Datuk Rubiah Wang, was pleasantly surprised when the Female 21km winner, Lim Bao Ying, said she was Singaporean.

Turns out, La Promenade's Fitness Weekend was not just the first mass running festival in Sarawak, but one of the first in Malaysia and Singapore.

As such, running enthusiasts from Singapore, Kuala Lumpur and Penang all came to participate.

For next year's, we'll package hotel stays and transportation to enable more runners outside of Kuching/Samarahan to take part.



WINNER: 20 prizes for every category, evenly distributed for male and female runners.

SINGAPORE: Lim Bao Ying was part of a group who flew in from the island nation. She won the 21km female category. Samarahan MP Datuk Rubiah Wang was thrilled with the foreign participation.





Two VIPS

Day one, Stakan assemblyman Datuk Hamzah Brahim was our guest of honour. Hamzah declared opened the event, and toured Sweat Factory's Functional Fitness Challenge.

He also took time out to view artist Leonard Siaw's record attempt for the largest artwork in Malaysia, which is in progress in La Promenade Mall.

Day two, Samarahan MP Datuk Rubiah Wang officiated. Rubiah flagged off 5km Fun Run and 3km Family Walks. Rubiah, who stayed for over two hours, also gave away all the prizes for 21km and 10km winners.

Our sincere thank you to both elected officials.



ARTIST: Leonard Siaw explaining his artwork to Stakan assemblyman Datuk Hamzah Brahim.

GO: The start of the 5km Fun Run.



Families

For many families, La Promenade Fitness Weekend was their first outdoors event together since March 2020. It brought us so much joy to see happy grandparents, young couples and their children spending quality time together for fitness.

The 3km Family Walk was our most popular category. Over 30% of participants were in this category.

Given its popularity, La Promenade Mall's management is planning a La Promenade School Holiday Run, which will be designed with families as priority.

REQUEST: A popular feedback we received was to create children sizes for next year. We will!



COSTUME: The best dressed winners striking poses for guest judge Vanessa Mering (left), who is a newsreader at RTM.



Best Dressed

This last minute addition to the festival was a hit. During a feedback session three weeks prior to race day, one of the digital marketers suggested adding a “Best Dress” for content creation.

We loved the idea, and immediately announced it on social media.

The results as seen here are beautiful. Interestingly, most of the winners of the Best Dressed were 10km runners. Great athletes, great fashion sense too! Real sporting people.



Tees & Medal

Our tees were designed to be highly collectible. They had to look attractive and comfortable. We spent more for breathable material and higher grade printing.

All runners received our tees and many bought extra at the race collection booths.

We are also delighted to learn many members of the public asked for kids’ sizes as well. We will create more tee sizes for sale to the public next year.





We are sorry

Around half of medals did not arrive before race day.

For outstation runners, we mailed them the medals. For almost all corporate runners, we personally delivered their medals.

We are deeply sorry for the inconvenience caused to those who had to return to the mall a week later to collect their medals. **LM**



1. **THUMBS UP:** Participants posing for our photographers.

2. **SMILES:** Runners all had smiles, especially at the end.

3. **SPRINT:** Kids had the best fun.

4. **HSL:** Hock Seng Lee colleagues in a group photo after the event.

5. **GO ON:** Keep running, don't give up.

6. **BOX:** A kid trying out boxing at the demo section.

Sweat Factory Challenge

A Spectacle Of Physical Prowess

by Richard Yu

THE first ever Functional Fitness Invitational La Promenade X Sweat Couple Head2Head Battle 2022 was organised by Functional Fitness Club and Sweat Factory at La Promenade Mall on the 7th and 8th of May 2022. Teams of one male and one female competed in elimination-style workouts throughout the two days to claim the top position.

LIFT: The Sweat Factory Challenge was so well attended. It took place around the mall and inside the fitness centre.

We saw teams coming in from Kuching, Sabah, Kuala Lumpur, Miri, Bintulu, Penang, and Brunei. A total of 21 teams with the equivalent of 42 participants took part in this event.

After completing three workouts on Day 1, only the top 12 teams were qualified to move on to Day 2 where all 12 will take part in Event 4. From there, the top eight proceeded to Event 5. And finally, the top four teams battled it out in Event 6 for victory.

The final day also saw a twist after the final event. Two teams held the same number of total points and competed head-to-head in a tiebreaker workout.

