

my Seri Alam



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Towards Green Garden City Vision 2020



UMLAND Hosted Golf Tournament to Strengthen Ties

UMLAND and its subsidiary companies organized the annual golf tournament for the 6th consecutive year in the effort to strengthen ties with authorities and business partners. More than 100 golfers participated in the event held at IOI Palm Villa. A Prize Presentation Dinner was later held at Holiday Villa after the golf session. The huge success of the event would not have been possible without the committee members' hard work led by the chairman, Mr Michael Cheng, and the gracious support from our main sponsors. The Guest of Honour, Yang Amat Berbahagia Tun Musa Hitam, presented the trophy to the winning team, IRDA. Congratulations!

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EDITOR'S NOTE

Hari Raya festive mood is still felt as we move to July issue of *UmLand*. From the team, we hope it is still not too late to wish all Muslim readers Selamat Hari Raya and to others, may this celebration continue to foster the harmonious living that we have all enjoyed.

The one month fasting prior to the grand celebration is the month to reflect and persevere; values that are essentials in any activities be it in business or achieving personal goal. To reflect simply means to look back on past actions in order to make things better. Reflecting on our past performance allows us to gauge where we are at certain point of time and how we can strategize for improved result.

Perseverance is another key word for success if not THE key. To persevere is to be tenacious in things we do. One who perseveres will follow things through to make them happen. With perseverance also comes a lasting result.

With less than 6 months towards the end of 2016, let us all reflect and continue to persevere to achieve our goals.

Cheers,

Nor

DIY Hot Handle Holder

Materials needed: scrap main fabric | scrap fabric for the lining | scrap double fold bias tape | bright balling

Source: <http://www.ucheady.com/2012/11/hot-handle-holder-pattern.html>

1. Sandwich the bright balling (shiny side to the back of the main fabric) between the main fabric and the lining. Repeat.

2. Cut 2 pieces of lining, 2 pieces of the main fabric and 2 pieces of bright balling.

3. Enfold edge in bias tape and sew. Since this will be pretty thick, you should make your stitch length longer.

4. Pin each fabric "sandwich" together, so they do not shift while you are sewing on the bias tape.

5. Pin the two pieces together, main fabric back to back. Sew along the outside curve, making sure not to sew the bias tape covered opening together! Sew along the outside of your stitch line with a zig zag stitch.

6. Trim edges. Turn it inside out and you are done. If you want to get fancy, you can quilt the layers together before you add the bias tape.

7. Cut bias tape just a bit longer than the edge of the Hot Pan Holders.

HAPPENINGS



Views Exchanged Between SAP and UNIKL Sparked New Ideas

SAP played host to a group of 30 academicians and administrators from Universiti Kuala Lumpur branches across Malaysia led by its Deputy President (International Industrial & Institutional Partnership), Prof. Dato' Hj. Ahmad Zahir Hj. Mokhtar. The purpose of the visit was to exchange views on students' activities at SAP whilst pursuing their tertiary education at the renowned university. Presentations by both parties, which were part of the visit to understand more about both entities, sparked new ideas for future collaborations. Guests were presented with some goodies at the end of the session and UNIKL presented a token of appreciation to SAP's Executive Director, Mr Freddie Lee.

Bandar Seri Alam's Smoke-Free Initiative Recognised at National Level



3 June 2016

SAP is proud to have received recognition at the national level via the prestigious Blue Ribbon Award for going smoke-free. As a move to promote green and healthy living, the smoke-free initiative was implemented at two town parks in Bandar Seri Alam. YB Dato' Seri Dr. Hilmi Bin Haji Yahya, the Deputy Health Minister of Malaysia, presented the Blue Ribbon Campaign Award at Dewan Perdana, Putrajaya. Congratulations to SAP on another outstanding achievement.

A Study Visit on Renowned Bandar Seri Alam's Green Initiatives



SAP was thrilled to receive another group of visitors: a NGO from Bangladesh. The study visit was framed around the Bandar Seri Alam (BSA) township's green initiatives which received acknowledgement, the Prime Minister's Hibiscus Award, in 2015. More than 30 of them participated in the visit jointly organized by IRDA and LTM. The session started with a tour around BSA led by En Zakaria Awang, Deputy Senior Manager, and was followed by a briefing at SAP by En Saifuddin Salehuddin, Assistant General Manager. Mr Freddie Lee, SAP's Executive Director, was also present to welcome the guests. The informative session ended with an exchange of gifts from both parties.



