



# MAG

OCTOBER • NOVEMBER • DECEMBER 2013



**MGBC & SGBC**  
malaysia green building confederation  
singapore green building council

**Recycling  
at home**

Recycling ideas  
around the  
**WORLD**





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# maimai's World

It is not easy living in this world today. Pollution is everywhere, resources are depleting. However, maimai is really pleased that there are many people who see the importance of protecting our once beautiful planet, to make life better everyday.

By nature, our resources are able to last for a long time and replenish on time for the next generation. However, development had become too quick over the past few decades, and we are now trying hard to correct and reverse the situations as much as possible so that the future generations and all our baby maimai will be able to have a better and cleaner Earth to live in.

One basic approach that maimai adopts personally is finding beauty in simplicity. Some people call it the "minimalist approach", but simplicity is more than just being a minimalist. Being simple means returning to the roots of basic necessities, and simply respecting all resources as being a part of us to make us whole. Simplicity means being thrifty, and generating as little waste as possible.

Simplicity can only happen when our minds are also simple. Very often, we conjure complicated thoughts with the hope of solving problems, when in reality the problem can be solved when we drive to the core which needs a very simple solution. For example, to create lesser waste, the core solution will be to use less, just enough to fulfill our needs instead of satisfying our wants.

In this issue, maimai brings you a collection of ideas which you may apply at home or at work. We are also happy to have both MGBC and SGBC to join us in this special year-end issue. Both organizations are dear to us, because both are driving the green initiatives of Malaysia and Singapore respectively. Definitely we hope that the green initiatives will spread worldwide, for the best interest of all baby maimai in the future.



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Where Imagination Comes To Life

Somethings never Change





SINGAPORE GREEN BUILDING COUNCIL

4th Anniversary Dinner



## Our Environment, Our Responsibility



Globally, the building sector consumes up to 40% of total energy use and about 30% of annual greenhouse gas (GHG) emissions. This gives the building sector a very important role to play in energy and GHG reduction.

Working towards a more sustainable built environment involves everyone. As Singapore's first non-profit organisation for the green building industry, the Singapore Green Building Council (SGBC) has been campaigning for a greener built environment in Singapore, achieving this objective by proactively profiling Singapore as a leading sustainability hub, providing certification for green building-related products and services, and rallying the industry and community into action through various corporate and public engagement programmes.

SGBC certifications are developed by a broad group of building professionals, academia, testing institutes and manufacturers, and are widely recognized by the industry for its comprehensive coverage of sustainability criteria. Through SGBC's certifications, which complement the Building and Construction Authority's Green Mark Scheme and are well-recognised by other government agencies, certified products and services benefit from a standard that serves as a definitive benchmark on environmental performance.

SGBC believes that the environment we share is our responsibility, and SGBC's collaborative approach, influence, and expertise benefit a diversity of business backgrounds and bring a wealth of opportunities to members. That is why SGBC aspires to continue

the work of creating even higher green building standards together, to join hands in pushing Singapore forth as the green beacon of Asia.

To understand more about SGBC and how you can play an active role in the sustainable built environment, please visit website [www.sgbc.sg](http://www.sgbc.sg).

Singapore Green Building Council  
enquiry@sgbc.sg  
[www.sgbc.sg](http://www.sgbc.sg)

