It was on the 17th of August 2017 that I was invited to attend a field trip to the Forest Research Institute Research Station in Bidor, Perak by my industrial training supervisor. The station is situated about 2 hours from Kuala Lumpur, where it used to be an ex-tin mining site in the early 1930’s. Bidor, Perak was one of the tin mining towns, filled with an influx of Chinese migrants, the main workforce within the tin mines. As the economy grew and when the natural tin resources depleted, many people decided to pursue their ambitions elsewhere leading to the closure of tin mines in Malaysia and the formation of barren wasteland. In 1996, FRIM leased 121.5ha of land in Bidor from the Perak state government for 99 years, with the main objective of restoring the area to its natural state that was a forest. That is how Rimba Bidor was born.

Some of the methods introduced during the greening initiatives was enriching the land with agricultural and animal wastes that served well as organic fertilizers. The big-hole planting technique and the raised-bed technique was the preferred choice for tree growth in order to provide ample root anchorage in a sandy mining area.

FRIM was selected as the main stakeholder in this project because of its history of research and experience in rehabilitating barren lands. The station coordinator, Dr. Ang Lai Hoe invited us to experience the natural beauty of the man-made forest which involved a lot of hard work.

Figure 1: The natural conditions of the ex-tin mining before rehabilitation (Source: Zoal Azha et al., 2012)

Figure 2: Acacia mangium tree planted as pioneer species
Innovative research and experiments were done in order to select the suitable species of trees to be planted (species-site matching) according to site variability. Some of the initial species chosen to be planted was the exotic acacias (*Acacia mangium*, *A. aulacocarpa* and *A. crassicarpa*). Acacias were known to withstand heat and harsh conditions. As a pioneer legume species, *Acacia mangium* plays a very important role in this man-made forest, where it has nitrogen-fixing properties enabling the availability of nitrogen for trees. Other indigenous species that thrive on this land is the merawan siput jantan (*Hopea odorata*) that grows well in open conditions and has the ability to withstand drought.

Another species is the majestic malabera (*Fagraea crenulata*), easily identified with a straight trunk and spreading branches. This tree also attracts the birds that assist in pollination, allowing the natural regeneration of forests. All these fast growing species when matured, provide shading that slowly change the microclimate of this area, providing a cooler and conducive environment for vegetation growth. Leaves and branches shed by these trees create a thick layer of forest litter that gradually enriches the soil as it decomposes. These environmental conditions surely speeds up the natural greening processes, allowing ferns, flowers and fungi to emerge. Subsequently, the migration of insects and birds for food source in this bountiful ecosystem assisted pollination and distribution of seeds, enriching the biodiversity of plant life.

Rimba Bidor is a greening model of a man made forest on an ex-tin mine. The way forward for this incredible site is to continue biodiversity enrichment planting and to transform into an eco-tourism forest for conservation purposes. With all the proper amenities, the state government support and the presence of a passionate FRIM team of scientists, Rimba Bidor has the potential to become a top destination for eco-tourism nationally and also internationally.
Flora Outing to KSNP
1-3 September 2017

The MNS Selangor Branch Flora Special Interest Group had planned a weekend outing to Kuala Selangor Nature Park with three main objectives. The first objective was to plant the mangrove seedlings collected from our previous outing to Cherating last November. These included species like Rhizophora mucronata, R. stylosa, R. apiculata, Brugueira gymnorrhiza, Ceriops tagal and Avicennia officinalis. We had over 300 mangrove saplings sown at our nursery, but only 216 survived. All these including the 11 nipah, 38 Rhiophora mucronata and 24 ketapang from the Conservation department of MNS, were loaded into 2 vehicles on Merdeka Day, to allow us to travel leisurely to KSNP the next day.

Mangrove seedlings from the Conservation department clearly labelled. All the mangrove seedlings carefully loaded into 2 vehicles.

Participants
Carina Lai, Dr, Khadijah Rambe, Dennis Loh, George Ng, Foo Wai Leng
Jessie Cheah, Lee Chiu Hsia, Stephen Page, Marissa Lim, Dr. Jean Weber
Lim Cheng Siang, Marcus Lim, Derek Goh & Lim Koon Hup

Upon arrival, we unloaded the saplings at the nursery to condition them to the salt water; and the ketapang near the toilet thinking it would be easier to water them. They would not survive if placed at the mangrove nursery where there would be salt water intrusions.

