

Living On

# The Hill

JUNE 2018

A Publication of BTRA

Green  
Studio For  
Mind, Body  
and Soul

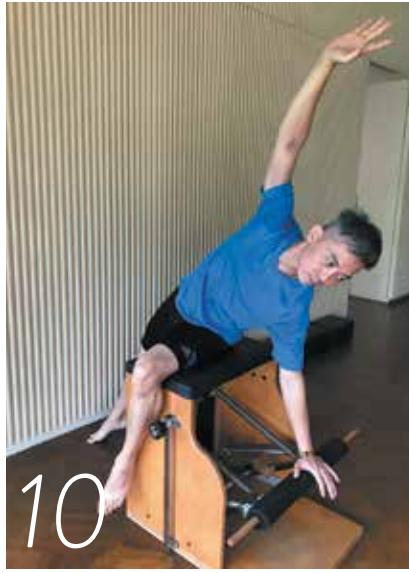
Save  
Kuala  
Lumpur!

Build  
Your No-Dig  
Garden

WonderLand



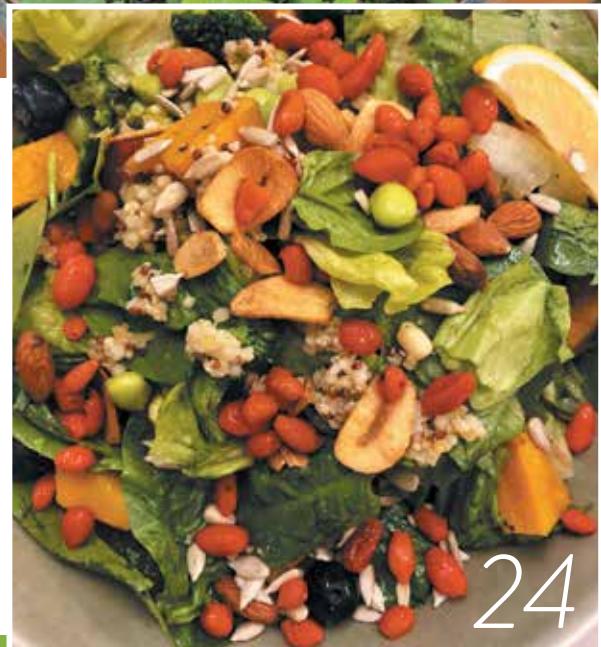
23



10



20

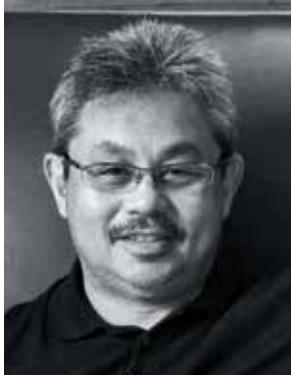


24



# contents

- 1 The President Speaks
- 2 Community Capsules
- 9 My BT
- 14 BTRA Membership Forms
- 19 Living
- 24 Vignettes
- 27 The Last Word
- 29 Useful Contact Numbers



# The President Speaks

**G**E14 has come and gone – by now I’m sure many of you would have read the news reports and analyses in our own mainstream media, as well as in some top foreign publications. For us at The Hill, we have a new MP and, at the time of writing, remain uncertain whether the FT Ministry remains. We also wait to see what changes arise at DBKL. In particular, we hope to see the KL Structure Plan 2020 gazetted as it provides clear guidelines, which we need for The Hill..

On our Hill, we’ve had a fairly eventful six months. You may have noticed a couple of things around our neighbourhoods: clearing of unoccupied and empty parcels of land; and newly paved roads. In both Bukit Tunku and Taman Duta, it would appear that empty land is being prepared for development, noticeably the plot of land on the corner of Changkat Duta and Jalan Tunku Putra (formerly Jalan Natesa), and a large plot on Jalan Bukit Tunku, near Langgak Tunku side. Rest assured, your BTRA Committee is monitoring all development projects to ensure that they comply with zonal regulations and will not adversely affect our environment. As many of you know, our track record is good with

regard to action on development projects, so we aim to build on that.

You may have heard on the neighbourhood grapevine that Taman Tunku will undergo a refurbishment of sorts. At this time, we do not have details on timing or what the new place will look like, but we know that the current retail businesses and the parking lot will be affected. You will be updated via the Mobile App as and when we have more information.

I hope everyone has downloaded the BTRA Mobile App. The payment gateway is now up and running, which means you can pay your BTRA Membership fees and BTRA Security Scheme subscription through the App. The developers are continuously updating features to make the App as useful as possible. Any feedback would be appreciated.

That’s all for me. Until next time, wishing everyone Selamat Hari Raya Aidilfitri.

*Muthanna Abdullah*

## Feedback? Suggestions? Comments?

If you have feedback or comments on Living On The Hill, or would like to suggest topics for future issues, or wish to contribute an article, please don’t hesitate to email [bukit.tunku.residents@gmail.com](mailto:bukit.tunku.residents@gmail.com). Please enter “**Living on the Hill**” in the subject line for easy reference. We’d love to hear from you!

(Contributions and correspondence may be edited for space and clarity)

**SELAMAT  
HARI RAYA  
Aidilfitri**



# Meet the BTRA Security Patrol Team

The BTRA Security Scheme was introduced in 2002. Magnus Force provides its security services to Bukit Tunku and Taman Duta, covering the vast area that make up our respective neighbourhoods.

The service comprises two dedicated cars and one motorbike, patrolling our neighbourhoods, and stopping at houses that display the BTRA Security sign on their gates, from 1900 hours to 0700 hours.

Assigned to keep our areas safe are three Magnus Force guards – **Ilman, Kapil and Dev**. All have valid Malaysian licences and work permits to provide such services. BTRA Security Scheme subscribers may sometimes see them stopping at their houses, checking for signs of unusual activity, and signing the patrol book.



Subscribers can expect up to nine visits per night. If you are not a subscriber to this service yet, the form is available in this magazine. Alternatively, you may join and pay subscription fees through the BTRA Mobile App. Residents with their own security guards would benefit from this extra layer of security.

With a larger subscription base, the Security Scheme could be strengthened and expanded, with more patrol cars and guards. It's a worthwhile investment to keep our homes and neighbourhoods safe.

*The BTRA Security Patrol team: from left, Dev, Ilman, Kapil*



# Separation of Household Garbage and Recyclables : A Reminder

Since September 2015, the Government has made separation of household garbage mandatory, under the Solid Waste and Public Cleansing Management Act 2007. If you've been separating your household trash by category for recycling and disposal already, well done. That means you probably won't need to adjust these practices too much. For anyone who is still a bit confused about household garbage separation, here's a handy guide that will help you to sort and separate recyclables and residual waste.



Quite apart from the obvious positive environmental impact of separating trash and garbage over the long-term as an incentive, there is also the small matter of compound fines for non-compliance:

- For landed properties: **RM50** (first offence), **RM100** (second offence), **RM500** (third offence).
- For apartments/condominiums: **RM100** (first offence), **RM200** (second offence), **RM500** (third offence).
- Failure to pay the fine may result in a fine of up to **RM1,000** if found guilty.

## Collection for Bukit Tunku and Taman Duta areas :

TYPE OF COLLECTION	SCHEDULE AND FREQUENCY
Domestic Residual Waste	Twice weekly from 06:30 hours (see table for specific streets and locations.) <b><i>It is highly recommended that you call the Customer Hotline to confirm collection days on your street.</i></b>
Recyclable Waste, Garden Waste, Bulky Waste	Once weekly, on Tuesday, from 06:30 hours



## RESIDUAL WASTE COLLECTION

Residual waste will be collected **twice a week**.

## RECYCLABLE WASTE COLLECTION

Recyclable waste will be collected **once a week**.



**Customer Hotline: 1.800.88.7472**

It has been suggested that domestic residual waste can be separated into either green, blue, or white bags, which are then placed inside a heavy-duty black garbage bag in your large green garbage bin. Remember to lock the lid to prevent animals from digging into the trash and creating a mess.

There is no specific colour stipulated for recyclables, but some suggestions are:

 **Blue** : Paper

 **White** : Glass, ceramic. To minimise accidents and to preserve the integrity of the trash bag, it's useful to wrap glass and other breakable items in old newspaper first.

 **Green** : Metal, steel, aluminium cans; electronic waste, small electronic appliances; leather, rubber, shoes, fabrics; hazardous waste such as paint thinners, aerosol cans, poison, paint containers.

Make sure to use separate bags for each type of recyclable waste that requires a green bag.

These bags of recyclables should be tied securely to prevent animals from foraging, and placed next to the large green garbage bin.

Bulky waste (furniture, appliances) can be left as is, and you can call Alam Flora to organise a pick up for these bulky items. Do bundle your garden waste — branches, twigs etc — so it's neat and easy for our public service workers to collect.

Let's all do our bit to protect the only planet that supports our life!

