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Ipoh Echo Returns to Print

Digital Transformation Attracts Millions of Readers

• By Rosli Mansor Ahmad Razali

After an extended hiatus, the eagerly anticipated return of Ipoh Echo to print is finally over, following a break of almost four years. With the challenging period of the COVID-19 pandemic now behind us, many loyal readers and local news enthusiasts in Ipoh will be thrilled about the revival of this community newspaper to the printed page. Ipoh Echo has been a key source of information since 2007.

The discontinuation of Ipoh Echo's print edition was deeply felt by the community, which had been hoping for the newspaper's return in physical form. Now, with the economy gradually recovering and various companies offering advertising opportunities, Ipoh Echo is finally able to resume printing. This development not only restores access to relevant and important local news but also creates new advertising opportunities that support the financial stability of the tabloid.

Continued on page 2

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Ipoh Echo's Print Edition Returns Due to Strong Community Interest, While Digital Transformation Attracts Millions

The return of Ipoh Echo to print is a welcome development, eagerly anticipated by many in Ipoh. It also reinstates the community's voice in delivering valuable news.

Reflecting on the tough times during the COVID-19 pandemic, Ipoh Echo did not give up. The commitment to continue serving as the eyes and ears of the community remained steadfast, even without the print edition.

To adapt, Ipoh Echo transitioned from traditional print media to digital. The official Ipoh Echo portal is now connected with social media platforms like Facebook and TikTok, allowing news to reach readers more quickly and interactively.

This transformation has yielded results, with Ipoh Echo's news reports gaining widespread attention from netizens.

According to statistics, Ipoh Echo's Facebook followers number in the tens of thousands, and TikTok content has over 1.5 million views. This growth shows our digital strategy has effectively expanded readership across all boundaries.

Bilingual Expansion

Ipoh Echo has expanded its influence by incorporating the Malay-language portal, Peraktastic. Peraktastic boasts over 56,000 Facebook followers and has garnered more than 5 million views on various videos and news content.

The combined portals have attracted a diverse audience across communities and age groups with their varied reports.



Ipoh Echo's Editorial Team

Addressing Community Issues

Ipoh Echo's resurgence in the digital age has proven effective in addressing various emerging issues, such as potholes, abandoned buildings, traffic congestion, and more. Published reports have prompted authorities to seek solutions.

Community issues like illegal waste disposal, poverty, homelessness, health, and welfare for orphans, single mothers, and the elderly have become hot topics, drawing attention and aid from various sectors.

Supporting Local Economy

Ipoh Echo has boosted the local economy, particularly food industry operators, by highlighting lesser-known food destinations through reviews.

The coverage has attracted considerable interest. Ipoh Echo's efforts in promoting the local food industry have also helped elevate Ipoh as a renowned culinary destination.

What They Say About Ipoh Echo

Ipoh Mayor, Dato' Rumaizi Baharin, thanked Ipoh Echo for its extensive coverage of Ipoh city issues. He noted that nearly all city-related issues reported are from Ipoh Echo and Peraktastic.

"Community and infrastructure issues such as illegal dumping, clogged drains, potholes, and more have been swiftly addressed by MBI. Without these reports, many of these problems would not have been properly resolved.

"I truly appreciate Ipoh Echo and Peraktastic for serving as the eyes and ears of the community in reporting public dissatisfaction with the Ipoh City Council's services. I welcome feedback, whether positive or negative, as it helps us improve and enhance the city's administration," he said.

Ir. Ong Kean Sing, Head of the Economic Affairs Committee of



WHAT WE'VE ACHIEVED



BEFORE



AFTER



BEFORE



AFTER

the Perak Chinese Chamber of Commerce and Industry (PCCCI), believes the revival of Ipoh Echo's print edition will invigorate the business sector.

"Ipoh Echo has been closely connected with the people of Ipoh and Perak since its inception," he said.

Community

PERAK TURF CLUB'S EXCITING TRANSFORMATION MORE THAN RACING

By Anne Das

The Perak Turf Club (PTC) is undergoing a profound transformation, setting a new course that blends tradition with modernity. Established in 1886, the club has a rich heritage in horse racing, and its new developments promise to enhance this legacy, attract new audiences, and provide state-of-the-art facilities. This grand plan is echoed in the club's fresh motto: Perak Turf Club – More Than Racing.

The impending closure of the Singapore Turf Club presents unique opportunities for Perak Turf Club. Chairman Dato John Lim sees this closure as a chance to attract new members and visitors. "With fewer turf clubs in the region, we can position ourselves as a premier destination for horse racing enthusiasts," he explains. The club aims to expand its influence and enhance its offerings, capitalising on the increased interest from former members and fans of the closed clubs.

Dato John Lim's vision for the Perak Turf Club is ambitious yet deeply rooted in tradition. The goal is to evolve the club, making it a vibrant hub for horse racing as well as other activities. The new developments are aligned with this vision, aiming to create a dynamic space that appeals to both long-time members and new visitors.

At their recent EGM, The Committee unveiled a proposal for new facilities to be housed under the Public Stand, exclusively for members. These amenities include a swimming pool, gymnasium, badminton courts, squash courts, and tennis courts. More excitingly for visitors, the club is also planning to open select parts of its premises to the public, offering upscale dining options, themed

the public, offering upscale dining options, themed experiences, all-day dining, banqueting, and a sports bar geared towards attracting younger patrons.

With these additions, the Perak Turf Club aims to evolve into more than just a horse racing venue, transforming into a vibrant "Country & Sports Club." The inclusion of these amenities, coupled with dining and leisure activities open to the public, promises an enhanced experience for all visitors. Moreover, the installation of solar street lights will ensure that the club remains bustling with activity from morning until night, transforming into a central hub for both sports and leisure activities in the community.

The new developments, costing around RM6.5 million, are expected to have a positive economic impact on the local community and the broader region of Perak. The club aims to create sustainable opportunities that will boost the local economy and provide long-term benefits.

Architectural Renderings of the New Perak Turf Club



Preserving the club's rich heritage is paramount. The design of the new facilities prioritizes seamless integration with the club's historical charm, ensuring that the legacy of the Perak Turf Club is not only preserved but also celebrated as we move forward.

On the racing front, the PTC is actively enhancing its offerings. Efforts to boost horse population and elevate the quality of races are underway. With a clear trajectory in place, the club is determined to achieve financial stability, aiming to break even by 2025.

As these developments unfold, the Perak Turf Club is poised to emerge once again as a vibrant focal point of the community. With optimism and momentum, the club gallops towards a new era of transformation, inviting all to join in its exhilarating journey ahead.



Ipoh Echo's EYE HEALTH series resumes with Consultant Eye Surgeon Dr. S. S. GILL talking to us about Visual Impairment.

CONGRATULATIONS TO IPOH ECHO on the publishing of its maiden hard copy, post-pandemic. I am happy to be invited back to resume the Eye Health community education series for Ipoh Echo readers. As we countdown to **World Sight Day 2024**, let's visit the subject of Visual Impairment. Visual impairment is a term used to describe any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person's vision remains poor. Being visually impaired can be frightening, especially when it affects those who once had good vision. Some facts on visual impairment are:

- Approximately 315 million people are visually impaired worldwide and 49 million of them are blind.
- Every 20 seconds, someone in the world becomes visually impaired.
- The leading causes of vision impairment and blindness at a global level are refractive errors and cataracts.
- Vision loss can affect people of all ages; however, most people with vision impairment and blindness are over the age of 50 years.
- About 85% of all visual impairment is avoidable.

DIALOGUE IN THE DARK

I am reminded of the "Dialogue in the Dark" tour that was founded by Dr. Andreas Heinecke in 1988 who was touched by the plight of a journalist friend. He realised that the blind did not have equal access to education and jobs. Andreas then opened the first Dialogue in the Dark exhibition in Germany in 1989, which today is an international network in more than 47 countries. The tour simulates the blind experience with the intention to foster understanding between people with and without vision. Visitors navigate different environments in complete darkness, relying on all senses except sight, and ask questions of their visually impaired guide, whose face they don't see until leaving. On completion of the tour, many are shaken and jolted by the reality of what blindness feels like!



WHAT CAUSES VISUAL IMPAIRMENT?

Many factors can cause visual impairment. "Cataracts or the clouding of the eye's lens are common causes for loss of vision. Cataracts commonly affect those beyond the 50's but may appear earlier in people who are excessively exposed to UV rays of sunlight like golfers and sports people who are not in the habit of wearing sunglasses to protect their eyes. Symptoms include blurry vision and glare. Replacement of the eye's natural lens with an intraocular lens (IOL) implant through cataract surgery restores vision.