After lunch, the group gathered for the mangrove walk. When we passed the toilet area where we had left the ketapang saplings, they had all been ransacked by the monkeys! Of the 24 ketapangs, only 8 survived. We loaded the survived ones into the car to be transported to the nursery, letting them to take the chance with the salt water rather than to the fate with the monkeys.

Continued on next page...
After breakfast the next morning, the group were prepared for the first task of mangrove planting. Armed with gloves, shovels, trowels and boots, we proceeded to the mangrove nursery to get the conditioned saplings for planting.
On a four wheel drive to manoeuvre in the mud. With the instruction to plant around the lake, we chose the site closest to the nursery. Planting around the lake would create an ideal isolation for the birds to gather inside without being disturbed by passing visitors on the bund road. After a struggling 4 hours, we managed to plant a total of 108 saplings.

Our next mission was to clear the new “Porcupine Trail” which was half completed over a year ago. The gate at the dormitory entrance was overgrown with creepers making it impossible to open the gate. The trail itself was also overgrown with ferns. The trail markings were hard to locate making us literally walk in circles. Dr. Khadijah commented that this was the best trail at KSNP!
Steve mapped out our route in the new Porcupine Trail with the dotted line.

Our third objective of the trip was for the Flora Committee to brainstorm on the group’s strategy and future activities. The 3 hour discussion was indeed fruitful.

Finally, our group has come up with a few recommendations to facilitate mangrove plantings in the future.

1. Gloves and boots were adequately supplied.
2. Adequate shovels (may be too big) and trowels should also be provided.
3. Planks should also be made available to ease walking on the mud for planting and can be retrieved after planting is done.
4. Wheelbarrow would be difficult to manoeuvre but the use of basket and rope for pulling the seedlings would be easier.
5. Moveable pontoons would be ideal but with cost considerations.
MNS Christmas Gift Packs!!!

Christmas is the time for giving and sharing with loved ones. This year get them a momentous gift that is irreplaceable and also helps to conserve nature. MNS Christmas gifts includes merchandise, gift memberships and donation vouchers.

Order now at https://docs.google.com/forms/d/e/1FAIpQLSfCaU0Vvic8ZEzPThWsohjYVFVep5Wt1Hgg6G_XXBKuzEHU0w/viewform or visit www.mns.my for details on the various gift packs. This Christmas spread love to your friends, family and nature!!

Package 1

Package 2

Package 3
Ladies and Gentlemen, Boys and Girls and anyone in between! We will be saying our loving goodbyes to the migrating birds on their way home to the northern hemisphere. A festival is upon us and the Nature Guide SIG of the Selangor Branch will be registering volunteers for RW 2018. If you are keen to learn and would like to learn to be a Guide, please register as soon as possible!

Please note:

1) Please note that this will be a one and a half day event (Sat. and Sun.).
2) We will be registering 60 volunteers to be on duty on 10th March 2018 (Sat). (8.00 a.m. - 5.00 p.m.)
3) Of these, 20 are also required to be on duty on 11th March 2018 (Sun) till 2.00 p.m. Accommodation will be arranged for this group.
4) A compulsory training session will be held at the Tg Tuan Forest Complex on 3rd March. (Sat) from 8.30 a.m. – 1.00 p.m.
5) There will also be an alternative training session on 4th March (Sun) from 8.30 a.m. - 1.00 p.m. for those who are unable to attend the training on 3rd March.
6) Please register only if you are sure of participating in this very important annual staple event of MNS.
7) MNS members from other states are welcome to join us.
8) If you would like to invite non-members as volunteers, please let them know that it is unfortunate that we are unable to extend the insurance coverage for them as it only covers members.
9) Please register with Angeline at angeline.siok@gmail.com. If you need further information, contact her at HP 012-282 8139 (whatsapp or SMS only).

Please send Angeline your details listed below or fill up the online form(https://goo.gl/forms/e84NwU4s6JvNRI3f1):

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<td>Expiry date of membership</td>
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<td>If not driving, do you need to carpool?</td>
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<td>If driving, no. of passengers you can take?</td>
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<td>Staying over for Sunday?</td>
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<td>12</td>
<td>T-shirt size</td>
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<td>13</td>
<td>Meals (Veg / Non-veg)</td>
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<td>14</td>
<td>Which briefing date will you attend?</td>
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For Insurance purposes

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MNS Selangor Branch Pathfinders Group  
Taman Negara  
March 17, 2018 – March 19, 2018

Tasik Kenyir  
Part of Taman Negara is in Terengganu, known as Taman Negara Kenyir. Taman Negara rainforest is the world's oldest jungle believed to be 130 million years old. It spans over 260,000 hectares (or some 369 sq km), fed by 30 rivers with 25 waterfalls and at least 25 known species of fish swimming in this man-made lake. The 340 islands in the lake were once hilltops and highlands before the area was inundated by water.

