

MERDEKA DAY MESSAGE

A celebratory graphic for Merdeka Day. It features a central square containing the Malaysian flag, surrounded by colorful fireworks in shades of pink, blue, yellow, and green. Below the flag, the slogan 'NEGARAKU SEHATISEJIWA' is written in bold, black and red letters. Underneath that, 'HAPPY 60TH MERDEKA' is written in a smaller, grey font. At the bottom of the graphic is a dark blue silhouette of the Kuala Lumpur skyline, including the Petronas Towers and the Kuala Lumpur Tower. The entire graphic is set against a light blue gradient background.

**NEGARAKU
SEHATISEJIWA**

HAPPY 60TH MERDEKA

**FROM
PRESIDENT MR JOHN C.P. CHANG,
BOARD OF MANAGEMENT, EXCO
AND SECRETARIAT**

The BIM logo is repeated at the bottom left of the graphic, with the full name 'BALAI IKHTISAS MALAYSIA MALAYSIAN PROFESSIONAL CENTRE' written below it.

FEATURES

44TH ANNUAL GENERAL MEETING



The 44th Annual General Meeting was successfully convened on 24th July 2017, 6.00 pm at Delima Room, Hotel Istana, Jalan Raja Chulan, Kuala Lumpur. There were 13 voting member-institutions attending the AGM.

The presiding chairman Dato' LAr Ismail bin Ngah made a presentation to highlight on BIM events and activities during his term 2016-2017. Past President, Sr John S.C. Loh was nominated to be the Election Chairman and there were no objections from other members.

New office bearers were elected for term 2017/2018 at the AGM. For the post of President, two candidates namely Mr John C.P. Chang and Datuk Daud Amatzin were nominated. Mr John C.P. Chang was duly elected since Datuk Daud Amatzin declined for the position.

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The following were duly elected:

President	: Mr John C.P. Chang (MPS)
Deputy President	: Datuk Daud Amatzin (IIPM)
Vice President	: Ar Abu Zarim Abu Bakar (PAM)
Vice President	: Prof. Dr. Ismail Baba (MASW)
Honorary Secretary	: Dato' Dr Vincent Ng In Hooi (VAM)
Honorary Treasurer	: Ir. Gunasagaran Kristnan (IEM)
Immediate Past President	: LAr. Dato' Ismail Ngah (invited ex-official)
Ordinary Member	: Sr Yee Ia Howe (CIOB)
	Dr. Wan Rasidah binti Kadir (MSSS)
	Dato' Sharifah Halimah Syed Ahmad (CILTM)
	Mr Venkateswaran R (MIHRM)
	Sr Hj Mohd Amin Mohd Din (RISM)
Internal Auditor	: Mr Chan Pak Kuen (PRIM)
	Dr. Rosazlin Abdullah (MSSS)



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Sub Committees 2017/2018

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**ADMINISTRATIVE
COMMITTEE**

Dato' Dr. Vincent Ng in Hooi



**PROPERTY, ASSET MANAGEMENT &
INVESTMENT COMMITTEE (PAMIC)**

Ir. Gunasagaran Kristnan



**MEMBERSHIP
COMMITTEE**

Datuk Daud Amatzin



**CORPORATE AFFAIRS
COMMITTEE**

Ar Abu Zarim Abu Bakar



**IT & COMMUNICATION
COMMITTEE**

Sr Yee Ia Howe



**EDUCATION FUND
COMMITTEE**

Prof. Dr. Ismail Baba



**BIM PROFESSIONAL WOMEN
WORKING COMMITTEE**

Dato' Sharifah Halimah Syed
Ahmad

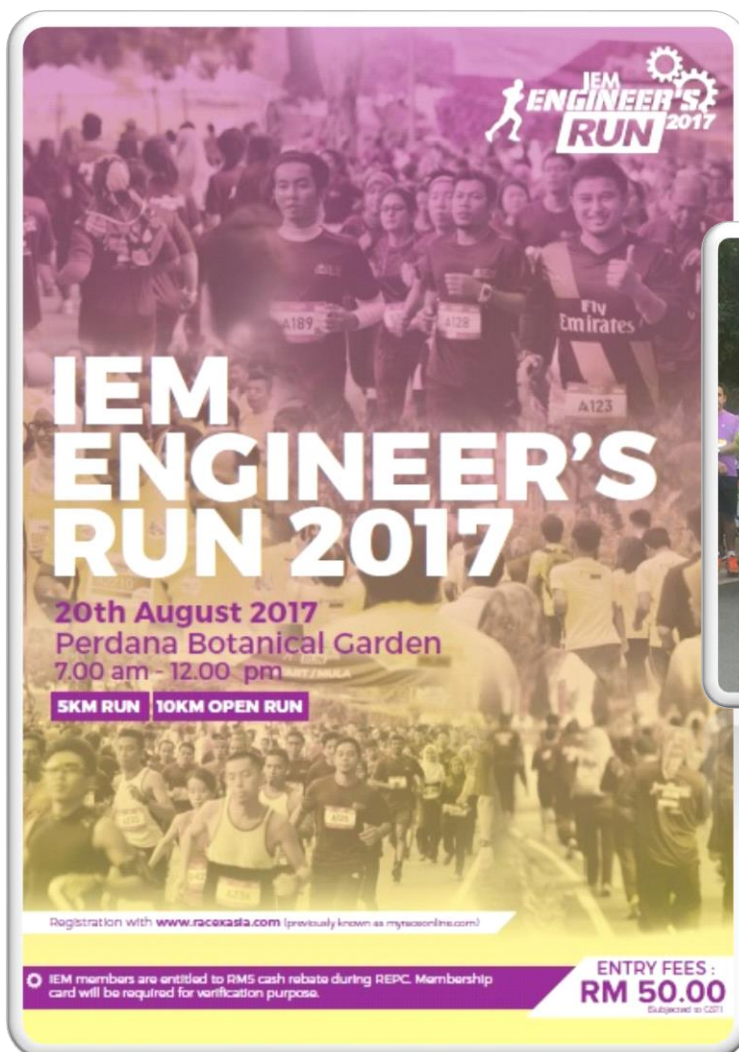
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ABOUT MEMBERS

