

## Towards Green Garden City Vision 2020



## A New Milestone at the Prime Minister's Hibiscus Award 2014/2015 SAP the sole developer to receive Exceptional Achievement Award



Seri Alam Properties Sdn Bhd (SAP) created a historic moment with the receipt of two prestigious awards at the Prime Minister's Hibiscus Award 2014/2015 (PMHA). In the momentous award ceremony held at The Royale Chulan, Kuala Lumpur, SAP was awarded the Exceptional Achievement in Environmental Performance and Johor Green Award by the Minister of Natural Resources and Environment, YB Dato Sri Dr. Haji Wan Junaidi bin Tuanku Jaafar, and guest of honour, Deputy Prime Minister of Malaysia, YAB Dato' Seri Dr Ahmad Zahid bin Hamidi.

Executive Director of Seri Alam Properties Sdn Bhd, Mr Freddie Leo who received the award said, "The whole process of preparation and submission of data right up to the site assessment took approximately 4 months. I am glad that all the hard works have paid off in view that we have spent many hours in this exercise."

"I am also happy to share that SAP is the only developer in Malaysia that has obtained the Exceptional Achievement award," he added.

Prior to winning the awards, SAP underwent a 2-stage assessment.

In Stage I, which is the Assessment of Submission, SAP had to provide information in fourteen broad areas. These areas are based on some key principles issued by the International Chamber of Commerce (ICC)'s Business Charter for Sustainable Development.

In Stage II, a site visit to verify the submission in Stage I was conducted by assessors whereby SAP had to provide additional facility information such as site layout and history for the assessment.

With the receipt of these awards, SAP hopes it will be a catalyst to work harder in achieving a sustainable and green township.

Going forward, SAP is in the midst of creating two more town parks for the community in addition to two town parks which have been completed.

**AWARD  
WINNING  
TOWNSHIP**

**PRIME MINISTER'S  
HIBISCUS AWARD**



**GREEN AWARD**



**FIRST CYCLE  
CONNECTED  
TOWNSHIP**



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 Seri Alam Properties Sdn Bhd  
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 8 Jalan Suria  
 Bandar Seri Alam  
 81750 Johor Bahru  
 Johor

**Tel :** 07-888 1111  
**Fax :** 07-807 9612  
**Email :** csu\_sap@umland.com.my  
**Website :** www.umland.com.my

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 Lasso Design and Printing  
 38, Jalan Perwira 1,  
 Taman Ungu Tun Aminah  
 81300 Skudai  
 Johor

**Tel :** 07-662 5002  
**Email :** lassodesign@gmail.com.my  
**Website :** www.lassodesign.com.my

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## Important Contacts

Seri Alam Properties Sdn Bhd	07-888 1111
PMU Seri Alam Centre	07-888 1400
Fire Station	07-201 3444
Hospital Bahru Bariat	07-888 8000
SAJ Peak Guiding	07-324 2036
TNB Peak Guiding	07-252 0855
MPM11 Helpline	07-888 1075 010 755 5101 (WhatsApp)
Nearest Police Station (Seri Alam)	07-888 8158
Pertubuhan Pengurusan Sisa Pepijat dan Pemertihan Awam Johor	1800 58 7472
Polis Wilayah Kuching (MWS)	07-241 2501
Emergency	999

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**Green initiatives**  
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 csu\_sap@umland.com.my

# EDITOR'S NOTE

Welcome 2016! SAP rejoices this brand new year with high hopes and much positivity despite many unfavourable outlook.

To quote our Mr Freddie Lee, Executive Director's New Year speech, "I believe and I hope you too share my faith that in every difficult situation, there is a solution. So as we brace for the storm, let us stay positive, be united, work hard, do your best and the Almighty GOD will do the rest. Let us teach others what we know and learn from others what we do not know. All of us do have our strength and weaknesses. Let us look out for each other and together we will overcome any adversity. Be humble in strength and redouble our skill, knowledge and wisdom where we are weak. Give a helping hand to those in need."

We hope these words will inspire all our readers as much as they have inspired us.

On behalf of *MY Seri Alam* team, we take this opportunity to wish all of you a Happy, Joyous and Bountiful New Year! May we all be blessed with happiness, good health and good luck in 2016.

Cheers,

*Nor*

## DIY Holder for Charging Cell Phone



Step 1

Find an empty bottle of baby lotion, wash it with hot water and let it air dry.



Step 2

Cut the bottle out with kitchen scissors or a box cutter along the line to form a phone holder shape.



