

DESTINATION THE HEART OF TENOM: MURUT CULTURAL CENTRE



The first thing that comes to mind about Tenom is definitely their signature Tenom Coffee. However, Tenom's true identity can be found at the Murut Cultural Centre, a 33 acres cultural hub that showcases the legacy of the unique Murut culture, situated 13km or a 15 minute drive from north of Tenom town, lies next to Pegalan River. Murut ethnic is the third largest indigenous group in Sabah consisting of sub-ethnics such as Nabaai, Tahol/Tagol, Kolor, Bookan, Binta, Paluan, Timogun, Serudung, Tenggara and Tengala.

Having a centre for the Murut community is what Datuk Kadoh Agundong, the then Minister of Culture, Youth and Sports, Sabah envisioned for Tenom. It went under construction starting in 1994 and completed in 1996.

Upon entering the centre, visitors are greeted with giant belian timbers, each with distinctive Murut motives. This made the centre to be known as the Building 4B - "Biggest Belian Building In Borneo." Visitors can walk down through Murut's rich history and tales of famous Murut warriors such as Ontoros Antanom who united the Murut people in Rundum and Pensiangan during the Rundum Revolt against British colonists in 1915. Visitors can also experience the Murut culture and their development exhibit through a collection of traditional jars which includes Bangkalan

- a traditional coffin, exhibition of Sangiang - Murut's traditional wedding, traditional costumes of different Murut sub-ethnics and traditional musical instruments.

Enjoy their traditional dance performance called Mengalang and Magunatip which is held every weekend, starting from 10:00 am to 2:00 pm. After that, further onto their Must-Try traditional games such as Sakimpang, Menyumpit or test out your jumping skill on a traditional wooden trampoline, locally known as Lansaran. Through this experience, the centre hopes visitors have a glimpse and learn of what it feels like to be part of the Murut culture. The centre itself provides halls and spaces that can cater seminars, workshops, forums, courses, lectures, culture researches and any other activities in regards to the development and promotion of the Murut cultural arts and heritage. Before ending your day, make sure to stop by at the handicraft store. So, come on by to Murut Cultural Centre on your next trip to Tenom!

For more information, contact Mr. Mohd Soffriezan Yahya (Manager) or Mr. Maicheal Pingai at 087 - 302 421.



"Sumpit" making demonstration

Visiting Hour

8.30 am - 4.30 pm | Mon - Fri

Entrance Ticket

Local

RM 3 (Children)

RM 5 (Adult)

International

RM 5 (Children)

RM 10 (Adult)



by Ceaserlyn Jindan

Image | Sabah Cultural Board



We would like to introduce Ms. Theresa Tan, the Head of Sales for BMW Automobiles at Regas Premium Sabah. She was born in Kuching, Sarawak, but grew up in Kota Kinabalu (KK). Theresa used to work in a reconditioned car dealership until 2 years ago. We got the opportunity to sit down and talk with her about her experience in leading the BMW dealership in KK.

Breeze (B): Tell us about Regas Premium Sabah.

Theresa (T): Well, Regas Premium Sabah is actually supported by Regas Premium Kuching. It has always been a family business, with me, my siblings, and cousins being in charge of different parts of the company. We've always wanted to diversify the business, so when the opportunity came in July 2018, we became the exclusive dealer for BMW vehicles in KK.

B: What are the challenges you face as the Head of Sales?

T: Managing the BMW brand can become challenging sometimes. Of course, we need to look after a big brand name, so we need to comply with guidelines provided by BMW Malaysia

to run the dealership. Unlike a "recon" car dealership, every new strategy, technology, and software for BMW automobiles have to be implemented with immediate effect. However, I try to turn this challenge into a blessing. I'm sure if we managed this dealership as a used car outlet, we won't have the strong guidelines and management strategies of an international marquee.

B: What is your view on the local luxury car market?

T: From my personal observation, drivers here prefer bigger cars, even when driving in the city. Plus, some need to use their cars on off-road trails for work. We want to spread awareness



by Noel Jinguli
Images | Aznan Johary



that BMW Sports Activity Vehicles (SAV) are also capable of doing so. There's always been the perception that luxury vehicles should be taken care of and "babied", but it shouldn't be that way, they're more capable than people think. Plus our warranty program and after-sales service are one of the best in town. The market here is competitive as well. Local clients are very friendly, but they're straightforward with what they want and have very high expectations when it comes to dealing with a big brand like BMW.

B: Have you test-driven the cars you deal with? If so, which is your favourite?

T: Yeah, but not all of them. Regarding which one's my favourite, let's just say each car has its own function and purpose. Need a fun car for the weekend or maybe something you can daily drive, with our range of vehicles, there's a car available for your needs. For myself, I love the feel and control you get when driving a manual car. It's just an exciting feeling to have when you're out on the road.

B: Since your dealership carries hybrids as well, what are your thoughts on them?

T: They are a great change of pace for our buyers. The hybrids offer new advancements in technology. Not everyone is used to them at first, but buyers are warming up to the idea and are looking forward to using them. The prices between hybrids and their fossil fuel counterparts are competitive as well, but of course, hybrids are much better for the environment. The issues of charging stations are just minor concerns, but we are trying

our best to implement more of them around the city. We'll see how it goes, hybrids are selling really well, so we hope more charging stations can be set up when the Government sees more hybrids are on the road.

B: What are your plans for the future?

