

Living On TheHILL

June 2022

A Publication of BTRA

www.btra.com.my



Watercolour by **Arif Wan Abdullah**
© Nadeeka Sarah



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Sunset over KL: View from Changkat Tunku, Taman Duta
📷: Nadeeka Sarah, Taman Duta resident



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The President Speaks

Half of 2022 has come and gone, and I hope all residents have stayed safe, fared well and are, finally, relishing being out and about fully after two years of restricted movement. That said, we are not completely out of the woods yet, as far as coronavirus is concerned, if we will ever be. But we should count our blessings from now on. I certainly am.

In our neighbourhoods of Bukit Tunku and Taman Duta, I am pleased to highlight two initiatives that will, I hope, have long-term positive outcomes.

The first is the new recycling programme co-organised by Nestlé and Alam Flora Environmental Services. The programme introduced a weekly collection of pre-selected recyclable items from occupied landed properties here in March. After some teething problems, the programme eventually found its rhythm. The key to ensuring that Bukit Tunku and Taman Duta continue to be served by this programme is our participation and compliance to its requirements. Big thanks go to our Honorary Secretary and the Environment Sub-Committee for putting our areas on the radar screen of Nestlé, the sponsor. It fills a gap in recycling and responsible disposal for many of us living here.

The second is a project that I had mentioned at the 2021 AGM — the creation of an inventory of trees in our area with a view to the long-term care, preservation and conservation of our natural environment. To this end, BTRA engaged the [Forest Research Institute of Malaysia](#) for this undertaking. Who better than FRIM for this task — it is our very own multi-award winning tropical forestry expert, whose latest award was the 2021 UNESCO Sultan Qaboos Prize for Environmental Conservation last November. I look forward to seeing the analysis of our foliage and proposed actions for sustainability in our own back yard, as it were.

Related to the theme of care for our environment, I'd like to give a shout-out to one of our members, Yui Isaka. Some of you may have seen Yui-san on her walks around the neighbourhood. What's special about Yui-san is that she picks up litter along her route, keeping our area cleaner through her thoughtfulness. Thank you very much, indeed!

With regard to one major neighbourhood issue — those nightly nuisance revellers along the Kenny Hills Grande vista on Jalan Bukit Tunku. The affected road is a public road. As such, there are limitations on actions BTRA can take. BTRA has stepped up its notification of concerns to the relevant authorities, and hopes to have a meeting with DBKL to discuss how DBKL can assist to eliminate, if not reduce, the nuisance. Furthermore, the Committee has had discussions with affected residents and within the Committee itself to explore options available to residents.

BTRA also notes with concern that a residence has been used for car-park operations. Fundamentally, our neighbourhoods are designated for residential purposes only. BTRA will continue to take steps to address residences that are used for commercial purposes. We welcome information from members who have noticed any residences that are being used for non-residential purposes.

Not to end on a grim note, I'd like to call out another member who is, shall we say, "going round the bend" with his mega fund-raising challenge. Ordinarily I would not comment publicly on fund-raising activity by members — I laud all of them equally, privately. But Jeff Ross won't mind if I call him "a touch loony," because he has committed to completing 22 marathons in 2022, each one dressed in costume. I start sweating just thinking about that! Good luck Jeff, I wish you great success in your crazy but noble endeavour.

Muthanna Abdullah

Feedback? Suggestions? Comments?



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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 btra.loth.ads@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). *Living On The Hill* is available at www.btra.com.my/newsletter.

Recycle Boleh!

Food giant Nestlé Malaysia, together with Alam Flora Environmental Services, has collaborated on a neighbourhood recycling programme with a view to reducing the devastating impact of plastic and other materials on the natural environment.

Nestlé, the maker of well-known brands, such as Milo, Maggi and Nescafe — loved by generations of Malaysians — seeks to build a circular economy that is less harmful and more sustainable for life on earth.

The programme started in 2021 in Selangor, engaging more than 30,000 households. Working with local government, relevant public agencies as well as residents' associations, it proved to be a success. It was introduced to Bukit Tunku and Taman Duta in March 2022, where weekly collection of dry mixed recyclables (DMR) from occupied households would occur on Thursdays.