Source: Ministry of Urban Wellbeing, Housing and Local Government: [www.kpkt.gov.my/separationatsource/en/](http://www.kpkt.gov.my/separationatsource/en/)

## SEPARATE SOLID WASTE IN **3 EASY STEPS:**

- ① Separate according to types
- ② Temporarily store them in suitable containers
- ③ Place them next to garbage bin on collection day

### WHY DO WE NEED TO SEPARATE SOLID WASTE AT OUR PREMISES?

- Preventing disposal of recyclable materials
- Reducing the amount of solid waste sent to landfills
- Reducing the country's allocation for solid waste disposal
- It is an offence under the The Solid Waste and Public Cleansing Management Act 2007 (Act 672) to not separate solid waste.

## WHAT NEEDS TO BE SEPARATED?



# RECYCLABLES

Placed **next to** the large green garbage bin. Collected **once a week**.



## 1. PAPER – Blue Bags



## 2. PLASTIC – White Bags



## 3. OTHERS – Green Bags

### I. METAL/STEEL/ALUMINIUM CANS



### II. GLASS/CERAMIC



### III. ELECTRONIC WASTE/ SMALL ELECTRONIC APPLIANCES



### IV. HAZARDOUS WASTE



### V. LEATHER/RUBBER/ SHOES/FABRIC



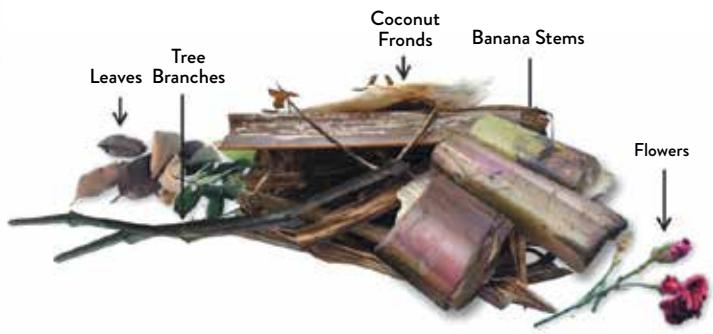
## BULKY WASTE

Can be left as is, and you can call Alam Flora to organise a pick up for these bulky items.



## GARDEN/FARM WASTE

Do bundle your garden/farm waste, so it's neat and easy for our public service workers to collect.



## DOMESTIC RESIDUAL WASTE

Placed **inside** a heavy-duty black garbage bag in your large green garbage bin. Collected **twice a week**.



### I. CONTAMINATED MATERIALS



### II. KITCHEN WASTE



### III. DISPOSAL DIAPERS



### IV. FOOD WASTE



# Domestic Residual Garbage Collection Schedule by Street

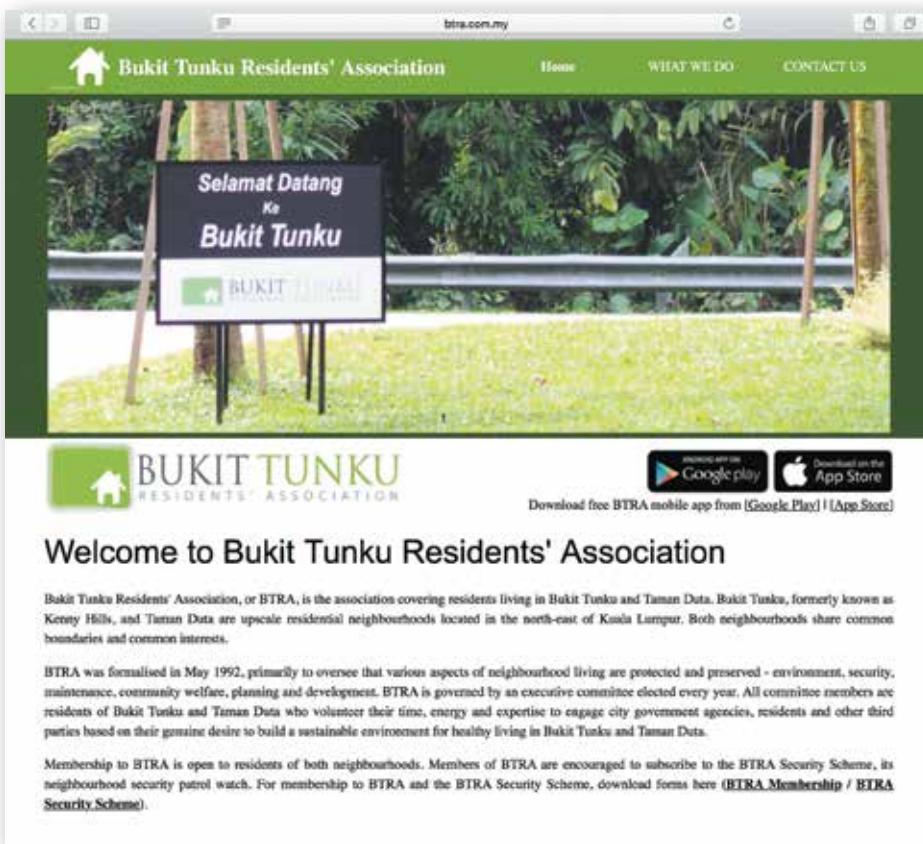
(provided by Alam Flora)

**Call 1.800.88.7472 to confirm collection days for your street**

STREET (alphabetical order)	LOCATION	COLLECTION DAYS
Cerunan Tunku		2, 5
Changkat Duta		1, 4
Changkat Tunku		1, 4
Dalaman Tunku		2, 5
Dataran Tunku		2, 5
Jalan 1/63		1, 4
Jalan 1/63	Belvedere Condominium	1, 2, 3, 4, 5, 6
Jalan Bukit Tunku		2, 5
Jalan Carruthers		3, 6
Jalan Cemerlang	Villa The Rhoda	1, 2, 3, 4, 5, 6
Jalan Gallagher	Sri Duta 1 condominium	1, 2, 3, 4, 5, 6
Jalan Girdle		2, 5
Jalan Ledang		3, 6
Jalan Lembah Duta		1, 4
Jalan Lembah Tunku		2, 5
Jalan Mercu		2, 5
Jalan Nusa		1, 4
Jalan Syers	Rumah Pengaseh	1, 2, 3, 4, 5, 6
Jalan Taman Duta		1, 4
Jalan Tengku Ampuan		3, 6
Jalan Tunku		1, 4
Jalan Tunku Putra		1, 4
Kelok Tunku		2, 5
Laman Tunku		2, 5
Langgak Duta	Sri Duta 2 condominium	1, 2, 3, 4, 5, 6
Langgak Duta		1, 4
Langgak Tunku	Tijani 1	1, 4

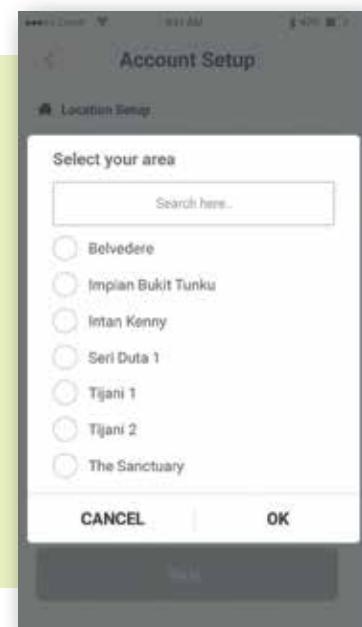
STREET (alphabetical order)	LOCATION	COLLECTION DAYS
Langgak Tunku	Tijani 2	1, 4
Langgak Tunku		2, 5
Liku Tunku		2, 5
Lorong Lembah Tunku		2, 5
Lorong Tinggian Tunku		2, 5
Lurah Tunku		2, 5
Lorong Duta 1		1, 4
Lorong Duta 2		1, 4
Lorong Duta 3		1, 4
Lorong Duta 4		1, 4
Lorong Duta 5		1, 4
Lorong Nusa 1		1, 4
Lorong Nusa 2		1, 4
Persiaran Bukit Tunku		2, 5
Persiaran Carruthers		3, 6
Persiaran Duta		1, 4
Persiaran Taman Tunku		2, 5
Persiaran Ledang		3, 6
Pinggiran Tunku		2, 5
Selekoh Tunku		2, 5
Simpangan Tunku		2, 5
Simpang Nusa		1, 4
Simpang Tunku Putra		1, 4
Tepian Tunku		2, 5
Tinggian Tunku		2, 5

# BTRA Digital Assets Update



## BTRA Website

A basic website is now live at [www.btra.com.my](http://www.btra.com.my). You'll find an introduction to BTRA, a selection of truncated stories of happenings in our community (the full versions are published in the magazine), the list of BTRA Committee Members, and useful contact numbers of public service agencies. You may also contact BTRA via the website, and issues of *Living On The Hill* are uploaded as soon as they are available. Additionally, forms for BTRA membership and the BTRA Security Scheme are downloadable from the website.