Lasir Waterfall  
Lasir Waterfall is one of the many spectacular waterfalls within Lake Kenyir. It's a lovely waterfall, that occurred at a boundary between two different rock types. It's a fall from about 500 feet high. The waterfall drops gracefully into multi-tiered levels of boulders forming sprays of water. Ponds of water are available at each of the 5 levels of Lasir and one can enjoy a cold refreshing bath here. There are large camping areas and hiking trails up to its top. The fall is well shaded by the canopy of the surrounding forest.

Saok Waterfall  
Saok Waterfalls is another waterfall that is about a 15 minutes boat ride away from Pengkalan Gawi. This waterfall has cascading waters over its rocky terraces. There is a flat sandy area at the foot of the waterfall that makes it an ideal place for a time of picnic with your family or friends.

Ikan Kelah Santuary  
There are three Kelah sanctuaries in the country. The most successful one is located in Sg Petang which is a river within Lake Kenyir. For those of you who are unaware, Lake Kenyir is a huge lake with an area of 225 sq miles. Kelah (or Mahseer) is a breed of fish which require clean streams which are highly oxygenated to survive. If the rivers are polluted they simply disappear. The government has been wise to set up a sanctuary in Sg Petang to allow this species of fish to breed in its natural environment. The sanctuary in Sg Petang is only open to public from March to October.

Charges - RM460 non member/RM440 MNS member (Deposit RM260)

Charges included:
1. Accommodation 2 nights at houseboat
2. Speedboat
3. Permit for Ikan Kelah Santuary
4. 6 meals included (Bx2,Lx2,Dx2)
5. Kayak
6. Chef

Person In Charge: Yee Yee 012-6706490
*Due to the nature of our work, we may not be able to attend your phone call. We prefer FB message or whatsapp.

Do join MNS Selangor Branch Pathfinders Group Facebook for more further information.
MNS Selangor Branch Pathfinders
Tekiwit Sela'an Waterfall
April 28, 2018 – May 1, 2018

A hidden gem at inland of Miri, Sarawak - Tekiwit Waterfall, also known as Sela'an Waterfall. It takes 6 hours journey with 4x4 wheel drive to the nearest homestay - Selaan Segah Homestay and Kelesa Camp. From Selaan Segah Waterfall, it takes another 40 minutes drive and 2 hours jungle trekking to see this hidden gem. Sela'an River and Segah River is livehood home for native Kenyah Sela'an and Penan people, as well as home of an expensive fresh water fish - Empurau.

Charges - RM865 non member/RM845 MNS member (Deposit RM400)

Charges included:
1. Accommodation 2 nights at Selaan Segah Homestay, 1 night at Miri
2. 4x4 wheel 2 ways from Miri airport to Selaan Segah Homestay
3. Entrance fees and Guide fees
4. 7 meals included (Bx2,Lx3,Dx2)

Please take note flight not included.

Person In Charge: Yee Yee 012-6706490
*Due to the nature of our work, we may not able to attend your phone call. We prefer FB message or whatsapp.

Do join MNS Selangor Branch Pathfinders Group Facebook for more further information.
HALT LOGGING IN VICINITY OF FOREST RESERVES

By Wong Ee Lynn
Coordinator
Green Living Special Interest Group
Malaysian Nature Society

It is with grave concern that environmentalists and conscientious citizens read how state and forestry authorities rationalise logging activities in Batu Yon and land surrounding the Merapoh Forest Reserve in the Kuala Lipis area by claiming that the logging is carried out in land owned by the Agriculture Industrial Development Board (LKPP) and not directly on the forest reserve land.

The Merapoh forest, estimated to be 130 million years old, is home to endangered species which include elephants, tigers, tapirs, sun bears and deer, as well as rare flora such as the rafflesia. Its spectacular limestone caves form a vital part of Malaysia’s natural heritage. All of these natural wonders are now under threat as a result of logging and roadworks in their vicinity.

The fact remains that agricultural land bordering gazetted forest reserves are still critical water catchment areas and wildlife habitats.