CHAMP: Brunei number one Nina June showing everyone how it's done.



Day **1**

EVENT 1 Time Cap: 10 mins

6 Rounds for time:
 1 Lap Burden Run (80m)
 6/6 Single Arm Thrusters (15/10kg)

EVENT 2 Time Cap: 7 mins

establish heaviest complex of:
 1 rep Clean
 1 rep Shoulder to Overhead
 1 rep Front Squat
 1 rep Shoulder to Overhead

EVENT 3 Time Cap: 9 mins

For Time:
 21-15-9
 Pull-ups
 Toes-to-bar

- Before each set, complete 5 reps Deadlifts (70/50kg)
- One partner work, one partner Deadlift Hold

VIP: *Stakan assemblyman Datuk Hamzah Brahim (orange) in a group photo.*

Day **2**

EVENT 4 Time Cap: 8 mins

8 rounds for time:
 8 Overhead Squat (40/25kg)
 8 Burpee over bar

EVENT 5 Time Cap: 15 mins

For time:
 50 Wall balls (20/14lbs) | (10'/9')
 150 Double-Unders
 50 Calories Row
 10 Legless Rope Climb
 50 Calories Bike
 150 Double-Unders
 50 Box Jumps (24"/20")

EVENT 6 Time Cap: 10 mins

For Time:
 15 Synchronized Power Cleans (40/25kg)
 15 Synchronized Thrusters (40/25kg)
 10 Synchronized Power Cleans (60/35kg)
 10 Synchronized Thrusters (60/35kg)
 5 Synchronized Power Cleans (80/45kg)
 5 Synchronized Thrusters (80/45kg)

TIEBREAKER EVENT

For time:
 100-cal Bike



RUN: *A participant during the event.*



And just like that, we've wrapped up the first Functional Fitness Invitational La Promenade X Sweat Couple Head2Head Battle 2022. Across two days we saw teams representing their respective gyms, battle it out to claim their title as champions. They pushed boundaries, broke personal records, performed well outside their comfort zone, and displayed the grit of true warriors.

After completing six events, Team D.N (Darren & Nina) came up on top, dominating the leaderboard from the get-go. Second place goes to the dynamic duo Team FNC (Claudia & Zhi Foong), Third Place goes to the brother and sister powerhouse Team FD (Yeelin Seah & ZhangYu Seah), and Fourth Place goes to the power couple Team MIVIN (Kevin & Mina).

A huge thank you to all crew, judges, volunteers, supporters, spectators, and everyone who made this event a success. We would also like to apologise for any shortcomings throughout the event. We'll take it as a learning experience and do better in the future. **LM**

A Township Within A Park

La Promenade Aims To Be
The Greenest Of Them All

SUNSET: La Promenade's gated residences is built around nature. This lake is widen and beautified from an existing river before the development.



LUXURY OF SPACE: Linear parks between houses give more privacy and recreational areas to all residents.

ANNUALLY, World Environment Day falls on June 5. This year's theme is 'Only One Earth', while 2021's was 'Ecosystem Restoration'.

At Hock Seng Lee's property development arm, our aim is to build real estate with green features right from the start.

In our masterplans, open green spaces are given as much thought as individual house's design.

At the 200acre La Promenade, open green spaces is 17%, or about double of the industry norm.

We've even let nature guide the zoning within La Promenade — an original waterway was

kept intact and beautified, acting as a natural barrier between the gated residential portion and commercial zone.

The first trees were planted along the main boulevard nearly a decade ago. Today, there are over 1,800 matured Norfolk Pine Trees, becoming La Promenade's "signature dish".

Nature is also used as safety devices. Over 25,000 tea leaf plants have been planted between roads and pedestrian paths.

In 2018, La Promenade won a merit prize at the Malaysia Landscape Architecture Awards in the Masterplanning category. It was the first time a Sarawakian firm had won the green prize, joining the likes of UEM Sunrise, Gamuda Land, SP Setia and Seti Eco Glades.

Layers :

Lines and lines of trees were pre-planted from as long ago as 10 years. Today, most are taller than two-storey houses.







SALES: Hock Seng Lee's Property Gallery is surrounded by greenery, located just opposite HSL Tower and La Promenade Mall.

Judges were impressed with HSL's early landscape implementation at priority areas, even distribution of its parks, streetscape consistency and pedestrian amenities.

Looking ahead, HSL's landscape department head Leslie Lim aims to recycle plant waste from within La Promenade.

