

70,000 join ‘Nak Sihat’ campaign nationwide: Subra

PUTRAJAYA: A total of 70,000 people, the majority of them youths, took part in the nationwide ‘Nak Sihat’ (Want To Be Healthy) campaign, Health Minister Datuk Seri Dr. S. Subramaniam said Saturday.

He said the government was committed to make sports and physical activities as part of people’s daily routine because studies showed that the individual average for sports, physical activity and high intensity exercise was

less than 20 minutes, whereas 30 minutes was the recommended daily duration.

Furthermore the Ministry was stressing on instilling a healthy lifestyle among the general population due to serious issues such as overweight and obesity being at 29.4 percent and 15.1 percent respectively, he said.

“This means almost 8.5 million Malaysians are overweight and almost 4.4 million are obese.

So 1 in 3 adult is obese or overweight.

“This figure is expected to rise from year to year if no efforts are taken to reduce it,” he said after launching the ‘Nak Sihat’ campaign in conjunction with the Merdeka 10,000 Steps A Day programme, at Dataran Wawasan Presint 2, Putrajaya which was attended by 5,000 people here Saturday.

He said the campaign, which is

in its fourth year, focused on raising awareness and educating youths on the importance of having a positive attitude towards physical activities, taking part in such activities daily and making it part of the culture.

“Information technology has become part of youth culture now. They’re addicted to games and the social media. They just sit around the whole day and hardly move. It’s very unhealthy. We

need to remind them to get active,” he added.

Dr Subramaniam also noted that the government would provide more recreational and sports facilities in housing estates and apartments to encourage a more active life style.

He informed that the 10,000 steps a day campaign, a low intensity activity suitable for all ages, was now well received by the public. – Bernama

50,000 expected to turn up for Sabah’s 50th year of independence

KOTA KINABALU: About 50,000 people are expected to flood Taman Prince Philip Tanjung Aru to witness the national level 50th Malaysia Day anniversary celebrations cum Sabah’s 50th year of independence on Sept 16.

Deputy Chief Minister Datuk Seri Yahya Hussin said the State Government had taken all the necessary preparations to ensure the Malaysia Day celebrations would be on smoothly.

“This type of celebration comes only once in 50 years and will remain a historic event for all. Therefore, I urge people from all walks of life to celebrate the historic occasion,” said Yahya who is also the organising committee chairman at Wisma Pertanian, here.

He said Prime Minister Datuk Seri Najib Tun Razak would officially close the celebrations.

Yahya said the Prime Minister would also launch the special edition commemorative gold coins issued by Bank Negara Malaysia to mark the occasion.

Meanwhile, a number of popular local artists like Jacklyn Victor, Sheila Hamzah, Hafiz, Stacy, Faizal Tahir, Fauziah Gambus, One Nation MC, Azlan Typewriter and Jimmy Palikat would also stage their performance.

Seminar on oil palm sustainability

KOTA KINABALU: The East Malaysia Planters’ Association (EMPA) will be organising a seminar on synergising sustainability and profitability in oil palm plantations.

According to EMPA chairman cum group managing director of Sawit Kinabalu group Othman Walat, sustainability is an issue often raised by NGOs from western countries to discredit oil palm cultivation.

Othman is of the opinion that it is possible to synergise sustainability and profitability as there is sufficient research on this.

Through sustainable oil palm cultivation, palm oil will be more acceptable to overseas markets such as EU, USA and Australian markets.

The seminar which is considered as timely following the Minister of Plantation Industries and Commodities’ recent announcement that Malaysian Sustainable Palm Oil standard scheme will be launched next year.

A comprehensive review of the current progress and anticipated challenges in sustainability to attain 3Ps – Planet, Profit and People will be presented by eight distinguished speakers in this seminar to be held at Sabah Hotel, Sandakan on Oct 8.

Those interested to attend can contact EMPA secretary at 089-219290 for further information.

Suspect who tried to ram into Ministry cars held

KUALA LUMPUR: The police have detained a man who allegedly used a pick-up truck to attempt ramming into six Domestic Trade, Consumerism and Cooperative Ministry enforcement officers in Seberang Perai Selatan on Thursday.

The 32-year-old suspect was picked up about noon Friday, at the district police headquarters in Nibong Tebal.

District police chief Supt Shafien Mamat said the man was remanded for three days, beginning Saturday, to facilitate investigations.