HAPPENINGS



16 June 2016



Ramadan at Bandar Seri Alam: *A Wonderful Time of Giving*

In conjunction with the holy month of Ramadan, SAP participated in various activities as part of our ongoing Corporate Social Responsibility (CSR) efforts. The gotong royong session in Bubur Lambuk was organized by Regency Specialist Hospital and it was SAP's second year participating in the gotong royong session. In this wonderful time of giving, SAP reached out to all mosques and surau in Bandar Seri Alam and presented a contribution to the Member of Parliament of Pasir Gudang to assist those in need in welcoming the festive season.

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24 June 2016



The Starbucks Café opposite the SAP's corporate office is the latest addition to Bandar Seri Alam's food haven, in line with the township's mission to provide quality lifestyles with ample facilities and amenities. Since its official opening, it has received positive reviews from residents and the public. We wish to congratulate Starbucks Café on its official opening and wish the company a successful business venture in Bandar Seri Alam.



The Importance of Sunscreen (Part 1)

We may have been taught that we need sunlight for our body to make vitamin D, because vitamin D is not found naturally in most foods. But today, many foods are fortified with vitamin D during the manufacturing process. Thus, sun exposure is not as important for the body's vitamin D supply as it used to be.

The sun emits harmful ultraviolet radiation (UVR) year-round. Even on cloudy days, up to 80 percent of the sun's harmful UV rays can penetrate your skin. With repeated sun damage, the skin starts to look dry, wrinkled, discolored, and leathery. Although the skin appears to be thicker, it actually has been weakened and, as a result, it will bruise more easily.

The UVR from the sun is a known cause of cancer in humans. UVR produces DNA damage that may lead to mutations (abnormalities) in genes involved in the development of skin cancer.

In a report published a few years ago, by Third National Cancer Registry, revealed that skin cancer was ranked the 10th most common cancer in Malaysia, and accounted for 2.8% of all cancer cases in the country.

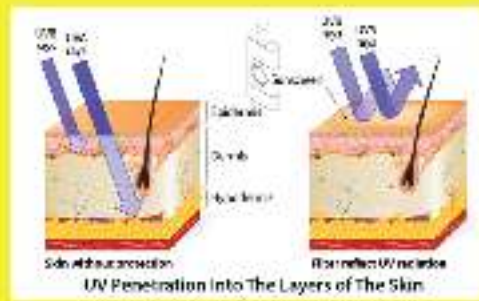
The World Health Organisation states that skin cancers has been increasing over the past decades. As ozone levels are depleted, the atmosphere loses more and more of its protective filter function and more solar UV radiation reaches the Earth's surface.

Of course, being outdoors makes most people feel good. And playing badminton is better for our health than watching television. But we can still protect ourselves from the sun's damaging effects while enjoying outdoor activities.

Therefore, along with other sun safety strategies, sunscreens that absorb or block UVR serve an important protective function. Sunscreen is one vital tool that can help prevent all of these UVR-induced assaults on the body.



NATURAL SKIN TYPE	How do you describe your skin?	How often you tan?	How often you burn?	How often you blister/peel?	How often you get sunburn?	How often you get skin cancer?
1	Very fair, sensitive, freckles	Very rarely	Very often	Always	Very often	Very often
2	Fair, sensitive	Very rarely	Often	Often	Often	Often
3	Light brown	Sometimes	Sometimes	Sometimes	Sometimes	Sometimes
4	Medium brown	Often	Very rarely	Very rarely	Very rarely	Very rarely
5	Dark brown	Very often	Very rarely	Very rarely	Very rarely	Very rarely
6	Very dark brown/black	Very often	Very rarely	Very rarely	Very rarely	Very rarely



Who should use Sunscreens ?
Everyone... Anyone can get skin cancer, regardless of age, gender, skin colour or race. Even children should use sunscreens.

When should I use sunscreen?
Everyday, if you will be outside. The sun emits harmful UVR year-round. Even on cloudy days, up to 80 percent of the sun's harmful UVR can penetrate your skin.

Snow, sand, and water increase the need for sunscreen because they reflect the UVR.

Are Sunscreens safe?
Scientific evidence supports the benefits of using sunscreen to minimize short-term and long-term damage to the skin from the UVR. Preventing skin

cancer and sunburn outweigh any unproven claims of toxicity or human health hazard from ingredients in sunscreens.

It is even safe for children over 6 months of age. If used regularly in childhood they can prevent skin cancers from developing in later life. Recently, a researcher reported that if sunscreens were used regularly by children through the age of 18, there would be a 72% reduction in the cases of skin cancer later in life.



Two photographs showing the effect of applying sunscreens in visible light and in UVA. The photograph on the right was taken using ultraviolet.

photography shortly after application of sunscreen to half of the face.

