

## Towards Green Garden City Vision 2020



# New Door of Opportunities Opens for Young Generation in BSA



UMLand through its subsidiaries Seri Alam Properties Sdn Bhd continues to take an active role in the education sector with the inclusion of a Chinese premier high school and a Tamil school in its Bandar Seri Alam (BSA) Township also known as the City of Knowledge. The handing over ceremony of approval letter of Foon Yew High School branch at Bandar Seri Alam by Ministry of Education Malaysia was officially done at Galleria Seri Alam on 18 October 2016. Yang Berhormat Senator Datuk Chong Sin Woon, Deputy Minister of Education Malaysia handed over the approval letter to Foon Yew High School Board Chairman, Mr Tong Sing Chuan to mark the historic occasion. On related development, the ground breaking ceremony of SJK Tamil at BSA was graced by YAB Dato Seri Mohd Khaled Nordin, Chief Minister of Johor on 18 November 2016.



UMLAND's Executive Deputy Chairman, YBhg Dato Ng Eng Tee said "UMLand has positioned itself as a major education hub in Iskandar Malaysia in 2012 to contribute to nation building and development through education. BSA iconic development of UMLAND in the Eastern Gate Development of Iskandar Malaysia has attained the leading education hub status under the IRDA Comprehensive

Development Plan with 8 premier universities and schools namely Universiti Teknologi Mara (UiTM), Universiti Kuala Lumpur (UniKL), Masterskill University College of Health Science, Maktab Rendah Sains Mara (MRSM), Sekolah Seni Malaysia, Pegasus International School, Excelsior International school and Japanese School."

In addition to the above, BSA is also offering national type school with six primary schools in the planning, three already completed and five secondary schools, three of which have been completed and one Chinese primary school to complete our City of Knowledge branding.

### AWARD WINNING TOWNSHIP



GALA AWARD



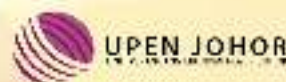
BLUE RIBBON



PRIME MINISTER'S  
HIBISCUS AWARD



FIRST CYCLE  
CONNECTED TOWNSHIP



GREEN AWARD



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Corporate Communication & Customer Care  
Seri Alam Properties Sdn Bhd  
Galleria Seri Alam  
8 Jalan Suria  
Bendera Seri Alam  
81750 Johor Bahru  
Johor

Tel : 07-360 1111  
Fax : 07-367 6612  
Email : [cau\\_sap@umland.com.my](mailto:cau_sap@umland.com.my)  
Website : [www.umland.com.my](http://www.umland.com.my)

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Lassio Design and Printing  
30, Jalan Perwira 1, Taman Ungku Tun Aminah,  
81800 Skudai, Johor.

Tel : 07-560 5002  
Email : [lassiodesign@gmail.com](mailto:lassiodesign@gmail.com)  
Facebook : [lassiodesign](https://www.facebook.com/lassiodesign)

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## Important Contacts

Seri Alam Properties Sdn Bhd	07-360 1111
IPD Seri Alam Holding	07-387 1422
Free Station	06-251 0454
Hospital Sultan Ismail	07-356 0300
S&P Pagar Cikarang	07-254 2588
UMI Free Guiding	06-267 0766
Majlis Perbandaran Pasir Gudang (MPPG)	07-254 7777
Security (Seri Alam Properties Sdn Bhd)	06-361 0154
Perbadanan Pengurusan Sisa Pencijil dan Pembaikan Awam (Johor)	1800 85 7472
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# EDITOR'S NOTE

Goodbye 2016 and Hello 2017...

The year 2016 ended with a number of momentous events for SAP. As the City of Knowledge, SAP leveraged on its strength as the home for various notable schools and colleges with the handing over of approval letter for a new Foon Yew High School branch by the Ministry of Education Malaysia and the ground breaking ceremony of SJK Tamil.

To continue with our CSR, we organized a Gotong Royong session to locate and wipe out dengue mosquitoes' breeding grounds at Flat Tasek 64 and a blood donation drive to help those in need.

As schools reopen in January, a "Back to School" event in which school bags were distributed to 30 underprivileged children in BSA was also held as part of our CSR in giving back to the society.

As in the past years, UMI and Annual Dinner cum Sports Carnival was organized to reward staffs for their dedication and hard work. Eligible staffs were also presented with the Long Service Award during the event. Congratulations to all recipients!

2016 has been an amazing year indeed and we look forward to another exciting year ahead. On behalf of *"Seri Alam"* team, here's wishing everyone a truly happy New Year in 2017. May the New Year bring everyone renewed hopes and spirit, as well as good luck!