Those with **diabetes mellitus** need to get screened regularly for Diabetic Retinopathy, which is a condition where the tiny blood vessels in the retina (back of the eye) are damaged. In the early stages, there may be no symptoms although one may already have diabetic eye complications, so it is important to get the eyes checked regularly. **Glaucoma** is another cause where an increased pressure inside the eye impairs vision by damaging the optic nerve. Any damage to the optic nerve is irreversible so early detection screening and treatment is crucial or the vision will deteriorate over time to tunnel vision and eventually blindness. Most people may also find it surprising to note that **injury** is one of the common causes of vision loss. Getting hit with a hockey ball or a shuttlecock during play, or unsupervised children playing with sharp objects, gardening injuries and also injuries from car accidents are common factors. *Parents should avoid buying toys with sharp edges and prevent children from playing with chopsticks or sharp objects. Prevention is always better than cure!*

Macular Degeneration is a gradual deterioration of the macula (centre point at the back of the eye), which is the most sensitive region of the retina. The condition leads to progressive loss of central vision (the ability to see fine details directly in front). Excessive exposure to sunlight and smoking can increase the risk of age-related macular degeneration. Symptoms may include increased difficulty reading or watching TV, as vision becomes distorted, straight lines appear wavy or objects look larger or smaller than normal. In children, **AMBLYOPIA** or "lazy eye" in early childhood can drastically reduce vision in an eye if the weak eye is not corrected. It is important to detect and treat the lazy eye before the age of 7 or 8 years before the "vision centre" in the brain completes its development.

PREVENTING VISUAL IMPAIRMENT

Many people will have some type of visual problem at some point in their lives. It is important that if you are 40 and above, to get your eyes checked annually. If you have diabetes, hypertension or a family history of glaucoma or macular degeneration you will need to be particularly cautious and get your eyes checked and monitored closely.

More in the next issue of the Ipoh Echo.

For more information, call **05-5455582** at Hospital Fatimah or email: gilleyecentre@dr.com

Community, Health & Wellness



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- Applicant / Guardian must be able to provide relevant documents for a complete application and assessment

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Healthcare Leaders Convene in Ipoh for ASEAN Success

The 13th ASEAN Congress and 10th Perak Healthcare Congress, held from July 12 to 14, 2024, at the Kinta Riverfront Hotel in Ipoh, was a success. Organised by the Perak Medical Practitioners' Society, the Perak Association of Public Health Physicians, and the Family Medicine Specialists Association of Perak, with support from the Ministry of Health Malaysia, the event gathered 350 participants, mostly medical practitioners, from across ASEAN.

The congress, themed "Embracing New Horizons in Primary Health Care," emphasised innovation and cooperation at various levels to improve health and well-being.

YB Dato' Lukanisman bin Awang Sauni, Deputy Minister of Health Malaysia, inaugurated the event, stating, "The COVID-19 pandemic has highlighted the critical importance of a resilient primary health care system. We must integrate innovative approaches and foster collaboration across borders to build a more robust framework."

Over 30 sessions featured nationally and internationally renowned speakers, discussing primary care and public health topics. The event included workshops on wound care and clinical case studies, along with an exhibition introducing the latest healthcare technologies and products.

The insights gained and partnerships forged here," said Dr. G. Nantha Kumar, Organizing Chairman of the congress, "will undoubtedly shape the future of healthcare delivery in our communities, marking a significant milestone in Perak's healthcare landscape."



By Anne Das

Train with the Best at Hospital Fatimah School of Nursing



Hospital Fatimah School of Nursing (HFSON) stands out as a reputable institution dedicated to nursing education, emphasising practical training, ethical values, and community engagement. It offers a nurturing environment for aspiring nurses.

Established in 1994, HFSON is Perak's first nursing school, evolving from its origins in the basement of Hospital Fatimah Ipoh into a leading independent institution. Governed by a Board of Directors appointed by the Malaysian Department of Higher Education, HFSON ensures the highest standards of nursing education.

Programs Offered:

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Educational Philosophy:

HFSON focuses on high moral and humanitarian values, aiming to produce skilled, compassionate nurses committed to lifelong learning.

Student Activities:

Students participate in various activities such as Fun Runs, Dialysis Visits, Health Awareness Days, and Library Visits to UITM Sri Iskandar.

Join Us:

With its upcoming convocation ceremony in November 2024 celebrating the graduation of over 70 student nurses, HFSON continues to excel in shaping future healthcare professionals.

Contact Us:

Address : No. 12, Jalan Sultan Azlan Shah, 31400 Ipoh, Perak
Phone : 05-2542084 / 2412740
Email : info@hfson.edu.my
Facebook : Hospital Fatimah School of Nursing

From Plastic Waste to Sustainable Business Practice

By K.T. Leong

The word "sustainability" has been floating around for a number of years now, but along with words like "climate change", it's not something that the man on the street really feels he has any direct involvement with. Well, not anymore, as we've all been feeling the heat of climate change with this scorcher of a year.

We are reminded by the blazing rays of the sun that it's high time we take care of our environment as well as our resources.

While touring HAMI Eco Farms and learning about their sustainable practices, Ipoh Echo also had the opportunity to tour the plastic recycling facilities of EverLantern Holdings Berhad. As a leading provider of recyclable material in the northern region of Peninsular Malaysia, they have 10 Multi-Material Recovery Facilities to serve a growing number of suppliers.

Plastic is collected from various sources, where they are sorted and cleaned, then

crushed and put through a heating process where strands of plastic, similar to the plastic filaments used in 3D printing, are rendered. Throughout the processes, the plastic will go through water and require drying. Eventually, the plastic will be put through the pelletizing machine; after which they will come out as pellets of resin. Ready to be packed and re-used.

In this way, everything from the plastic bottles used to hold your favourite fizzy drink, to plastic shampoo dispensers and plastic food containers, can find new use again. The landfills get cleared up. A little less petrol chemicals is used to make new plastics. And we impose on Mother Nature a little less. It all adds up and companies with responsible sustainable practices like EverLantern are able to turn a profit, which contributes to the economy while also helping the environment. It's a win-win.



Business



SUSTAINABLE LIVING WITH KINTA PROPERTIES AT IPOH'S BANDAR BARU SRI KLEBANG

By K.T. Leong

As the call to go green and do more for the planet becomes more urgent, every step towards change makes a difference.

Heeding the call for sustainability, Kinta Properties has unveiled a new and significant change to Phase 2 of its Xyris double-storey semi-detached home to include built-in photovoltaic solar panels.

This, in addition to the home's existing green features of solar heating and rainwater harvesting system.

According to Kinta Properties sales manager Karen Wong, the 4.80kWp pre-installed photovoltaic solar panel could potentially help homebuyers save up to 16 kilowatt-hours (kWh) of energy in a single day.

"When we first designed Xyris, we had growing families in mind. Having incorporated all the space and flexibility that a home could offer, we then thought of how we could make it an even better home – a home for life.

"That's when we added more sustainable features like the photovoltaic solar panel, in addition to solar heating and rainwater harvesting system to help homebuyers minimise their energy

and water consumption, and ultimately, bring down their utility costs," Wong said.

Nestled within the guarded precinct of Grand Retreats, Xyris makes an excellent choice for growing families as well as multi-generations looking to live under one roof.

Featuring lot sizes of 40'x80' and 40'x90', this freehold property includes 4 bedrooms and 5 bathrooms; an open-plan living-dining-dry kitchen area; separate wet kitchen, as well as an expansive family hall on the first floor.

Prices start from RM 878,800 with 7% Bumiputera discount on Bumiputera lots.

Located strategically in the middle of Ipoh's northern development corridor about 12 km from the city centre, Bandar Baru Sri Klebang is attractive to homebuyers and investors due to its accessibility via the North-South Expressway, Jalan Kuala Kangsar, and Jalan Tasek. The master-planned township is also connected to Meru Raya via the newly opened Klebang-Meru Raya link road.

Show homes at Bandar Baru Sri Klebang are open from 10am to 6pm daily including public holidays. For more information, visit www.kintaproperties.com or call / WhatsApp 012-500 8018.



Community, Health & Wellness

A classic theme livens up SMK Sungei Pari Reunion

The choice of a classic concept evoked nostalgia and created a lively atmosphere at the Reunion of SMK Sungei Pari held at Symphony Suites Hotel, Ipoh.

By Balqis Zahari

With the slogan 'Jauh Dikenang Dekat Disayang' and a Colorful Malay Songket theme, the event was attended by 103 former students from batches 1959 to 1964 of the school.

Starting at 2:30 PM, the event was further enlivened by the presence of guest emcee Shahril, who entertained throughout the gathering.

Chairman of the programme, Datuk Dr. Junaidah Kamarrudin mentioned that this reunion was the first large-scale event of its kind.

"We have organised many smaller reunion programmes by batches in the past.

"However, this is the first time we have successfully gathered such a large number of batches," she said.

Junaidah said that the programme was attended by former students who had relocated across the nation.

"They came from all over. I myself am from Putrajaya, and others came from Kuala Lumpur, Perlis, Johor, and mostly from Ipoh because we all went to school here," she said.

According to her, the programme aimed to strengthen bonds among former students.

"This programme is aimed at facilitating meetings and strengthening existing bonds," she said.

She expressed the hope of attracting more batch participation in future events.

Six performances, including solo and group singing, as well as dancing by the organising committee, were presented.

In addition to the meal, several other activities were held, such as showcasing the best clothing and mystery prizes.

The programme was interspersed with performances and the presentation of awards in stages.



Ipoh Refill Perak's Zero Waste Trailblazer



By Anne Das

Ipoh Refill, which opened in March 2024, is making waves in Ipoh Garden South as Perak's first zero-waste store. This innovative shop offers a practical solution for those looking to live more sustainably and reduce plastic waste.

