



PLACES

KL Heritage Walk



The next time you have a bit of time, gather your family or friends together and go on a heritage walk in the city centre. There are, of course, various tours you can map out. The following is a walk that will take a half day. It's best to start early in the morning. Remember to bring along a camera!

Masjid Jamek

From the Masjid Jamek LRT Station, walk to the old Masjid Jamek which is at the confluence of Sungai Gombak and Sungai Klang and where this lovely city began.

Sessions Court Building

Walk along Jalan Tun Perak and you will come to the heritage buildings that house the Sessions & Magistrates Courts.

Panggung Bandaraya Building

Next up is Panggung Bandaraya, the city theatre at the junction between Jalan Tun Perak and Jalan Raja. Turn left and look for the old City Hall building.

Old High Court Building

Flanking to Panggung Bandaraya is the Old High Court located along the banks of Sungai Gombak.

Sultan Abdul Samad Building

Cross the bridge over Sungai Gombak, and you can see the iconic Sultan Abdul Samad Building which has been featured in millions of photographs of Kuala Lumpur. The building was completed in 1897.

Industrial Court Building

At the junction of Jalan Mahkamah Persekutuan and Jalan Mahkamah Tinggi is the Mahkamah Perusahaan / Industrial Court. A long time ago, the Loh Chow Kit Emporium was located here. Keep an eye out for the Loke Yew building too.

Old Post Office Building

Next, check out the Old Post Office which is where Jalan Mahkamah Tinggi meets Jalan Raja.

Textile Museum

Walk along Jalan Raja until you reach the junction with Lebuhraya Besar. Right in front of you, on the left side of the road, is the Textile Museum.

Dataran Merdeka

At Dataran Merdeka, check out the huge flag pole. Also make your way to the Dataran Merdeka Fountain. This fountain was brought all the way from England and installed here.

National History Museum

In front of the old fountain is the National History Museum. The building was built in 1888 and was once used by the Standard Chartered Bank.

Kuala Lumpur Memorial Library

Next to that is the Kuala Lumpur Memorial Library. As it once served as a Government printing centre, it was built to hold large printing press machines and there are no columns in this building.

Royal Selangor Club

The Royal Selangor Club is on your left. From here, expatriates once used to watch history unfold in Kuala Lumpur. Although most members are now Malaysians, this club retains a very colonial atmosphere.

Cathedral of St Mary

After the club, you can see the Cathedral of St Mary, one of the oldest Anglican churches in Kuala Lumpur.

Masjid India

Finally walk across Jalan Tunku Abdul Rahman and make your way to Masjid India. Till this day, this mosque is used mainly by the Indian Muslims who live and run businesses around it.

End your tour by eating at one of the many Nasi Kandar that can be found along Jalan Tunku Abdul Rahman.



HEALTH

Protecting Yourself Against the H1N1 virus.

At time of writing, no vaccine is available to protect against the A(H1N1) virus. There are however steps that you can take to protect your self (and others) from getting sick.

Start by ensuring that you cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue into a trash bin after you use it. Wash your hands often with soap and water especially after you have touched surfaces. Do not share towels with others. Do not rub your eyes or touch your nose and mouth with your hands as germs can enter your body that way. Ensure that there is ventilation in your living and work spaces. Keep windows open so that air is circulated well. Keep your distance from people as much as possible – at least 1 metre distance from someone who is not well.

Prepare for the possibility that someone in the house may fall ill by stocking over the counter medicine for fever, cough and cold and items such tissues, face masks and other related items.

If you do fall ill, make sure that you take lots of liquids such as water, fruit juices and isotonic drinks to prevent dehydration.

Stay at home if you come down with flu like symptoms and isolate yourself as much as possible from others in your house. These include fever, headaches and running nose. The vast majority of people will recover from H1N1 influenza on their own without seeking medical assistance. If you must go out, use a face mask.

If symptoms become serious, seek medical assistance immediately. Watch out for fever that does not go away after three days or returns after three days, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea. Those in the high risk category include children below five years old; those aged 65 years and above; children and adolescents (below 18 years) on long-term aspirin therapy; pregnant women; adults and children with asthma, chronic obstructive pulmonary disease, organ failure, cardiovascular disease, hepatic, hematological, neurologic, neuromuscular or metabolic disorders such as diabetes mellitus; adults and children who have immunosuppressant; and residents of nursing homes and other chronic care facilities.