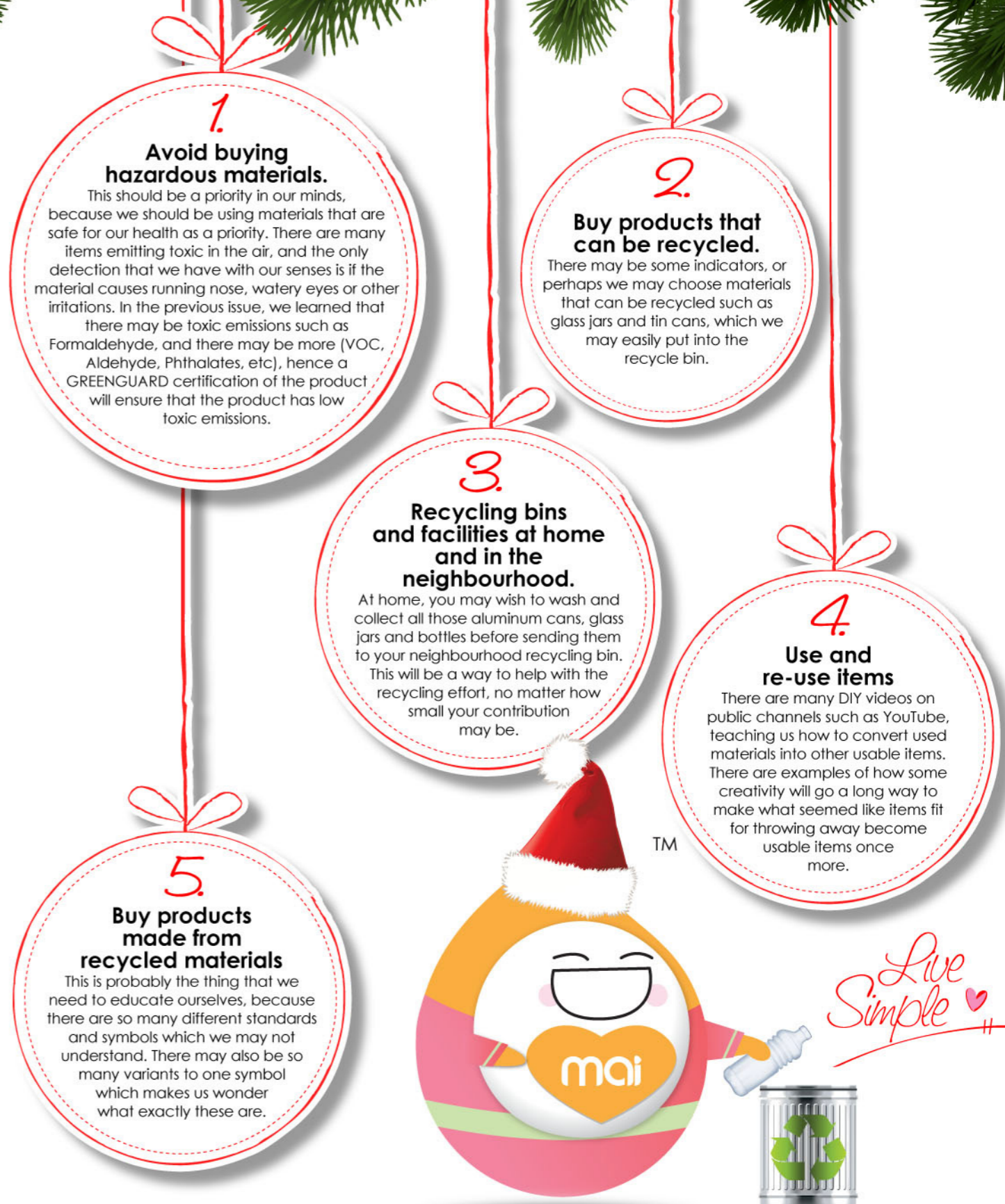






# Recycling at Home

Recycling is an important factor that will greatly contribute towards the improvement of our environment. There are many aspects of recycling that we may do at home, and here maimai shares with you some of the recycling ideas collected from around the world.



**1. Avoid buying hazardous materials.**  
This should be a priority in our minds, because we should be using materials that are safe for our health as a priority. There are many items emitting toxic in the air, and the only detection that we have with our senses is if the material causes running nose, watery eyes or other irritations. In the previous issue, we learned that there may be toxic emissions such as Formaldehyde, and there may be more (VOC, Aldehyde, Phthalates, etc), hence a GREENGUARD certification of the product will ensure that the product has low toxic emissions.

**2. Buy products that can be recycled.**  
There may be some indicators, or perhaps we may choose materials that can be recycled such as glass jars and tin cans, which we may easily put into the recycle bin.