IEM ENGINEER'S RUN 2017

Date : 20th August 2017

Venue : Perdana Botanical Garden



IEM ENGINEER'S RUN 2017

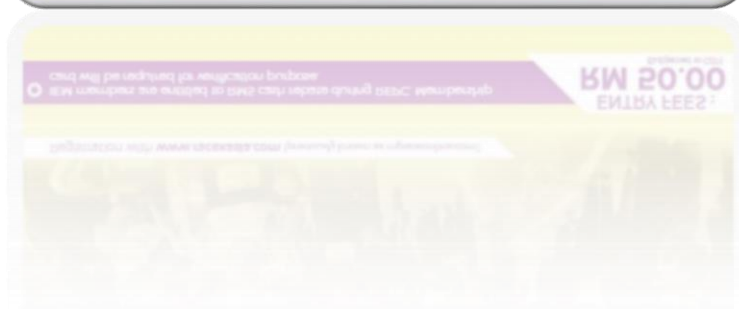
20th August 2017
Perdana Botanical Garden
7.00 am - 12.00 pm

5KM RUN | 10KM OPEN RUN

Registration with www.racekasta.com (previously known as myraceonline.com)

IEM members are entitled to RMS cash rebate during REPC. Membership card will be required for verification purpose.

ENTRY FEES : RM 50.00
(Subject to GST)



Faded version of the IEM Engineer's Run 2017 poster, showing the same text and graphics as the main poster.

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NATIONAL SEMINAR ON HR BEST PRACTICES

Date : 25TH & 26TH September 2017

Venue : Aloff Hotel, KL Sentral, Kuala Lumpur



MALAYSIAN INSTITUTE OF HUMAN RESOURCE MANAGEMENT
MIHRM is a member of the World Federation of People Management & Malaysia's HR Professional Body

PROGRAMME OUTLINE

NATIONAL SEMINAR 2017 ON HR BEST PRACTICES

(Sharing International Strategies And Winning Practices)



25th & 26th September 2017
Aloff Hotel, KL Sentral, Kuala Lumpur

ABOUT THE SEMINAR

- This National Seminar involves learning and benchmarking of a combination of National & International Strategies and Winning Practices by successful organizations.

BENEFIT OF THE SEMINAR

- A practical approach and a good platform for interactive sharing.
- An opportunity for participants to build organization and knowledge excellence to build the HR proposition.

PARTICIPATING ORGANIZATIONS

- General Electric International Inc.
- Samsung Corporation
- Berjaya Corporation
- Ricoh (Malaysia) Sdn Bhd
- Prasarana Malaysia Berhad
- SCICOM (MSC) Berhad
- First Solar Malaysia
- HRDF
- & many more

Platinum Sponsor
JobStreet.com
Asia's Best Talent Solutions Provider

Day 1 – September 25th (Monday)

8.00am	Registration & Welcoming Breakfast
8.45am	Opening by MC & Briefing by President
9.00am	Samsung Malaysia Electronics Sdn Bhd Developing & delivering impactful HR Strategies to drive business
9.40am	SCICOM (MSC) Berhad Managing gender diversity and women participation in leadership position.
10.20am	Tea Break
11.00am	Arvato Systems Malaysia Sdn Bhd Winning practices in Work-Life balance
11.40am	Berjaya Corporation Berhad Transforming talent management
12.20pm	Ricoh (Malaysia) Sdn Bhd Building employer branding
1.00pm	Lunch
2.20pm	SWM Environment Sdn Bhd Enhancing employee bonding and communication
3.00pm	Prasarana Malaysia Berhad Promoting customer satisfaction culture
3.40pm	Tea Break
4.00pm	CTRM AERO Composites Sdn Bhd Inspiring a continuous improvement culture
4.40pm	End of Session

Day 2 – September 26th (Tuesday)

8.00am	Registration & Breakfast
9.00am	Merck Sharp & Dohme (MSD) Malaysia Promoting employee focused health & wellness
9.40am	Human Resource Development Fund Team ideas - Drives transformation
10.20am	Tea Break
11.00am	First Solar Malaysia Sdn Bhd Managing health care in a new perspective
11.40am	General Electric International Inc Breakthrough in performance management
12.20pm	Rhode & Schwarz Malaysia Sdn Bhd Employee engagement - through effective culture & work system
1.00pm	Lunch
2.20pm	KPJ Damansara Specialist Hospital Promoting innovation at work
3.00pm	UHY Advisory (KL) Sdn Bhd Attracting & retaining talents in SME Organization
3.40pm	Tea Break
4.00pm	Ms. Grace Chan & Mr. Chella Pandian Forum - Growing your HR Leadership
4.40pm	Closing Remark by President MIHRM

WHO SHOULD ATTEND
HR Practitioners / HOD / Directors / Business Owners
Consultants / Trainers / Others interested in the subject matter

COURSE FEE
MIHRM Member and Jobstreet Member :
RM 1,200 per pax (subsequent RM1,000 per pax)
Non-Member
RM 1,400 per pax
(2nd participant RM1,300 per pax)
(3rd participant RM1,200 per pax)

MIHRM Malaysian Institute of Human Resource Management (MIHRM)
K2 Upper Ground Floor, Bangunan Khas Lorong 8/1E (off Jalan Barat) 46050 Petaling Jaya Selangor
Tel: 03 - 7955 6536 / Fax: 03 - 7955 4076 | Email: president@mihrm.com | Web: www.mihrm.com

REGISTER NOW!!

REGISTRATION CLOSING DATE : 16/09/2017

(Please tick)
MIHRM / JOBSTREET MEMBER : OTHER :

NAME :

NO. OF PARTICIPANTS :

MEMBERSHIP NO. :

COMPANY :

DESIGNATION :

MOBILE :

TEL NO. (OFFICE) : FAX :

Enclosed cheque No / Bank Draft for RM
(Payment made payable to "Malaysian Institute of Human Resource Management")

We confirm the participation of the above name, understand, agree and abide to the terms & conditions of seminar registration.