## BTRA Mobile App

Have you downloaded the app yet? It's free and available from the Apple Store or Google Play.

There are two recent updates:

- Names of condominium developments and gated zones have been added to the app. This new feature is applicable to new users when they register.
- The payment facility is now available for membership fees and the BTRA Security Scheme, for both new members and those renewing their membership. At the moment, the system supports online banking only, not credit card payments.

# Keep Calm and Carry On Stretching...

If you're looking for wellness programmes to build strength, calm the mind and general wellbeing, look no further than Green Studio, right here in our enclave. Located at F7 Taman Tunku, Green Studio has been a well-kept secret tucked away in the quiet of Bukit Tunku — that is, until now.

Run by Christina Chan, a certified instructor of the Gyrotonic Method, Green Studio offers programmes that help to maintain overall wellbeing in today's hustle and bustle of city and corporate life.

"I was an active participant of the corporate world for 18 years, as well as taking part in running and triathlon races, not competitively, but as something I enjoy," says Christina.



**Gyrotonic:**  
*Abdominals*  
*Jack-knife*  
*movement*



**Gyrotonic:**  
*Wingmaster*  
*sideway arch*

## 2. Yoga hardly needs any introduction.

Green Studio focuses on a combination of Hatha, Yin and Flow Yoga, designed to increase flexibility and strength, promote relaxation and optimum breathing. It is suitable for Yoga novices as well as seasoned Yoga enthusiasts.



"A string of sports injuries and constant visits to my sports doctor over the years motivated me to look for non-medical therapies. I found Green Studio as a client about 10 years ago, and that's when I started my Gyrotonic journey."

"Gyrotonic helped me manage my injuries tremendously. So, with family support and no small leap of faith, I left the corporate world and focused on my wellbeing. I also felt that these programmes would benefit others, so I decided to get certified as a bona fide instructor."

"Today, along with the running the business, I am back to running and triathlons. Gyrotonic really helped me to build a stronger core for this kind of activity, and it is great for post-activity rehabilitation to aid recovery," Christina adds.

Green Studio itself has been around for 10 years; Christina took over the business about three years ago and kept the name as a tribute to the greenery of Bukit Tunku and the comparative serenity of the neighbourhood.

## Bend, Stretch, Curl, Breathe...

Christina and four other certified instructors offer five different wellness programmes.

The [Gyrotonic Expansion System Method](#)<sup>1</sup> was developed by Romanian-born Hungarian Julius Horvath in the 1970s, who started life as a dancer. This exercise system is based

on the movement principles of five activities: dance; gymnastics; swimming; taiqi; and yoga. It is a unique system that focuses on improving the body's agility and strength by using circular movements, enabling the whole body to work together rather than each part working separately. Gyrotonic uses customised apparatus to provide balance and resistance for its movements. It is a good complement for people who do weight training.

**3.** Pilates was developed by Joseph Pilates in the early part of the 20th century. At its core, Pilates aims to strengthen muscles, increase flexibility, and improve stability and alignment. Depending on the individual, Pilates exercises may be done on mats, or with weights and other equipment. One of the most popular exercise systems, Pilates is suitable for all ages.

Pilates: Stretch using push-through bar on wall tower unit



Pilates: lateral torso stretch on combo chair



Critical Alignment Therapy

**4.** **Critical Alignment Yoga Therapy**, developed by Gert van Leeuwen more than three decades ago, focuses on mobilising and aligning the spinal column. Proper alignment and functioning of the spine is critical for overall movement and balance — especially for shoulders, arms, pelvis and legs, explains Christina. It's suitable for all ages.



Rolfing in action

**5.** **Rolfing™ Structural Integration<sup>2</sup>** is a scientifically validated body therapy, developed more than 50 years ago by Ida Rolf, that focuses on fascia, the connective tissue that surrounds muscles, bones, nerves, blood vessels and organs. Made from dense bundles of collagen, fascia prevents friction, allowing different structures to glide over each other on movement. Think of cling film. **Rolfing Movement™ Integration<sup>3</sup>** explores the sensations of motion fluidity during breathing, walking, bending, lifting and other everyday movements. It improves awareness about how we move. This discipline may occur within the overall Rolfing session, or it can be done separately.

## Where and How to Start

Christina encourages anyone who is interested to contact her and visit Green Studio.

"If you are trying to improve your overall fitness, balance, alignment, attain peace of mind and calmness, or even recovering from injury, we can help."

As a precaution, as well as for reference, Christina requires clients to disclose health conditions; even better, produce a letter from their physician on their current health status, including suitability for exercise programmes.

"Our modus operandi is to start slowly, observe how the person moves naturally. Most of our classes are one-on-one to enable personalised instruction and counselling. We may adjust the exercise programme for better outcomes, in which case we will consult with the client. Likewise, we might recommend a complementary exercise in addition to the one currently practised," Christina adds.

Wellness programmes are ever evolving, with advances in exercise apparatus technology, deeper knowledge about how the body works, and innovative applications of the various disciplines.

There's little to lose and a lot to gain with the right type of fitness or wellness programme.

Green Studio is one of only four Gyrotonic studios in Malaysia accredited by the Gyrotonic Headquarters. Green Studio is offering promotions for selected programmes until the end of 2018.

## Green Studio

F7 Taman Tunku, Bukit Tunku

WhatsApp/SMS : 012.332.2420

Email : christina.hk.chan@gmail.com

Facebook : [www.facebook.com/GreenstudioMY](https://www.facebook.com/GreenstudioMY)

Mondays to Saturdays, sessions by appointment only

# Stay Alert: Stay Safe

## Sentul District Police Dialogue on Community Security

*Editor's Note: Some members and residents of Bukit Tunku and Taman Duta may have received a truncated version of this summary in November 2017.*

Security in our respective neighbourhoods of Bukit Tunku and Taman Duta is critical to each and every one of us. The rate of crime in this community is very low compared to other residential neighbourhoods, especially in the past two years. This may be attributed to the presence of security patrols in our neighbourhoods — visibility of law enforcement personnel is known to serve as a deterrent to crime in general.

Continuous vigilance — both neighbourhood and individual — is of utmost importance to stay safe. To this end, cooperation and collaboration with law enforcement and public service agencies are key. Fortunately, the BTRA Committee has established a strong relationship with the Sentul District Police, whose jurisdiction we fall under, to provide aid when required.

To better understand how we can be more effective in our “Neighbourhood Crime Watch,” the BTRA Committee organised a dialogue with Sentul District Police on Sunday 19th November 2017, at Taman Tunku. ASP Asaha Mamat, along with a few officers representing Sentul District Police, shared information and answered questions on the role of the police, and how we can work together to be more effective about our security. Dato’ Peter Pereira, General Manager of Magnus Force (BTRA’s Security Scheme service provider), also attended to explain the role of the service.

Some 40 residents from Bukit Tunku and Taman Duta attended this dialogue. BTRA President Dato’ Muthanna Abdullah opened the session by welcoming Sentul District Police representatives, and summarised the status of general security in our neighbourhoods. Following this was a lively Q&A discussion that covered pertinent points.

ASP Asaha explained that the Sentul District Police has 78 officers to oversee public security of a large territory, covering Sentul, Bukit Tunku, Taman Duta, and certain sections of Sri Hartamas. The police are available 24/7, and patrol our area three times a day. According to police statistics, the most popular time for home intrusions is around 2.00 am. However, there have been occasions where break-ins have taken place in broad daylight. Police analysis suggests these incidents are mostly opportunistic, rather than the work of organised syndicates.





**JABATAN  
PENCEGAHAN JENAYAH &  
KESELAMATAN KOMUNITI  
KUALA LUMPUR**



**IPD BRICKFIELDS  
03-9051 6222**

**IPD CHERAS  
03-9205 2222**

**IPD DANG WANGI  
03-2600 2222**

**IPD PUTRAJAYA  
03-8886 2222**

**IPD SENTUL  
03-4048 2222**

**IPD WANGSA MAJU  
03-9289 9222**

**IPK KUALA LUMPUR  
03-2146 0522**

**[ HOTLINE POLISKL ]  
03 2115 9999**

**SMS:  
Taip POLISKL <jarak> MAKLUMAT  
hantar ke 32728**



## Key points and recommended actions discussed:

- ★ If there is a security breach (e.g. home intrusion, vandalism, suspicious or unauthorised activity on premises), call the Sentul District Police to report. A patrol will be dispatched to the location within 15 minutes. Residents who subscribe to the BTRA Security Scheme may also contact BTRA Security Patrol through the BTRA Mobile App, who will also alert Sentul District Police.
- ★ If a resident should encounter or surprise an intruder(s) at home, the first course of action is to ensure his or her own safety and that of others in the household. If possible, try to leave the house, or lock yourselves in a room. Call the police as soon as possible.
- ★ In the event of aggression on the part of the intruder(s), self-defence using home weapons (e.g. stick, umbrella, decorative ornament) is acceptable and will be considered under the law.
- ★ A video mobile app is available for instant and immediate connection to Sentul District Police. Download VPS PDRM to your smartphone to take photos and send reports directly to the police.
- ★ The main difference between private security guards and police officers is that security guards are not authorised to carry firearms.
- ★ Application for police boxes at household gates does not necessarily mean you will be given one. The BTRA Security Patrol serves the same purpose, and more regularly than the police patrol because the BTRA Security Patrol is a dedicated service to our neighbourhoods.