Lim, who led the creation of HSL's landscape maintenance manual, has just started a composting pilot project.

"Every month, La Promenade generates at least half-a-tonne to 1.5 tonnes of plant waste. It's a lot because we have so much landscaping. It makes sense to recycle the waste into compost," Lim said.

"Already, we've seen some success. We did simple tests. One section of plants were given compost, and another not. The sections with compost flowered so much faster and so much more that it surprised us. Two to three months later, it's (flowering rate) back to normal. We collecting data for schedules."

Lim said his aim was to ensure HSL's landscaping team uses as little chemicals as possible. Landscaping that "only looks good is not good enough", he said.

"There are many advantages to recycling plant waste. One, you reduce transportation cost. Two, you distort the soil much less by using less chemicals. Three, you can

rehabilitate newly developed areas, which typically contains a lot of filled soil — most earth-filled areas have not much nutrients, grass won't even grow nicely on them."

A new phase of houses, Precinct Grande, within La Promenade is being built now. HSL's landscaping team have already begun planting trees offsite.

"We're nurturing 200 trees at our nursery. We worked closely with the architect to determine how many trees are needed, and we plant them far ahead of time. By the time the houses are ready, the trees will be big." 

He is the only Asian comedian listed in the top 10 of The Wrap's 2018s Best Netflix Comedy Special.
—
TheWrap.com

Spontaneous, kinetic and straight up hilarious, Kavin Jay is one of the most talented stand-up comedians in the industry today.
—
AugustMan.com

Kavin Jay is a comedian who seems to fully know his strengths.
—
Indiewire.com

KAVIN JAY

I AM SORRY I SHOUTED!

SEPTEMBER 2

8.30PM



La Promenade Mall
Kuching

TICKETS



RM70

+6012 808 6262
Kim

NETFLIX

BBC

COMEDY CENTRAL

ABC

La Promenade
MALL

Practising True Sustainability

A Composting Pilot Project Aims To Improve The 3Rs In Landscaping

On a hot sunny afternoon, Hock Seng Lee's landscape department head Leslie Lim is getting excited about temperatures.

Warm readings on a series of compost thermometers indicate the landscape team's experiment is working.

"It's generating heat by itself. Put you palm on the barrels, you can feel it — the microbes are working," Leslie says. "It takes time and patience but the results are worth it. We'll turn all these plant waste into new greenery and flowers. Composting keeps landscaping green," he adds, pointing to a pile of leaves and branches roughly 2m high.

Leslie is on a mission to make Hock Seng Lee's landscaping truly sustainable.

The goal is to use as little fertilisers and other chemicals as possible. At the same time, the team wants to reduce plant waste. "Letting it rot is too wasteful, especially when there is so much of it."

At the 200-acre La Promenade, every month, roughly 0.5 to 1.5 tonnes of plant waste is generated. Composting will turn a significant amount of the green waste into valuable organic fertiliser.

His team's journey into composting began over a year ago. On August 7, 2021, the Premier of Sarawak Datuk Patinggi Abang Johari Tun Openg was to visit La Promenade.

"We got to know about his visit a few months prior. Besides trimming, we wanted our flowering plants to flower. We've planted a lot of flowering plants, but we've never really had beautiful flowers. We turned to industry peers and they suggested we buy compost from a local council, which we did, and we tried it on a single row of plants.

"It was so effective. The plants flowered for 2-3 months. After that, I told the bosses, let me start a composting pilot project."

HSL's team has experimented with dry composting, using probiotic sprays, soil



3R: Recycling plant waste into compost.

FLOWER: Earth treated with compost tend to lead to flowering plants.

mixing trials, recording temperatures and observing shrinkage.

The project remains in the pilot stage. Leslie hopes to expand the trials offsite in order to scale up.

"At the same time, we want to be educational. We'll leave a portion of the composting site at La Promenade. We'll want the public to see it. Landscaping needs to be more sustainable in more ways than one. Composting is one key component of implementing 3Rs in landscaping. Because you don't want landscape just to look good, but you want it to be really good for the environment too." **LM**



CARPARK: Even the facade of the sub-basement carpark has lots of landscaping.

EXPERIMENT: The composting pilot project will be expanded.

Onsite Tree Nursery

Planning For Big Trees And For Lots Of Them

THE Signature trees of La Promenade are the Norfolk Pines. There are over 1,800 of them within the development. The first trees were planted over 10 years ago. Every year, at least 100 new trees are planted in La Promenade.