Signature

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CELEBRATING MERDEKA WITH PAM

Focus Malaysia, 21 August 2017



“By sharing the experiences of those who developed and helped shape our nation, we also highlight how architecture has evolved since Independence,” says PAM president Ezumi Harzani Ismail.

The Merdeka Jubilee Symposium will also see the launch of Views, Reviews and Interviews, a compilation of essays exploring similar architectural themes.

In total, the event is projected to draw 600 participants, including architects, engineers, historians, academics, and students.

The symposium will conclude with a celebratory Jubilee Dinner which will see the past and present PAM leadership in attendance, as well as speakers, panellists and guests.

The Malaysian Institute of Architects (PAM) will be launching its Merdeka Jubilee Symposium, recognising the achievements and contributions of Malaysian architects to nationhood since 1957.

To be held on Aug 26 at Dewan Tunku Canselor, Universiti Malaya, Kuala Lumpur, the one-day event coincides with the 60th anniversary of Merdeka, also called the Diamond Jubilee.

The line-up of panellists for the symposium includes both international and domestic speakers such as Lai Chee Kien, Datuk Seri Lim Chong Keat and Serina Hijjas, with Special Socio-Cultural Advisor to the Government Tan Sri Rais Yatim as the guest of honour.

CURRENT ISSUES

ARCHITECTS NOW HAVE EIGHT STOREY HQ

The Star, 24 July 2017

THE Malaysian Institute of Architects (PAM), which started off as a group of architects organising ad hoc meetings in hotel lobbies, has now moved on to open its own brick-and-mortar headquarters, the PAM Centre in Jalan Tandok, Bangsar.

Sultan of Selangor Sultan Sharafuddin Idris Shah graced the opening of the eight-storey centre where PAM president Ezumi Harzani elaborated on the association's journey from humble beginnings to its own certified green building with a platinum rating.

Although the grouping of Malaysian architects has a history dating back to the 1920s, PAM was first registered only in 1967.

"In the early years, in the 1960s, PAM had meetings in hotel lobbies and homes – we had no funds and no home base.

"But in 1969, PAM rented a room in the Merlin Hotel, now known as the Concorde Hotel, in Jalan Sultan Ismail," said Ezumi, adding that it was a meagre 250sq ft room.

"In 1973, PAM rented the Peninsula Hotel in Jalan Tangsi and then decided to purchase the four-storey building in Jalan Tandok to be developed into an architect-driven centre for contemporary art.



Sultan Sharafuddin (in brown suit) signing a plaque at the official opening of the new PAM Centre.

"However, plans changed when Kuala Lumpur City Hall issued a notice for PAM to vacate the centre in Jalan Tangsi in 2012," he said, adding that they then decided to make the Jalan Tandok building their headquarters.

He said an architectural design competition was held to find a suitable structural design with HMA & Associates' Mohd Heikal Hasan emerging winner.

"The result is what you see now, a minimalist design that is elegant with an efficient solution that is also sustainable," he said.

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The elegant but minimalist PAM Centre in Jalan Tandok, Bangsar.

He added that in order to set an example for the community and industry, they strived toward, and had achieved, a platinum rating for the certified green building in the hopes of making 3,782sq m built-up area the city's greenest building.

The Sultan of Selangor also witnessed PAM's launch of a book titled *In the Eye of the Storm* that described the association's journey in finding a place architects can call their own.

Ezumi then announced the naming of PAM Centre's council meeting room and roof terrace in honour of former presidents the late Datuk Ikmal Hisham Albakri and Datuk Kington Loo, respectively.

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SUBRA: PROBE INSURERS ASKING FOR A 'CUT' FROM HOSPITALS

The Star, 12 August 2017

PUTRAJAYA: Allegations that insurance companies providing medical coverage are asking for a “cut” from private hospitals have riled Health Minister Datuk Seri Dr S. Subramaniam, who ordered the matter to be investigated.

Dr Subramaniam (pic) said the issue was brought to his attention during a recent meeting with private hospitals, which alleged that the insurers were asking for a portion of the claim to be given to them as administrative charges.

He said if a hospital submitted a bill of RM1,000 to the insurance company, the company would cut a portion of it, say RM100, as payment to them.

“Some call it administrative charges, others call it by different names. This is on top of the premium collected from those who purchase insurance. This is an unethical practice,” said the minister after attending the weekly Cabinet meeting.

To his surprise, Dr Subramaniam said private hospitals alleged that all companies providing medical coverage facilities were doing this, and this had been the practice for a long time.

“I got to know about this recently, and the hospitals claim the situation has worsened of late.



“We were told that if a hospital refuses to pay, the company will tell its customers not to seek treatment from the hospital.

“If the person insists on getting treatment from a ‘non-cooperating’ hospital, the insurance company will make it difficult for the medical centre to claim,” he added.

Dr Subramaniam has asked the ministry’s secretary-general to look into the matter and also get Bank Negara to assist, as the central bank is the regulator for the private health insurance industry.

He said this practice had created unhealthy competition and might inflate medical costs. “Hospitals will mark up their charges to cover the portion that has to be given to the companies. This practice by insurance companies needs to stop,” he said.

Estate Diary



Mahbob Abdullah

The journeys of Daud Amatzin Jackson

The planting industry has had much help from immigrants, and one of the many groups is the Cocos Islanders. They came to Sabah, and worked on estates, married and settled, and got education for their children. When I tell the story of the Cocos, I must also tell the story of one of them, called Daud Amatzin. His journey would be part of the story of his people, who over a hundred years ago had left Indonesia to join the family of Clincks-Ross in the remote atoll in the Indian Ocean called the Cocos-Keeling Islands.