### In summary, residents should:

1. Stay vigilant at all times, especially if and when driving home alone at night.
2. Report any suspicious activity to Sentul District Police; information that would be useful includes vehicle number, colour, type of vehicle, location spotted. Photos are encouraged.
3. Subscribe to the BTRA Security Scheme for an additional layer of protection.

In addition to the participation of Sentul District Police officers, representatives of DBKL attended the event to discuss concerns in relation to overall environment, development and maintenance issues, and general public services under the purview of DBKL.



There's dinner at home...



And then there's dinner at home.

Even the simplest meals and moments will be enriched with the right ingredients to become truly indulgent experiences at AIRA Residence.

Discover your place here, in a superlative collection of high-rise abodes in Damansara Heights, fitted and finished with some of the most renowned brands in the industry.

#### A New Chapter Beckons

Be among the first to experience the exclusive release of AIRA Residence Tower B by registering your details with us.



Marketing Gallery and Show Apartment  
open for viewing  
**BY APPOINTMENT ONLY**

To register your interest, visit or call  
**AIRARESIDENCE.COM**  
**1800 88 5111**

Refers to RESIDENSI AIRA DAMANSARA

A prestigious development by:



**SELANGOR PROPERTIES BERHAD**

Passion for Excellence

Developer: Selangor Properties Berhad (5199-X) · Address: Level 2, Block D, Kompleks Pejabat Damansara, Jalan Dungun, Damansara Heights, 50490 Kuala Lumpur. Tel: 03-20941122 · Developer's license no: 14467-1/08-2018/0645 (L) · Validity period: 17/08/2016 – 16/08/2018 · Advertising & Sales Permit no: 14467-1/08-2018/0645 (P) · Validity period: 17/08/2016 – 16/08/2018 · Approving Authority: Dewan Bandaraya Kuala Lumpur · Approved building plan no: BP T2 OSC 2015 3240 · Type of Property: Condominium · Tenure: Freehold · Expected Completion Date: August 2019 · No. of Units: Type A1 – 16 units, Type A2 – 32 units, Type B – 32 units, Type C – 17 units, Type D – 1 unit, Type E – 1 unit, Penthouse – 5 units. Total: 105 units · Built up area: Type A1 – 5,253 sf; Type A2 – 5,351 sf; Type B – 4,489 sf; Type C – 2,679 sf; Type D – 7,201 sf; Type E – 5,856 sf; Type F – 6,383 sf; Penthouses – 6,566 – 7,730 sf · Price: Type A1 – RM 9,622,500 (min) to RM 10,428,900 (max); Type A2 – RM 10,141,100 (min) to RM 10,408,200 (max); Type B – RM 8,780,300 (min) to RM 9,086,200 (max); Type C – RM 5,284,600 (min) to RM 5,979,900 (max); Type D – RM 12,707,600; Type E – RM 10,822,200; Type F – RM 11,599,400; Penthouses – RM 13,064,900 (min) to RM 14,848,000 (max) · Type A1, A2, B, C – 3 Carparks · Type D, E, F – 4 Carparks · Penthouse – 4 Carparks · Bumiputera Discount: 5% · Encumbrances: NIL



---

## BTRA SECURITY SCHEME

---

### COST

RM250 a month, paid a year in advance. In the event of early termination, the unexpired balance shall be refunded, less RM100 administrative charge.

Please return this portion with your payment. You will receive a sign and an electronic tag, to be mounted on the gate, gate post or a nearby wall, and the guards' contact details after we receive your cheque. The sign and electronic tag are properties of BTRA, and must be returned if your subscription is terminated.

Amount : RM3,000 for 12 months  
Payee : **Bukit Tunku Residents' Association - Security**  
Forward to : Adam Smurthwaite  
                  15 Dalaman Tunku  
                  50480 Kuala Lumpur

BTRA member (*Please tick*)?  Yes  No

(If not, you need to become a member first. Please email [bukit.tunku.residents@gmail.com](mailto:bukit.tunku.residents@gmail.com) for a membership form)

Subscriber's Name

Bank

Cheque No  -  Amount RM  .

House Address

Email Address

House and Mobile 1.  -  2.  -

Phone\* (of residents,  
not of landlord) 3.  -  4.  -

5.  -  6.  -

\* To enable the Caller-Line Identification system to trace your emergency calls, please give us a list of the phone numbers that might be used to call the guards. Note that if your mobile phone does not send out its ID and displays "Private number" at the receiving end, then your call cannot be traced.



# ANNUAL MEMBERSHIP SUBSCRIPTION FORM

I hereby apply for membership of the **Bukit Tunku Residents' Association Kuala Lumpur** in the appropriate category:

- |                          |                         |   |
|--------------------------|-------------------------|---|
| <input type="checkbox"/> | <b>Ordinary Member</b>  | - Owner or Resident of property<br>- Representative of Management Corporation of condominium                            |
| <input type="checkbox"/> | <b>Associate Member</b> | - Applicable to family members of Ordinary Member residing with Ordinary Member<br>- Resident proprietor of condominium |
| <input type="checkbox"/> | <b>Corporate Member</b> | (Applicable to corporation owning one or more properties in Bukit Tunku)  |

Name : \_\_\_\_\_

\_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Residence Phone:  -       Fax:  -

Office Phone :  -      Fax :  -

Email Address :

Mobile : 

--	--	--

 - 

--	--	--	--	--	--	--

Occupation :

Page 10 of 10

Signature Of  
Application : 

Date :  
(Dd/mm/yy) / /

Cheque No :  -

Amount : RM  .

Property Ownership (Please tick) : Sole Owner

## Joint-owned      Company-owned

## ANNUAL SUBSCRIPTION/ VOTING

- Ordinary / Corporate RM 200 – voting rights
  - Associate RM 50 – no voting rights

# SELERA STREET

@ Level 4

## A GASTRONOMICAL EXPERIENCE

DISCOVER ALLURING AND IRRESISTIBLE  
LOCAL AND INTERNATIONAL DISHES  
TO TICKLE ONE'S TASTE BUDS.



The Original  
Boat Noodle



Authentic Penang Cuisine  
LORONG SERATUS TAHUN  
10400 PENANG



AH-CHENG-LAKSA



NARENJ



Ramen & Curry Sakura



AND MORE!

**FREE SEASON PASS**  
FOR BUKIT TUNKU RESIDENTS!

ONE (1)  
SEASON PASS,  
PER RESIDENCE ONLY.

Present this visual  
to the Concierge  
Counter (GF) and  
receive a **FREE**  
season pass!

\*T&C Apply

# A Conversation with John Smurthwaite

Long-time Bukit Tunku resident, John Smurthwaite, has served as BTRA Honorary Secretary for several terms. Still in this hot seat, John has seen much change in this neighbourhood — some good, some not so good. Nevertheless, he continues to keep an eye on Bukit Tunku's development, especially to maintain its status as a green zone in Kuala Lumpur. Here, we find out a little more about this silver-haired distinguished gentleman, sometimes spotted queuing at Kenny Hills Bakers for coffee and patisseries.

## *When did you come to Malaysia, and what brought you to our shores?*

I was working at an Australian firm called Frank Small & Associates, running the Melbourne office. By the late 1970s, I started feeling a bit restless, and in 1977, an opportunity arose in the company to expand deeper into Southeast Asia from Australia. I was very keen to come to Malaysia; my school mates from Malaysia talked about their country all the time and made it sound so fabulous — the beaches, swaying palm trees, the food. I was sold on their stories! My impressions of Malaysia were fed by the beauty of Malaysian stamps, a common hobby that my Malaysian friends and I had.

So I packed my bags in 1977 and made the leap. Within three years of arriving, I met and married my wife, Rohaya. That really set things into motion as far as my new life and career were concerned.

## *What have you been up to since 1977?*

Very soon after I got married, we set off to Hong Kong, where we stayed until 1988. In that time, I established Frank Small & Associates businesses in Indonesia, Korea, the Philippines and Taiwan. In those days, you can imagine those places were emerging markets, very raw in a sense. Apart from the language barriers, we faced some real challenges, such as finding suitable parties to become our local partners, a regulatory requirement. Finding the right people to run the local businesses threw up

some unprecedeted situations. We had to make a few tough and extraordinary decisions, but I'm pleased to say everything worked out well in the end. As anyone with experience in setting up foreign businesses in Asia in the 1970s and 1980s will tell you, it was an experiment with a high degree of unpredictability. I suppose that's what made it exciting.