The BTRA Honorary Secretary and Environment sub-committee were front and centre in discussing programme logistics, organising distribution of DMR



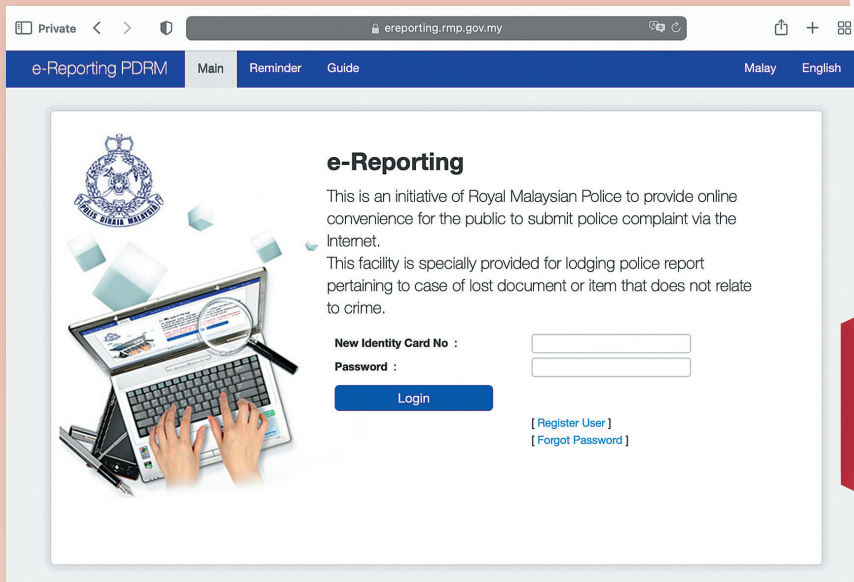
bags to members, and providing essential feedback to the co-organisers. Instructions, including infographics sourced from Nestlé and AFES, were shared with members via the two BTRA chat groups.

After some teething issues, mainly concerning receipt of DMR bags, or non-collection of packed DMR bags, the programme in the neighbourhoods found its rhythm. The programme organisers have indicated that participating households who comply will receive a blue bin for their DMR items, replacing the use of the current bags.

BTRA wishes to thank its members for their active participation and compliance, ensuring our neighbourhoods continue to be served by this programme.



Portal to Report Lost Items



e-Reporting

This is an initiative of Royal Malaysian Police to provide online convenience for the public to submit police complaint via the Internet. This facility is specially provided for lodging police report pertaining to case of lost document or item that does not relate to crime.

New Identity Card No :

Password :

[\[Register User \]](#)
[\[Forgot Password \]](#)

Polis DiRaja Malaysia, or PDRM (Royal Malaysian Police, RMP), has introduced *eReporting* to make filing of police reports easier for the public. *eReporting* covers loss of documents not related to criminal offences.

How:

- Go to the portal at ereporting.rmp.gov.my. An option for English is available.
- Register and log on.
- Enter details of complainant and incident.
- Submit report details online.



Steps to make a police report

- 1 Visit e-reporting system (ereporting.rmp.gov.my)
- 2 Sign up and log in to e-reporting system
- 3 Checking the complainant profiles
- 4 Insert the incident details
- 5 Enter the incident statement
- 6 Submit the report to e-reporting PDRM
- 7 You will be receiving a copy of the report through email and can print it
- 8 Bring the police report to related agency

What:

1. Lost IC
2. Lost Driver's Licence
3. Lost Passport
4. Lost Credit Card or ATM Card
5. Lost Mobile Phone
6. Lost Laptop
7. Lost Road Tax
8. Missing domestic worker



A Genuine “Pick-Me-Up” Story

A big shout-out to Yui Isaka, resident member of BTRA, for her efforts to keep our area litter-free! Since January 2021, Yui-san has made picking up trash a part of her walks — making Bukit Tunku a cleaner, greener place with her thoughtfulness.

Twice a week (more often during MCO periods), Yui-san walks a good five kilometres, making a loop that passes the scenic vista opposite Kenny Hills Grande.

It is this spot that teems with litter. Yui-san says that after weekends and public holidays, the litter situation there is particularly bad: a lot of beer cans; cigarette ends; broken bottles, and bottles of hard liquor. One concern is that broken bottles present a risk to vehicles, children, and dogs (strays and pets); and no doubt to other urban wildlife in this neighbourhood.

It’s no secret that the scenic area at Kenny Hills Grande has become a nightly party venue for “revellers,” creating a massive disturbance for residents of the neighbourhood.

There is the additional concern that the presence of hard alcohol may lead to more mischief and possibly more reckless behaviour.

The BTRA Committee is discussing options to address the litter problem with the relevant public service agencies, as part of the larger issue of the nightly rowdy revellers who congregate at a scenic spot in the area.