The coral islands are about 3,000km northwest of Perth, discovered in 1609 by Captain William Keeling. The islands were settled in 1827 by the Clincks-Ross family. Long ago, I had read the story of their rule, and the heirs who ran the plantations. They brought Malays from Java and Sulawesi to plant coconut and produce copra.

For over one hundred years, the settlers lived in isolation. Their culture changed, with celebrations influenced by Scottish dances, and many adopted Scottish names. Amatzin's surname was Jackson. Of course, like a lot of atolls, the Cocos is paradise, with all the fish you could eat, but as the population grew, the place could get crowded.

From 1955, the islands were governed by Australia. When the British administrators allowed some families to come to North Borneo, Daud's father, Amatzin, and his relatives came to work for Borneo Abaca Ltd (BAL), outside Tawau.

BAL planted abaca, which was processed into manila hemp and turned into ropes and sacking. Amatzin was a fitter in the factory. Like all Cocos Islanders, he had pride in his skill, and would not want any ordinary work in the field.

Tough training

Daud explained that he grew up in the estate quarters. His father sent him to a mission school where the discipline was strong. Each day he would pass the big houses of the plantation managers of the Colonial Development Company (CDC). From afar, he saw the management club, the swimming pool, and the tennis courts, and decided that he too, would want to live a life like that one day. After leaving school in 1974, he went to see the general manager, Don Byers, and succeeded in getting accepted as a cadet planter. It helped that Byers knew the family.

As many planters would know, the training given by CDC was one of the best in the industry. Daud explained: "He (Byers)

made me work in the hot sun learning about planting rubber which replaced abaca. He sent me for an outdoors course at the Outward Bound School. When I came back I did different jobs, weeding, tapping rubber and collecting latex. I worked on cocoa, and later on we switched to oil palm. I had to sit for examinations set by the Incorporated Society of Planters (ISP). I passed all of them."

Daud worked as an assistant manager for many years, and when promotion was slow, he left and joined another plantation company that was opening up in Sabah during the cocoa boom in the 1980s. His relatives, too, had fanned out, and many formed their own community in Balong on the way to Lahad Datu. Many others went to Pamol Estate upriver from Sandakan, recruited by Leslie Davidson, the general manager. He helped them get land for smallholdings and they settled there as well. Daud continued his work as an estate manager.

Back with a law degree

"I was doing the same thing every year, so I thought of doing something new. I got a scholarship from the government to study law in England. By then I had married a girl, Kamariah, from Kluang, Johor. We stayed in London for three-and-a-half years. I came back with a law degree.

"But that did not guarantee me a job, and I was again thinking of the planting industry. That was the time when MR Chandran was heading the Malaysian Palm Oil Association, which had members from all the big plantation companies. His office was at Jalan Ampang. I got to work for him, dealing with all government affairs. I got to know the industry from the national level.

"My association with the ISP went back to my time in CDC, and when the job of chief executive of the society came up, I took it and travelled throughout the country. We trained more planters, setting examinations in collaboration with universities. "We got to train the

management staff in Felda plantations too. Then I got to join them eventually, as a regional manager, and later, towards my retirement, I led their training programme. I remained active in ISP, and got elected as the chairman, to this day.

"It requires travelling to the branches, and meeting members. I have a strong interest in training. There is also a business arm, and we bought an office space at Amcorp Trade Centre in Petaling Jaya. We have a team of long-serving staff.

"But I had not travelled to the Cocos Islands before, and I decided to do it a few years ago with Kamariah. We went to Perth. There is already a big community. I do not think that many would want to go back to the atoll as their children get good education, and find good jobs in Australia. They know that knowledge is the key to a better life.



Daud ... my father was right to leave the islands

"Going to Cocos was a letdown in many ways. The people were happy but there was very little that the future holds. It shows that my father was right in leaving the islands.

"At the same time, it was on the islands that Kamariah was struck down with an illness. She enjoyed the visit very much, and enjoyed meeting my relatives. But she fell sick and became unconscious. It

was the worst thing that could happen in a remote island. There was no plane scheduled to come, and I finally got the help of the Australian government, because of my family connection with the islands, and my wife was flown back to Kuala Lumpur. I was with her till her last hour."

But Daud managed to get on with his life. "I can take the blows that life can give, my father was a tough man. I had a tough training and I had got this far."

He has served as chairman of the ISP for 10 years, and he has been awarded the Datukship from the federal government. But his mission is not over.

"There is still much to be done to see that planters get the right training, practical as well as classroom learning. We have to keep up the high level of skill our Malaysian planters are noted for."

Daud has a smallholding in the Cocos settlement in Balong, and sometimes he goes back there. But I don't think he will go back there for good. He has relatives in Kuala Lumpur too, in Scotland, Australia and in Singapore.

The Cocos community will keep on growing. They will be proud that many have contributed to the plantation industry, and an outstanding one is Datuk Daud Amatzin.

Mahbob Abdullah is a former planter. Comments: editor@focusmalaysia.my

The worst are domestic tourists

From previous page

A July 17 report on scmp.com – the news portal of the *South China Morning Post* – says that while Chinese tourists often make the headlines for the worst behaviour, travellers from other countries are not angels either.

It cites a recent update of a 2015 survey by Hotels.com that shows that of the 122 million people from mainland China who spent their holidays abroad, "an overwhelming majority of the flag-following sightseers did not put a foot wrong".

Unfortunately, the few who did got all the attention, for the wrong reasons. Case in point – the woman who threw a few coins at a jet engine for good luck. Her action necessitated a delay in take-off.

The British are said to be "polite, friendly and considerate" until they've had one too many drinks. Then they are all set to display everything that Mother Nature has endowed upon them. A food poisoning epidemic that led to British patrons claiming compensation from hotels and restaurants spread across Europe, only to be later exposed as a scam.

The Singaporeans, according to the survey, have an eye for silver. The Russian Foreign Ministry has found it necessary to produce a tourism etiquette brochure to advise its people to "refrain from prodding Kenyans and calling them monkeys".

But, believe it or not, the worst tourists are those who visit places of interest in their own backyard – in short, the locals.