What Sunscreen should I use?



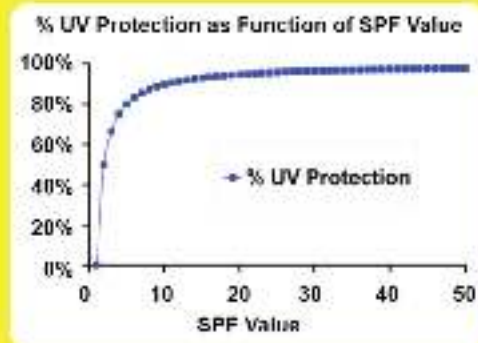
What is SPF in a sunscreen?

SPF stands for Sun Protection Factor. The SPF number tells you how well the product will protect you from UVB, the burning rays of the sun. (Most sunscreens also absorb ultraviolet "A" rays, or UVA.)

What SPF should I use?

It is recommended to use sunscreen with an SPF of at least 30, which blocks 97 percent of the UVR. Higher-number SPFs block slightly more of the UVR, but no sunscreen can block 100 percent of the UVR. Currently, there is not any scientific evidence that indicates using a sunscreen with an SPF higher than 50 can protect you better than a sunscreen with an SPF of 50.

It is also important to remember that high-number SPFs last the same amount of time as low-number SPFs. A high-number SPF does not allow you to spend additional time outdoors without reapplication.



How should sunscreens be applied?

Sunscreens are very effective when used properly. Follow these guidelines to give yourself the most protection:

- Apply the sunscreen at least 20 to 30 minutes before you go outdoors, whenever you will be exposed for 30 minutes or more.
- Reapply sunscreen every 2 hours while you are outdoors, even if the product is labeled "all-day." If you get wet or perspire heavily, reapply sunscreen more frequently.
- Cover all exposed areas, including your ears, lips, face and back of your hands.
- Don't skimp; apply a generous layer. Smooth it on rather than rub it in. A rule of thumb is that 45 ml (a shot glass) of sunscreen is needed to cover all exposed skin to attain the stated level of protection.
- Women should apply sunscreens under makeup. If you wait to apply sunscreen until you hit the beach, you may already be perspiring, and moisture makes sunscreens less effective.

My skin is sensitive. Should I skip the sunscreen?

Some sunscreens contain ingredients that may irritate the skin. If you know you react to specific ingredients, be sure to check the contents on the label. You can also ask your doctor to recommend a sunscreen.

However, the sunscreen may not be causing the reaction. Other products that come into contact with your skin, including perfumes, certain medications, and soaps, may make your skin more sensitive. Think about the products you have been using (especially new products), and stop using these one by one before you stop using the sunscreen. If you are not sure about the side effects of a medication you are taking, consult with your doctor or local pharmacist.

Table 1.

FDA-Approved Sunscreen Ingredients

UVA Filters	UVB Filters	Physical Blockers
Azobenzene	Camphor	Titanium dioxide
Benzophenone	Castor Oil	Zinc oxide
Butylmethoxy	Hexylresorcinol	
Diethylamino	Octocrylene	
Octylmethoxy	Oxalonic acid	
Salicylic acid	Octyltrimethylammonium	
	Phenylbenzylidene	
	Polymers of	
	1,3-bis(4-hydroxyphenyl)propane	

FDA.gov/ingredients/uv_filters
Source: Reference 6

Sunscreen offers the above helps to protect your skin from sunburn, early skin aging and skin cancer. However, sunscreen alone cannot fully protect you. In addition to wearing sunscreen, it is recommended taking the following steps to protect your skin and find skin cancer early:

- Avoid sun in the middle of the day, from about 10 am to 3 pm. The ultraviolet rays, which cause sunburn, are strongest during this time.
- Wear protective clothing. When you do go outdoors, especially for long periods in the middle of the day. Long sleeves and slacks, as well as a wide brimmed hat, help protect your body against the sun's harmful effects.
- Wear sunglasses that filter UV light.
- Get vitamin D safely through a healthy diet that may include vitamin supplements. Don't seek the sun.
- Check your skin. If you notice anything changing, itching or bleeding on your skin, see a doctor. Skin cancer is very treatable when caught early.

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	19 - 21	Property Roadshow @ Tesco Tebrau (tbc)
	23 - 29	Property Roadshow @ Giant Piantang (tbc)
Sept	2 - 4	Homefair, Persada JB
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	23 - 25	Property Roadshow @ Plaza Pelangi (tbc)
	27 - 29	Property Roadshow @ Bank (tbc)

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