Bukit Tunku's own Marathon Man

22 Marathons in 2022 to raise funds for five charities

Intrepid (some might say “eccentric”) Kenny Hillbilly Jeffrey Ross has decided that 2022 will be his “Year of The Marathon” in KL – 22 marathons to be exact, running in 12 eye-catching costumes – to raise funds for five charities.

At time of writing, Jeff has run 10 marathons and raised approximately RM17,000. A knee injury temporarily halted the challenge, but Jeff is back with a vengeance. Between May and July, Jeff is going to run 16 marathons – that’s two per week, barring injury!

Speaking about the additional burden of running in costume, especially in this withering heat and humidity, Jeff explains that he wanted to add an element that would make the challenge more entertaining.

“I wanted to increase attention on this activity and get people personally involved, either by joining me on these runs or donating to the charities. Also, I wanted to show people that running and exercise can be fun. There’s no pressure on anyone else to finish 42km, only that they have a good time while doing it.”

Other ways to involve people is to ask them to vote which costume Jeff should wear for the next run, and organise side competitions, such as “guess the finish time”.

Jeff continues: “The charity organisations that I am raising money for – they are doing important work, and their work is perpetually under-funded and under-appreciated. I am using my platform as a runner to shine a spotlight on these organisations and encourage others to embark on similar activities to support the marginalised.”

Jeffrey Ross is running
22 MARATHONS
 for charity throughout 2022!

simplygiving
 Helping people make a difference

Malaysian Red Crescent
The Lost Food Project
Yayasan Chow Kit
PAWS Animal Welfare Society
Trap-Neuter-Release-Manage Malaysia

Scan the QR code to donate:

Follow Jeff's Challenge on Instagram:

@jeffreyross_runner

#AFitterYou22



“Man On The Run”

The first run of 2022 was a solo effort around KL. For this run, Jeff wore a sweltering Santa suit, complete with very itchy white beard! For the second marathon (dressed as a giant banana), Jeff had the company of some students of his running class for 42 torturous loops around the LHDN tax office off Jalan Duta. And for the third marathon, Jeff was pacing one of his students who was also running a marathon. For this run, he was dressed in a giant Tomato Ketchup bottle costume — don't do this at home!

Jeff plans to involve some of the beneficiary charities in the runs, for example, children from Yayasan Chow Kit. He says that the kids can run or walk; it's the participation in the fun activity that counts.

Quite apart from the fund-raising itself, Jeff's challenge hopes to inspire people to exercise regularly and to let them know that exercise can be fun. He states: “As our life spans get longer, it's important to stay fit and healthy. It helps to maintain our quality of life and prevent or delay some age-related ailments. In the aftermath of the Covid-19 pandemic, never has it been so important to focus on our physical and mental wellbeing. If I am able to inspire even a few people to get fitter, then I will be very happy.”

Jeff's Top Five Tips For New Runners

1. Invest in a decent pair of running shoes. Old or ill-fitting shoes are one of the main causes of injury.
2. Don't be in a hurry to run long distances. You need to build up slowly and steadily. Running a marathon is not fun if you have not trained well!
3. Don't carry anything in your hands as it will affect your posture and running mechanics. If you like to drink a lot, use a hydration pack made specially for running.
4. Don't listen to music or podcasts or audiobooks or such like while running, unless you are in a completely safe environment. Your proximity awareness, visual and aural senses are key to staying safe.
5. Try a group running session and get some coaching tips early in your running adventure. Warming up and working out in a group is more fun and motivating! Many people assume that running clubs are only for serious runners — completely untrue!

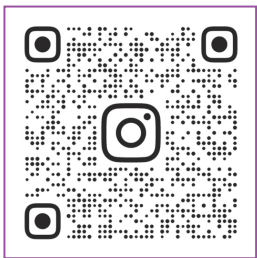


Going Round The Bend in Bukit Tunku

Most of the mileage will be accumulated in the Bukit Tunku area, so residents should keep a look-out for Jeff in his attention-grabbing costumes. And if you spot him, do give him a hearty cheer! He's told BTRA that he has plans to run 422 loops of the small park at The Stories... this feat alone should prompt residents and customers to dig deep into their pockets to support Jeff's challenge! Having run 250km in the 50-degree Celsius heat of the Mongolian Gobi Desert, Jeff has clearly demonstrated outstanding mental strength (and a touch of madness?) to take on The Stories!