It takes a lot of planning.

"We start from the masterplanning and architecture stage," senior property development general manager Tay Chiok Kee says.

"For Precinct Grande, we identified specific areas for trees for house owners to have privacy and to block out direct sunlight, for instance. Having

those plans meant we can plant the trees early. Buy small seedlings, nurture them, and when the houses are ready, the trees have grown big,"

A number of these trees meant for Precinct Grande, which is under construction, are planted behind La Promenade's Sales Gallery and also behind the township's community mall.

They've become popular photography spots. "It's been a really nice surprise," says Digital Marketing Manager Sophia Ong.

"We get so many online photo tags and check-ins of La Promenade from those tree nurseries. The best photos tend to be wedding or university graduation photos. I took my own pre-wedding photos in the La Promenade tree nursery too!" 

1. **FLOWERING TREE:** Trumpet Tree or 'Tabebuia Argentea', from the same family as Tacoma trees, or local Sakura.
2. **HAWAII:** Kemojo / Frangipani or 'Plumeria Sp'. The fragrant flower is often used by the Hawaiians in their flower necklaces.
3. **SUN:** Golden Ming Aralia or 'Polyscias Fruiticosa'.



BONSAI: Jaboticaba or 'Plinio Cauliflora', which is a popular Bonsai tree.



Drug-Free Awareness Campaign

Towards A Healthier Society

by *Ronald Lim*

KUCHING Bodhi Counselling Centre and Learning Hub by Hope Place launched their first anti-drugs educational programme called "Assemble, Anti-Drugs Heroes!" at L1 of La Promenade Mall on May 27-29.

The exhibition attracted a large crowd over the three days. Most came for the attractive fun and games, which both NGOs heavily promoted on social media.

All games, including the exhibition materials and talks by counsellors, lean towards drug abuse, myths, facts, physical and mental health topics.

Bandar Kuching MP Dr Kelvin Yii was the guest of honour on day one. In his speech to declare open the event, Dr Yii said:

"Drug issues may lead to mental, financial, workplace, relationships and social problems. All often start with the first try, and these escapades will cost most dearly eventually."

Event organiser Sim Chia Wei of Bodhi Counselling said education was key. "Drug addiction prevention knowledge should be provided as early as possible. Our community needs to know the consequences of drug abuse. That is the goal of this awareness campaign," he said.