We returned to Malaysia in 1988, and bought our house in Dalaman Tunku, having previously lived in nearby Jalan Gallagher. During the 1990s, I opened our offices in India, Japan and Vietnam.

## *You've been involved with the activism in Bukit Tunku since its early days. How and why?*

In the early 1990s, a group of us started converging to discuss what we saw as signs of high-rise property developments in Bukit Tunku. The late Dato' Kington Loo, a prominent architect in his time, was the de facto leader of our informal group. The property boom was moving into Bukit Tunku, and there was real concern among residents that the zonal regulations would be breached. The biggest concern was that the large parcel of land along Langgak Tunku seemed ripe for development. Owned by Bolton Properties, and referred to by residents as "KTM land," the proposed plan comprised a large number of high-rise commercial buildings, which would bring offices into our midst.



Our informal group mobilised a signature campaign around this development, raising funds for legal action, not only for this case, but for possible future cases. Long story short, our legal action delayed the development from progressing, and then the financial crisis hit in 1997. A subsequent agreement with the developer saw the parcel of land divided into two: one side for detached houses, and the other for low-rise apartments.

It was this potential property development that brought residents of Bukit Tunku and Taman Duta together. I think it opened our eyes to what might have been, and what could be, if we drop our guard.

### *What would you like to see more of in Bukit Tunku and Taman Duta?*

Living in Bukit Tunku is really fantastic. We are far enough from the madding crowd of the city centre, yet close enough to pop down there for a meal and events, if we want. What I'd like to see more of is residents taking greater interest in the Association, as well as the state of our neighbourhoods.

What I mean by that is most of us know that things don't happen by themselves; some actions need to be prompted. An example is the BTRA Security Scheme. This scheme has helped Bukit Tunku and Taman Duta maintain a very low incidence of petty crime, according to the Sentul District Police. Another example is our relationship with DBKL, which has gone from strength to strength due to our active engagement with them.

One of the activities in this neighbourhood was the BTRA Fair in 2012 at the tennis stadium grounds. That was the result of an energetic organising committee bringing games and food vendors together for a fun day, and raising a considerable amount of funds for charity. Maybe there could be other activities that bring us out of our homes; they don't have to be large-scale like the BTRA Fair, but it would be great to see more collaboration to make such events happen.

If anyone has any ideas for social events that will enable us to meet each other, drop us an email at [bukit.tunku.residents@gmail.com](mailto:bukit.tunku.residents@gmail.com). The Exco would love to hear from you!

### *What keeps you busy, nowadays?*

Not many people know this, but I dedicated 45 years to the same company! First known as Frank Small & Associates, then as TNS, and now known as Kantar TNS. I'm now retired from day-to-day work, and I'm involved with the industry association ESOMAR, which is the global body that promotes the value of research and insights. I am the Asia representative and attend conferences in the region, talking about the importance of research, as well as training on compliance, code of conduct issues and ethical practices. Data, research and insights have been in the news lately, not always for the right reasons. With the internet and social media, the collection and use of data itself is evolving — keeps things interesting!

The one benefit about this role is that it gives me the opportunity to add a few days, after business is done, for a short holiday. As much as possible, I bring my wife with me so we can spend some R&R time together.

### *Share with us something about yourself that not many people know.*

My dear mother is alive and very well... at 102 years young! She lives in Melbourne, on her own. She is fully cognisant — plays bridge twice a week, reads at least two serious books a month. In fact, she still chides me for reading "light fiction"! She cooks three-course meals and has my brother's and sister's families around for meals twice a week, separately.

My mother still takes public transport, and even used to mow her lawn, until the lawn mower was stolen not too long ago. She is a whiz at cryptic crosswords. She keeps up to date by reading the newspapers and listening to the radio.

Strong genes are evident on my mother's side of the family. Her sister — my aunt — passed on at the good age of 103!

# Caring With You Dementia Enrichment Centre: Filling A Critical Gap

**M**any people speak of it in whispers, perhaps due to perceived stigma, or fear of isolation by family and friends. Indeed, there is no easy path for those who develop dementia, or those who have to change their lifestyles to care for their loved ones with dementia.

It also does not help that facilities and resources in Malaysia for people with dementia, and those who care for them, are far and few between.

Dementia is an age-related disease, and in some countries, is

the fastest emerging disease, largely because people are living longer, healthier lives (for the most part) — a testament to the successes of improved health care and nutrition.

Malaysia is expected to become an ageing nation when 15% of its population is at least aged 60 by 2030, according to local medical specialists and others involved in studying demographic shifts, particularly with regard to an ageing society. The social and economic impact could be enormous.

Caring for people with dementia requires many things, not least understanding the disease. Dementia itself isn't a specific disease; it describes a group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning. The most common type of dementia is Alzheimer's Disease, followed by Vascular Dementia (source: [www.mayoclinic.org](http://www.mayoclinic.org)).

## What's available for people with dementia?

There is no cure yet for dementia, but there are things one can do to improve the quality of life for people with dementia.

A UK-based study found [that just one hour a week of social interaction](#) can improve the quality of life for dementia patients, as well as reduce the levels of agitation and aggression.<sup>1,2</sup>

Some countries, mainly in the west, have started initiatives to create [dementia-friendly communities](#), for example, [cities or villages](#) in the UK, Belgium and the Netherlands.<sup>3,4</sup>

Japan, with its well-known super-ageing society, [announced a plan to spend 22.5 billion yen](#) to train more specialists, improve early diagnosis and expand community-based care to improve the quality of life for dementia patients and their carers.<sup>5</sup>

In Kuala Lumpur, not far from our neighbourhood, is a facility specially equipped and staffed for people with dementia. The [Caring With You Dementia Enrichment Centre](#) was the brain-child of Deirdre Low and Helen Kok, whose own mothers were diagnosed with dementia.

Ms Low describes her experience in [an introductory letter on the centre's website](#), including her search for a specialised dementia-friendly place that could assist her with this new-found and challenging situation. The lack of suitable facilities

**Caring With You**

Is the first private Not for Profit Social Enterprise in Malaysia to provide Person-centred Enrichment Programs to Persons with Dementia.

We offer respite, support and education to the family and caregivers to empower them to craft and share uplifting and memorable experiences with their loved ones.

**Our Dedicated & Experienced Team**

The core leadership team members are certified Dementia Care professionals with qualifications from Dementia Care organizations in Australia and the UK.



*Our Purpose is to Make a Difference in a Society with Dementia.*

A contemporary centre run by certified Dementia Care professionals offering Dementia Enrichment Activities based on Person-Centred care for Persons with Dementia (including Alzheimer's Disease and other types of Dementia). Unlike traditional home care or day care that caters only for the physical issues, Caring With You incorporates a holistic framework of cognitive, physical, social and sensory activities, set within a home-like environment with Dementia friendly features.

## We Strive To Ensure Your Loved Ones:

- Receive a carefully planned & individualised program of activities
- Experience an improved quality of life with social interaction, memory regeneration and communication
- Feel happy and fulfilled
- Are distracted from thoughts that trigger negative responses such as agitation, anxiety and wandering

## For You the Caregiver:

- Respite and support
- Education and training



## Enrichment Program Activities Include:

- **Cognitive Stimulation:** Reminiscence Therapy, Brain Fitness and Cognitive Activities
- **Physical Activities:** Daily Exercise, Dance, Active Games and Physical Therapy
- **Psychosocial Program:** Art Therapy, Gardening, Life Story Work & Discussion Groups
- **Sensorimotor Program:** Music Therapy, Therapy based on US Music, Memory initiative and Multi-sensory therapy

spurred Ms Low to take things into her own hands — in addition to reading voraciously about the disease, she attended courses and programmes by various Alzheimer's organisations, as well as visited centres in Singapore and Australia. And eventually, the first privately funded dementia centre in Malaysia that truly practises person-centred dementia care, was born.

The centre is not a home; rather it is a place that replicates the home-like environment for people with dementia. There are bespoke programmes and activities to engage patients in four key areas: cognitive; physical; psychosocial; and sensorimotor. Carers are qualified by care organisations in Australia and the UK, and they keep up to date with developments in therapy and methodologies for people with dementia.

If you're in need of a centre that understands the special needs of people with dementia and their carers, do contact *Caring With You Dementia Enrichment Centre* for a preliminary chat and a visit. It could make all the difference.