Ipoh Refill invites you to bring your own bottles and containers to refill with a diverse range of eco-friendly products, from cleaning supplies to personal care essentials. This straightforward approach not only cuts down on single-use plastics but also helps keep our landfills in check.

But Ipoh Refill is more than just a cool shop; it's a community hub for sustainability. The store hosts a variety of workshops, including DIY projects and zero-waste cooking classes. These events are perfect for learning practical tips and connecting with others committed to making a difference.

The store also champions recycling through its used cooking oil collection initiative. Bring in your used oil and earn RM2 per kilogram, which will be converted into biodiesel.

As Ipoh Refill continues to lead in sustainable practices, stay updated on their latest events and initiatives by following them on social media.

Visit The Ipoh Refill Zero Waste Store:

Address : No 14, Tingkat Taman Ipoh 11, Ipoh Garden South, 31400, Ipoh, Perak.

Contact : 012-656 0816

Hours : Daily 9 am - 5 pm (Sundays 9 am - 2 pm); Closed Wednesdays

Visit Ipoh Refill to discover how you can be part of Perak's zero waste movement and contribute to a greener future!

Community

IPOH LEADS IN MODERN PUBLIC MARKET AND MADANI RECREATIONAL PARK CONCEPTS

By Zaki Salleh

In evaluating the needs of the community, one significant aspect is providing public facilities that hold importance for society.

The necessity to revitalize old public markets in Ipoh City and the state, in general, has become a priority in the redevelopment of these facilities.

One of the old markets undergoing redevelopment in the state is the 62-year-old Pasir Pinji Public Market, with an allocation of RM12 million.

Pasir Pinji Market, a dilapidated and rundown market, houses 178 traders.

Local Government Development Minister, Nga Kor Ming, stated that the implementation takes into account safety and comfort factors, given that most public markets are in a dilapidated condition with problems of leaking roofs and flooding.

"Every building has its lifespan and age limit, just like markets, so we must give priority and appropriate consideration.

"The Ministry of Local Government Development plans to develop a modern market concept that also serves as a one-stop centre for various economic activities.

"This modern market will also have spaces to sell local tourism products because our goal is to make it a tourist attraction," he told Ipoh Echo/Peraktastic.

He further mentioned that the ministry is also upgrading the Taiping Market, Malaysia's oldest market built around the 1880s, as a National Heritage Market.



This market is currently under construction and is expected to be completed by next year in conjunction with the 150th-anniversary celebration of Taiping Heritage Town.

The ministry also allocated RM3.5 million for the demolition and reconstruction of the Ayer Tawar Public Market, which has been in operation since 1973.

In other developments, Kor Ming said that RM11 million was allocated to the Perak government to develop more MADANI Recreational Parks in the state this year.

Of this amount, RM6 million is allocated for upgrading old parks to MADANI recreational parks, while RM5 million is for small projects in the Development Division in Perak.

Ipoh is fortunate as the MADANI Woodlands Recreational Park near Bandar Baru Tambun has become the first park to launch this concept.

The project construction is carried out by the Ministry of Local Government Development through the National Landscape Department in collaboration with the Local Government Department.

"So far in Perak, six MADANI recreational parks are in the procurement stage and six more parks are in the site selection process.

"MADANI Woodlands Recreational Park is an open space upgraded with recreational facilities for the local community's activities.

"It was officiated by Prime Minister Datuk Seri Anwar Ibrahim last May. The 1.13-hectare recreational park consists of an open square, children's playground, multipurpose court, and jogging track to meet the needs of residents," he added.

Because of strawberries, Mama Puteri continues her charity work despite obstacles



By Aida Aziz

Talking about strawberries reminds this empathetic woman of a boy suffering from cancer.

This story sparked Wan Noorashikin Noran, 49, to become active in the charity world in 2016.

Affectionately known as Mama Puteri, she is the Chairperson of the Pertubuhan Puteri Kebajikan Negeri Perak.

According to Mama Puteri, the story etched in her memory is about late Firdaus, who suffered from nerve cancer, and his wish to pick strawberries.

However, the condition of the eight-year-old boy did not allow it, and the doctors confirmed that he had only three months to live.

"Despite the charity work that I do, such as helping flood victims and providing hospital equipment like beds to patients, there is a story close to my heart.

"Firdaus lived in Tangkak, Johor. I saw an individual's post on Facebook about the boy's wish to pick strawberries before passing away.

"Initially, we had arranged for him to come to a homestay in Cameron Highlands but it was cancelled at the last minute because his condition became critical.



"Therefore, I drove from Perak to Johor, bringing strawberry plants to fulfil his wish," she said.

As soon as I arrived, my friends and I arranged the plants and waited for him to come and pick them.

"Firdaus was so happy and excited when he saw the strawberry plants. He took scissors and picked them himself.

"This may seem ordinary to others, but it meant a lot to Firdaus and his family. He didn't ask for much, just that," she added.

Two weeks later, Firdaus passed away.

"Nevertheless, I felt happy and satisfied that I could fulfil someone else's dream.

"To this day, my relationship with his mother remains good, and we still keep in touch," she said.

As a result, she continues her charitable work regardless of race and religion.

She now focuses on raising funds for charity through various activities, including helping single mothers and underprivileged individuals through friends and close acquaintances.

"Usually, I initiate fund collections with friends and acquaintances through WhatsApp. This way, there are no issues of fund mismanagement," she said.

Food & Drink



Appam & Thosai Galore at ARO Restaurant Ipoh

ARO Restaurant, located on Jalan Sultan Yussof next to the legendary Mubarak Bookstore, is quickly becoming a beloved spot for locals and travellers alike. Known for its delicious homemade Indian meals and welcoming atmosphere, ARO offers an authentic taste of South Indian cuisine right in the heart of Ipoh.

ARO's Appam is another must-try specialty. Known for its delightful texture – crisp on the outside and soft, fluffy inside – Appam comes in over 6 different variations. Popular options include Brown Sugar, Egg, Caramelized Banana, and Anchovies, priced between RM2.50 and RM6.80. Each bite is a burst of flavour, perfect for pairing with their sweet coconut milk or spicy sambal.

One of the highlights at ARO Restaurant is their extensive variety of Thosai. From traditional options to unique dessert variations like Nutella Thosai and Lotus Biscoff Thosai, each dish is made to perfection. Health-conscious diners can enjoy options like Green Bean Thosai and Ragi Thosai, which is gluten-free and made from a healthier natural grain. Prices are affordable, ranging from RM3 to RM13, making it a great choice for both everyday meals and special occasions.

Their menu also includes hearty Thali sets, flavourful Biryani, and a variety of meat and vegetable dishes, catering to both vegetarian and non-vegetarian diners.

Visit ARO Restaurant in Ipoh to enjoy mouthwatering, authentic Indian cuisine that's both affordable and delicious. With its friendly service and extensive menu, it's a dining experience you won't want to miss.

Address : No. 134, Ground Floor, Jln Sultan Yussof, 30000 Ipoh, Perak.
Phone : **+60 10-395 2902**
Operation Hours: Wednesday – Friday: (11 am – 10 pm) Saturday & Sunday: (8 am – 10 pm) (Closed on Mondays & Tuesdays)

Stirrup Your Appetite at Ipoh's Equestrian Café



If you're on the hunt for a brunch spot in Ipoh that's truly unique, head over to The Equestrian Café, situated within the serene Perak Turf Club Equestrian Centre. This charming café offers more than just delectable dishes—it's a visual delight, with horses gracefully trotting by as you enjoy your meal.

Chef Derrick Wong has curated a menu as impressive as the views. Enjoy the Creamy Smoked Salmon with Sous Vide 68 Eggs on a Butter Croissant, or dive into the Flavourful Shakshuka Eggs on Sourdough Bread. For a heartier option, the Full English Breakfast and Bangers & Mash are perfect. With reasonable pricing for high quality and generous portions, you get great value for your money.

But The Equestrian Café is not just about the food; it's about the experience. Enjoy Vietnamese coffee under shady trees while taking in the soothing sounds of birds and the sight of horses meandering by.

Ideal for families, friends, and kids, this café is a fantastic spot to unwind and enjoy the outdoors. Planning a special event? Host it here in this picturesque setting, where event-ready carriages and stunning equines add an extra touch of magic to your celebration.

Address : Jalan Kelab Golf, 30350 Ipoh, Perak.
Café Hours : 8am - 2pm for Breakfast & Lunch Only (Closed on Mondays)
Contact : Chef Derrick @ **016 – 5400676** / on FB @ The Equestrian Cafe Ipoh.

Eat, Sip & Relax

By Anne Das



Taste the World at Vantage Wine & Cigar Lounge

Looking for a chic new spot to unwind and enjoy a night out with friends? Vantage Wine & Cigar Lounge in Ipoh Garden East is your go-to destination. This venue blends sophistication with comfort, making it ideal for both enthusiasts and casual sippers.

Vantage Wine offers a diverse selection from Old World classics to New World gems. Whether you're craving a crisp Chardonnay, a bold Cabernet Sauvignon, rare whiskies, or artisanal liqueur, you'll find it here. They also boast an array of champagnes, spirits, and liqueurs, catering to every taste.