. It is overly simplistic to claim that agricultural, recreational or rural residential areas bordering forest reserves are fair game for logging and development since they do not constitute the forest reserve land proper. Opening up logging roads into areas surrounding forest reserves has knock-on effects and can and do affect the forest reserve area adversely. Statistical evidence has shown that logging roads everywhere from Russia to Central Africa and Southeast Asia have increased access for poachers and hunters into sensitive wildlife habitats and also increased the incidence of human-wildlife conflict and roadkill.

Continued on next page
In fact, timber companies operating in areas such as the Primorsky Krai in Russia where serious decline in wildlife populations has been recorded since the opening up of logging roads are under great pressure to close up logging roads and carry out mitigation measures. Sadly, here in Southeast Asia where up to 48% of all native mammal species are predicted to be extinct by 2100, roads continue to be opened up for logging and mining or for ‘transporting forest products’, despite the irrefutable data that forested land is worth much more intact than when depleted, logged or converted into plantations. The economic benefits of logging are short-lived and can sustain only 1-2 generations at most.

Not only are the Merapoh Caves a sensitive wildlife habitat, they are also an important ecotourism site. Logging and deforestation in the areas surrounding the Merapoh Caves will have a severe negative impact on the rural communities whose livelihood depend on ecotourism and subsistence farming and fishing in areas that are now polluted, depleted and exposed.

Apart from the threat it poses to wildlife populations, logging and deforestation also affect air quality, climate and water cycle patterns. Healthy forests absorb solar energy and release water vapour, while forest clearing releases stored carbon dioxide, which traps heat and contributes to atmospheric warming. The destruction of watershed areas will result in more flash floods, landslides and drought, thus costing the State and Federal Governments more in disaster management and mitigation than they are able to benefit from issuing permits for logging, mining and agricultural activities.

The growing number of environmental and citizens’ action groups in Malaysia calling for an end to deforestation and for the protection of the Merapoh Caves and forest reserve attests to the growing awareness of our interconnectedness with our natural environment and the importance of forests for the ecosystem services they provide. It is not merely fear for the loss of income from trekking and ecotourism activities that motivates concerned citizens to speak up. The Merapoh Caves and forest reserve were here long before the existence of humans. We cannot afford to lose any more of it in our age of collapsing ecosystems and anthropogenic disasters.
Environmental conservation isn’t just a lot of hard work. Environmentalists can have fun without hurting the environment, too! With this in mind, MNS Selangor Green Living SIG organised a Hallowgreen (i.e. Green Halloween) party at the MNS Urban Community Forest Resource Centre on 28th October 2017 with the objective of setting a good example by organising a zero-waste, low-impact, nature-centred party which is open to the public.

Volunteer Whei Li not only did face-painting and body art for the party guests, but painted her own face! Her gruesome face painting won her first place in the Most Spooktacular Costume, Adult Category.

The questions intend to test the guests’ natural history knowledge in relation to animals usually associated with Halloween.

Guests were encouraged to do as ghosts do, and leave a very small carbon footprint by:
1. Bringing a vegan / vegetarian snack or beverage to share with other guests;
2. Bringing old masks, costumes, games, books and other preloved but usable items for swapping, secondhand sale or donation to a good cause;
3. Coming in costume or having their faces painted by our face-painting artist;
4. Bringing their torchlights and mosquito repellent for the night walk; and
5. Carpooling or taking public transport to the venue.

Continued on next page...
The MNS Urban Community Forest Resource Centre was turned into a veritable haunted house for the evening. 18 adults and 7 children attended the party and most guests brought food, books, toys, costumes and other items to share. Those without costumes had their faces painted by MNS volunteer Whei Li. MNS Selangor Nature Guides SIG Coordinator Angeline took the guests on a guided night walk through Heritage Trail, and this was followed by a Spooky Green Hunt which combined both the elements of a quiz and treasure hunt. Guests had to locate 6 glass jar Halloween luminaries and answer the nature-related questions on the cards illuminated by the luminaries.

MNS Green Living SIG coordinator Ee Lynn calculating the scores, while excited guests look on. Cerys Lim took first place in the Spooky Green Hunt while the Yee siblings took 2nd and 3rd place respectively.

ECO KIDS

A group photo with the guests who stayed until the end of the party.

MNS Green Living SIG would like to thank all the guests for being such good sports. We hope that you will continue to share your ideas and principles on zero-waste and low-impact living with your family and friends.
Evolutionary History of Plants: The Life Cycle

FLORA SIG TALK
Date: 9 December 2017 Saturday 9.30am

Location: the Auditorium of MNS HQ, Jalan Kelantan

The plant life cycle is a part of a series of botanical talks interpreting plant features in a historical perspective. Previous talks of this series were: “The conquest of land and the invention of wood” (03/09/2016); and “The contract between flowers and insects” (07/01/2017).