Step 4

Using sand paper, smooth all edges and surfaces of the container. This will help to roughen them so that the glue will stick well.



Step 3

Draw and cut a curved box shape on the upper back of the bottle.



Step 5

Next, place the fabric on the container, centering it where it needs to go.



Step 6

Then apply glue around the side of the container and continue to lay the fabric down right against it, pulling tightly as you wrap. Also, be sure to pull the fabric down to cover the bottom of the bottle. This will keep the fabric flat and smooth. Use plenty of glue to aid you in this process.



And that's it. Your phone holder is ready to use.



Step 7

Then trim the fabric around the entire container, cutting off the fabric close and close to the edges. Be sure to seal all fabric edges with glue to ensure the fabric won't peel off.



Step 8

Lastly, cut an oval shape to fit the bottom of the bottle. Place a layer of glue on it and press the oval shape out. Now set it upside down on something tall and slender so that it will dry without touching anything.

(Source from: <http://www.makelab.com/>)

# CURRENT LAUNCHES

Be the first to be updated on our new launches. For more info and details on our launches, please contact our sales personnel at:

**07-388 1111 / 019-775 1133**

## SPECIAL INCENTIVES FOR HOME BUYERS!

### Earn Extra Cash!

Introduce a friend or relative, and we will reward you with 1% off the purchase price.

\*Terms and conditions apply

## Imperial Jade Residenz

FREEHOLD

Promises an opulent lifestyle in one of Johor's best suburban enclaves. Imperial Jade Residenz presents 241 units of two and three storey terrace house ranging from 1,623 sq.ft. to 1,651 sq.ft. Featuring 4 bedrooms and 3 bathrooms, the residences offer innovative interior layout that are practical yet stylish. Surrounded by lush greenery, the gated and guarded development includes trained security personnel for a peaceful sanctuary.



## Emerald Residenz

FREEHOLD

Emerald Residenz, luxurious double storey superlink homes in Bandar Seri Alam, comprises of the Tiara and Crown Series. This lifestyle development is set in a low-density enclave surrounded by scenic amenities complete with 24-hour gated and guarded community.



## Fortuna Hub Premier

FREEHOLD



Limited Unit Available

\* Terms and conditions apply. Car model image is artist's impression only.

**4-Storey Shop Office with Elevator**  
Land Area: 24' x 80'

**Shop Lot for Lease Seri Alam Food Street**  
Looking for good tenants specialising in food & beverages sector. Favourable terms and conditions.

Enquiry:

\*\* Estate agents are welcome \*\*

014-275 7065 (Syafiq) | 014-270 2218 (Amir) | 016-758 8985 (Alfred Wong)

## Amber Heights

(2-3 Bedroom Apartment)

**Condominium**  
**Living at**  
**Affordable Price**

### FACILITIES

- Multipurpose hall
- Gymnasium
- Sauna
- Library / Reading area
- Lounge area
- Management office
- Games room
- Swimming pool
- CCTV covered carpark, lift lobby & guard house area
- Vehicle card access system
- 2 nos. of lift per block
- Basketball court
- Shelter
- Outdoor fitness area
- Children's playground
- Maze garden
- Plaza area with seating
- Sunbathing area
- BBQ & pergola withilling area

REGISTER  
Your Interest  
With Us



## Roadshow

<b>February</b>	4 - 7	Tesco Mutiara Rini
	12 - 14	Tesco Plentong (tbc)
	22 - 28	AEON Permas Jaya (tbc)
<b>March</b>	4 - 6	Tesco Bukit Indah (tbc)
	10 - 16	Mydin Pelangi Indah (tbc)
	28 - 30	Giant Tampoi (tbc)
<b>April</b>	1 - 3	Homefair @ Persada JB (tbc)
	8 - 10	Tesco Tebrau (tbc)
	14 - 17	UMLand Prop Fair I @ JB City Square (tbc)
	21 - 27	Giant Plentong (tbc)

## HAPPENINGS

# Embracing World Heart Day

3 October 2015

In the occasion of World Heart Day, a series of activities was organised by the Regency Specialist Hospital. The SAP team assisted with the activities and contributed towards the Lucky Draw session. The event was organised annually as part of BSA's Smart Healthy City, mooted by Iskandar Malaysia. Among activities held were the cycling challenge and zumba. YB Normala Abdul Samad was present as the guest of honour.