The venue features an elegant bar, a cosy lounge area, and a private cigar room, making it ideal for enjoyable evenings. With prices ranging from RM50 to RM20K, making this a spot accessible to all.

Another reason to follow them on their socials is their ongoing tastings and events designed to introduce locals to new and exciting wines and spirits. These events are a fantastic way to explore new flavours, learn from experts and socialise.

Don't miss out on their upcoming wine, whiskey, and spirit tastings happening this second quarter. Your next great night out starts here!

Address : Ground Floor of 16 & 18, Jalan Medan Ipoh 3, Bandar Baru Medan, 31400 Ipoh, Perak.
Operation Hours : 12pm to 12am daily (CLOSED ON TUESDAYS)
Contact : **05-549 2632**
Socials: <https://www.facebook.com/www.vantagewine.com.my/>

Hor Fun Happiness at Ipoh Boy Eatery



Opened in March of 2023, Ipoh Boy Eatery has quickly established itself as a beloved kopitiam in Taman Ipoh Impian. Known for its velvety Hor Fun, this eatery offers generous portions at reasonable prices, with options for both dry and soup versions. Diners rave about the crunchy bean sprouts and tender poached Kampung Chicken, perfectly complemented by fragrant soy sauce and homemade chilli.

With a focus on local flavours, Ipoh Boy Eatery's menu also features specialties like Kampung Chicken Rice, Braised Chicken Feet, and Octopus. Owned by Ipoh native Aaron Lee, the eatery is recognized for its cleanliness and Aaron's soft-spoken demeanour, making it a welcoming spot for food lovers.

The relaxed, casual atmosphere captures the essence of Ipoh. Whether you're a local or just passing through, visit Ipoh Boy Eatery for a satisfying meal—any day but Sundays!

Address: 21, Persiaran Bandar Baru Tambun 16, Taman Ipoh Impian, 31400 Ipoh, Perak.
Opening Hours : 7am to 2.30pm daily (Closed on Sundays)
Contact : Aaron : **012-518 3600**.

UPCOMING EVENTS FOR AUGUST 2024

ASIA CROSS COUNTRY RALLY 2024
Location: Malaysia to Thailand
Date: 12 to 18 August
Contact: Vector International @ **012-2724976**

KERIAN KAMPUNG RUN 2024
Location: Ban Pecah, Tanjung Piandang
Date: 17 August
Contact: MD Kerian @ **05-7161228**

FESTIVAL KRAF PERAK 2024
Location: Dataran Menara Condong
Date: 23 August to 1 September
Contact: MP Teluk Intan @ **05-6221299**

VISIT PERAK 2024 FUN RUN SERIES 2
Location: Ipoh
Date: 25 August
Contact: RAT Adventure @ **018-9534094**

SAMBUTAN AMBANG MERDEKA 2024
Location: Dataran Menara Condong Teluk Intan
Date: 30 August
Contact: Pejabat Daerah dan Tanah Hilir Perak @ **05-6221766**

FIESTA LOMA GERIK 2024
Location: Dataran Padang Kg. Jong dan Dataran Loma, Gerik
Date: 23 to 25 August
Contact: MD Gerik @ **05-7911686**

BATU GAJAH HERITAGE TRAIL RUN
Location: Kellie's Castle
Date: 25 August
Contact: MD Batu Gajah @ **05-3632020**

PESTA BERAKIT @ SUNGAI BATANG PADANG
Location: Sungai Batang Padang
Date: 31 August
Contact: MD Tapah @ **05-4011326**

PERTANDINGAN KAYAK MERDEKA 2024
Location: Kuala Kangsar
Date: 31 August
Contact: Persatuan Agro Pelancongan Perak @ **019-2223060** (Puan Azima)

UPCOMING EVENTS

UPCOMING EVENTS FOR SEPTEMBER 2024

THE MAJESTIC LENGKONG VALLEY - PERAK ULTRA
Location: Lenggong
Date: 1 to 3 September
Contact: MD Lenggong @ **05-7677207**

10TH IPOH INTERNATIONAL DANCESPORT CHAMPIONSHIP 2024
Location: Kinta Riverfront Hotel, Ipoh
Date: 3 September
Contact: MY Dancesport Studio @ **012-5162708** (Ms. Yen Chin)

PANGKOR EXTREME AQUATHLON
Location: Pulau Pangkor
Date: 7 to 8 September
Contact: Persatuan Triathlon Perak @ **012-2933338** (Toto Ong)

CAMTRA 2024 3RD EDITION
Location: Lost World of Tambun
Date: 7 to 8 September
Contact: All Trail Project Event Management @ **012-6964345**

FESTIVAL TELUK INTAN
Location: Dataran Menara Condong & Jalan Bandar
Date: 13 to 15 September
Contact: MP Teluk Intan @ **05-6221299**

MOONLIGHT FIESTA
Location: SJK(C) Chung Tack
Date: 14 to 15 September
Contact: JCI Ipoh @ **016-5570689** (Jasmine Liew)

PESTA LAKSA KUALE
Location: Arena Kuala Kangsar
Date: 14 to 15 September
Contact: MP Kuala Kangsar @ **05-7763199**

LARIAN JAMBATAN SULTAN NAZRIN SHAH BAGAN DATUK
Location: Bagan Datuk
Date: 15 September
Contact: MP Teluk Intan @ **05-6221299**

IPOH 7 BRIDGES RUN 2024
Location: Stadium Indera Mulia
Date: 15 to 16 September
Contact: Persatuan Informasi Pelancongan & Kesihatan Perak @ **012-5060700**

KELLIE'S SANTAI BERTANJAK V. 4
Location: Kellie's Castle
Date: 16 September
Contact: Persatuan Pengusaha Pelancongan Bumiputra Perak @ **012-2315831** (En. Zam)

KARNIVAL PENGKALAN HULU (KPH)
Location: Taman Tasek Takong, Pengkalan Hulu, Perak
Date: 20 to 22 September
Contact: MD Pengkalan Hulu @ **04-4778148**

PESTA CEMPAKASARI 2024
Location: Pekan Parit - Kampung Gajah
Date: 27 to 29 September
Contact: MD Perak Tengah @ **05-3712088**

PESTA BUDAYA NUSANTARA @ IPOH
Location: Stadium Indera Mulia
Date: 28 September
Contact: MB Ipoh @ **05-2083333**

Community, Health & Wellness



HOSPITAL SERI BOTANI

PREMIER ORTHOPAEDIC CARE FROM INJURY TO RECOVERY



Located in the thriving city of Ipoh, Perak, Hospital Seri Botani (HSB) has quickly become a standout in medical excellence, particularly in orthopaedic care. With advanced technology and a prime location, HSB is the top choice for those seeking superior treatment for bone and joint conditions.

Since opening, HSB has seen a surge in patients choosing its orthopaedic services. The hospital addresses various conditions, from degenerative bone diseases to sports injuries and complex microsurgeries, making it a comprehensive centre for treatment and recovery.

“At Hospital Seri Botani, our mission is to offer high-quality medical services that are both accessible and affordable. We believe in creating a compassionate and ethical environment where patients can receive the best possible care,” said Dr. Eric Yeoh, CEO of HSB.

Expertise in Orthopaedics

The orthopaedic department is led by three renowned surgeons: Dr. Nicholas Ho Way Siong, Dr. Ling Jiang Loong, and Dr. Chua Wei Siong. Their expertise includes knee and hip replacements, osteoporosis treatments, sports injuries, and intricate hand and microsurgery.

Dr. Nicholas Ho, an expert in knee and hip replacements, emphasized, “Our modern facilities and advanced diagnostic tools allow us to provide accurate

and timely treatment, crucial for patient recovery. We are committed to helping our patients regain their mobility and improve their quality of life.”

Dr. Ling, specializing in sports injuries, noted, “Our well-equipped physiotherapy unit and supportive environment play a significant role in helping patients achieve full recovery. Swift recovery is paramount for athletes to regain their competitive edge.”

For industrial and occupational injuries, Dr. Chua, an expert in hand and microsurgery, emphasised the importance of precision surgery. “A hand injury can be devastating, affecting a worker’s livelihood. The comprehensive support system at HSB ensures that we provide the highest standard of care, enabling workers to recover and return to their jobs with confidence.”

Community-Centric Care

HSB offers high-quality private hospital care at a value-for-money price, making healthcare accessible to more people. The hospital’s “We Care” philosophy emphasizes its commitment to providing compassionate and ethical care.

This hospital offers a peaceful environment that supports recovery, enhanced by convenient surrounding amenities. As a leader in healthcare, the hospital remains a top choice for many in Ipoh and beyond.

Follow Hospital Seri Botani’s updates
www.facebook.com/hospitalseribotani
 For appointments, call +605 226 2777 or visit their website at www.hospitalseribotani.com.my.



TURAS TERAPI

offers four types of treatments for wellness

By Aida Aziz



The presence of this nerve stimulation massage centre (Turas Terapi) in Meru Raya, Ipoh is not limited to providing joint and bone stretching services (body adjustment).

