The MyHero Award 2.0 winner donating his 'O' blood which is compatible with many other blood types.

478 blood donations over 30 years

> He donates blood regularly to save lives and to foster national unity

BY ***HAIKAL JALIL***
newsdesk@thesundaily.com

PETALING JAYA: Hew Hock Peng, 49, is an exemplary role model to fellow Malaysians as his noble deeds save lives, irrespective of race, culture or religion.

The MyHero Award 2.0 winner is not an army man but he has "shed" more blood than many others in order to save the lives of his fellow countrymen.

For the past 30 years, Hew has donated his blood a total of 478 times including in apheresis donations.

"Donating blood gives me a sense of satisfaction. I really enjoy doing what I do and will continue doing so as long as my health permits," he said.

For Hew, donating blood is his way of helping the nation and its citizens promote national unity as each drop of blood is used to save the lives of Malaysians regardless of race and religion.

His "addiction" to blood donation started at the age of 19 when his blood was needed to save the life of an injured stranger who needed a blood transfusion.

"I never thought that the incident would be the start for me continuously donating blood," said Hew, who believes that he is destined to save peoples' lives through blood donations due to his "O" blood type which is compatible with many other blood types.

He began volunteering for apheresis donations since 1998 – a blood donation which extracts one particular element such as platelets and returns the remainder to the donor.

"Apheresis donation is important to patients suffering from bone marrow disease or septicaemia disease," he said.

Being a frequent donor, Hew eats natural foods such as whole grains and follows the food pyramid in order to keep himself healthy.

Hew's blood donation enthusiasm also influenced his wife Wang Mei Fern, to become a regular donor while his two children, now aged 14 and 15, are waiting to turn 18 years old to start donating blood.

Hew is also a registered organ donor and hopes Malaysians will register to donate blood and organs as by doing so, they will save lives.

The MyHero Award 2.0, which is jointly organised by the Chinese Chamber of Commerce and Industry of Kuala Lumpur and Selangor and *Nanyang Siang Pau*, is supported by the National Unity and Integration Department, The Associated Chinese Chambers of Commerce and Industry of Malaysia with corporate partner Sunsuria Bhd and sponsor Bank of China.

'Selangor should return PPR Lembah Subang'

PETALING JAYA: The Selangor government has been urged to return the management of the Lembah Subang 1 Public Housing Project (PPR) to the Urban Wellbeing, Housing and Local Government Ministry.

Its minister, Tan Sri Noh Omar, said this needs to be done as the Selangor government has failed to manage the PPR properly.

"I was informed that PPR Lembah Subang 1 is owned by the federal government, it was also built above our land.

"The Selangor government only handles the management aspect and there was no formal agreement on it," Noh told media after a working visit to the PPR Lembah Subang 2 here.

"The Selangor government always brags about their success, but in the end, the people are the ones who pay the price," he said.

On Sunday, Noh also blamed the Selangor government for the deplorable conditions of the PPRs in the state.

Noh said most of its PPR flats are managed by local councils and come under the authority of the state government.

Meanwhile, responding to the recent scuffles between the Red Shirts movement and Bersih 2.0 at Sabak Bernam recently, Noh, who is also the Selangor Umno Liaison Committee Chairman said action must be taken on those who commit crime.

"I am on the side of the police. The police are there to uphold the law, they know how to do their jobs.

"In the end, we must respect the law. We must respect the rules and we must respect the police," he said. – by **Aiezat Fadzell**

BRIEFS

FIRST AID FOR MENTAL ISSUES

KUANTAN: The Health Ministry has launched a book titled "Psychological First Aid" (PFA) as a basic psychological guide to give immediate relief to individuals facing a crisis or disaster. "PFA also aims to ensure that any individual who experiences acute pressure due to a crisis or disaster gets early psychological assistance, and also identifies those who require further treatment for a quick reference," its minister, Datuk Seri Dr S. Subramaniam, said in his speech at World Mental Health Day 2016 here, yesterday. – Bernama

REVIEW MARINE LIFE LAWS: WAN JUNAIDI

SHAH ALAM: Laws regarding marine life need to be reviewed to make it more inclusive, including in the aspect of preserving coral reefs, said Natural Resources and Environment Minister Datuk Seri Wan Junaidi Tuanku Jaafar. "It has not been reviewed for the past 10 years," he said after officiating the Management and Science University "Environmental Sustainability Campaign 2016" yesterday. A lack of awareness on the preservation of coral reefs among the public could inhibit fish reproduction, he added. – Bernama

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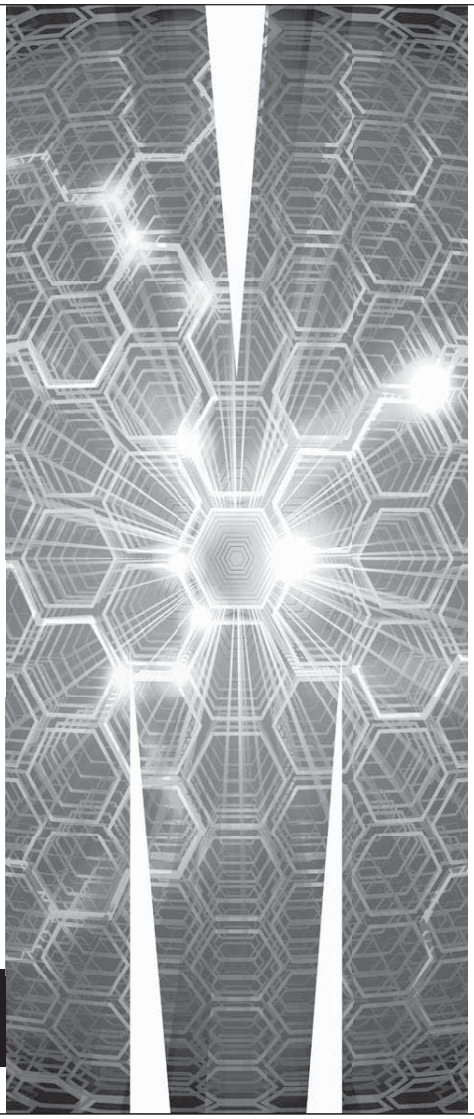

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+603 5514 6000 mum.info@monash.edu
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