In last Thursday’s incident at 5pm, a pick-up truck rammed a car belonging to an enforcement personnel while he and five other ministry colleagues were inspecting a tanker lorry during an operation on diesel subsidy and controlled items.

No one was hurt in the incident at Simpang Ampat.

Meanwhile, Deputy Head of the Inspector-General of Police Secretariat (Corporate Communication) ACP Ramli Mohamed Yusoo said firm action would be taken against those threatening local authorities who carried out their duties.

On Friday, Land Public Transport Commission (Spad) chairman Tan Sri Syed Hamid Albar said the commission would not compromise with those who flouted the Land Public Transportation Act 2010. – Bernama

A new Chinese diaspora in S Africa foreseeable

Mary Chin
KOTA KINABALU: A new Chinese diaspora in South Africa is foreseeable, given the need for labourers in large infrastructure projects there.

General Manager of Malaysian-German Chamber of Commerce and Industry, Kuala Lumpur, Thomas Brandt, 47, made this observation in his recent talk on China In Those Days.

“What is happening is mainland China has not enough resources and material energy. Many go out to look for pure fortune and a better life because many are still poor in China.

“Chinese are known to be hard-working, so they will be dominating South Africa and other countries in 50 to 100 years. It will not take 150 years,” he said in his presentation.

Making a comparison, Brandt, a macroeconomist for business, noted that the Chinese diaspora today is not as bad as 150 years ago where they were forced to go out for economic survival or in search of the gold to get rich. Historically, the Gold Rush in the early days involved countries like Australia, New Zealand, America and South Africa.

“Between 1850 and 1900, 410,000 Chinese migrated to North America, Australia and New Zealand. Another 400,000 left for South America, of whom 100,000 went to Peru.

“During the same period, 1.5 million Chinese (from South China) moved abroad to Southeast Asia. Your forefathers,” said the specialist on China and Overseas Chinese.

According to Brandt, China was totally closed to the world until 1860.

“Which means those who left the country before that year, did so illegally.”

He attributed the exodus of Chinese people to two main reasons – quest for greener pastures (prosperity) and the “push” factor.

“Between 1852 and 1860, an estimated 20 million Chinese died during the Taiping Rebellion. And from 1840 to 1860, another 10 million people perished in China due to flooding of the Yang-tze River.”

His presentation focused on the postal history of China, postcard types and commercialisation of postcards, among other aspects. The varieties include photographic cards and stereo-view cards; spectacular views; wishing cards; humorous, satirical and political cards; postcard series; embroidered cards; art and collage cards; and hand-coloured vs fake designs.

Brandt’s talk was based on his 350-page book entitled China In Those Days and priced at RM560 or 530 Euros each. It comes with 1,600 images from his valuable collection of China postcards, depicting the history, geography and culture of China. The special feature is that 1,200 captions provide elaborate and detailed cultural and background descriptions in Mandarin and in the English Language. Altogether 3,000 copies were printed, of which 1,400 were ordered and sold prior to the first print run. Seven hundred copies were sent to China.

According to Brandt, the book was produced on paper of the highest quality (from Italy) and printed in Germany, the best printing place in the world. “Since it is very expensively made, it is not available in bookstores.”

Amazingly, his overall postcard collection spans to more than 35,000 postcards, over 20,000 of which are on China. The rest are mainly on other Asian countries.

“It’s my hobby, my craziness in the hobby. Twenty years of buying and collecting all over the world and five years of writing in compiling Chinese In Those Days. I stopped collecting postcards about four or five years ago, one year before the publishing of the book. That was before the Beijing Olympic Games 2008.”

The dinner talk was organised by the Cultural Session of The Federation of Chinese Associations Sabah (FCAS) at a leading restaurant, here. President of FCAS, Datuk T.C. Goh graced the occasion. Among the audience were members of FCAS Central Committee and Supervisory Committee, and representatives of FCAS constituent



One for the album: Brandt (fourth left), flanked by Susan (third left) and Goh, with the organisers for a group photo.

‘Improve public transportation to reduce dependency on fuel’

KOTA KINABALU: An opposition leader said it may not be a good idea for the Government to reintroduce the RON92 fuel.

L i k a s Democratic Action Party Assemblyman Junz Wong said the attempt is a mockery to the country’s goal to achieve a high-income nation status.