It also includes nerve massage, cupping therapy, and reflexology services offered by skilled staff.

According to Turas Terapi Manager Mohammad Ikhwan Ariff Johor, 29, he learned a lot about massage techniques and treatments from his experienced father.

In fact, his family also operates a similar treatment centre in Manjung, which has been in business for 12 years.

“During the Movement Control Order due to COVID-19, I focused on learning from my father and eventually opened my own treatment centre in Ipoh,” he said.

He mentioned that public response to the treatments has been very encouraging.

However, he clarified that they screen patients beforehand to avoid unwanted risks.

“Before we carry out the treatment procedures, we have a form for patients to fill out if they have any issues.

“We check and ask patients first. We reject many patients seeking treatment, such as those with diabetes, heart disease, and cancer.

“The age limit depends on the patient’s body, with the youngest we accept being 10 years old and above,” he said.

He also said that the public does not need to doubt or worry about the treatments provided.

“Many ask if body adjustment is dangerous. Actually, what we do are basic procedures and are not dangerous at all.

“We have treated nearly 30,000 patients without any issues. The important thing is that patients need to be honest about their problems,” he said.

He also shared some unique cases they have encountered during their practice, including scoliosis.

“We have had cases of scoliosis, an S-shaped curvature of the spine.

“If the condition is severe, we do not take the case, but some patients who underwent treatment sessions have recovered. This involves body adjustment, massage, and cupping therapy,” he said.

For those who intrested, visit 76-G, Jalan Meru Bestari A8, Bandar Meru Raya, Ipoh, or visit Turas Terapi on social media on Facebook, Instagram, and TikTok.

Business & Lifestyle



JCI IPOH

RETURN, REBUILD AND REBORN!

By K.T. Leong

The young generation are the leaders of the future, and to prepare them for this great responsibility, there are organisations like Junior Chamber International (JCI) Ipoh.

JCI Ipoh is a Non-Governmental Organisation (NGO) that nurtures the leadership of young people by providing them with leadership opportunities that will benefit the community. By working together with fellow JCI Ipoh members and other groups on projects to help the community, the members can develop their leadership skills and gain the opportunity to build relationships with various organisations. JCI only allows its members to hold a position for just one year, meaning there will be plenty of opportunities to take on a leadership role.

Since the "Pandemic Era", JCI Ipoh has Returned, Rebuilt itself and been Reborn. They were the driving force behind many community projects, such as the Charity Golf and 520.1 Charity Ride events, which were not only fun events for everyone who participated, but raised funds for The Perak Deaf Sports Association (PESDeaf) and several orphanages. Through these, members and participants were able to network and work with many groups, such as YEG, HAMI Eco Farms, Kawan Renergy, RT Petroleum and more.

With over 47 years of history and support from past presidents, JCI Ipoh is keeping active with more projects on the horizon. Watch out for the Moonlight Fiesta, this coming September.

Those looking to join JCI Ipoh as members, as vendors for the Moonlight Fiesta or to partner up in helping the community, can call or WhatsApp 016-5570689 or email: jciipoh1977@gmail.com. Also, check out <https://www.facebook.com/jciipohmalaysia> to keep up to date with all their latest news.

Elevate Your Workday:

WEIL HOTEL PROVIDES ADVANCED COWORKING SPACE



By Rosli Mansor Ahmad Razali

In the digital age, coworking spaces are favoured by freelancers, entrepreneurs, and students alike, offering flexible and innovative work environments.

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Operating since September 2023, rates are affordable at RM38.00 per day and RM380 per month, with additional perks including a 15% discount on meals at Tiffin Restaurant, complimentary freshly brewed coffee and a selection of teas, local favourite snacks, and parking at RM3.00 per day.

The spacious and comfortable area accommodates up to 50 individuals simultaneously, open daily from 9:00 AM to 9:00 PM. For convenience, a comfortable prayer room is also available on Level 2.

Ideal for dynamic and efficient work transactions in the evolving world of employment, CoWorking by WEIL offers an unmatched environment.



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The Bojen Car Wash & Spa

OPENS OPPORTUNITIES FOR YOUTH TO BUILD CAREERS

By Balqis Zahari



The Bojen Car Wash & Spa serves as a platform and opens opportunities for young people to build careers in the car wash business.

Its owner, Mohd Salor Wadi Mohd Nor, stated that this opportunity counters the perception that this field lacks a future.

"Now this field can be considered a promising career."

"This is because we offer commissions, stable salaries, and even half-month advances, so it's a good opportunity for those who want to venture into the car wash business," he said when met. Mohd Salor Wadi emphasized that this career can now generate a high income.

"Previously, the salary might have been RM300, but now, if diligent, one can earn RM2,000 to RM3,000."

"Moreover, EPF and Socso are also provided, ensuring a secure future," he said.

Additionally, he said that his car wash provides services to government bodies preparing for retirement.

"We cooperate with the Malaysian Armed Forces Veterans (ATM). Here, ATM sends its members interested in this field for three-month courses, where we teach them detailing from start to finish," he said.

According to him, the car wash offers around 15 types of services, including washing military vehicles.

He added, that they offer affordable prices and always prioritize customer satisfaction.

"For vehicle washing, it's only RM15, and for three-layer polishing, we charge only RM180. To book a slot, contact Wadi 012-4606020 Address: No. 25259 Jalan Ampang, Tambun, 31400 Ipoh, Perak."



Community, Health & Wellness

“Ageing is Not for Sissies”

By See Foon Chan -Koppen

With my 80th year fast approaching, I am reminded of my Bestie’s oft-quoted phrase “Ageing is not for sissies” every time I begin my “organ recital” (as in bodily organs!) when ailments pop up.

Although ageing is inexorable, some geriatric diseases begin to make their inevitable appearance. Our bones become porous, blood sugar and blood pressure may go awry, cholesterol levels are high and god forbid! clogged arteries, arthritis and a whole host of other nasties creep in. This is the time when a relationship with a Geriatrician becomes essential.

Introducing Dr. Harnek Singh Badshae : A Pioneer in Geriatric Care

In an era where medical advancements are extending lifespans, the field of geriatrics has become increasingly vital. Geriatrics, a branch of medicine focused on the health care of elderly people, addresses the unique challenges and needs that arise with ageing.

At the forefront of this essential field is Dr. Harnek, a recent addition to the team of medical professionals and specialists at KPJ Ipoh Specialist Hospital, whose expertise and compassion have already significantly impacted the lives of many senior citizens.

Understanding Geriatrics

Geriatrics is a specialized field of medicine that aims to promote health by preventing and treating diseases and disabilities in older adults. As the population ages, the importance of geriatrics has grown exponentially. Geriatricians like Dr. Harnek are trained to handle the complex health issues that often accompany ageing, including chronic diseases, mobility issues, and cognitive impairments. Their holistic approach ensures that elderly patients receive comprehensive care tailored to their specific needs, promoting not only longevity but also a better quality of life.

Dr. Harnek’s Journey

Dr. Harnek’s journey into geriatrics began with a profound interest in the ageing process and a deep desire to help elderly individuals lead fulfilling lives. After completing his medical degree, he pursued specialized training in geriatrics, which equipped him with the knowledge and skills to address the multifaceted health concerns of older adults. Over the years, Dr. Harnek has become a respected figure in the field, known for his patient-centred approach and dedication to advancing geriatric care.

Special Interests: Osteoporosis, Dementia, and Diabetes Management

Dr. Harnek’s expertise is particularly notable in three critical areas of geriatric care: osteoporosis, dementia care, and diabetes management. Each of these conditions poses unique challenges, and Dr. Harnek’s commitment to these areas has led to significant improvements in patient outcomes.

Osteoporosis

Osteoporosis, a condition characterized by weakened bones and an increased risk of fractures, is a common concern among the elderly. Dr. Harnek is deeply committed to the prevention, diagnosis, and treatment of osteoporosis. He emphasizes the importance of early detection and advocates for lifestyle changes, such as diet and exercise, to strengthen bones. His holistic approach not only focuses on managing the condition but also on educating patients about bone health, reducing the risk of fractures and improving overall mobility.

Dementia

Dementia, a debilitating condition that affects cognitive function, memory, and behavior, is another area where Dr. Harnek has made a significant impact. Understanding the emotional and physical toll dementia takes on patients and their families, Dr. Harnek approaches each case with empathy and expertise. He works closely with patients and their caregivers to develop comprehensive care plans that address the symptoms and progression of dementia. Dr. Harnek’s approach includes medication management, cognitive therapies, and support systems to ensure that patients maintain the highest possible quality of life.



Dementia

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Diabetes Management

Diabetes is a prevalent condition among older adults, and managing it effectively is crucial for preventing complications such as heart disease, kidney failure, and neuropathy. Dr. Harnek’s approach to diabetes management is thorough and individualized, recognizing that each patient’s needs are different. He focuses on lifestyle modifications, such as diet and exercise, alongside medication management to control blood sugar levels. Dr. Harnek also places a strong emphasis on patient education, empowering individuals to take an active role in managing their diabetes.