## Sources and References:

- <sup>1</sup> <https://www.theguardian.com/society/2018/feb/07/social-interaction-dementia-patients>
- <sup>2</sup> Ballard C, Corbett A, et al. Impact of person-centred care training and person-centred activities on quality of life, agitation, and antipsychotic use in people with dementia living in nursing homes: A cluster-randomised controlled trial. Published: February 6, 2018, <https://doi.org/10.1371/journal.pmed.1002500>
- <sup>3</sup> <https://www.theguardian.com/sustainable-business/2017/mar/08/dementia-friendly-shops-offices-cities-british-gas-hsbc>
- <sup>4</sup> <https://www.theguardian.com/society/shortcuts/2018/mar/12/life-dementia-village-development-kent-hogeweyk>
- <sup>5</sup> <https://www.theguardian.com/world/2016/jun/16/record-12208-people-with-dementia-reported-missing-in-japan>

## Caring With You

3 Jalan Batai, Damansara Heights  
 50490 Kuala Lumpur  
 Tel : 03.2011.1806  
 Email : info@caringwithyou.com  
 Website : www.caringwithyou.com  
 Mondays to Fridays, 8:30 to 17:30



# Help to Reduce Plastic Pollution!



There seems to be a renewed focus of late to reduce the amount of plastic waste in our environment. Perhaps distressing images of land and marine animals with plastic straws up their noses and in their stomachs, seas and beaches suffocating under piles of plastic pollution — shared across social networks, published in mainstream newspapers, and broadcast in full-blown HD colour on nature documentaries, such as the BBC series Blue Planet 2 in 2017 — has shocked us more than any campaign has managed to do.

Since the 1950s, an estimated 8.3 billion tonnes of plastic have been produced. This most versatile and durable of inventions has served industry and consumers well — lightweight, flexible, moisture-resistant and relatively inexpensive. It's practically ubiquitous and indispensable.

But plastic can end up in the human food chain — a discarded plastic bag breaks down in the sea, and the process releases toxic chemicals that may be digested by fish, which in turn may be caught for human consumption. Most plastic waste ends up in landfills, over time leaking into the natural environment where it causes huge damage.

Governments, environment NGOs, global bodies, conservationists, scientists and other such groups are addressing this huge problem in myriad ways — education, clean-ups using technology, or investing in research and resources to create suitable substitutes for this mostly non-perishable material.

All this will take time, and many actions that we already do help to make a difference — for example:

- Using our own re-useable shopping bags.
- Using our own drink containers or tumblers for coffee, tea or water, when we go out.

- Using our own food containers if we plan to buy take-away food.
- Using our own re-useable or biodegradable straws rather than the single-use plastic ones.

Some restaurants that have switched from single-use plastic straws to re-useable straws:

- Fittie Sense, Jalan Telawi 3
- Bobo KL, Jalan Bangkung
- Cava, Jalan Bangkung
- Lucky Bo, Jalan Bangkung
- Leonardo's, Jalan Bangkung
- Opus, Jalan Bangkung
- Pinch, Jalan Bangkung

It's easy to make these small actions part of our lifestyle. Every little bit counts!

*Re-useable stainless steel straw and bristle brush for cleaning, with cotton sleeves; sleeves sold separately, made by Persatuan Pemulih Orang-Orang Cacat Selangor & Wilayah Persekutuan. Straws and sleeves available at Fittie Sense, Jalan Telawi 3, Bangsar.*



# It's Easy To Build Your Own No-Dig Garden

Harbir Gill

**E**very home presents a different set of challenges when creating that perfect garden space. Based on my experience, the most notable challenges in creating such gardens are issues such as: limited space; cemented-up areas; poor-quality soil; and the danger of erosion. Ground Control has adopted a widely acknowledged and proven, non-cultivating system called 'no-dig gardening' or as we call it, 'no-dig system,' to overcome such challenges.

No-dig gardening, as the name denotes, is a way of growing edible or aesthetically pleasing plants using a mixture of organic based materials WITHOUT the need to dig or till the ground for plants to grow. Tilling is very much a part of how the agricultural and gardening industries of the world grow or create what is needed or desired. It is labour intensive, and an environmentally altering method, where nature plays either an equal or smaller role in the process.

On the other hand, the no-dig system is where we allow nature

to play a much bigger role in the growth or creation process. To begin, nature undertakes and sustains its own growth or creations through a no-dig process of its own. For example, a lush and healthy jungle environment owes its existence to the perpetual layers of nitrogen (green vegetation) and carbon (dried brown vegetation) lying on the ground. These layers, in turn, decompose with the help of water, sunlight, air, microbes and even worms, to provide a never-ending layer of nutrient-rich compost, which you will find as the first few inches of top soil in a jungle environment.

At Ground Control, we pride ourselves in creating the perfect soil blends and raw compost based on exactly the same kind of decomposition process where, in our efforts to be environmentally friendly, we also add vegetable and fruit-based waste matter to the mix. But this is only telling half of the success story. In an urban or semi-urban setting, to create that perfect garden using the 'no-dig system' requires a systematic approach with a list of materials to be used.

...And what a lovely garden it is, too!



## The No-Dig Garden “Starter Kit”

Irrespective on the make-up of the location, you can start by:

1. Setting up a raised bed made of galvanised steel called a **Grow Tong**. Galvanised steel, unlike the more popular zinc and wood used to create raised beds, lasts much longer and does not corrode as easily.

Depending on the dimensions of the location, the Grow Tong comes in either an oval or circular shape using a set number of straight and curved pieces of varying sizes. If the Grow Tong is placed on relatively **flat soil in a garden**, for example, the process of filling it with organic material can begin immediately.

2. If the Grow Tong is placed in a **flat but cemented or tiled area**, a line of plastic drainage cells must be placed between the hard surface and the Grow Tong's base to elevate the latter for drainage purposes.

A piece of geotextile must also be placed at the bottom of the Grow Tong from within it, covering the entire interior with its ends running almost to the top part of the Grow Tong. This fabric is to filter any excess water running from the Grow Tong's bottom in order to retain the vital nutrients of the soil and compost placed within it, from being washed away. A garden-based Grow Tong will not have that problem because such nutrients are not washed away as easily due to the soil underneath.

3. To fill the Grow Tong, always start with thin layers of nitrogen and carbon (and organic waste, if available) placed at its bottom. While dried leaves and cut grass would be the most readily available sources, you can add other nitrogen and carbon-based materials, such as egg shells, coffee grounds, hair, tea bags, dryer lint and flowers.

4. There's no hard and fast rule about the number of layers required; my recommendation is a *minimum of six layers* is best.

You can opt for a smaller Grow Tong if you have limited space...



Select your favourite plants, greens and herbs...

A larger Grow Tong if you have space for it; fill with layers of nitrogen (green vegetation), carbon (dried brown vegetation), and organic waste...

What is crucial is to leave at least six to seven inches of **mixed blend soil** (consisting of raw compost, cocopeat and fine sand) as the top soil for planting purposes. A thin layer of mulch, i.e. wood chippings, and lots of water are added as a finishing touch, before planting can begin. The mulch will act to retain moisture because exposed top soil can dry up quite fast in the heat of the sun.

Any water that trickles down to the layers at the bottom of the Grow Tong will help the decomposition process of those layers, to become raw compost in several months. Over time, the decomposing layers at the bottom will cause the level of the soil within the Grow Tong to lower and would require additional soil and mulch to be added.

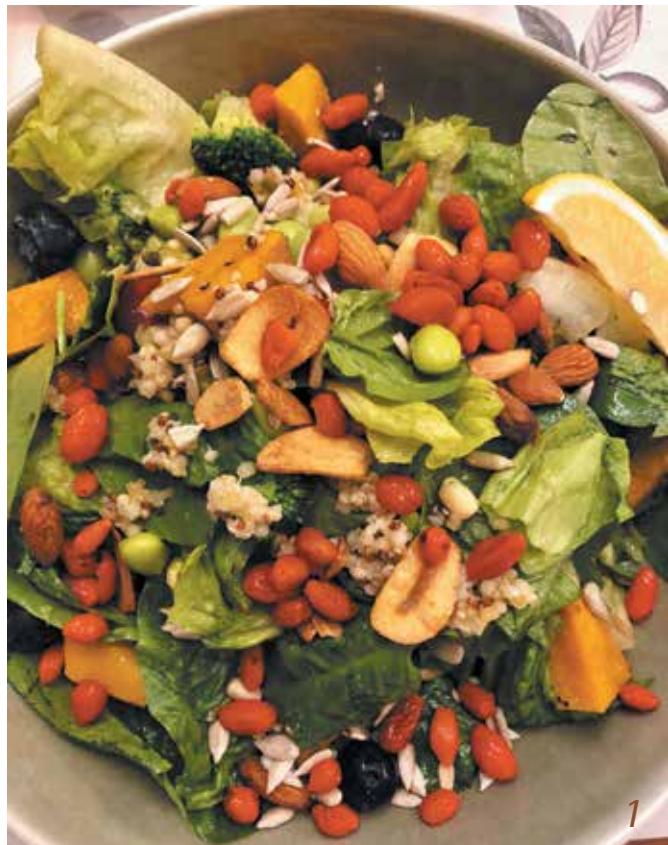
We at Ground Control are proud of what we have achieved thus far, based on mimicking what the rainforest, more specifically nature, has achieved itself. Getting a slice of that perfect garden doesn't necessarily entail you going to the jungle. With the right knowledge, that jungle can come to you.