**3. Recycling bins and facilities at home and in the neighbourhood.**  
At home, you may wish to wash and collect all those aluminum cans, glass jars and bottles before sending them to your neighbourhood recycling bin. This will be a way to help with the recycling effort, no matter how small your contribution may be.

**4. Use and re-use items**  
There are many DIY videos on public channels such as YouTube, teaching us how to convert used materials into other usable items. There are examples of how some creativity will go a long way to make what seemed like items fit for throwing away become usable items once more.

**5. Buy products made from recycled materials**  
This is probably the thing that we need to educate ourselves, because there are so many different standards and symbols which we may not understand. There may also be so many variants to one symbol which makes us wonder what exactly these are.



*Live Simple*

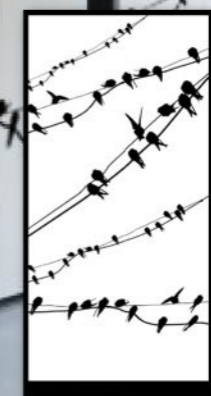




# Melodies of Life



M 10601  
Dark Chocolate



G 30



08

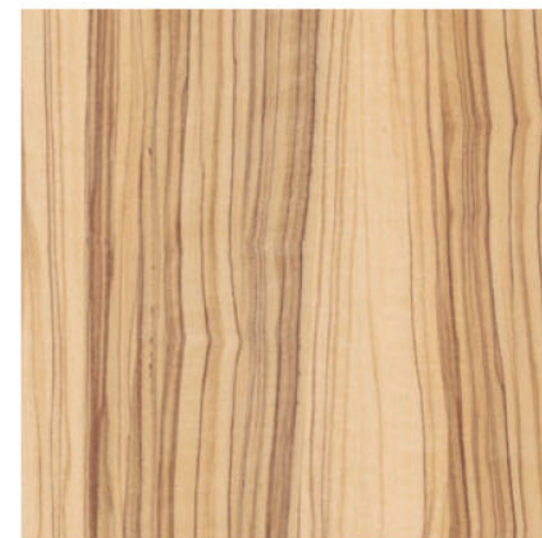


09

# Beauty of Simplicity



M 52038  
Spring Trinkets



M 33100  
Allegro Olive



# Loving You... Everyday

*There are many types of relationships in this world. Some people get married without any expectations or intense love for each other, but stayed married for the rest of their lives. Others may have experienced the most romantic courtship, but with a marriage that ends up in divorce due to adultery.*

While all of us mere mortals hope for a loving marriage that will last for a whole lifetime, not all of us know the formulation of marriage to make it last till the end of time. Some couples never got legally married, but they lived in together and showed loyalty to the relationship until their life expires. It is also very often that we see couples staying married without love for each other, but bound by the legal agreement for the sake of their children. What, then, is the secret for a long-lasting marriage?

### A Chance Encounter, or was it a Pre-arrangement?

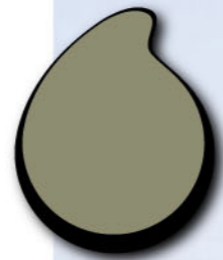
Have you ever wondered why, out of the millions of people in this world, you are actually attracted to that one person? Some may think that it is due to some similarities, or some differences... and some may simply call it "fate". In this Internet age, it is very common for marriage to happen among people from two opposite sides of the world, and there may also be thousands of heartbreak for couples within close proximity to each other.

Some people may actually be in a relationship for years, but the feelings are not as strong as a new encounter. Some blame it on stagnancy in the existing relationship which draws the couple apart when there are some new excitements. Some may say that perhaps the couple did not know how to love each other. And some others answer it simply in the word "fate" too.

### Developing the relationship

Very often, we see people talk about couples coming from the same social background and able to maintain the relationship well. However, we may also see two people from totally opposite social background and able to be with each other until the end of their lives.

If we look into the details of the relationship, two people of the same social background may generally use the same things, but it does not necessarily mean that they like the same things. They may share the interest of enjoying lunch at the same Japanese restaurant, but their selection of menu may be totally different from each other. The relationship may be superficially good enough to keep the marriage intact, especially when there are children and where ego is concerned. However, if there is someone who shares at least one similar habit to either of the spouses and harness the interest of a relationship, you will find that there exist extra-marital affairs within this marriage.