A Holistic Approach to Elderly Care

What sets Dr. Harnek apart is his holistic approach to geriatric care. He understands that the health of older adults is influenced by a variety of factors, including physical, emotional, and social aspects. Dr. Harnek takes the time to listen to his patients, understand their concerns, and develop personalized care plans that address all dimensions of their health.

Conclusion

Dr. Harnek’s dedication to geriatrics and his special interests in osteoporosis, dementia, and diabetes management have made him a cornerstone of elderly care in the community. His compassionate approach and commitment to improving the quality of life for his patients are a testament to his expertise and passion for the field. As the population ages, the importance of geriatricians like Dr. Harnek cannot be overstated. They play a crucial role in ensuring that our elderly population remains healthy, active, and engaged, paving the way for a brighter, healthier future for all.

Dr Harnek Singh Badshae

MBChB (Sheffield), MRCP (UK), FRCP (Glasgow), Fellowship in Geriatric Medicine (MOH), CMIA

Internal Medicine & Geriatric Medicine

KPJ Ipoh Specialist Hospital

Location: Suite 1 - 05A

Type: Resident Doctor

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Sport

PERAK NEEDS MORE SWIMMING COMPLEXES, TO PRODUCE MORE NATIONAL SWIMMERS

By Aida Aziz



Perak needs more swimming complex facilities to address the shortage of athletes and talent in the sport.

Compared to other states, public swimming pool facilities in Perak are insufficient to accommodate the number of young people who want to train, with most facilities concentrated in Ipoh.

According to Anthony Ang, the head coach of the KuRenang Academy, he felt compelled to start a talent search and training program after retiring from the sport.

"We need more facilities and coaches to produce more high-caliber national swimmers who can compete internationally.

"We can see in Kuala Lumpur, Selangor, and other states, there are many public and private swimming pools.

"From there, they have produced many new talents in the sport compared to Perak," he said when met at the Tuanku Zara Aquatic Center here recently.

The former national swimmer and Olympian added that his team is actively scouting and training new talents who can bring glory to Perak specifically and Malaysia in general.

Meanwhile, KuRenang Program Director Clara Chung believes that the facilities at the Tuanku Zara Aquatic Center are among the best in Malaysia.

"Additionally, we aim for one life saver per household to reduce drowning incidents.

"We established KuRenang in Ipoh and are collaborating with clubs and schools in Perak. So far, we have around 11 coaches and have trained over 1,000 swimmers," said the former Perak state swimmer.

The RM45 million Tuanku Zara Aquatic Center is one of the best in Malaysia, built according to specifications set by the International Amateur Swimming Federation.

Officially opened to the public on November 1, 2018, the center can accommodate around 3,000 spectators.

PICKLEBALL FEVER SWEEPS THROUGH IPOH



By Anne Das

Pickleball, blending tennis, badminton, and ping-pong, has captured Ipoh's heart. Starting in July 2023 with 40 players, the sport now boasts five groups and 150 players. "Pickleball is easy to pick up, even for those with no racquet game experience," says Bryan Chai from IPOHBUG. "The social aspect and laughter are major draws."

IPOHBUG, in collaboration with the Perak Pickleball Association, is promoting the game in schools and planning events. Partnerships with venues like YMCA and Perak Chinese Recreation Centre (PCRC) aim to develop pickleball facilities.

"We're thrilled to introduce pickleball at YMCA," says Dato Daniel Tay, Chairman of YMCA. "It's a sport promoting inclusivity and fitness for all ages." Pickleball offers exercise, social interaction, and inter-state/international play opportunities.

Currently, pickleball can be played at Elim Sports Hall, Canning Garden Methodist Church, and Kompleks Belia dan Sukan Negeri Perak. Ipoh's pickleball community has achieved milestones like hosting the first pickleball carnival in March 2024 and winning medals in Vietnam in April.

Interested in joining the pickleball craze? Become a member of IPOHBUG today! For more information, call Bryan at 011 2668 1234.

As pickleball fever sweeps Ipoh, it's clear this is just the beginning of an exciting journey for the city's enthusiasts.

5 Things You Didn't Know About Pickleball

- The ball has holes.
- Named after Joel Pritchard's dog, Pickles.
- "The Kitchen" is a penalty area.
- Adaptable for wheelchair players; the ball can bounce twice.
- The largest game had 1,100 players in Surprise, Arizona, on May 5, 2018.

Luxury Lifestyle

Afternoon Tea at The Banjaran Hotsprings Retreat

By Anne Das



Experience the extraordinary allure of The Banjaran Hotsprings Retreat, where every sip and bite promises a journey into luxury and natural splendour. Situated amidst Ipoh's lush tropical rainforest, this exclusive sanctuary invites guests to indulge in a cherished tradition with a contemporary flair—the Afternoon Tea Affair. Renowned for its serene environment and eco-friendly ethos, The Banjaran Hotsprings Retreat stands as Malaysia's premier luxury natural wellness sanctuary. Its ancient Palaeozoic limestone hills, cascading waterfalls, and geothermal hot springs offer locals a rare opportunity to enjoy High Tea amidst unparalleled tranquillity and natural splendour.

The Banjaran's Afternoon Tea experience seamlessly blends luxury with nature. Available to all, it features an exquisite selection of finely crafted pastries, delicate sandwiches, and freshly baked scones, all presented on an elegant three-tier stand. You will enjoy the Cold Smoked Salmon with dill & lemon cream cheese, the Turkey Ham & Cheese on sourdough, and savour the Truffle Egg on grained toast—all amidst the retreat's lush greenery. A must for this affair is the Freshly baked Raisin Scones, served warm with house-made clotted cream and strawberry preserve, adding a touch of tradition to the experience. Meanwhile, desserts like the Chocolate Opera, featuring its cream cheese mousse and hazelnut crunch, elevates indulgence to new heights.

Guests can choose from an amazing curated selection of 24 types of Ronnefeldt organic loose-leaf teas, all sourced from the finest tea gardens worldwide. Options range from traditional Black Teas to unique Herbal Infusions and the exotic Wellness Collection Teas, such as Ayurveda Herbs & Ginger and Vanilla Rooibos, ensuring a perfect complement to every palate. The cost for the experience is MYR 150 per person, with the option to add a glass of Nicolas Feuillatte champagne for an additional MYR 98. Guests have the option to choose where they enjoy their Afternoon Tea among several stunning locations around the retreat. These include Pomelo, On The Rocks Lounge, Star Deck, Crystal Cave Foyer, and Lobby Pavilion, each imbued with its own unique charm.

The retreat's sustainability efforts extend beyond its physical footprint. It boasts onsite organic farms spanning nearly 10,000 square metres, including two organic herb gardens, providing fresh local herbs and produce. These garden-fresh ingredients find their way into the retreat's culinary offerings, enhancing the flavour and sustainability quotient of every dish served. To ensure a seamless experience, guests are required to make reservations at least 1 day in advance. The Banjaran emphasises catering to dietary requirements or allergies, with the chef ready to accommodate special requests. For a serene and tranquil atmosphere, The Banjaran Hotsprings Retreat welcomes only adults and guests aged 12 and above, ensuring a peaceful and safe environment for all visitors.

In addition to the Afternoon Tea, The Banjaran offers a Day Pass option for MYR 350, allowing access to the Geothermal Hot Springs Dipping Pools, Thermal Steam Cave, Ice Bath, Meditation Cave, Crystal Cave, Garra Rufa Doctor Fish Pool, Fitness Centre, and Freeform Swimming Pool—a perfect complement to your wellness journey. Whether indulging in Afternoon Tea, enjoying a Day Pass, or experiencing wellness therapies at Malaysia's Best Hotel Spa, you're promised an unforgettable experience. Surrounded by Mother Gaia, The Banjaran Hotsprings Retreat is Ipoh's first luxury natural hot springs wellness retreat, offering bespoke holistic experiences for ultimate relaxation and rejuvenation.

To book your experience, contact The Banjaran Hotsprings Retreat or visit their website for more information and reservations.
Address : No. 1, Persiaran Lagoon, Sunway 3, 31150, Ipoh, Perak.
Contact : **+605 210 7777**
Visit: www.thebanjaran.com for more information and reservations.

Food And Culture

MOHD CHAN, CHINESE MUSLIM RESTAURANT

Eat And Enjoy Together

Mohd Chan, a Chinese Muslim Restaurant, is a popular spot for people of all races, offering halal Chinese cuisine.

Must-try dishes include Creamy Butter Prawns, Chinese Fried Rice, Famous Chili Crab, Salted Egg Squid, Golden Pastry, and Shanghai Dumplings. The most popular drink here is Harimau Coffee.

Recognized as The Best Chinese-Muslim Restaurant, Mohd Chan provides a comfortable prayer room and ensures clean restrooms for visitors.

The restaurant is located in the former Ruby Cinema building on Jalan Raja Musa Aziz, Ipoh, which operated from the 1950s to the 1990s. It is open daily from 11 AM to 10:30 PM. **Inquiries/Reservations: +6012-790 0914.**



Konda PASTA is the perfect choice for pasta lovers, offering 13 different types of pasta to suit your taste.

Using high-quality spaghetti, each type of pasta served is enriched with a variety of flavours.