According to the same report, hotel employees in provincial Thailand dread sightseers from Bangkok who show up in fancy cars to shout orders and show off. In peaceful Greek islands, day trippers from Athens not only boss around, they also dispute bills.

Given this fact, perhaps the selfie-happy Chinese tourists are not so bad after all. They are rich, and are quite happy to splurge. And they pay in cash. There are enough video clips and stories of them bringing stacks of dollar bills to their chosen holiday destinations.

Malaysia has seen many Chinese visitors in recent years. A large number of them are here for the local food, especially the durian.

We are also trying to woo tourists from places such as Kazakhstan and other countries in the Commonwealth of Independent States (CIS). Recently, Tourism Malaysia participated in the Astana Expo 2017 where it launched its shopping and holiday packages.

The tourists nobody needs

While we step up our efforts to entice people to visit our country, we don't want the riff-raff either. We don't need people who steal from us after they have sampled our hospitality, nor do we want those who leave empty water bottles and styrofoam boxes on our beaches and picnic spots.

While we are happy to have them throwing their money around, we can do without the loud-mouths and show-offs at our watering holes.

And we certainly don't care for people showing off the family jewels to all and sundry.

Yoh Guan Jin is a veteran journalist. Comments: editor@focusmalaysia.my

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FDA INVESTIGATING DEATHS OF PATIENTS WHO HAD GASTRIC BALLOON PROCEDURE FOR OBESITY

The Star, 17 August 2017



The U.S. Food and Drug Administration has alerted physicians and surgeons who treat obesity that it is investigating whether there is a link between gastric balloons — new-generation weight-loss devices — and the deaths of five patients.

In an alert issued Thursday, the FDA said that from 2016 to the present, five “unanticipated deaths” had occurred within a month or less in patients who had liquid-filled gastric balloon systems implanted in their stomachs. In three of the cases, the agency said patients died between one and three days after the weight-loss device had been put in place.

“At this time, we do not know the root cause or incidence rate of patient death, nor have we been able to definitively attribute the deaths to the devices or the insertion procedures for these devices,” the FDA told physicians.

The agency suggested it would explore the possibility that patients suffered gastric and esophageal perforation or intestinal obstruction, either while the device was being implanted or afterward.

Four of the deaths involved the Orbera Intragastric Balloon System, manufactured by Apollo Endosurgery of Austin, Texas, and approved by the FDA in August 2015.

One of the reports involved the ReShape Integrated Dual Balloon System, manufactured by ReShape Medical Inc. in San Clemente and approved by the FDA in July 2015.

The agency said it has received reports of two other deaths since 2016 related to potential complications associated with balloon treatment.

In one of those deaths, a patient who had the Orbera balloon system implanted suffered a gastric perforation.

In the second death, a patient who got the ReShape balloon system suffered an esophageal perforation.

Apollo Endosurgery said in a statement released Thursday night that the company had reported all five cases related to its product to the FDA as part its Global Product Surveillance program.

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The company said it has “not received any communication or indication from the attending physicians or hospitals that the deaths have been due” to the Orbera devices. The statement added that the company “has received no product liability-related claims in connection with these five cases.”

Representatives of ReShape Medical Inc. could not be reached for comment.

The FDA’s new scrutiny of the weight-loss devices follows earlier safety concerns conveyed to healthcare providers.

In February, the agency warned that it had received reports of adverse events in which liquid-filled gastric balloons, once in patients’ stomachs, overinflated with air or liquid — a phenomenon it called spontaneous hyperinflation. The problem required removal of the device ahead of schedule.

The agency also said it had received reports that patients getting the devices developed acute pancreatitis, which also resulted in the need for early removal of the balloons.

Stanford bariatric surgeon John Morton, who has implanted roughly 70 of the ReShape devices, said he has not seen complications in his patients, who typically have lost weight with the devices.

“Every death is a tragedy, and has to be investigated,” said Morton, who is a past president of the American Society for Metabolic and Bariatric Surgery.

But as devices used for patients at relatively low levels of obesity, and which promote relatively modest weight loss, the standard of safety they should meet is particularly high, he added.

Both the ReShape and Orbera systems are approved for patients with a body mass index, or BMI, between 30 and 40.

They generally are considered a less-invasive and less-costly alternative to bariatric surgery for patients who are less obese or cannot tolerate permanent surgical alteration of their gastrointestinal tract.

“I can only speculate this is likely to do with technique,” Morton said. “There’s skill involved in the placement of these balloons. Who places them makes a difference. If you’re an experienced endoscopist and surgeon, you recognize the signs of perforation, which is important because they’re treatable.”

Gastric balloons are delivered into the stomach via the mouth in an outpatient procedure considered “minimally invasive.”

The procedure generally takes less than 30 minutes, during which a patient is under mild sedation. The devices are designed to be in place for six months.

Once in place, the balloon is inflated with a sterile solution, which takes up room in the stomach.

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While nausea and stomach discomfort are expected in the days immediately following the procedure, those symptoms typically abate.

While the devices are in place, patients who get them are expected to feel less hungry and typically report losing between 5% and 10% of their weight.

Apollo's website says that more than 220,000 people worldwide have had its weight-loss balloon implanted. International sales of gastric balloons were estimated to total about \$120 million in 2015, driven by broad use in Brazil, Mexico and Europe.

But Morton said that manufacturers report only about 5,000 gastric balloons have been implanted in the United States.

The American Society for Metabolic and Bariatric Surgery says facilities it has accredited to perform the procedures have implanted about 1,000 of the devices, and recently reported they have seen no deaths because of complications.

"These devices need to be placed in centers that have adequate follow-up, the resources to provide that follow-up and the experience to recognize these complications," Morton said.

The FDA said Thursday it "continues to work with Apollo Endo-Surgery and ReShape Medical Inc. to better understand the issue of unanticipated death, and to monitor the potential complications of acute pancreatitis and spontaneous overinflation."

The agency said it "will communicate publicly when we have new information to share." In the meantime, the agency said, "patients should speak to their doctors to determine which obesity treatment option is best for them."