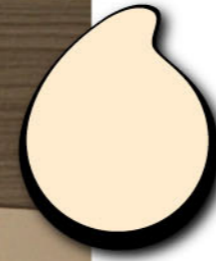
M 10901  
Army Green



M 52060  
Amanita Cucina



# 12



M 01993  
Light Beige



M 30207  
Messiera Cherry

# 13



## How is your basis of relationship?

Regardless of how you started the relationship, if both of you have a good relationship that allows discussions and includes mutual respect for each other, then there is always room to build the relationship towards something for long term benefits. The most important thing here is communication, as it will build an understanding between you and your partner without having to sacrifice the interest of each other.

In a relationship, there is usually one party who plays a more dominant role in the partnership. In the past, this role is played by the husband, but in present times we may sometimes see this role being played by the wife. The ideal relationship should never reserve this dominant role to one particular person. There should be a sharing of this role, allowing the dominant role be played based on the necessity of the situation. For example, husbands may pass on the responsibility of finance management of the family to the wife, if the wife is able to help build the reserves for the family. However, if a husband passes the financial management duty to a wife who is a shopaholic with a tendency to overspend, the financial condition of the family will be at high risk of debt. In this case, it would have been better if the husband is in charge if he manages money better than the wife.

The most important thing is actually to allow the partnership to grow into a healthy position by each contributing his or her strength for mutual goodness. A partnership is not about someone taking up the responsibility of taking care of the other, a long-lasting partnership is actually to work together to take care of each other.

mai  
Fiction  
Corner

## Loving You... Everyday

On the other hand, when we look into the details of a relationship between two people of totally different social backgrounds, we might discover that these two people are very much alike. One may have tertiary education while the other may not even have completed high school, yet they both can be comfortable with each other's habits as they are quite similar to one another. They may like to spread the wasabi onto the salmon slices in the same ways, and they may enjoy sharing the same breakfast with each other every day. The acceptance of each other is so good that you may find that the habits and behaviors may be mirror images of each other.

### Building and maintaining the relationship

Many people may think that it would be only in the courting stage where the man will be more attentive to the girl. However, if a couple is able to maintain the sweetness and consideration for each other after marriage will certainly be able to develop the relationship to a longer term.

Some people prefer to build the relationship slowly for a more solid foundation for a lasting commitment to each other. Some people actually managed to go through a whirlwind courtship and became committed to each other without any regrets. There are also others who argued and fought throughout their courtship right up until marriage and think that it is normal.

Yet, the best relationship between two people is one that is

built based on a solid foundation of trust and developing the goodness in each other. Influencing each other towards goodness and working towards the protection of each other throughout the course of the relationship will be a good foundation towards a lasting relationship because each knows that everything done for the other is harmless and based on love.

Sometimes there may be differences, however, there should not be tantrums based on emotions. While we may love our partners, this should remain as the only emotions in our relationship. Every other event which we encounter should be handled based on compassion, a kind of love which has wisdom as its basics. Spoiling a partner even though the demand may be unreasonable is based on emotions and it will not be beneficial to both parties in the long run. Reasoning out with logic and careful consideration on both parties for the best solution of an event will be able to help sustain a long lasting and peaceful, loving relationship.