Dipping into steamboat

Malaysians are no doubt bound by food, with their various cuisines influenced by individual cultures from all across Asia. Prominent in this list is the well-known steamboat, which involves the dipping of food into a pot of boiling water or soup.

Also referred to some as the hot pot and lesser known as the Chinese fondue, the steamboat has a thousand-year old history, and was generally eaten during the winter in China. Spread to this country by migrant Chinese groups during the colonial period, the steamboat has evolved to a cuisine of its own, adapting to local influences.

A steamboat session usually consists of a pot in the middle of a table with two sections, containing either a soup and curry base, though the latter can be substituted for tom yam kung. As the pot is left to boil, you are usually served with a number of platters that are filled with all sorts of foods, ranging from prawns to beef strips, fishballs to meatballs, eggs to squids and even noodles to mushrooms. When the soup is ready, all you have to do is merely drop those pieces in and let it cook before serving.

There are two schools of thought involving standard steamboat fare, where some would

prefer to have it at a leisurely pace, dipping their food into the heated broth as they go along, whilst others prefer to dump everything in and wait for it to cook. Another type of hot pot involves a circular hot plate surrounding a single pot, where patrons who don't want to boil their food can fry them instead.

One of the most famous variations of this cuisine is Lok-Lok. Normally served in open-air restaurants involving a table with a hole in the middle, some traders have taken to a more mobile version, by using their vans. Much like the standard steamboat, you dip your food into a pot of boiling soup before lathering them with peanut sauce, except that instead of scooping them out, your food is skewered on a stick. Lok-Lok choices are more diverse, with choices involving cockles, quail's eggs and even Taiwanese sausage, and you are charged according to the number of sticks you use.

A known delicacy in Malacca is satay celup. Substituting the usual broth, satay celup makes use of a steaming pot filled to the brim with a thick and aromatic spicy peanut sauce, and is sometimes referred to as steamboat satay.

There is one primary rule when it comes



• Assorted steamboat

to enjoying steamboat, and that is to never dip your food into the cooking pot twice, for hygiene reasons. Also, to avoid food poisoning, stick your chopsticks into the boiling soup after using them to handle raw meat. Like almost all Malaysian cuisine, steamboat sessions can get quite messy towards the end, and like all messy food, your mouth is filled with satisfaction.

Get Creative, Enhance Your Productivity

One way to enhance your personal productivity is to tap into a quality all humans are born with – creativity. Everything else we have is limited. We have only two hands to do things with. But the mind is limited only by choice. The power of creativity is truly unlimited and when put to use, man has always been able to solve seemingly insurmountable challenges,

Creative thinking can be applied to problem solving, brainstorming, or finding new ways to do tasks. Here are some ways to improve your creative powers.

Stimulate Your mind

The more you are exposed to innovative ideas, fresh thinking and new experiences, the better your mind becomes at unleashing creativity. Consciously look out for new sounds and sights. Meet new people and listen to new ideas. Eat new stuff and travel to broaden your vision.

Books are a great way to start your project to enhance your creativity. The

television is another; take special interest in documentaries and programmes on travel and living.

Allow time for your mind to reflect.

If you make yourself busy handling tasks all the time, you probably won't have time to focus your mind on problems or new ideas. Set aside time every day to give yourself space to simply sit down and think.

A day of complete rest from work at least once a week also refreshes the mind. Life is pretty hectic and it pays to take a break weekly. That seeming free time will allow your mind to recharge and also get creative. In a year, do also plan for a longer break when you can travel, participate in some new activities or read that book you have been meaning to.

Get Variety Into Your Environment

Explore how you can make your day interesting. Spending your whole day in front of a computer, for instance, may be hindering

your creativity. Plan to switch environments by meeting people, going out on an assignment and so on. You'll learn to recognize when you are most creative and it's likely to be in an environment that is not your usual one.

Record Your Ideas

We all have brainwaves; the trouble is that we don't record them. Start writing down an idea or solution that comes to you, no matter how crazy or impossible it may appear. You could do it by simply carrying a notebook around or using Post-It notes. Or you could harness technology using the various devices that are around you. All phones have memo recording capabilities. Most phones also allow you to carry out voice recording. Your computer is another powerful tool to leverage on for recording your ideas.

Whichever way or activity you choose, work on unleashing creativity and you will no doubt find that your mind is a lot more powerful than you believe it to be.