CRUMBS IN YOUR KEYBOARD? IT'S PROBABLY TIME TO CLEAN YOUR COMPUTER

The Star, 21 August 2017

Crumbs, dust, spilled soft drinks – computers and their accessories have to endure quite a lot. Whether at home or at the office, the devices should be cleaned at least every now and again.

However, since you can do a lot of damage if you don't properly clean your devices, it's worth keeping a few things in mind.

"It is important that the computer is first disconnected from all power sources, devices and cables before cleaning, in particular wet cleaning," says Kai Kallweit from the German IT association Bitkom. "And before reconnecting, you must allow enough time for drying."

His advice is to never apply liquids directly and to make sure they don't get into any openings – otherwise the warranty will be lost.

Solvents and scouring agents can also attack surfaces.

Keyboards are a place where dirt and germs accumulate over the years. They can even be a source of infection or skin irritation.

Andreas Hentschel, from *Chip* magazine, has an unusual tip: "The PC keyboard is best cleaned in the



Once inside your computer, use a vacuum cleaner's nozzle to carefully suck up dust. However, be sure not to move the cooling unit's fan, as this could generate a charge that might damage the motherboard. — dpa

dishwasher." Not the whole unit, of course – in most standard keyboards, it's possible to remove the keys using a screwdriver.

"Every two years, I remove the keys, put them in the cutlery basket in the dishwasher and secure them there. Then rinse everything in the short programme, let them dry on a paper towel, then re-fit them again two to four hours later," he says.

It helps to take a photo of the keyboard before taking the keys out. While the keys are removed, the frame can be wiped with a damp cloth and a mild detergent.

The mouse is also constantly in use, so it makes sense to give it an occasional clean.

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"If the model is not complicated, a cleaning cloth and detergent are sufficient," says Hentschel. Cleaning wipes can also get the job done. A toothpick can help get dirt out of cracks.

For older, tube-based computer monitors, a glass cleaner can be used, Hentschel says. "Spray on the glass cleaner, wipe it gently, then dry it with a kitchen towel."

For flat-panel monitors, you should use a more gentle cleaner. But: "Do not put too much pressure on a TFT monitor. These must always be treated with care, otherwise something will be damaged."

Connections such as HDMI, USB or LAN can be cleaned with a lot of caution and a small pointed object. "As a result of plugging in and unplugging, the dust is enormously compressed," Hentschel says.

First loosen the dust, then remove it.

Cleaning the computer's interior is also an option if you have the necessary technical skills. "If you chance it, you should open the device after three to four years, as a lot of dust accumulates over time and the cooling effect can be reduced," Hentschel says.

You should electrically ground yourself before starting to open up the computer, for example by touching a metal object like a radiator.

Once inside the device, use a vacuum cleaner's nozzle to carefully suck up dust, and be sure not to move the cooling unit's fan, as this could generate a charge that might damage the motherboard.

If in doubt, it's best to leave the job to an expert. — dpa

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PASSION FOR EDUCATION BURNS BRIGHT AT 93

The Star, 22 August 2017



PRACTISING moderation can help preserve harmony in the country and it must start from school, said retired educationist Datuk Kum Boo.

He said this way, we could achieve a common vision and destiny, stressing that it was important for Malaysians to ensure peace and prosperity.

The 93-year-old, who is best remembered as a pioneer educationist, has seen the nation through war and peace.

He is also one of the oldest surviving Universiti Malaya alumnus.

Kum, a former Education Ministry director of schools, retired from government service in 1978 to head the school of technology in Tunku Abdul Rahman College (now Tunku Abdul Rahman University College).

Recollecting the time when he was education adviser to the National Operation Council, an emergency restorative body formed to restore order after the May 13 riots, Kum said he suggested that the police cadet corps be introduced as part of an extracurricular activity in schools nationwide.

“This was so that students would not get involved in riots,” said Kum.

Until today, he believes young people still have respect for law and order and the best mentors are found in the many police stations located near schools.

Today, at his Taman Mayang residence in Petaling Jaya, where he lives with his 79-year-old wife Mah Gaik Hong, Kum continues to insist that common sense must prevail if education is to thrive.



Kum and his wife now help to take care of their grandson, Yee Hong.

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He cites the current situation of how some parents have expressed unhappiness that some schools have lowered their passing mark to 40%.

But Kum's main point is how we have come to label our children as no good after their examination grades.

Even as far back as 1949, when the father of four was just starting out as a maths and science teacher in Victoria Institution, Kum was dismayed to enter a class only for the students to tell him they were "donkeys", an association to denote they were dimwits.

He was further chagrined to find out that it was a teacher who had called them this.

"So, I told them they were not donkeys but monkeys," recalled Kum, explaining the principle that if society were to label a child, they should opt for the positive.

In this case, the monkey might be associated with mischief but it was also intelligent.



Kum (centre) receiving an honorary fellowship award last September from Tunku Abdul Rahman University College (TAR UC) board of governors chairman Datuk Seri Liow Tiong Lai (right) as TAR UC president Datuk Dr Tan Chik Heok looks on. — filepic

Kum is also from the school of thought that a healthy child's intelligence is largely due to environment, not genetics.

Kum once prompted a journalist to remark that it was the first time the Education Ministry had advised teachers on what to wear in a classroom on national scale.

This was when he suggested in 1970 that in class, men were to forsake Hawaiian shirts and Bermuda shorts and that lady teachers, heavily made-up to look like film stars, be a thing of the past.

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A LIFETIME OF DELIVERING JOY

This Man Has Delivered 6,995 Babies

The Star 22 August 2017/ Asia News Network



Dr Sambhi at home, leafing through the pages of the draft of his book

The stereotype that Indian and Sikh parents want their children to become doctors and lawyers broke down when it came to Datuk Dr Jagjit Singh Sambhi's parents. When the young man announced his plans in medicine, his mother scolded him and his father's doctor friends pooh-poohed the idea.