“By implementing RON92, which was removed from the market years ago, Malaysia would be moving backwards while trying to attain its vision,” he said.

He said the Government has failed to address the real issues but, instead, is downgrading the standards of living of Malaysians.

“What kind of government would ask its people to compromise on quality?” he asked.

Instead, Wong suggested that the Government should upgrade the efficiency of the local public transportation to reduce fuel dependency.

“Set up an expert team to hold a comprehensive study to address issues such as parking, traffic congestion and mono-rail link which are important for the State,” he said.

He said by having a consistent public transportation the public would no longer rely too much on their vehicles.

He added that the Government can also opt to reduce its subsidies to corporations, independent power producers and provide a fairer economic distribution.



Junz

Very few complaints on price hikes Hasan Malek

SEREMBAN: Very few complaints on price hikes of goods and services have been received following the reduction in subsidy for the RON95 petrol and diesel, Domestic Trade, Cooperative and Consumerism Minister Datuk Hasan Malek said Saturday.

“As of today, we have received very few complaints, for example only three from the Federal Territory of Kuala Lumpur,” he told reporters after attending a Hari Raya gathering and opening the Non-Pensionable Army Veterans Association building here today.

He was responding to a query as to whether the ministry had received such complaints from the public after the petrol and diesel subsidies were reduced by 20 sen.

Hasan said the reduction in subsidies did not have a big impact on the operating cost of businesses so it would be unreasonable for the price of goods and services to be hiked indiscriminately.

“I also wish to thank the traders who have not hiked their prices and who understand the government’s aim of channeling the difference in subsidy to other expenditures,” he said. – Bernama



The donated books form the miniature ‘Petronas Twin Towers’.

6,500 books collected in Petronas campaign

KOTA KINABALU: Some 6,500 books were collected over a period of four weeks in a book donation campaign organised by Petronas in collaboration with three Astro radio stations.

The campaign was launched in mid-August to promote sharing of books and to inculcate reading habit among the public. The campaign also aimed at assisting schools in rural areas to expand their library collection.

To commemorate the occasion, all books collected during the campaign were stacked to resemble the Petronas Twin Towers. It was then unveiled during the campaign’s closing ceremony at the Suria Sabah Shopping Mall Saturday.

Twenty-three Petronas staff volunteers began building the three-meter high Twin Towers model on Thursday.

The closing ceremony attracted

shoppers and students alike. There were also exhibitions by Petronas Dagangan Berhad, Kimanis Petroleum Training Centre, Petrosains and the Sabah State Library.

The campaign, held in collaboration with Astro radios ERA.fm, MY.fm, and hitz.fm, had initially set the target of collecting 5,000 books.

Members of the public gave the campaign a strong support by donating their books at five book donation banks at the Sabah State Library, Suria Library, Penampang Library, Universiti Malaysia Sabah library and Sabah Tshung Tsin Secondary School.

Petronas’ staff in Sabah and Labuan also contributed books to the campaign.

The books will be handed to District Education Offices (PPDs) in Sabah. The symbolic handing over of books took place at the

closing ceremony, with Nabawan District Education Officer Ampalus Robert Sanaron receiving on behalf of the PPDs.

In his speech, Petronas Chairman for Sabah and Labuan, Mohamed Firouz Asnan, thanked the public and all the parties involved for their support towards the campaign.

“This is part of the activities in support of Petronas education initiatives in Sabah,” he said, adding that since 2002, the national oil company had been providing assistance to students from schools located near the Petronas operations under the “Program Sentuhan Ilmu Petronas”.

The closing ceremony was graced by Tourism, Culture and Environment Assistant Minister Datuk Kamarlin Ombi who represented Minister Datuk Masidi Manjun who is in charge of the State’s education matters.

WEATHER

TEMP: 24°C – 34°C

AM: Isolated Showers over Sandakan and Tawau. Other Divisions – No Rain.

PM: Isolated Thunderstorm over Interior, Sandakan, Kudat, West Coast and Tawau. Other Divisions – No Rain.

NIGHT: Isolated rain over Interiors, Sandakan and Tawau. Other Divisions – No Rain.

WIND: South China Sea: Northeast 20 -30kmph
Sulu Sea: Northeast 20-30km

SEA: South China Sea: 1.0-1.5meters
Sulu Sea: 1.0-1.5meters

SOURCE: Meteorological Services Department