Must-try dishes include Spaghetti Squid Ink, Spaghetti Carbonara Beef Strips, Spaghetti Spicy Creamy Beef Strips, and Grilled Chicken Chop.

Additionally, local dishes such as Original Nasi Lemak are also available.

The café features an attractive setting surrounded by greenery, ideal for visitors who want to relax in a tranquil atmosphere.

Located at Jalan Yeoh Chai Lye, Taman Ipoh. It operates daily except Tuesday, from 3 PM to 10 PM. **Inquiries/Reservations: +6016-492 9660.**

FIVE RECOMMENDED CAFES IN IPOH

● By Rosli Mansor Ahmad Razali

The Warung Theater (Ipoh)

Cathay by Nifayyi

Have you tried the Dulang Briyani Lambshank or Nasi Kandar at The Warung Theater, said to be the best in Ipoh?

The Dulang Briyani Lambshank serves Dum Briyani with Ayam Masak Merah, Fried Chicken, and Ayam Varuval, along with three types of vegetables. This dish can be enjoyed by four to five people.

The menu also features popular Western dishes such as Grilled Chicken Chop, Beefy Jack Burger, and Spaghetti Ebiko & Beef Carbonara, enjoyed with drinks like White Coffee Cincau or Caramel Macchiato.

The Warung Theater is located on Jalan Dato Onn Jaafar, Kampung Jawa, Ipoh. It operates daily from 12 PM to 11:30 PM. **Inquiries/Reservations: +6010-373 2368.**



Restoran Kak Leha & Shazwani

Those who love traditional Malay cuisine for lunch will certainly choose Restoran Kak Leha & Shazwani, located opposite Jalan Lim Bo Seng, Kampung Jawa, Ipoh.

The restaurant offers 30 types of traditional Malay dishes along with 10 types of ulam and various sambals. The crispy Fried Catfish is the signature dish of this restaurant.

According to Kak Leha, more than 20 kilos of Fried Catfish are sold daily. The restaurant operates Monday to Friday from 10:30 AM to 4:00 PM. **Inquiries/Reservations: +6012-559 6274.**



Hard Rock Cafe Ipoh (HRC Ipoh), an internationally renowned brand, offers an exciting and relaxed atmosphere with music memorabilia from famous artists around the world. Located at Palo 101, Jalan Sultan Iskandar.

HRC Ipoh serves over 25 delightful menu items and features live music performances that evoke nostalgia.

The Rock Shop is sure to attract collectors and fans of music-inspired merchandise, such as classic tees, hats, pins, glassware, and accessories.

Operating hours: Sunday-Thursday (12:00 PM - 12:00 AM), Friday-Saturday and Public Holidays (12:00 PM - 1:00 AM), and Rock Shop (10:00 AM - 12:00 AM).

Inquiries/Reservations: +6017-759 7369

By: Anne Das

COMMANDER IAN ANDERSON

Guardian of Ipoh's Heritage

In a city where history whispers through the streets, one man stands as a stalwart guardian of its past. Meet Commander Ian Anderson, a passionate curator of Ipoh's heritage, whose tireless efforts have transformed cultural preservation in the city.

Born on April 6, 1939, in Surrey, Scotland, Ian Anderson's early years were shaped by the tumult of World War II. Despite the wartime shortages and post-war recovery, he developed a deep appreciation for resilience and resourcefulness. Educated at Wimbledon College, Ian's formative years instilled in him values that would guide his lifelong dedication to heritage preservation.

Ian's journey took him far from his homeland, as he joined the Royal Navy as an Artificer Apprentice at the age of 16. Over 30 years of service, he gained invaluable experiences, with his first visit to Ipoh in 1962 sparking a lifelong connection to the city. Following his retirement from the Navy in 1985, Ian ventured into project management in the shipbuilding industry before settling in Kuala Lumpur.

In 2004, drawn by a local's suggestion to document Ipoh's rich history, Ian made the momentous decision to move to the city. Inspired by his passion for heritage preservation, he founded Ipoh World Sdn Bhd with funding from Kinta Properties Group, marking the beginning of his legacy in cultural conservation.

Since then, Ian has tirelessly curated Ipoh's past, building a digital archive on the IpohWorld website. He also published the acclaimed book "Ipoh, My Home Town," a captivating coffee table book with 440 photographs and 64 enthralling stories. Featuring original cartoons by renowned cartoonist Lat, this is a cherished keepsake for anyone in love with Ipoh's rich history.

Although an engineer by profession, Ian has become a fervent advocate for heritage education. He believes understanding the past is essential for shaping the future. Through exhibitions and educational initiatives, he strives to instil a sense of pride and appreciation for Ipoh's cultural legacy among locals and tourists alike.



"History isn't just about the past; it's the bridge to our future. Preserving our heritage ensures that future generations can walk across that bridge with pride and purpose"

Ian's impact extends beyond preservation efforts. He played a pivotal role in restoring Han Chin Pet Soo, Ipoh's historic Hakka tin mining club, ensuring this iconic landmark's legacy for future generations. His work has earned recognition from local historians and community members, who praise his contributions in bringing history to life.

As Commander Ian Anderson celebrates his 85th year, Ipoh Echo salutes his unwavering passion, determination, and love for this city. His efforts have left an indelible mark on its cultural landscape, enriching the lives of residents and visitors alike.



Celebrating Tan Sri Jeyaratnam

A Champion of the People

Tan Sri Dato' Seri V. David Jeyaratnam, now 99 years young, has lived a life full of resilience and dedication. His life journey tells the story of a man who has not only witnessed the evolution of his beloved city but has also played an integral role in shaping it.

Born and raised in the beautiful city of Ipoh, Tan Sri Jeyaratnam's early years were marked by a sense of adventure and curiosity. Growing up amidst the rich cultural diversity of Ipoh, he enjoyed camping and scouting, fostering friendships that transcended racial and cultural boundaries. His charm, elegance and impeccable taste for fine clothes earned him a reputation as one of Ipoh's most distinguished personalities.

Despite his connections with the city's elite, Tan Sri Jeyaratnam remained grounded and empathetic, always moved by the suffering of others. This sense of compassion became the cornerstone of his life's work, driving him to use his influence and resources to make meaningful changes in his community and beyond.

Tan Sri Jeyaratnam's career as a criminal lawyer is nothing short of illustrious. Known as one of the top criminal lawyers in Malaysia, his courtroom victories, including the legendary Chai Kang trial, brought him national recognition. Yet, beyond his legal prowess, it was his dedication to justice and his advocacy for the underprivileged that truly set him apart.

Serving as Chairman of the Perak Bar Committee and President of the Perak Consumers Association, he championed consumer rights and legal justice. His leadership in these roles mirrored his commitment to serving the community and upholding the law with integrity and compassion.

Perhaps one of the most transformative periods in Tan Sri Jeyaratnam's life was his tenure with the Perak Turf Club. He served as a committee member for 14 years before becoming Chairman in 1982. His leadership, which spanned until 2017, marked him as the longest-serving Chairman of any turf club in Malaysia.

Under his stewardship, the Perak Turf Club became a hotspot of charitable activity, raising significant funds for various causes, including the Yayasan Sultan Idris Shah. His efforts not only brought financial support to those in need but also helped promote Ipoh as a vibrant and progressive city, attracting tourists and fostering community spirit.

In 1982, driven by his passion for philanthropy, Tan Sri Jeyaratnam founded the Yayasan Sultan Idris Shah Foundation (YSIS). This institution, dedicated to the rehabilitation of persons with disabilities, has become a cornerstone of hope and empowerment for the disabled community in Malaysia. Offering rehabilitation services, vocational training, and educational scholarships, the foundation has transformed countless lives, enabling individuals to live independently and with dignity.

His vision for YSIS was clear: to provide mobility and independence for those confined by their disabilities and to offer a supportive environment where they could thrive. The foundation's success is evidence of his unwavering commitment to uplifting others and making a lasting impact on the community.

As Tan Sri Dato' Seri V. David Jeyaratnam approaches his centennial year, we come together to celebrate his remarkable journey. This is a tribute to a man whose life has touched countless others. With deep admiration and gratitude, we honour him for his profound impact, achievements, and tireless commitment, extending our sincerest wishes for continued good health and happiness.

TAN KAI LEK

A LEGACY ROOTED IN WOOD

"There are no defects in wood, only opportunities for creativity"

Tan Kai Lek, a name cherished within Ipoh's community, has quietly but profoundly reshaped the cultural and artistic landscape of our historic city. As the owner and managing director of Bukit Merah Wood Products Sdn Bhd, he has elevated his family's sawmill business to new heights and created a thriving hub of creativity and cultural tourism.

Inspired by his father, Tan Hoh Heng, deeply entrenched in the sawmill industry, Kai Lek pursued civil engineering in Taiwan. There, he was exposed to the rise of cultural creativity in Japan and Taiwan, igniting his passion for blending traditional craftsmanship with modern innovation. Upon returning to Ipoh, he devoted himself to the family business, crafting solid wood artworks.

His dedication to repurposing wood is evident in his various ventures. He founded The Happy 8 Retreat, a chain of eco-friendly hotels offering guests a unique "art stay" experience. These hotels feature furniture and décor designed by Kai Lek, showcasing his talent for transforming discarded wood into stunning, functional art.