It wasn't the field they were objecting to, though, it was the specialisation he had chosen: Obstetrics and gynaecology (ObGyn).

His mother said: "Don't take up obstetrics. I had eight children and I didn't have any doctor's assistance, the midwives delivered all the babies. You will starve to death!"

In the 1960s, Malaysia already had many Sikh doctors - surgeons, eye doctors, ear, nose and throat doctors, but no Sikh gentleman had ever taken up obstetrics. And,

his father's doctor friends said, "No other nationalities, or even a fellow Sikh, would want a man in a turban delivering their babies!"

But Dr Sambhi stood his ground.

"I proved them wrong. Thereafter, scores (of Sikh doctors) followed suit," says the 86-year-old man at this interview, sporting his trademark white turban.

We are at his home in Kuala Lumpur where he lives with his wife of 50 years, Datin Margaret Rowe. He met Margaret at Oxford University Hospital in Britain when he was doing his postgraduate studies. They married in 1967 and have two boys and a girl and four grandchildren.

Recently, the couple celebrated their golden anniversary with a grand dinner and the launch of the doctor's autobiography, *Doctor On The Move: Life's Journey*, which has been three years in the making.

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THE EARLY YEARS

Dr Sambhi's father, Gurbakhsh Singh, travelled from India to Penang in the 1920s in search of better prospects. Once he established himself on the island, he went back to India to get married and returned to Malaya with his new bride, Amarjit Kaur. A year after Dr Sambhi was born in 1931, his father moved the family to Kuala Lumpur and became the first Sikh to start a provision shop business in Batu Road (now Jalan Tuanku Abdul Rahman).

Dr Sambhi is the second of eight siblings - five boys and three girls.

Perhaps it was fated that he would choose the specialisation that he did because Dr Sambhi was actually a premature baby!

Weighing just a little over 1kg at birth, he was so tiny that his parents could hold him in one hand. He was put in a little box with hot water bottles to keep him warm. Back then, even in the big hospitals, hot water bottles were used for preemies as there were no incubators, he recounts.

"The doctor told my parents that I would survive a few hours or a few days only. If I survived three months, I would survive until adulthood. My mother told me that I cried so much, like I really wanted to live," he says.

Dr Sambhi jokes about being a preemie whenever the opportunity arises. "I was very keen to come into this world and came early. Since I am here, I am going to stay and live."

He had his early education in KL, at the Batu Road School and Victoria Institution where he first thought about becoming a teacher; he later took a teacher's advice and chose medicine instead. He studied at Universiti Malaya in Singapore.

After graduating in 1959, he worked as a junior doctor for



Dr Sambhi and Dr Margaret Rowe, his wife of 50 years. The couple met in Britain when he did his postgraduate in obstetrics and gynaecology in Oxford.

a year at KL General Hospital (now Hospital Kuala Lumpur). He was then seconded by the Government to serve in Brunei for six months. From 1963 to 1966, he did his postgraduate studies in obstetrics and gynaecology in Oxford.

"I find obstetrics to be more interesting. You see the miracle of birth," says the still enthusiastic doctor, who became the first male Sikh ObGyn in the country.

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He is also the first doctor to introduce the vacuum extractor delivery method which has now replaced forceps delivery in Malaysia. In another first, Dr Sambhi was sent by the Government to Sarawak, where he served from 1967 to 1970.

HARD LABOUR

A couple of years after returning from Sarawak, Dr Sambhi and his wife started their own private practice, Sambhi Clinic, in 1972. On Nov 28 last year, at 85, he retired after 55 years at that clinic and now jokes that as a result of his hard "labour", he has, over the course of his life, supervised and handled about 50,000 deliveries.

Personally, he has delivered 6,995 babies in his maternity centre, which has recorded more than 17,000 deliveries. Yes, he kept records of the date, time, and type of delivery, and of every baby's weight, gender, and length!

Things he's noted over the years:

In 1972, Caesarean section operations were about 5 per cent of his deliveries. But by 2002, the Caesarean rate had risen to 25 per cent.

Interestingly, he delivered more boys than girls at a ratio of 106:100. And coincidentally, his first and last deliveries were boys.

And as for the apocryphal tale that more babies are born in the night than day? "Not true," the good doctor insists, and he ought to know because he actually carried out tests. He divided the 24 hours in a day into eight-hour quadrants for the "test" and eventually concluded that "natural childbirths were equal throughout the eight-hour intervals".

Dr Sambhi's most unforgettable experiences, though, were working with the natives in interior Sarawak. He remembers operating in 1968 on an Iban woman to remove what turned out to be the largest tumour in Malaysia, weighing in at 34kg! The ovarian cyst had to be placed on a trolley to be moved away.



It took three years Datuk Dr Jagjit Singh Sambhi three years to complete his autobiography, *Doctor On The Move: Life's Journey*.

He is convinced from his encounters that the Hakka women back then in Sarawak had the shortest labour in the world - between one and four hours only. They were predominantly pepper farmers and toiled in the fields.

Dr Sambhi was also fascinated with the Penan birthing practice.

"The Penan men assisted their wives when they gave birth. They would build an elevated wooden bed two feet from the ground.

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The bed had a circular hole in the middle for the mother-to-be to place her bottom and deliver her baby.“

When the baby crowned, gravity would push it through the hole. Under the hole, there would be a large pile of dried leaves to help cushion the baby's arrival.

WRITING A LIFE

Dr Sambhi was coaxed to write *Doctor On The Move* by his wife and other family members. In 2009, when he was semi-retired, his family again nudged him. "I had no excuse not to then," he says with a laugh. "The family want to let people know about my life and want me to leave something behind for them.“

Six months after he started writing, though, he stopped after receiving the devastating news that his wife had cancer. Thankfully, she was given the all-clear some 18 months later, and he went back to writing.

His family was certainly correct to urge Dr Sambhi to put his life down on paper - despite his "hard labour" through the years, the man made time for a great many other passions in his life, much of it to do with giving back to society.

