

Towards Green Garden City Vision 2020



Keeping You and Your Family Safe via Operation Road Safety 10/2017 and Safe House Campaign



28 January 2017

For many of us, balik kampung or a hometown-bound road trip is a custom during festive seasons. In conjunction with the Chinese New Year celebration this year, SAP collaborated with IPD Seri Alam and Seri Alam District MCPF (Malaysia Crime Prevention Foundation) and launched a campaign called OPS Selamat Jalan Raya 10/2017 dan Kempen Rumah Selamat Sempena Tahun Baru Cina ('Operation Road Safety 10/2017 and Safe House Campaign'). The campaign was set on reminding residents and road users to stay safe this festive season.

YDH Supt Johhri Abdul Aziz, Head of Police, IPD Seri Alam launched the campaign which was followed by the distribution of goodies bags and OPS Rumah Selamat ('Operation Safe House') forms to road users. The event was witnessed by Executive Director of SAP Mr. Freddie Lee. Also present at the event were YBhg. Datuk Freddie Long, Johor MCPF Chairman and Seri Alam District MCPF Chairman, Encik Fadzil Abdul Jabar.

Apart from representatives from Seri Alam District Police Headquarters, Jabatan Pengangkutan Jalan Negeri Johor (JPJ or Road Transport Department) also participated in this meaningful event.



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GREEN AWARD

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EDITOR'S NOTE

Hi everyone,

Welcome to our 16th issue (April) of *Green Initiatives*.

BSA also known as the City of Knowledge has grown from strength to strength since its rebranding in 2012. In recent years, more businesses have opted to start their businesses in the township to cater to the growing population brought about by the catalytic development.

Starting April this year, our Gravily Green project featuring fresh and contemporary building concept will be welcoming eight new food operators to give more options for places to hang out with family and friends to the residents. This project will add more vibrancy to our existing food haven such as Starbucks, Tea Garden, Subway, Burger King and McDonald's and the upcoming Banafé Village which is expected to open in July.

As we continue with our Smart Healthy City concept, more good news for the residents is on the way. BSA will also be the home for Lee Chong Wei International Sports City which is currently in the planning stage.

With new and interesting developments underway, we hope many will make BSA as their home in the future and we certainly look forward to welcoming you to this vibrant township.

Cheers,

Nor

Turn an Old Tire into a Rope Ottoman



Tire
 Size: 165 R13 (old worn) or 65 cm diameter
 6 covers
 Drill
 Saw/Utility
 Hot glue gun with all kinds of tubes of glue
 Big long and 10mm thick natural sisal twisted cord
 Scissors
 Concentrated brush cleaner



- 1 Place one MDF on it and drill these holes on the edge in cross diametric, deep enough to penetrate the rubber.
- 2 Depending on the chosen saw and a screwdriver, screw the MDF to your tire tightly enough so that it won't come off. Do the same in the inside hole. Do the same thing on the other side of the tire.
- 3 If you don't start gluing at the center of the circle, you'll get a perfect finish. With the hot glue gun, apply the glue on the board and secure one end of a cord.
- 4 Press the cord where you've glued and go round the spiral shape. Remember to cut enough glue before each round, make it thick and tight.
- 5 After you have finished covering MDF with a rope, do the same with the other side of the tire, so you'll get a really tight and firm. Make sure that the end of the cord from the board meets the beginning of the cord on the edge.
- 6 After covering all the rubber with the rope, fold the end by of the rope to stick of from the tire, glue it correctly. It is our responsibility to make the MDF have a good finish and a really tight and firm.
- 7 Turn the tire upside down and cover the covering it with a rope until you reach the edge of the board.
- 8 Apply the sealer to the back and cover it with a brush with it. Wait one hour before you put another cushion. The sealer is ready to touch after one day but the complete drying takes two weeks.




HAPPENINGS

SAP

delighted to welcome **new BSA residents**

22 January 2017

SAP was delighted to share and spread the Chinese New Year festive mood with the distribution of mandarin oranges to new residents of BSA. Executive Director of SAP, Mr. Freddie Lee met with the residents and personally handed mandarin oranges to the new owners of Emerald Residenz and Maya Heights as welcome gifts for good luck and prosperity.