## October Fiesta

## BSA transformed into a Street Fair

25 October 2015

The month of October saw Jalan Lembah in BSA transform into a street fair for a month long event, the October Fiesta. More than 20 exhibitors and vendors participated in the fair selling food, apparel, fruits and beverages. Other activities include fishing competition, fly board (water show), zumba, children's inflatable bounce houses and karaoke session. Meanwhile, SAP also took the chance to showcase our latest products to the public at the street fair.



## HAPPENINGS

# STAR WARS Movie Screening for A Good Cause

19 December 2015

The UMLand's southern region group of companies, including SAP, gathered to host the screening of Star Wars movie at MBO KSL, Johor Bahru, for a good cause. The session was attended by close to 200 invitees from the authorities, media and underprivileged children. A contribution of RM1,000 was also handed to Kindness Dot My for the underprivileged children, as part of our ongoing CSR efforts.



## Celebrating Individuals and Groups

# *Making A Difference in the* Iskandar Malaysia Communities

As part of UML and's sponsorship towards the Iskandar Malaysia Social Hero Awards (IMSHA) 2015, the SAP team attended the awards ceremony held in the Thistle Hotel. The event was officiated by the Deputy Minister of Home Affairs, Datuk Nur Jazlan Tan Sri Mohamad, and Mr. Freddie Lee received the token and certificate of appreciation from the organiser on behalf of UMLand. The IMSHA is an annual event which identifies, recognises and celebrates individuals, organisations and groups who are making a difference in the communities in Iskandar Malaysia.

17 December 2015



## PERSATUAN PENYAYANG UiTM KAMPUS PASIR GUDANG HELPING THE HOMELESS

### IN "WARGA KASIH 2.0"



*Persatuan Penyayang with AMAL TEAM on the first collaboration*

The new face of poverty can involve people who are forced into the situation of being homeless because of financial problems or unforeseen circumstances. These days, the problem of the homeless is rather a pressing one, and, unfortunately, widespread all over the world. The reasons can vary: high living costs, low salary, mental disability and the loss of all the members of the family, to name a few. When people are in such a difficult situation, they need to go on with life somehow and have no other way out than to live in dire conditions.

As a response to the homeless issue, the Persatuan Penyayang UiTM Cawangan Johor Kampus Pasir Gudang committee took the initiative to help the homeless by organising "Warga Kasih 2.0". The objective of the initiative is to help the homeless by providing them food, clothes and other basic needs. The club has also collaborated with NGOs involved in charitable contributions in Johor Bahru. Here are some pictures of the activities that have been done in cooperation between the Persatuan Penyayang and NGOs, and pictures taken during the "Warga Kasih 1.0" event.

Persatuan Penyayang is one of the societies in UiTM Kampus Pasir Gudang that participate in volunteering activities and charities. One of the purposes of the club establishment is to cultivate awareness among students on giving back to the society by offering help to people in need. Some programmes were organised by the Persatuan Penyayang committee in December 2015 and January 2016. Each program involved 38 students and 4 lecturers.

Along with this program, the Persatuan Penyayang members will visit Anjung Singgah, also known as "free hotel", in Jalan Segget, Johor Bahru. Anjung Singgah is a place that has been built to help nearly 50 homeless that have financial issues and have had to sleep on the sidewalks or in the dark corners of the city. Anjung Singgah, which provides a temporary shelter to the homeless, was established by the Women, Family and Community Development Ministry while the National Welfare Foundation Malaysia (NWF) manages it. The homeless who are staying here will receive three free meals and basic toiletries, including a towel, sarong, toothbrush with tooth paste and a bar of soap.



*Preparation of packages to the homeless*



*Advisors and members of Persatuan Penyayang distributing foods and drinks to the homeless around Johor Bahru*



*Briefing session with Anjung Singgah personnel*

If you have any inquiry, kindly contact our advisors at:  
1. Enck Zeno Michael ([zenomichael@johor.uitm.edu.my](mailto:zenomichael@johor.uitm.edu.my))  
2. Puan Iya Izyan bt Shahri Azhar ([izyan0363@johor.uitm.edu.my](mailto:izyan0363@johor.uitm.edu.my))

Or you may contact:  
**Bahagian Hal Ehwal Pelajar**  
UiTM Cawangan Johor Kampus Pasir Gudang,  
Jalan Purnama, 81750, Masai, Johor Bahru



## Ovarian Cancer Screening: What You Miss During Gynaecology Check-ups

Madam AK is a 40 years old engineer who came for a gynaecological check-ups due to abnormal menstruation for 3 months duration. Her mother and one of her auntie died of breast cancer many years ago. Examination findings showed Madam AK has a large left ovarian cyst and presence of some water in her abdomen suggestive of possible ovarian cancer. Surprisingly, two months prior this visit, Madam AK has undergone a complete primary health screening which consist of full blood test and Pap test and was told that she was in good health. Does your annual primary health screening exclude all gynaecological cancer?