In 1982, he proposed the formation of the Heart Foundation of Malaysia and registered it two years later; the foundation is now at the forefront of campaigning for good heart health. It also maintains a halfway house for families of heart patients who come from outstation to KL for treatment.

When Dr Sambhi was president of the Kuala Lumpur Rotary Club (1981 to 1982), he set up the Research Fund under the KL Rotary Charity Foundation. As founder and chairman of the fund, Dr Sambhi is still actively involved in its work; he is also a trustee of the Ampang/Ulu Klang Sikh Temple.

In 2011, he was conferred the Malaysian Medical Association's Outstanding Public and Healthcare Service Reward in recognition of his contributions to healthcare and related services.

But work did not consume this doctor - he made time for other things in life, too, from being the chairman of the Philharmonic Society of Selangor to president of the Malaysian branch of the *Chaine des Rotisseurs*, the prestigious international gastronomic society.

Underlying all this is Dr Sambhi's simple philosophy in life: "I want to encourage people to always do better and live a peaceful, long life!"

Doctor On The Move: Life's Journey will be available at MPH Bookstores at the end of August. All proceeds from the book sales will be donated to the Heart Foundation of Malaysia.

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PROTECTING CHILDREN WITH DISABILITIES

The Star, 24 August 2017



Good guides: Students learn how to protect themselves through PS the Children's programme.

unit trust agent who was charged with 599 counts of sodomising his teenage daughter, one count of rape and 30 counts of committing physical sexual assault without intercourse on the girl since she was 13.

I'm sure that you can't deny that our children and teenagers need better protection from those who would abuse them sexually. That much is very clear to me, and with that said I can't help but wonder how children with disabilities, such as mental disabilities, can be protected from such abuse.

This is pretty much why I spoke to two people working hard to protect and save children, including children with special needs – Protect and Save the Children (PS The Children) training and education executive Ting Pei Lim and Beacon Life Training Centre founder Aly Cheah – about a programme run by PS The Children.

Ting said that PS The Children reaches out to groups that work with children and teenagers with special needs, and teachers will train students how to protect themselves through the personal safety curriculum called "Stop It and Be Safe".

"Currently, the programme has reached out to 250 students. We have a two-day workshop and we train the trainers. The teachers from different centres come in and we train them as well as the parents of the children. As for the curriculum, we sit with the teachers and develop it for their school or centre as they know better," said Ting.

Ting also explained what happens in these workshops.

"We train their teachers to be able to detect and respond to bullying or abuse and we also

CHILDREN. As of late, we can't deny that they've been the target of some really sick stuff. We only have to look back to last week to see the latest case: a temporary teacher at a vernacular school was charged last Thursday with committing sexual physical contact on a nine-year-old male pupil.

And if we go back two weeks to Aug 9, I'm pretty sure that many of you reading this can remember that it took two days – starting from Aug 9 – to read all the charges against the

train the parents not to do things like slap their children and dismiss what they're saying as rubbish. Finally, we have the trained teachers reach out to their students as some of them might understand the curriculum immediately while others may need to have it repeated a few times for it to be understood," she said.

She added that when it comes to teaching the children, the programme is introduced in a fun way so that children don't feel afraid or unduly paranoid.

"The person teaching it cannot be paranoid, as you don't want to instil paranoia. The programme is designed in such a way that the children don't know it's aimed at the prevention of child abuse because it is taught in a non-threatening way. However, the outcome is that they know what to do if someone hurts them or touches them in a sexual way," said Ting.

At this point, Cheah explained to me what the children are taught when the teachers bring what they have learned to their students.

"The sessions train young people to protect themselves against touching that is not okay, and this covers bullying and sexual abuse. They are trained to say no, to run and to turn to someone they trust and to tell them what had happened. This is the main thing that is taught and this is the most important thing," said Cheah.

She added that although many of the students are aged between 16 and 18, they have the mental and emotional development of six- to eight-year-old children.

"Some of them are unable to speak, so they will pull you or use other ways to communicate. The public needs to recognise that this is happening, and once the public knows that this is happening in our society – that is a step in the right direction," said Cheah.

Both Cheah and Ting agree that child sexual abuse is something that the public should be concerned about.

"Why should we wait until a child dies, or some other incident emerges in the media? So much money and time will be spent on a programme then – and that is your taxpayers' money being spent on a cure as opposed to prevention," said Ting.

Ultimately, I asked, how can people get on board with the PS The Children programme? How can centres and teachers get on board to be better equipped to protect their students? Wouldn't we want our teachers better equipped to protect the students under their care?

"Please call us and get in touch with us, and we can arrange something. As long as they contact us in black-and-white, we can work something out with the school or centres," said Ting.

PS The Children can be contacted at protect@psthechildren.org.my or by telephone at 03-7957 4344 or 7956 4355.

BIM MEMBER INSTITUTIONS

- Malaysian Pharmaceutical Society (MPS)
- Royal Institution of Surveyors Malaysia (RISM)
- The Institution of Engineers Malaysia (IEM)
- Pertubuhan Akltek Malaysia (PAM)
- Malaysian Medical Association (MMA)
- Malaysian Dental Association (MDA)
- Malaysian Institute of Planners (MIP)
- Veterinary Association Malaysia (VAM)

- Malaysian Institute of Interior Designers (MIID)
- Malaysian Society of Soil Science (MSSS)
- Malaysian Association of Social Workers (MASW)
- The Plastics & Rubber Institute of Malaysia (PRIM)
- Agricultural Institute of Malaysia (AIM)
- Institut Rimbawan Malaysia (IRIM)
- The Chartered Institute of Building Malaysia (CIOBM)
- Institute of Landscape Architects Malaysia (ILAM)

- Institute of Internal Auditors Malaysia (IIAM)
- Institut Bahan Malaysia (ICMM)
- The Chartered Institute of Logistics And Transport Malaysia (CILTM)
- International Institution of Plantation Management (IIPM)

CORPORATE AFFILIATE

- Malaysian Association of Productivity (MAP)
- Malaysian Institute of Human Resource Management