M 30702  
Arenos Pine





I'm Not Siu-mai,  
Am Maimai



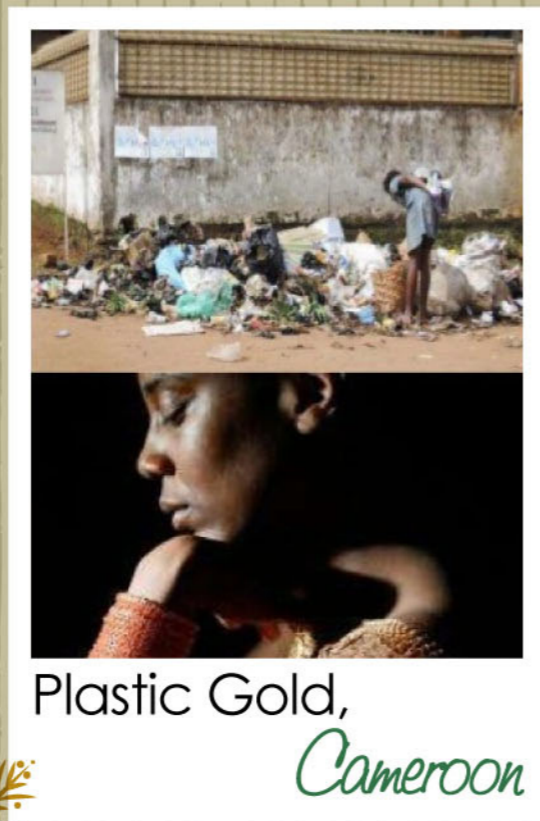
*Life*  
is not  
recycle-able,  
*appreciate*  
**LIFE**



# Recycling ideas around the world



Bottle Bank Arcade, *Sweden*



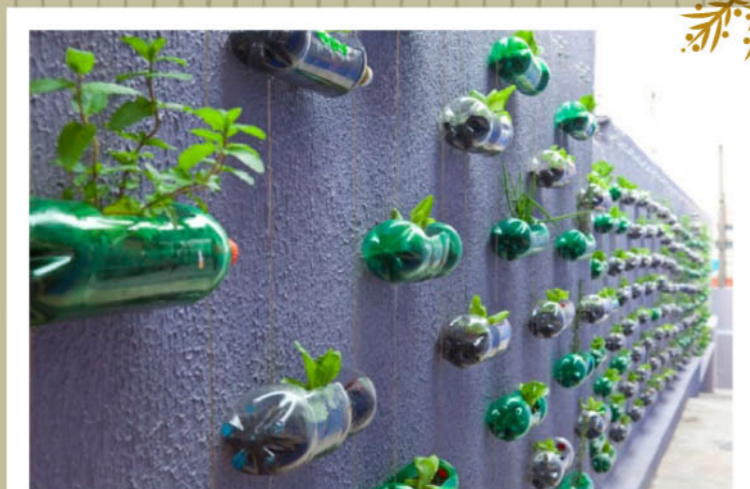
Plastic Gold, *Cameroon*



The Landfill Harmonic Orchestra, *Paraguay*



Goonj: Sanitary pads out of cloth waste, *India*



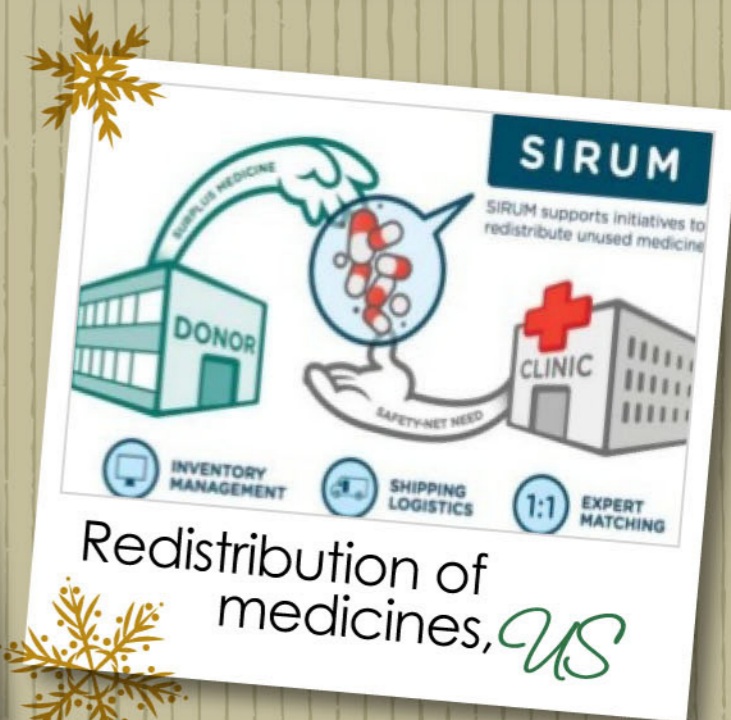
Vertical Garden from Soda Bottles, *Brazil*