The 22-Marathon challenge is raising funds to support organisations involved with flood victims, animal welfare and children's welfare. Anyone who runs regularly, or just out for a bit of exercise and fresh air, is welcome

to join one of the runs. For more information, check out Jeff's Instagram [@jeffreycross_runner](https://www.instagram.com/jeffreycross_runner) (QR Code, left) where you'll find all the latest 22-Marathon challenge updates, photos and videos.



About Jeffrey Ross

Jeff hails from Edinburgh, Scotland. He has been living in Bukit Tunku and working in Malaysia since 2011. Jeff is the General Manager of **Fresh Events Asia Sdn Bhd** and Head Coach of **Total Running Club**, a KL-based running club.

Jeff's formidable running creds include:

- Five-time winner of Standard Chartered KL Marathon
- Three-time winner of KL Tower race (a favourite)
- Placed 3rd in **The Gobi March 250km** race, one of the hardest races in the world.
- Over 50 wins internationally for races between 5km and 42km.
- Coached more than 1,000 Malaysian runners aged between five and 75!

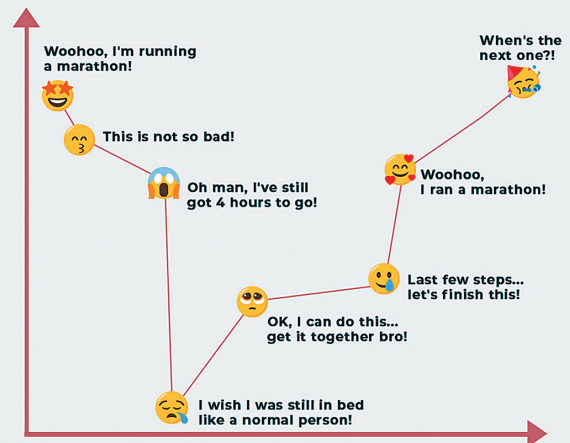
Links: www.freshevents.asia

<https://totalrunningclub.com>

www.racingtheplanet.com/gobimarch



HOW THE BRAIN PROCESSES A 42KM RUN



The five charity organisations are:

1. The Malaysian Red Crescent Society
2. The Lost Food Project
3. Paws Animal Welfare Society
4. Yayasan Chow Kit
5. Trap Neuter Release Manage

Those who wish to donate may do so at: www.simplygiving.com/appeal/22marathons, or scan the QR code directly



Keep Your Pool Clean Effortlessly

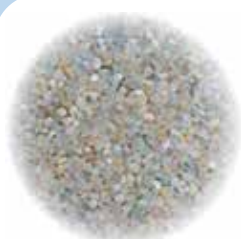
Everyone loves swimming pools! From kids to adults, whilst you're on vacation or simply finding a way to escape the hustle and bustle of the city and day-to-day life, a good swim almost always finds a way to cool you down! Most people think that having a pool is all well and good, but that the effort and cost in maintaining it is too much trouble – that does not have to be the case with subtle changes to your pool system and new pool accessories, like robotic vacuums and floating pool chlorinators, to help you keep your pools effortlessly clean and safe!



Filter Media

Every pool owner knows that a filter is a key component of the swimming pool system, but the material used inside the filter – known as “medium” – determines how effective your system is to keep your pool water clean, clear and safe. As pool water is piped through the filter, it passes through the medium, which catches and traps debris and particles, allowing only the clarified water to return to the pool. Each type of filter medium available in the market has its own special use that can contribute to your swimming experience. For residential pools, there are three main choices: sand; zeolite; and glass pearls.

Sand



What is it?	<i>Regular sand</i>
Filtration Rate	<i>Down to 25 microns</i>
Unique Feature	<i>Widely available and cost effective</i>
Cost	<i>RM1.00/kg</i>
Lifespan	<i>3 years</i>

Zeolite



What is it?	<i>Natural minerals</i>
Filtration Rate	<i>Down to 5 to 10 microns</i>
Unique Feature	<i>Able to remove high levels of ammonium, odours and heavy metals</i>
Cost	<i>RM9.50/kg</i>
Lifespan	<i>4 years</i>



What is it?	<i>Crushed glass manufactured into spherical pearls</i>
Filtration Rate	<i>Down to 5 microns</i>
Unique Feature	<i>Reduces water and chemical wastage with minimal backwashing</i>
Cost	<i>RM12.00/kg</i>
Lifespan	<i>8 years</i>

Robotic Vacuum

Robotic Vacuums are auto pool cleaners (needs to be plugged into a nearby electrical outlet) that have a self-contained pump and filter system to trap dirt and brush your pool floor and walls. These pool vacuums need only be dropped into the pool and can be left for several hours to do their work before being collected and cleaned for storage. Whilst not yet able to fully replace manual labour, robotic vacuums can offer a convenient time-saving option to keep your pool clean.