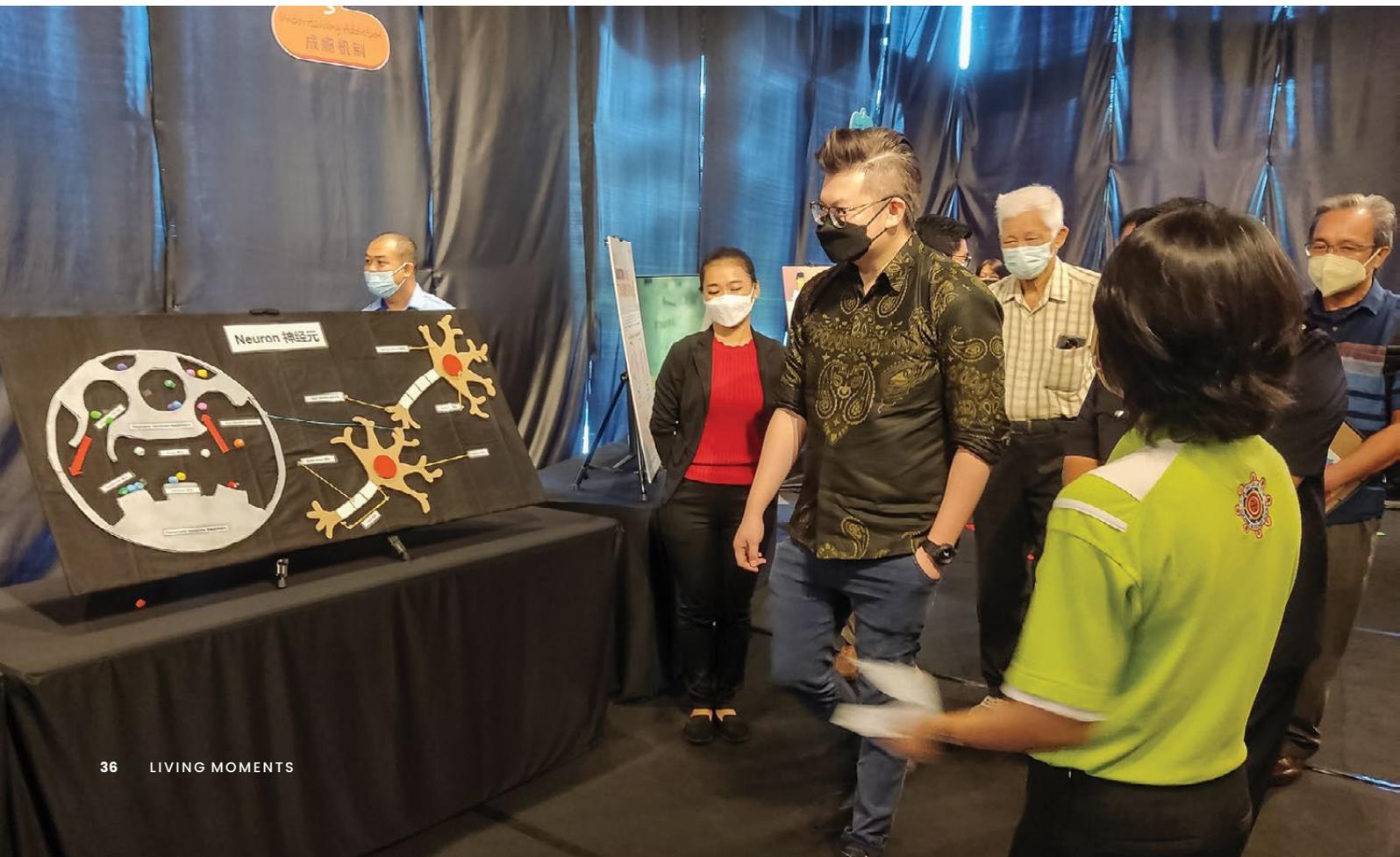
Both Bodhi and Learning Hub are La Promenade Mall's charity tenants on L4 of the building.

For more info, search @bodhicounselling and @learninghub.byhopeplace on Facebook and Instagram. 

FUN: Kids and adult visitors all loved the games.

WARN: The police took part in the awareness campaign.

VIP: Bandar Kuching MP Dr Kelvin Yii (in black) was the guest of honour.





Giving The Gift Of Life

Great Response At La Promenade Mall's First Blood Donation Drive

by *Ronald Lim*

THANK you for your overwhelming support for our mall's first ever blood donation drive. The Sarawak General Hospital Mobile Blood Bank team said their target of 150 donors was reached in a record time of just over two hours.

This blood donation was a collaboration with the Federation of Kuching, Samarahan and Serian Divisions Chinese Association (Youth Section), Chung Hua Middle School Number One Alumni Association (Youth Wing) and Kuching City Scout Council.



La Promenade Mall was the venue, food and snacks sponsor.

"We truly appreciate the support given by all. Giving blood is a life saving act," said HSL's Human Resources Department manager Jennifer Tang. "We will organise more blood donation drives. We're planning to organise one every quarter."

See lapromenademall.com.my or search @lapromenademall on Facebook and Instagram for updates.  

GROUND FLOOR: The blood donation occupied the exhibition space on the mall's ground floor.

CHARITY: Kuching-Samarahan community have a spirit of volunteerism.

THE HSL HERALD

For HSL Staff Only Issue 4
January/February 1997

ANNUAL DINNER REPORT

This was the event of the year (only second to HSLB listing on the KLSE main board). It was the best so far...The 2nd formal Annual Dinner for the HSL Group held on the 4 January 1997 at the MBKS Dewan Masyarakat was a great success.

Staff turn out was better than expected, and the hall was filled to maximum capacity. The dinner was entertained by HSL Dancers, Singers and karaoke songs by directors and staff. Kalieng and Zinzian were given a big welcome.

Indeed, it was a memorable and enjoyable evening for everyone...



Above: All together now... HSL staff lending a helping hand to shift office equipment into Kalieng Company Sdn Bhd's new office at Lot 1005.

Right: Director Chi Hau welcomes Mr. Song of Kalieng and Zinzian's (R) Mr. Lau to HSL.