*Harbir Gill is an entrepreneur and Chief Composter at Ground Control. He has a strong passion for creating edible gardens. He believes that if everyone built a compost heap, we'd all eat more healthily and naturally. Harbir can be contacted at 019.653.4174 and [harbir@groundcontrol.my](mailto:harbir@groundcontrol.my).*

...And enjoy the same luscious outcome...

# Restaurant Review: Botanica+Co @ Alila Bangsar

Iqbal Abdul Rahim



1



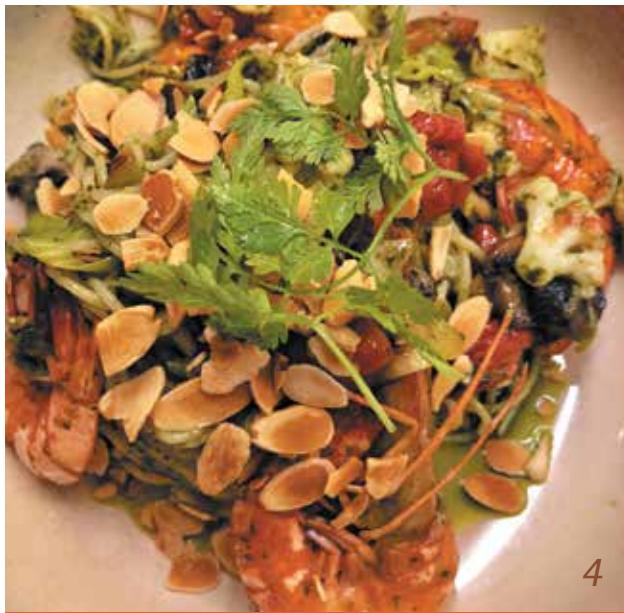
2



1. Superfoods Salad  
2. Crab Cakes  
3. Curry Fries

**A**s the gentrification of Brickfields continues apace, it's gratifying to see a world class hotel marque coming in and setting up shop. The Alila Bangsar sits on the 35th to the 41st floors of a mixed development called The Establishment. With 143 rooms, the Alila will definitely give neighbouring hotels a run for their money. But I do wish they would be honest and just call it Alila Brickfields, because that is where it is.

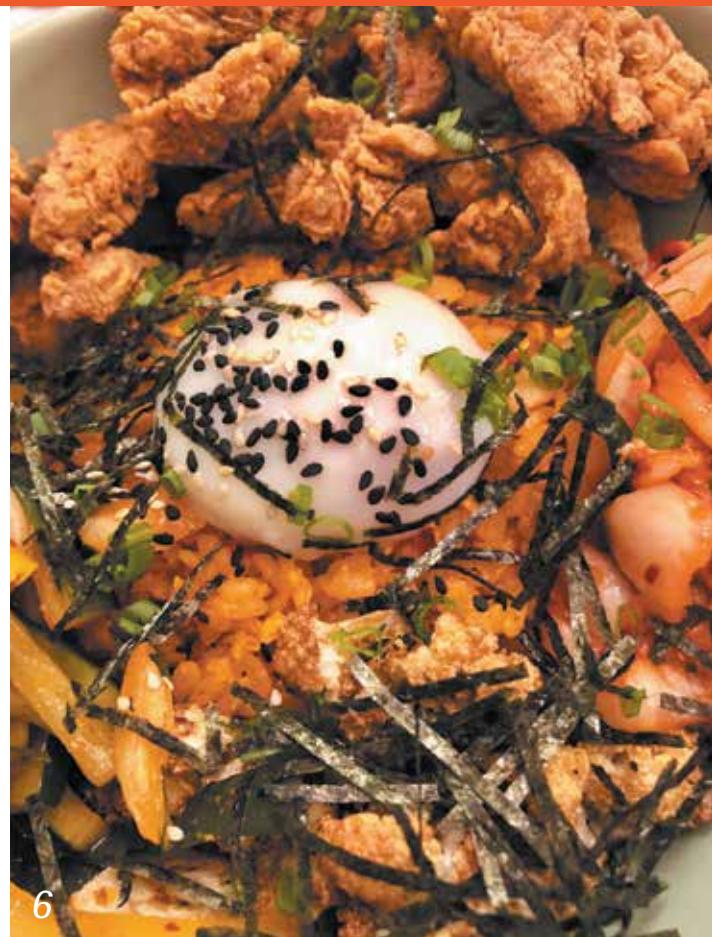
The approach to the hotel winds through a less than salubrious part of KL, which may put some people off. But the destination is worth the effort. The Alila is designed with dark stone and wood and minimalist lighting that wisely hides any flaws in workmanship. A short stroll through the lobby leads to the bright and breezy space taken up by Botanica+Co, Bo+Co for short. This is the sister restaurant to the older Botanica in Bangsar South, aka Kerinchi.



4



5



6

I like Botanica. Its menu is wide, catering to as many tastes as it possibly can and the staff is well trained and attentive. Most of the time. The best seating is on the right as you enter; the ones nearer the glass wall facing the street have a view but are not as comfortable. With that in mind, I booked one of the ‘sofas’ and my fellow diners and I began to study the menu.

We began our meal with a sharing plate of Curry Fries, Crispy Calamari, House-made Crab Cakes, and a Superfood Salad. We were trying to balance the fried foods with a healthy salad! The fries were a hit: they were liberally sprinkled with a Japanese curry powder, giving them a familiar flavour that was not overly pungent. This was definitely a more-ish dish. The Superfood salad was a large bowl filled to the brim with baby romaine lettuce, quinoa, blueberries, wolfberries, almonds, pumpkin, spinach, and lightly dressed with an orange and rosemary dressing. It was fresh and it was delightful. The crab cakes were supposed to come with a seafood bisque dip, but sadly that bisque was some dull brown glop, which merely anchored the cakes to the plate. The calamari was a winner, with a lime aioli that was neither too tart nor too bland. All in all, the starters were a riot of colour and texture, making our table look terribly festive.

For our mains, we ordered a Prawn and Kale Pesto Pasta, a Korean Bowl and a Wagyu Beef Burger. The first two arrived together but the burger took another ten minutes — something to bear in mind if you’re really hungry. The mains are generous — Botanica+Co are famous for that — so one really feels it to be worth one’s ringgit.

4. Kale Pesto Pasta

5. Wagyu Burger

6. Korean Bowl

The Korean Bowl is a bowl of rice laden with kimchee, seaweed, and fried nuggets of chicken (a bit like chicken karaage). Nestled in the middle of it all is the current restaurateur's favourite: an Onsen egg, which is simply a poached egg. The idea is to break the egg and mix everything together. The flavours were distinct, with the kimchee taking the lead. This is real comfort food, perfect for the drizzly evening that it was.

The pasta dish was very pretty with a generous portion of four big prawns and a pleasing overall green colour. In terms of flavour, kale lends very little to the palate, aside from a mild 'green' taste. The Wagyu burger was amazing: all beefy in flavour loaded with guacamole, nori seaweed, pickled ginger and an unagi sauce that was just right. I particularly liked the bite that the wagyu still had, despite being a fine mince. All the elements combined to create a rather tasty burger that was filling and different.

For me, the end of the meal can never come soon enough. My sweet tooth just itches for relief. Thanks to the generous

portions, we were too full to have one dessert each so we decided on a shared sweet: Chocolate Ganache Tart made with Valrhona chocolate. It came straight from the cake chiller and was rich, deep and full of French flair. Valrhona chocolate is one of the finest chocolate houses so anything made with its products is to be recommended.

There's something funny yet comforting about sitting indoors under trees; it's as if we have managed to tame nature to suit our needs. Whatever it is, trees always lend a serenity that few man-made objects can. The interiors of Botanica+Co at Alila is a little sparser than the one in Bangsar South, but the tall trees and the park bench seating give this restaurant a feel all its own. The toilets are clean and well-lit although the door design makes it a little difficult to exit, something for the hotel to think about as Alila prides itself on being a design-based chain.

Botanica+Co is a lovely place for a meal if you're looking for comfort food and pleasant interiors. Best of all, if you've overindulged, you can just check in for the night.

*Erstwhile Kenny Hillbilly Iqbal has not strayed far from this leafy corner of Kuala Lumpur and can be spotted having coffee at Kenny Hills Bakers on any given afternoon. A former contributor to The Edge, Iqbal is a walking database when it comes to restaurants in KL and PJ, and considers each new restaurant an adventure.*

### **Botanica+Co at Alila**

58, Jalan Ang Seng  
50470 Kuala Lumpur  
Tel: 011.2600.8188

Curry Fries	RM 19
Crispy Calamari	RM 29
House-made Crab Cake	RM 32
Korean Bowl	RM 36
Prawn and Kale Pesto Pasta	RM 42
Wagyu Beef Burger	RM 45
Superfood Salad	RM 27
Chocolate Ganache Tart	RM 25



*Chocolate Ganache Tart*

# Whither the KL Local Plan? SaveKL asks DBKL

For many years, residents of Kuala Lumpur have been hoping for a KL masterplan that spells out plans and actions to build Malaysia's capital city into a world-class city, balancing economic development with sustainable growth and social needs. However, to date, no plan has been forthcoming. Meanwhile, property development across the city continues, causing concern among residents.