All sexually reproducing plants have a life cycle marked by a “diploid” phase in which genetic information is doubled after fertilization and a “haploid” phase in which genetic information is halved after an event called meiosis. Each of these phases is adapted to environmental conditions and has evolved differently during the history of plants. The talk will illustrate the reduction in size and autonomy of the haploid phase at the benefit of the diploid phase during the adaptation of plants to life conditions on land. This evolutionary trend together with the increased protection of the embryo will be related to features defining major key groups of terrestrial plants.

Follow-us on our Facebook group page ‘MNS Selangor Branch Flora Group’ for updates on this event. You may also contact us by emailing to mnsflora@gmail.com or leave a comment on our Facebook event page. We look forward to connecting with you.

Christmas is coming!
Organic vegetables for a healthy and nutritious Christmas with family & friends

The Urban Farmer brings you fresh, delicious, organic and compost fed vegetables in a choice of two gift packs.
Each gift pack has a variety of locally grown organic and compost fed vegetables, and will come with a gingerbread man made from organic flour and molasses.

For every pack sold The Urban Farmer will donate RM10 to SIG Flora.
Wishing you a joyous Christmas with family and friends. Enjoy!

Earthly: RM168
- *10-12 varieties of vegetables (wt: 5.5 to 6+ kg)
- gingerbread man
- home grown vegetable spice
- recipe

Rustic: RM99
- *5-7 varieties of vegetables (wt: 2.5 to 3+ kg)
- gingerbread man

* Depending on weather conditions the selection of vegetables may include cauliflower, cabbage, carrots, chayote, bitter gourd, ladies fingers, long beans, white radish, tomatoes, cherry tomatoes, potatoes, yacon, broccoli, purple cabbage, French beans.

To order whatsapp or call 012 3867492 (Ms. Foo)
Email: urbanfarmerpj@gmail.com
*Payment: Cash with Order

“The Urban Farmer for a sustainable planet”
Hi everyone! School holiday is near! This mid of December, FRIM – MNS Nature Education Centre (NEC) will be organizing a school holiday camp for the kids with the theme of “Young Zoologist”. The camp is focusing on the study of animal kingdom, including the structure, classification and distribution of all animals, and how they interact with their ecosystems. We offer hands-on activities, learn about Malaysia’s endangered wildlife, an interesting visit to Zoo Negara, nature walk and other fun and educational experiences. Our camp is designed to instill enthusiasm and encourage the children to appreciate our wildlife and nature as well as gain a range of life skills for personal growth, good communication and teamwork. We are now open for enrollment and welcome young zoologist aged between 8 to 14 years of age.

Time: 3.00 pm (Registration at NEC)
Fee: RM 280 per child for MNS members/KPA members
RM 320 per child for Non-MNS member
(Meals, accommodation, insurance, entry into FRIM and Certificate are included)

Contact person: Wan Noor Zalikha/ Nurul Nadiah
FRIM-MNS Nature Education Centre
Phone: 03-62771703 / 019-7768243/019-5610626
Email: nec@mns.org.my

Method of payment:
Bank in to MALAYSIAN NATURE SOCIETY account: Maybank: 012138304679
Please keep bank in slip and fax or email or bring during the actual date of camp as proof of payment.

**Get your family/group discount by registering in a group of 3 kids and above!**
INFORMATION REQUIRED FOR REGISTRATION
Nature Camp Theme and Date: (Young Zoologist 15th -17th December 2017)
Name: 
Gender: 
Age: 
Birth cert/ IC number: 
Vegetarian: YES / NO
Parent’s name: 
MNS membership no: 
Contact number: 
E-mail: 
** Please attach together copy of bank slip of your payment. Thank you.**

Suggestion list of things to bring:
Suitable clothing and extra change 
Towel 
Insect repellent 
Plastic bags (to pack dirty and wet cloth) 
Cap/hat 
Rain coat (in case of rain) 
Water bottles (water will be provided throughout the camp) 
Rubber shoes / sandals / slippers
Suitable shoes for trekking 
Torchlight 
Notebook / pen 
Sleeping bag 
Telekung for muslim

NEC will provide the following
Catered meals 
Accommodation (dormitory) 
Blanket 
Pillow and pillow case