Cheers,

*Nor*

**Pebble Bath Mat**

**YOU'LL NEED:**  
PLAIN DOOR MAT  
4 BAGS OF RIVER ROCK  
SILICON OR CONTACT CEMENT

Use a plain door mat and make sure it has holes to let water drain through

Gather a bunch of river stones

Use silicone or contact cement to attach river stones to the door mat

Let them dry

And that's it!

[source: https://www.kinok.com/](https://www.kinok.com/)



## HAPPENINGS



## Gotong Royong

at Flat Tasek 64

## Fosters Good Spirit

Amongst  
Community Flat Tasek 64

The recent breakout of Zika virus and ongoing dengue cases in the Johor state prompted SAP to organize a Gotong Royong session to locate and wipe out mosquitoes' breeding grounds in Flat Tasek 64 with the assistance of the community.

The activity was well received with more than 300 residents and children from the neighbouring schools participating in the event. Apart from fostering cooperation amongst the community, various competitions were also held among students to encourage participation and create awareness. YB Dato Hajjah Normala Abdul Samad took time off her busy schedule to officiate the event and participate in the walkabout at the flat area.

The event was jointly supported by SAP who was the main sponsor, Jabatan Kesihatan Malaysia, Majlis Perbandaran Pasir Gudang, Rotary District 3310 and Institute of Engineers Malaysia.

## SAP Received YDP MPPG in BSA Walkabout



SAP's Management team, led by Executive Director, Mr Freddie Lee and Township Department Head, AGM Mohd Saifuddin Salehuddin, received the new YDP Majlis Perbandaran Pasir Gudang (MPPG), To Hasrin Kamal Bin Hashim in the YPD Turun Padang Bersama Ahli Majlis ('YPD's Field Day with City Council Members') programme.

The event was part of the new YDP MPPG's official visit to BSA after he joined the office. The event started with an aerobics session followed by the launch of an exhibition by COMBI Pasir Gudang and Muafakat Johor before all guests commenced a walkabout around Flat Tasek 64 with the community.





## HAPPENINGS

# Sales Event in *Deepavali* *Spirit*

In conjunction with Deepavali and 1-Malaysia spirit, SAP held a sales event to promote our products. Amongst the highlights of the event were Indian cuisine cooking session, henna demonstration and jewelry exhibition. Customers who turned up at the sales event had a real taste of authentic Indian cuisine specially prepared for them. The event was made merrier with SAP's staffs donning colorful and bright Indian costume during the day. On the whole, it was a successful event with many customers showing keen interest in our properties.



## Blood Donation Drive Helps Those In Need



As part of SAP's ongoing CSR efforts, a blood donation drive with the assistance of Hospital Sultan Ismail Johor Bahru was organized at Galleria Seri Alam.

The event, which was jointly organized by SAP and Youth Malaysians Movement Johor Jaya Branch (YMM), received an overwhelming response from first-time as well as regular blood donors. More than 200 people turned up at our corporate office in support of this noble cause.



## Back to School Programme Brings Great Cheer to School Children



The beginning of a new school year can be a burden to some parents who need to fork out money for new uniforms, school bag, school fees and other necessities. As a company that cares for the welfare needs of the local community, SAP initiated a "Back to School" programme in the hope of easing parents' financial burden.

Thirty students from BSA Township received school bags in the "Back to School" event held at Galleria Seri Alam. Both MPPG councillors for BSA, En Izzwan Abdul Latiff and En Dahari Hassan, helped to deliver the school bags to students. Some refreshments for the students and accompanying parents were also provided after the presentation ceremony.





## 360 Degree Solution for Women

As women age, relaxing of the vaginal wall can lead to vaginal relaxation syndrome (VRS), which is characterized by childbirth, especially multiple pregnancies and deliveries, and the vaginal stretch associated with menopause related hormonal changes. VRS can lead to a number of problems, both physical and psychological, a major one of which is loosening of sexual control on for both the female and her partner, often referred to as 'loose vagina'.

With improvement of sexual desirability and health status, more women are voicing their concern about their 'intimacy' problem in the bedroom and how it affects their self-confidence. When health, beauty and intimacy are perhaps interconnected, demand for treatment of vaginal relaxation syndrome for improvement of sexual performance and aesthetic appearance to boost confidence is increasing.

### Effect of repeated childbirth on sexual function

Female genitalia suffer physiological modifications with the passing of time especially after repeated childbirth. Structural changes in the vaginal muscle and underlying connective tissue occur because of excessive stretching by the baby passing through the birth canal and the inflammation. Excessive tension of vaginal skin and the fibrous wall results in a deep vaginal fissure. Due to rich blood supply, the perineum often heals well without much a noticeable scar but if the repair is suboptimal or after a repeated episode of childbirth, the vaginal opening may become distorted due to supporting scar and the overall caliber of the vagina may change permanently.