Landscaping with printer cartridges, *Australia*



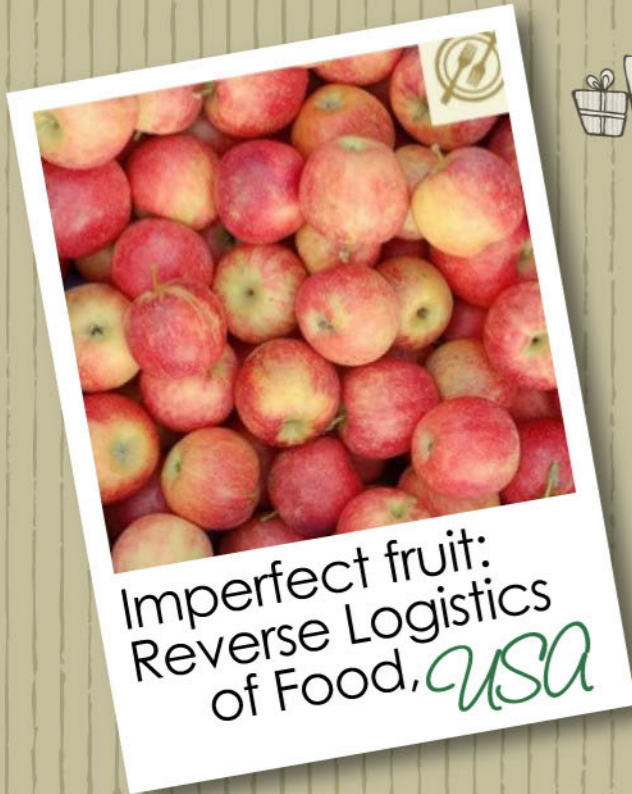
Pulau Semakau, Biodiversity hotspot grows out of waste, *Singapore*



Redistribution of medicines, *US*



## Recycling ideas around the world



Imperfect fruit: Reverse Logistics of Food, *USA*



TWOvital: Art out of Waste, *USA*



Recreate: Upcycled settees from old suitcases, *South Africa*



RUUBLOX: furniture from waste, *US*



# THE KEY DRIVING FORCE

towards a **Sustainable Built Environment** in Malaysia



## JOIN US NOW!

### Benefits of Membership

- An opportunity to share ideas, opinions and expertise to improve sustainability
- Networking opportunities
- Access to MGBC information and database
- Lower fees for courses/ seminars/ reference guides/ exams/ etc. offered by MGBC

Key stakeholders of the building industry such as developers, manufacturers, suppliers, contractors, architects, engineers, quantity surveyors, planners, interior designers, local authorities, academics and students are encouraged to take up membership in MGBC.

Membership requirements and forms are available on our website.



Malaysia Green Building Confederation's vision is to be the leader in Green Building in Southeast Asia as the main promoter of green practice, and the main sustainability reference organisation within the growing construction market sector.

We aim to involve policymakers, professionals, and the society at large, in the quest of transforming the building industry into one that respects our environment by embracing green issues.

### GREEN BUILDING UPDATE

## 63 million sqft

of green building space certified as of 15 August 2013.

[www.greenbuildingindex.org](http://www.greenbuildingindex.org)

### UPCOMING MGBC EVENTS

**EMPOWERING GREEN MARKETS**  
Wednesday, 9 October 2013 | 8.30AM - 6.00PM  
Mandarin Oriental Kuala Lumpur

**EASY SUNDAE**  
Sunday, 13 October 2013 | 11.00AM - 5.00PM  
Kuala Lumpur Convention Centre

### SPONSORSHIP OPPORTUNITIES

If you are interested in sponsorship opportunities at any of our events/ seminars, do get in touch with us!

### GET IN TOUCH WITH US!

For more information on membership, the latest updates, events and more, please visit:

[www.mgbc.org.my](http://www.mgbc.org.my)

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Quality**

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