### The burden of ovarian cancer

Each year, nearly a quarter of a million women around the world are diagnosed with ovarian cancer, and the disease is responsible for 140,000 deaths annually. In general population, approximately 1 in 70 women will develop ovarian cancer in her lifetime.

In Malaysia, ovarian cancer is the 5<sup>th</sup> most common cancer affecting women and the number one cause of gynaecological cancer deaths. It is estimated about 500 new cases of ovarian cancer is being diagnosed in our country every year and approximately 70% of women are diagnosed at Stage 3 or Stage 4 of the disease, with an overall five-year survival rate of only 30%.

Ovarian cancer is proven deadlier than breast cancer as statistics show that just 45% of women with ovarian cancer are likely to survive for five years, compared with 89% of women with breast cancer.

### Who is likely to get ovarian cancer?

There are three categories of women with different risk level of developing ovarian cancer.

#### 1. Women with moderate risk i.e. risk level near the general population

This category includes women with any of the followings:

- A history of breast cancer diagnosed at the age of 41 or older
- A history of infertility and/or use of

assisted reproductive therapies such as in-vitro fertilization

- A history of endometriosis
- A history of hormonal replacement therapies

#### 2. Women with higher risk i.e. risk level 3-6 times greater than a general population.

This category of women include the followings:

- First degree relative (mother, sister, daughter) got ovarian cancer
- A personal history of breast cancer prior the age of 40
- A personal history of breast cancer diagnosed prior the age of 50 and have one close relatives with breast or ovarian cancer at any age
- Have 2 or more close relatives of breast or ovarian cancer prior to age 50

#### 3. Women with inherited risk of ovarian cancer i.e. risk level is more than 6 times to develop ovarian cancer

- Presence of a BRCA1 or BRCA2 gene mutation
- Presence of a mismatch repair gene mutation associated with a hereditary cancer syndrome known as Hereditary Non-Polyposis Colon Cancer.

### Ovarian cancer screening test

Pap smear test is a test to detect early cervical cancer or pra-cancer. The package of primary health screening promoted by the wellness unit in hospital often does not include full package of screening for uterus and ovarian cancer and this is the big disadvantage for women given uterine and ovarian cancer are among the most common cancers affecting women.

Thus it is recommended that for women above 40 especially of those with high risk and inherited risk, other than Pap test, additional blood test for Ca 125 and transvaginal scan of the pelvis should be pursued as ovarian cancer screening.

#### 1. CA-125 measurement

CA 125 is a protein produced by more than 90 percent of advanced epithelial ovarian cancers. However, a single measurement of CA 125 has no value in diagnosing early

ovarian cancer because there are many other gynaecological condition cause mild and moderately increase CA 125 level. The predictive power of CA 125 as a screening test improves if it is combined with transvaginal ultrasound finding of the ovaries.

#### 2. Transvaginal ultrasound of the pelvis

A number of imaging methods have been evaluated for possible use in ovarian cancer screening. Transvaginal ultrasound has consistently proven to be the most promising imaging method for routine screening of ovarian cancer.

In the largest study to date evaluating ultrasound as a screening method for ovarian cancer, 14,469 women, most of whom were at average risk for ovarian cancer, were monitored using annual transvaginal ultrasounds. Promisingly, 11 of 17 cancers detected by transvaginal ultrasound screening were diagnosed at the earliest stage of the disease, known as stage I.

### Ovarian Cancer Screening: To do or not to do?

Ovarian cancer screening may increase detection rate of ovarian cancer as well as other gynaecology condition (e.g. uterine fibroid, endometriosis and ovarian cyst) however up to date, there is no clear evidence to suggest that ovarian cancer screening with currently available methods will result in a decrease in the number of deaths from ovarian cancer. This is because CA 125 level and transvaginal imaging of enlarged ovaries do not correlate well with the stage and different type of the ovarian cancer.

Furthermore, absence of early symptom of ovarian cancer makes the prospect of detecting early and death prevention of ovarian cancer is more challenging.

Since an annual gynecologic examination with pelvic examination is recommended for preventive healthcare for all women, a normal level of CA 125 and visualization of normal ovaries by transvaginal ultrasound of the pelvis if done as part of screening would definitely give women peace of mind and certainty of normal status of her health.