STAFF ACTIVITIES

These fit HSL staff joined the joggerthon for world AIDS day on 15 December 1996 organised by the Ministry of Health. From left to right they are Administration Clerk Edward Petrus Ratin Ngibuan, Shipping Clerk and our Special Administrative Assistant Nensi Tan. Special congratulations to Nensi who gained a medal with her 43rd ladies' placing in the gruelling 7 kilometre race in a field of over 200 runners. Note: 5 other HSL staff who registered "chickened" out. Nensi, exhausted from her run, was out of action for 2 days afterwards.

Training News



HSL management will continue to support training initiatives for 1997 so feel free to draw to their attention (through our Personnel Manager) to any course you feel would be beneficial.

Two special guest lecturers from Hyundai Construction Equipment Industries Ltd in Korea recently came to Kuching to run an intensive four day service course for HSLM. Relevant staff, suppliers and agents were invited to keep their knowledge up to date and ensure top back-up servicing to machinery customers.

A similar half-day seminar was run in conjunction with Volvo Construction Equipment on 15 January 1997.

Your Newsletter

A new year is upon us and your JH is ready for more news and views on your company. We promise to keep you up-to-date with the latest developments in Sarawak's most exciting group of companies.

We start 1997 with a special report on the Annual Dinner which was by all accounts the best yet. JH also brings you the inside story on the setting up of our very own quarry and our regular Grapevine, Training News and New Faces columns are back!

Lastly Gong Xi Fa Chai or Selamat Hari Raya Aidilfitri to the many members of staff celebrating Chinese New Year or Hari Raya and to everyone - have an enjoyable few days off to rest and relax and be ready to tackle 1997!

恭喜发财
Selamat Hari Raya Aidilfitri

Blasting away to success

HSL's new manufacturing section is really taking off, not least of all at our new quarry.

Blasting rock and grinding it into nice uniform little bits for pavement and roadworks may sound simple (we saw how - see 11H Sept/Oct). However, it takes a lot of know-how and some highly sophisticated equipment to do it efficiently. A 23 tonnededala-Ailis Primary Jaw Crusher does not sound like something you would want to argue with.

HSL's Pludec Stones and Construction Sdn Bhd has invested in a state-of-the-art crushing plant to ensure our projects will be well

Installation of the 500 TPH Svedala-Ailis Primary Jaw Crusher. On the right is the Kalieng Company Sdn Bhd's 80 tonne crane doing the heavy lifting.



supplied with the very best building materials.

New HSL family member Kalieng Company Sdn Bhd were on hand recently to provide an



Kalieng crew and our sub-contractor Jeffrey Lew (far left) smiling for the camera. Kranji site.

HSL continues to build on success

(Continued from page 1) December saw our Kue Ken 120 Mobile Crushing Plant in action producing 3 inch Down Crusher Run.

respective plants.

Meanwhile in other manufacturing sector news, the Schlosser block plant is up and running at its Jalan Stephen Yong site (14H Nov/Dec) and the new roofing tiles plant is also now under construction to facilitate the transportation of shot-rocks to the

The vital access road to the quarry face is also now under construction to facilitate the transportation of shot-rocks to the

Christmas & New Year

It was the Christmas and New Year end party cum in 1996. HSL All welcome on Monday, 30 members gathering on Monday, 30 December, 1996 at Lot 1006.

Our Executive Chairman Dennis Yu in his speech extended a very warm welcome to all Kalieng and Zinzian members joining the HSL Team.

Also on hand to officiate at the gathering was our Managing Director Paul Yu who together with Dennis



One for the album... Yummy yum-yum, soon as the food was in the tummy tummy!

'96 Annual



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The Herald Before Living Moments

Throwback To HSL's Original Newsletter

EVERY issue of Living Moments, we end with a throwback to Hock Seng Lee's original newsletter. The Herald began in 1996 and was for in-house circulation.

Edited by Sonja Gan, the then HSL corporate affairs director, the newsletter is a treasure trove of memories and milestones.

This edition's #throwback is to the fourth issue, published in September 1997. These articles bring back sweet memories. 



WE'RE BUILDING YOUR FUTURE TODAY.



@lapromenademall



@hslcn

LA PROMENADE MALL

Daily 9:30am - 9:30pm

HSL HQ

Mon-Fri 8:30am - 5:30pm

Sat 8:30am - 12:30pm

+6082 502 299

HSL SALES GALLERY

Daily 10am - 5pm

+6082 385 055

+6013 836 5566