The gradual erosion of the vaginal tightness or firmness in the vagina and urethra area because of excessive stretching from childbirth can cause irritation or loss of vaginal tone, and bring about reduction in sexual fulfillment and stress urinary incontinence. In some women, the vagina can remain irreversibly dilated after childbirth.

### Menopause and sexual performance

After menopause, women sexual experience often affected by loss of libido and vaginal dryness due to loss of oestrogen hormone support. Loss of collagen production during menopause is often accompanied by thinning of the vagina muscle and elasticity. The process of vaginal stretch begins in which vaginal muscle becomes pale and its surface becomes flat and flake due to loss of its volume and folds. Vaginal stretch together with loss of lubrication, cause dryness and lack of elasticity that make sexual relations extremely difficult. It also involves frequent vaginal infection and vaginitis.

### Option of treatment of Vaginal Relaxation Syndrome

A variety of (360) treatment options are being applied to speed up the non-surgical approaches to bring a woman's vaginal tone back to its normal state. For the conservative approaches, behavioral training and physical therapy can be done together to relax the muscles in the pelvic floor and to increase work in the vaginal wall. Topical creams, hormonal therapy and other pharmacological approaches are also available. However, with the right laser technology, the effectiveness is somewhat limited and longevity, requiring continuous application in the case of the pharmaceuticals.

Surgical procedures, in which vaginal and associated tissues are involved, are a more permanent solution but believed to be not ideal. The results of surgical vaginal repair surgery however have to be balanced against the health issues associated in any surgery performed on the extremely sensitive vaginal tissues. Downside of recovery is longer and there are increased risks associated with some form of over-tissue damage leading to loss of sensation or spots and patches, and sexual nervousness.

### What is 360 Degree Laser Vaginal Tightening and How Does it Work?

This laser has recently been identified as one of the choices of treatment for VRS because of its low cost and the ability to be targeted to the tissue due to its selective water absorption properties particularly the Erbium:YAG laser (Er:YAG). As the vaginal muscle has high water content, this makes it an ideal and safe target for the laser wavelength. Collagen remodeling of the vaginal muscles, which is accelerated by the photothermal effect of laser, which is responsible for tissue contraction and regeneration, and thickening of the walls of the vaginal canal.

Laser Vaginal Tightening with Erbium:YAG laser delivers gentle ablation of the vaginal tissues with a deep and controlled penetration depth. The treatment promotes remodeling of collagen, improves elasticity and tone and restores normal tissue and length of the vaginal canal. The enhanced photothermal effect, resulting in thickening of the erogenous tissue, improves and improves the tone of the natural vaginal canal. This could provide some improvement to women with problems in their sexual lives.

### When do you need 360 Degree Vaginal Laser?

Many women are aware of the problem in the bedroom and sexual function but many women are just too embarrassed to address their concern and often wish to seek a more health problem although it affects their quality of life. However, now with the advance of laser

medical technology most of the following concerns can be solved with a simple office procedure and gives long lasting results:

- If you feel decreased sensation and stimulation during intercourse
- If you find your vagina has become lax with minimal muscle tone
- If you have a gaping vaginal opening
- If you experience pain during intercourse
- If tampons fall out
- If your vagina produces 'gaps' or 'seals' during intercourse or 'clapping' sounds while walking
- If you are ever satisfied with the appearance of your intimate skin pigmentation
- If you feel vaginal dryness and lack of moisture, especially during intercourse
- If you sense inflammation, itching and a burning sensation
- If you notice involuntary release of urine, especially when you cough, sneeze, or laugh.

Aesthetic gynaecology offers a solution to a great many of these issues and is a huge area of interest to women and medical world. There is no need to be embarrassed. Whatever your concerns, we treat it with courtesy and can assure you of the utmost discretion throughout.

### First Step: Multiple incisions



### Second Step: Long pulse



**Comprehensive Medical Care  
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## Regency Specialist Hospital

Located in Bandar Seri Alam, Johor, Regency Specialist Hospital is a services medical institution. We are a licensed 150-bed private tertiary care hospital, with more than 60 local and internationally trained medical specialists, supported by modern medical equipments and facilities.

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**15 minutes from city centre via EDL highway.**



# EVENTS HIGHLIGHTS

## Sponsorship for King of Mountain Charity Johor 2016 at Bandar Seri Alam

9 October 2016



## Johor Kaki's Book Distribution at SAP's Office

16 October 2016



## Persatuan Usahawan Maju Malaysia (PUMM)'s Visit to Bandar Seri Alam

18 October 2016



## IMSHA 2016 Participation and Sponsorship

3 November 2016



## UMLand Annual Dinner cum Sports Carnival 2016

2 & 3 December 2016



## Mayang Golf Participation and Sponsorship

10 December 2016







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