Floating Pool Chlorinator



A floating pool chlorinator (also known as a floating chlorine dispenser or feeder) is a simple contraption that has a slow-release mechanism to keep your pool sanitised over a long period of time with no care or attention needed. By loading several chlorine tablets into the chamber, the adjustable slow-release mechanism exposes only a small area of the chlorine tablet to water as it floats in the pool, ensuring it dissolves slowly, thereby chlorinating and sanitising the water. This accessory is particularly useful for pool owners going on short holidays – simply load up the chamber and toss the floater into the pool before leaving so you aren't greeted by a green pool when you get back!

If you need more information about these little pool hacks, you may find us at :



 asiapools

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No. 10, Jalan Murai Dua, Batu Complex, 4km Jalan Ipoh, 51200 Kuala Lumpur

Email : inquiry@asiapools.com.my | Website : www.asiapools.com.my

Tel : 03-6251 7788 | Fax : 03-6257 3896



MYTH

Clear pool water means clean pool water.

FACT

Even if the pool water is clear, micro-organisms that aren't visible to the naked eye may be present; you should ensure that your pool is regularly cleaned, sanitised and tested by a pool specialist.

“Ancient trees are precious. There is little else on Earth that plays host to such a rich community of life within a single living organism.”

– Sir David Attenborough

The enormous undertaking to identify the different types of trees and other foliage lining the streets of Bukit Tunku is underway. For about 10 weeks from the beginning of April, arborists from the Forest Institute of Malaysia, or FRIM, will record the types and status of tree species along selected streets in the area, among them: Jalan Bukit Tunku; Jalan Girdle; Jalan Tunku; Laman Tunku; Langgak Tunku; Persiaran Bukit Tunku; and Pinggiran Tunku.

The long-term purpose is to ensure that the neighbourhood continues to sustain a healthy and verdant natural environment, allowing bio-diversity to thrive. To this end, the study will assess the overall condition of roadside trees, if their location is suitable for their healthy growth and sustainability, and any potential risks that have arisen or may arise in the future.

It is hoped that the analysis will help to preserve the lush forest area in the valley of Jalan Tunku, thus preventing a change to its status to industrial or commercial. Above all, it is hoped that this area remain as a green sanctuary for wildlife and bio-diversity, for posterity.

The relevant BTRA sub-committees will review the analysis and determine, with FRIM, the course of action with regard to rotting or hazardous trees – for example, if rehabilitation is viable. In addition, it will recommend appropriate tree species that can withstand extreme weather and other elements in relation to the on-going climate crisis. The analysis will also ensure the safety of motorists and residents in Bukit Tunku and Taman Duta when proposing actions, including the introduction of new tree species.







"A forest bird never wants a cage"

Henrik Ibsen

📷 tian hooi, Bukit Tunku resident.





USEFUL CONTACT NUMBERS

DEWAN BANDARAYA KUALA LUMPUR (DBKL)

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

ADDITIONAL DETAILS FOR DBKL

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

OTHER PUBLIC SERVICES

ALAM FLORA 1.800.88.7472 www.alamflora.com.my Garbage collection, cleaning, clearing of drains, sweeping of roads, grass cutting, recycling	AIR SELANGOR (water) 15300 www.airselangor.com
POLICE Sentul Station 4048.2222 Bukit Aman 2266.2222 KL Traffic Police 2071.9999	INDAH WATER KONSORTIUM 2284.7828 www.iwk.com.my Service / Operations Enquiries Email: care@iwk.com.my
TNB (electricity) 15454 www.tnb.com.my Breakdown, power failure, streetlights	DEPARTMENT OF ENVIRONMENT 1.800.88.2727 Open Burning – 24 hours
TELEKOM MALAYSIA 100 www.tm.com.my Dropped telephone cables, faulty lines	AMBULANCE SERVICE 999



Artisan's PLAYGROUND

Malaysia EDITION

by  COOKHOUSE

COME DINE-IN & RELAX WITH US

BREAKFAST . LUNCH . HIGH-TEA . DINNER . CELEBRATION . CHEF'S TABLE



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33,000 sqft dining ground housing the bests under one roof. Come check out Chefs with their toys at their playground.

Open daily, from 8.30am onwards.

Waze to: Artisan's Playground by COOKHOUSE
No.1, Jalan Selvadurai, Plaza Riverwalk, Block H, Level 1.