Chinese New Year Celebration 2017 at SAP

11 February 2017



It gave SAP much pleasure to host the Chinese New Year Celebration with BSA residents and guests at Galleria Seri Alam. Amongst the highlights of the event were the lion dance performance, Wushu performance and Chinese yoyo performance. Food truck operators offering delicious local and international foods were also part of the attraction.



SAP contributed to an orphanage home as part of the continuous Corporate Social Responsibility efforts, witnessed by Guest of Honour, Mr. Tan Cher Puk, Head of MCA Pasir Gudang. Also present were Singapore Consulate General Mr. Rajpal Singh, Consul-General, Consulate-General of The Republic of Singapore and Mr. Haris Nugroho, Consul General of Indonesian Consulate General in Johor Bahru.

HAPPENINGS

UMLAND

Southern Region Media Lunch



15 February 2017

To show appreciation to Johor media members for their continuous support, the UMLand group of companies hosted a luncheon at Holiday Villa Hotel Johor Bahru. Besides media members, the Johor Head of Subsidiaries and Head of Departments also attended the event. It was a great mingling and catch-up session with many media members who were present at the event.

Meet and Greet Session *with* Maya Heights Residents



26 February 2017

SAP organized a community gathering with residents of Maya Heights recently. Apart from getting to know their neighbourhood, the event was primarily held to introduce the residents to the authority. SAP was represented by Executive Director, Mr. Freddie Lee and AGM Township, Encik Mohd Saifuddin Salehuddin. BSA Zone 1 MPPG Councillor, Encik Lizwan Latiff was the guest of honour. SAP received encouraging response and feedback from the residents.





What is Chronic Kidney Disease (CKD)?

Chronic kidney disease is a condition that kidney damage and decrease their ability/function to keep a person healthy. This can be detected early by urine, blood and radiological examination.

What are the kidneys function?

- The kidneys are the "factories" that:
- remove waste products from the body
 - remove drugs from the body
 - balance the body's fluid/water.
 - regulate blood pressure
 - produce vitamin D that promotes strong, healthy bones
 - regulate red blood cells.

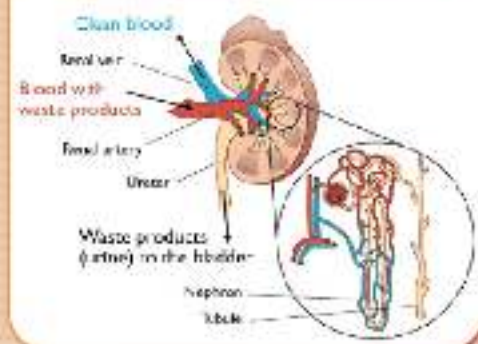
What are the symptoms of renal failure

- Often no symptoms, until advance stage, others like:
- Poor appetite
 - Nausea and vomiting
 - Difficulty concentrating
 - Itchiness
 - Swelling in the face, feet or hands
 - Shortness of breath.
 - Less urine.
 - Blood in the urine (typically only seen through a microscope)
 - Urine that is foamy or bubbly (may be seen when protein is in the urine)

Who should come to screen for CKD?

- Hypertension patient
- Diabetes mellitus patient
- Age > 65 years old.
- Family history of kidney failure
- Chronic use of pain killer (NSAIDs) or nephrotoxic drugs
- Patient with cardiovascular(heart disease/ stroke) disease.
- History of renal stone, abnormal structural of renal tract, prostate hypertrophy.
- Multisystem diseases with potential kidney involvement (eg : SLE)

How the kidney works



- Fatigue
- Weakness
- Feeling cold
- Confusion



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EVENTS HIGHLIGHTS

Pre-Launch Ceremony and Press Conference of the 22nd World Kite Festival 2017 (9 Feb 2017)



MCA Chinese New Year Dinner (13 Feb 2017)



MOU Signing Ceremony for Development of Lee Chong Wei International Sports City (6 March 2017)



Gotong Royong Perdana Pusat Anak Permata Negara (11 March 2017)



Excelsior International School Run For Hope (12 Mar 2017)





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