Indeed, in the early days of BTRA (early 2000s), the pioneers of our fledgling residents' association attempted to engage DBKL and the then mayor. Despite meetings and letters, the wheels of city bureaucracy were slow-moving, and other priorities at DBKL arose.

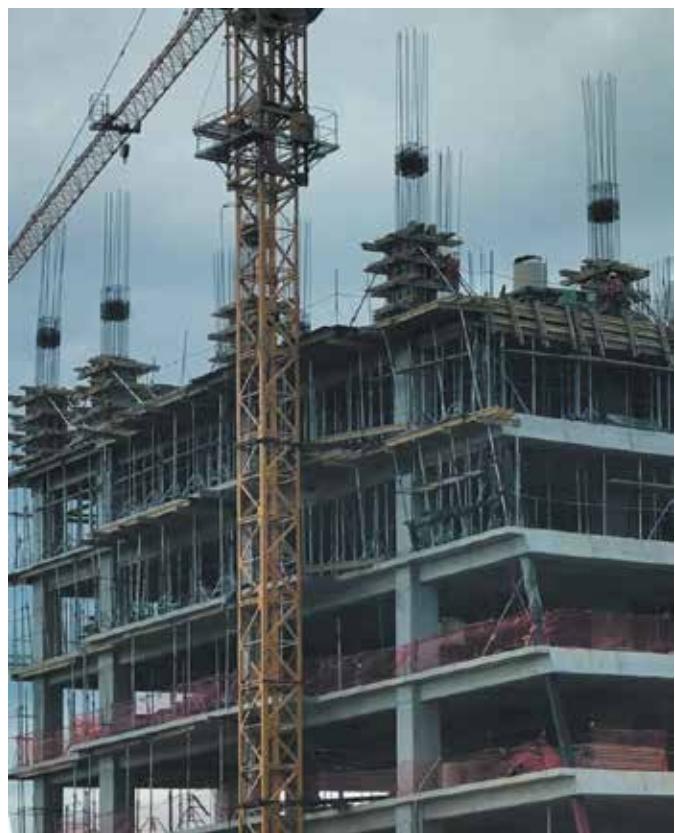
Over the years, as KL grew, many neighbourhoods old and new formed their respective residents' associations with the aim of protecting their zones from indiscriminate development and preserving their quality of life. As such, engagement with local council representatives and DBKL was mostly focused on issues affecting their respective neighbourhoods.

But property development projects have continued relentlessly, green zones have vanished, and many neighbourhoods in the city seemed to be never-ending construction sites. It became increasingly clear that if KL aspired to be a world-class city — a line often uttered by the powers that be — a comprehensive city plan was sorely needed.

To that end, a group of KL-based residents' associations and like-minded NGOs banded together to form the *Coalition to Save Kuala Lumpur* in 2008, primarily to engage DBKL for the launch of the Draft Kuala Lumpur Local Plan 2020. The process to draft the KL Local Plan 2020 began in 2008. Four years later, and after spending a considerable sum (some reports say about RM30 million), the Draft KL Local Plan 2020 was no closer to being gazetted.

Fast forward to 2017, the then Federal Territories Minister, Tengku Adnan Tengku Mansor, announced that the Draft KL Local Plan 2020 would not be gazetted in its present state as it was due to expire by 2020. He alluded to a new KL Local Plan 2035 and even a 2050 plan. This announcement spurred the group to reinvent itself as *Selamatkan Kuala Lumpur*, or SaveKL, this year, and held its first meeting in January. More than 30 KL-based residents' associations have joined SaveKL to date.

With the recent change in government, and the prevailing new upbeat mood, SaveKL is waiting to hear about the fate of the Federal Territories Ministry. Whatever the outcome, SaveKL will continue to engage DBKL on the KL Local Plan with renewed vigour to ensure that development in KL is balanced with sustainable living and social needs.





## About Selamatkan Kuala Lumpur, or SaveKL

Formalised in January 2018, among the 30-odd residents' associations that have joined are BTRA, Bukit Damansara, Bukit Bandaraya, Bukit Persekutuan, Sri Hartamas, Taman Seputeh, and Taman Tun Dr Ismail. The Chairman is Tan Sri Abdul Aziz bin Abdul Rahman, who is the President of the Bukit Damansara House Owners' Association.

### SaveKL wishes to see four outcomes for Kuala Lumpur:

1. Gazetting and the enforcement of the KL Local Plan 2020
2. Election of a KL Mayor and council members
3. Effective community participation in the development and future of the city
4. Protection of green and public spaces

### Since January 2018, SaveKL has been involved in, or organised, a few key activities, among them:

- Participated in the United Nations World Urban Forum No: 9 (WUF9), held at KLCC Convention Centre between 7th and 13th February. On 8th February, a group of 40 SaveKL advocates congregated and denounced DBKL's insistence for not having a local development plan.
- Invited the 11 KL Members of Parliament to a meeting on 6th March to discuss city issues; all MPs, except the two Barisan Nasional and one Independent, attended.
- Presented a Memorandum to the then Prime Minister at Parliament House on 12th March, followed by a news conference with then Opposition Leader Datin Seri Wan Azizah Wan Ismail and some of the then Opposition MPs.

Visit [www.facebook.com/savekl](https://www.facebook.com/savekl) for more news.



---

## USEFUL CONTACT NUMBERS

---

### DEWAN BANDARAYA KUALA LUMPUR (DBKL)

All matters / complaints – need only to call: DBKL Hotline (24 hours) [www.dbkl.gov.my](http://www.dbkl.gov.my) **1.800.88.3255**

### ADDITIONAL DETAILS FOR DBKL

Public Health (Bukit Tunku-Damansara Zone)	General Line	<b>2027.5300</b>
• Abandoned houses / land / swimming pools		
• Breeding mosquitoes, festering rodents, snakes		
• Fogging of public drains		
Enforcement 24 hours – Emergency		<b>4024.4424</b>
Maintenance of drains, broken drains, structural problems	General Line	<b>2617.9392</b>
Maintenance of monsoon drains		<b>2617.9453</b>
Tree trimming / overhanging branches	General Line	<b>2693.4132</b>
Stray cats and dogs		<b>4021.1682</b>
Snakes / Beehives (24 hours)		<b>9284.3434</b>

### OTHER PUBLIC SERVICES

#### ALAM FLORA

[www.alamflora.com.my](http://www.alamflora.com.my)

Garbage collection, cleaning, clearing of drains,  
sweeping of roads, grass cutting, recycling

**1.800.88.7472**

General Line **2052.7922**

#### POLICE

Sentul Station  
Bukit Aman  
KL Traffic Police

**4048.2222**  
**2266.2222**  
**2071.9999**

#### SYABAS (water works)

[www.syabas.com.my](http://www.syabas.com.my)  
Puspel 24 hours  
Email: [puspel@syabas.com.my](mailto:puspel@syabas.com.my)

**1800.88.5252**

#### TNB (electricity)

[www.tnb.com.my](http://www.tnb.com.my)

Breakdown, power failure, streetlights

**15454**

#### INDAH WATER KONSORTIUM

[www.iwk.com.my](http://www.iwk.com.my)

Service/Operations Enquiries

**2284.7828**

#### TELEKOM MALAYSIA

[www.tm.com.my](http://www.tm.com.my)

Dropped telephone cables, faulty lines

**100**

#### DEPARTMENT OF ENVIRONMENT

[www.btra.com.my](http://www.btra.com.my)

**1800.88.2727**

Open Burning – 24 hours

Phone numbers updated 9.1.2017 • Websites added 20.12.2016

---

## PERSATUAN PENDUDUK BUKIT TUNKU KUALA LUMPUR

Bukit Tunku Residents' Association, Kuala Lumpur (BTRA)

No. Pendaftar 1443 / 92 (Wilayah Persekutuan)

15 Dalaman Tunku, 50480 Kuala Lumpur • Fax: 2711.8780 • Email: [bukit.tunku.residents@gmail.com](mailto:bukit.tunku.residents@gmail.com) • Website: [www.btra.com.my](http://www.btra.com.my)



## Sid's Neighbourhood Pub & Restaurant



**POP DOWN TO YOUR LOCAL**

Sid's Pub Bukit Tunku

H2 Taman Tunku, off Langat Tunku, Bukit Tunku, Kuala Lumpur 50480  
[www.sidspubs.com](http://www.sidspubs.com)