T: Reaching our targets as a team is obvious. I think we can do it. I am happy and pleased that our team is very energetic and passionate about what they're doing. Of course, the plan is to keep succeeding. As a woman in a male-dominated industry, I can honestly say it isn't impossible to do so. Most of my team consists of hardworking and determined women, and they have done a great job. I'd love to one day give women mechanics the opportunity to work with us in the future.

B: Is there anything you'd like to add?

T: I'm very grateful for the support I've received from my family, it means the world to me. I also implement a good family culture in the dealership as well. I believe it makes for a harmonious working environment when everyone is able to support each other.

FUN FACTS: Theresa played basketball in highschool and has competed in inter-school competitions.

She also works on her own car when there are minor problems that need fixing.

RESTAURANT REVIEW THE SIXPACK BAKER: PACKED WITH WHOLESOME GOODNESS



Finding a café to unwind after a week's worth of hectic schedule requires a bit of a checklist. For me, it would require three items: serene ambience; great company and wholesome food with affordable prices. Often than not, the best I get is two out of three, the third being the least checked on my list. Until recently, I was introduced to Kota Kinabalu's first ever hidden cafe, nestled between Penampang-Kepayan, an above neighbour to its brother company FITM Borneo called "The Sixpack Baker."

Of course being a hidden cafe, a reservation must be made to get the entry passcode. There's a bell right next to you if you haven't made any reservations but where is the fun in that? As you enter the place you are welcomed by a delicious aroma of food being prepared, a romantic lighting and a wonderful view of the workshop-like kitchen where you can see none other than FITM Borneo manager, Hazli Bojili working alongside his mother. This 'jack of all trades' man is the brains behind this hidden cafe and YES - the name fits.

Aspiring to bridge the generation gap, Hazli and his mother experimented with a variety of recipes in order to maintain authenticity of our culture yet still acquiring the younger generation's taste. In so, they concocted menus that offer a Sabahan fusion of mouth-watering appetizers, mains and desserts. The menu is simply made with the people's health in mind. With carefully picked fresh ingredients, mindfulness to substitute artificial to organic flavoring and attention to the way it is cooked is what makes our experience wholesome.

We started off with my topmost favorite dish, the Sada Gipan Tuhau Pizza. The combination of homemade tomato puree with the sambal tuhau flavor just outbursts in one crunchy bite! With the fresh plump prawn and tuna shreds, it adds as a bonus with the right amount of saltiness from the fresh seafood and a tinge of sweet and sour from the puree. I could eat this for the entire day!

Next was the Cream of Mushroom Soup served with freshly baked bread - but do you want to know the Kadazan twist to this soup? The mushroom used is known to Sabahans as KODOP! Honestly, when it comes to mushroom soup, I get very particular but man, dipping their freshly baked protein bread into the thick yet smooth soup is like a match made in heaven. Giving you that earthy and fulfilling taste that leaves you sipping for more. Pairs well with the pizza too!



by **Ceaserlyn Jindan**
Images | Vance Tan & Hazli Bojili

If you are not a fan of salad, you should definitely try Garden Herb Salad. This salad is served in a bowl and consists of garden picked dill, holy basil, ulam raja and pegaga seasoned with calamansi. Personally, I am not for one fond for salad, but this salad I surely do not mind ordering a couple times more. It is part of the newly introduced menu called “Hello Sixpack Menu”, a menu catered to those who are opting for healthier dishes. Under this menu, they also serve Salmon Bouquet, Sixpack Baker Tuna Egg Toast, and Nambatan pie “Fishermans Pie” which unfortunately, was unavailable during our visit.

The highlight from this menu is the 1:2 Garden Seafood Fried Rice. Why? Well, simply because you will not be disappointed with the amount of meaty bits that comes in the fried rice. A stir fried rice with fresh local herbs, topped with a generous amount of fresh tuna, squid and prawn accompanied with omelette. Hazli specially named this dish as mentioned to tell his customers it is a ratio of 1:2 Carbs:Protein, a controlled portion of rice with a generous amount of meaty goodness.

For a sweeter yet healthy drink is the Batak Smoothie. A blend of local banana, strawberries, chia seeds, milk and whey



GARDEN HERB SALAD



1:2 GARDEN SEAFOOD FRIED RICE



CREAM OF 'KODOP' SOUP



SADA GIPAN TUHAUI PIZZA

powder. This smoothie is like waffles in a drink after one sip. The best part? It did not leave me any guilt because it is freshly made and not those powder-blended ones that we're used to.

We ended the feast with desserts like Beetroot Fudge Cake, Black Sesame Cake, Mango Coconut Chia Pudding and Going Bambang tart. Personal favourite? The Going Bambang Tart, this one really hit a home run for me with its flaky tart combined with the perfect balance of tartness and sweetness of the bambangan fillings.

You might wonder, with this attentiveness to food preparation, the price might be pricey. Well I can assure you, everything on the menu is below RM 15. Hazli's mission is to break the “healthy food is bland and expensive” stereotype in our society and encourage people to eat and live healthy.



BATAK SMOOTHIE



BEETROOT FUDGE CAKE & BLACK SESAME CAKE



GOING BAMBANGAN TART

TEL: 013-878 7166
 OPENING TIME: 12PM - 8.30PM (TUE-FRI)
 11AM - 8:30PM (SAT & SUN)
 (Close on Public Holiday)

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