FRIM-MNS NATURE EDUCATION CENTRE (NEC)

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<th>ACTIVITIES</th>
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<td>15/12/17 Friday</td>
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<td>1530</td>
<td>Ice Breaking &amp; Camp briefing</td>
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<td>1600</td>
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<td>1630</td>
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<td>2130</td>
<td>Introduction to Zoology</td>
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<td>2200</td>
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<td>0830</td>
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<td>0930</td>
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<td>1800</td>
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<td>Young Entomologist!</td>
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<td>1030</td>
<td>Spring Cleaning/ Packing</td>
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<td>1130</td>
<td>Certificate Giving ceremony</td>
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<td>1200</td>
<td>Refreshment &amp; Adjourn</td>
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Come and join us for a half day trip in Kepong Botanic Gardens (KBG), jointly organised by Selangor Branch Bird Group and FRIM’s Environmental Education Branch, for an introduction to bird watching. This activity is open to the public, hence, an opportunity to gather family members and friends (both young and old) for an experience with our lovely feathered friends and nature.

KBG is an ex-situ conservation of plants, for scientific studies and for displays as well as public education. There are also several theme gardens like ginger, bamboo and gymnosperm collections. Located at the base of Bukit Lagong Forest Reserve and several water bodies around the garden adds a touch of tranquillity to the garden.

Kindly bring along binoculars if you have a pair, drinking water, light snacks, sun block, umbrella and mosquito repellent. Come dressed in dull-coloured clothing and hat as well as comfortable shoes. The event shall end at noon.

Entrance fees to KBG are as follows: RM1.06 for adults and Non-citizens are required to pay RM5.30. Entrance is free for kids aged 12 years and below.

Cars without stickers are required to pay RM5.30 per entry and those who bring along their DSLR cameras are required to pay a fee of RM5.30.

Pre-registration is compulsory. For further details, please text Mr. Low Kok Hen at 012-3807775 or Ms. Veronica Khoo at 016-4775737.
Summary: Walk through villages, then climb through forests into the Annapurna Sanctuary, a valley surrounded by high Himalayan peaks. A great opportunity to get into the mountains without the altitude problems of the Mt. Everest.

This fantastic 10-day trek offers the most spectacular landscape views of the Himalayas, allowing you to be completely immersed in the heart of the towering Annapurna range. Altitudes of 4130m are reached, and a reasonable level of physical fitness is required to comfortably complete this expedition.

Two free training trips will be provided.

Further info please sign in: [http://www.mymountaingoal.com/AnnapurnaRegion.htm](http://www.mymountaingoal.com/AnnapurnaRegion.htm)

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Everest Base Camp via Gokyo lake trek from 29/09/2018 to 14/10/2018 (16D15N)

Experience the culture of the Sherpas in route to Khumbu village.

Enjoy a climb to the scintillating Kalapattar 5,545m. /18190ft, one of the most spectacular vantage points in the Everest region.

Explore enchanting views of Everest, Pumori, Ama Dablam, Nuptse, Lhotse, Makalu and many other towering peaks.

Two free training trips will be provided for the Everest Base Camp trip.

Further info please sign in: [www.mymountaingoal.com/everestkalapattar.htm](http://www.mymountaingoal.com/everestkalapattar.htm)

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Annapurna Base Camp via Poon Hill Trek (4130M) from 27/03/18 to 09/04/18.

Summary: Walk through villages, then climb through forests into the Annapurna Sanctuary, a valley surrounded by high Himalayan peaks. A great opportunity to get into the mountains without the altitude problems of the Mt. Everest.

This fantastic 10-day trek offers the most spectacular landscape views of the Himalayas, allowing you to be completely immersed in the heart of the towering Annapurna range. Altitudes of 4130m are reached, and a reasonable level of physical fitness is required to comfortably complete this expedition.

Two free training trips will be provided.

Further info please sign in: [http://www.mymountaingoal.com/AnnapurnaRegion.htm](http://www.mymountaingoal.com/AnnapurnaRegion.htm)
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Submissions: Articles including the author and photographers’ names (max. 800 words), advertisements, digital images (100 dpi & no larger than 640 x 480 pixels & separately from the article), etc. must reach the Editor by the 13th of each month (unless noted otherwise) via the following e-mail address: tapir2005@gmail.com.

Advertising rates:
Classifieds : RM5 per column inch
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Editor - This issue : Lee Meng Lai Next issue: Kek Ong

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Contact Kanda at 013-4537992 for more information or check out Penang Branch web pages.