Recognizing the decline of traditional wood manufacturing and the need for new economic endeavours, Kai Lek seized the opportunity to transform his wood factory into more than just a production site. He turned it into one of Ipoh's most unique establishments. Red Mountain Sun Yin Loong (Mengelembu) attracts visitors from far and wide for its white coffee as well as for its unique wood repurposes. This vision progressed to the creation of Tin Alley, another dedicated space for art and community engagement but this time in Old Town Ipoh.

Kai Lek has spearheaded numerous large-scale events under these 2 platforms he created: Red Mountain Sun Yin Loong (Wood Factory & Art Cafe) and Tin Alley, aimed at boosting community spirit and promoting cultural tourism.

Today he provides these platforms to young artists and the community to engage with wood art. One ongoing initiative is brick painting for Tin Alley's slanted wall, involving local students and the community in preserving Ipoh's cultural heritage. Each brick painted carries historical significance, reviving and honouring our rich history together.

Kai Lek has led numerous successful events to boost community spirit and cultural tourism in Ipoh. Art Ipoh 2.0 transformed Tin Alley into a 6-week artistic playground, celebrating local talent and fostering pride in Ipoh's culture and heritage. Another notable event was the 5th Annual Calligraphy Couplets, where Kai Lek used colours to symbolize the unity of cultures in Ipoh. His belief that "colours have a universal language that transcends barriers" resonates with many of his initiatives.

The highlight event of 2024 was Everybody's Birthday Bash at Tin Alley, celebrating the Year of the Wood Dragon, saw over 2,000 people come together in a vibrant, festive atmosphere. Jalan Bijih Timah and Lorong Bijih Timah were adorned with decorations, festive couplets, traditional Chinese music, and fireworks, illuminating the streets of Ipoh's Old Town.

Kai Lek Tan's efforts showcase his dedication and forward-thinking. He has transformed the traditional timber industry into a dynamic tourism hub, preserving local history, fostering community spirit, and sparking creativity among residents and visitors alike.

His work continues to inspire others to explore beyond their perspectives, appreciate the diversity and collaborate for unexpected rewards. Through his efforts, Ipoh's rich heritage and vibrant community spirit is celebrated, ensuring the legacy of this remarkable city endures for generations to come. Kai Lek Tan may work quietly, but his impact on Ipoh's landscape is profound and lasting, making him a true visionary in every sense.



Events

Everybody's Birthday Bash at Tin Alley

The "Everybody's Birthday" celebration, held in honour of the Year of the Wood Dragon, attracted over 2,000 attendees to Tin Alley and Jalan Bijih Timah. The event featured a long communal table where 1,200 people shared a meal, traditional Chinese music, a grand feast, and various performances. It concluded with a spectacular fireworks display that lit up the skies of Ipoh.



Celebrating IPOH

Events That Bring Our Community to Life

Ipoh's vibrant cultural scene and strong community spirit were on full display in the first half of 2024. From mesmerising performances to eco-friendly initiatives, our city hosted a series of events that not only brought people together, highlighted our local talent and also put Ipoh on the map as a city bursting with life and creativity.

By Anne Das



Jaya Ram: The Enchanting Odissi Production

The Bukit Merah Wood Factory in Lahat became the stage for two nights with Sutra Foundation's Jaya Ram. This captivating Odissi production, set in a space that once served as a family wood factory, merged tradition with innovation. Jaya Ram enchanted audiences with its rhythmic dance, vibrant lights, and haunting vocals, creating a powerful narrative through movement. The performance, previously showcased at global landmarks, found a new home in Ipoh.



Ipoh's Grand Cultural Night and Chap Goh Meh Parade

February's Grand Cultural Night and Chap Goh Meh Parade was a resounding success, attracting thousands to the streets of Oldtown. Organised by the Perak Chinese Assembly Hall (PCAH), the parade featured a 516-foot-long dragon, lantern teams, and various cultural performances. The vibrant procession, complete with Chingay performances and multicultural acts. The event celebrated Ipoh's rich cultural heritage and its ability to attract visitors from far and wide.



Wellness Awareness Fair

Yogasanaz's Transformative Wellness Fair provided a platform for exploration into holistic well-being. Attendees engaged in various activities and workshops, including classical yoga, Aura, Reiki, and energy healing. The event also featured sessions on Akashic Reading, Ayurveda, and health workshops. For families, there were enjoyable activities such as kids' face painting and a laughter therapy session led by Ipoh's very own Laughing Champion 2024.

This vibrant fair created a meaningful space for those interested in self-healing and personal growth. It brought together a diverse group of people, fostering genuine connections and shared experiences. And, of course, it was a lot of fun!



The Zero Waste Bazaar

Ipoh made strides toward sustainability with the inaugural Zero Waste Bazaar, unveiling vendors who offer eco-friendly products without single-use packaging. Aligning with the Perak Sejahtera 2030 vision, the bazaar showcased innovative, sustainable products and achieved a remarkable feat by generating only 5 kilograms of waste over two days. (That's an average of 1 person's trash per day!) This event demonstrated the impact of collective action in promoting environmental stewardship.



Call to Action

If you're hosting any public events or celebrations in the coming months, we at Ipoh Echo ~ Your Voice in the Community ~ would love to hear from you. Please send us the details about your upcoming activities to keep the community informed and engaged. You can reach us at editorial@ipophecho.com.my or anne@ipophecho.com.my

Hobbitoon Village

Hobbitoon Village, inspired by J.R.R. Tolkien's The Hobbit and The Lord of the Rings, has become a popular tourist attraction in Perak.

Located about 50 kilometres from Ipoh, near Simpang Pulau and Cameron Highlands, Pahang, it transports visitors into the fantasy world of the Shire from the blockbuster films.

There's no need to travel to Matamata, New Zealand, to see Hobbit homes, as this 7-acre site offers a similar experience. With a cool, misty atmosphere, the area is surrounded by lush flora on the hillside and features charming Hobbit houses that make for perfect OOTD (Outfit of the Day) photos.

The highlight of the visit is relaxing at the Hobbitoon Cafe on the hilltop, where you can enjoy the breathtaking views. The fresh, cool air enhances the experience of savouring Western-style dishes such as Munchies Mix (Snack Platters), Harvest Platters (Main Platters), Fish & Chips, and Chicken Chops, along with refreshing drinks like Spellbound Sip or Elven Harmony, giving the feel of being in a café abroad.

Admission to Hobbitoon Village is priced at RM40 for adults and RM20 for children (aged 5-12) and senior citizens (65 and above). Special promotions at RM30 are available for government agents and Perak IC holders.

Inquiries/Reservations: +6016-2560 522

Escape Ipoh

ESCAPE Ipoh is a paradise for adventure enthusiasts. This increasingly popular theme park is located at 9th KM Tanjung Tualang, Batu Gajah, approximately 30 kilometres from Ipoh City, spanning 120 hectares. Most notably, this location is adjacent to the TT5 Dredge and Maze Park.

They are offering more than 20 adventure activities suitable for all age groups and varying ability levels.

Among the challenging activities suitable for all ages are Monkey Business, Obstacleplay, Jumping Jack, Tubby Racer, Zip Coaster, and many more.

For teenagers and adults, activities like Slingshot, Slip N' Slide, and Water Sports are a must-try.

There is also a base camp for team-building activities that can accommodate more than 100 people.

Operating hours are from Tuesday to Sunday, 10:00 AM – 6:00 PM. Visit <https://www.escape.my/ipoh> for more information and ticket bookings.

Inquiries/Reservations: +6017-303 7529 (WhatsApp Only)



Captivating Places to Visit in Perak

● By Rosli Mansor Ahmad Razali

Seven Stunning Waterfalls in Selama

Selama, in Northern Perak, is renowned for its seven stunning waterfalls that serve as key attractions for eco-tourism, complemented by a range of activities. Lata Buluh in Kampung Sungai Simpul is ideal for picnicking and relaxation amid peaceful surroundings.

At Lata Damak, Sungai Bayor, visitors can enjoy the cool waterfall and participate in activities like abseiling and exploring nearby Gua Kelavar.

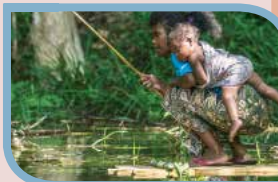
Lata Rambong in Telok Mas offers safe, clear waters suitable for families, with options for thrilling activities such as whitewater rafting and kayaking on Sungai Siputeh. Just minutes from Rantau Panjang, Lata Tebing Tinggi is popular with basic amenities like accommodations at D'Lata Chalet, perfect for swimming and ATV rides.

Lata Titi Dua on Jalan Sumpitan, Ijok, provides stunning natural views along Lebuhraya Lenggong-Ijok, despite restricted access. Lata Puteh in Ijok features a captivating waterfall visible via an easy hiking trail. Lastly, Lata Panggung in Ijok offers a peaceful setting for picnicking and camping amidst natural beauty.

Selama is an ideal destination for nature enthusiasts and outdoor adventurers looking to explore the natural splendour of Perak in a meaningful and enjoyable way.

Inquiries/Reservations: +605- 839 4201 (Selama District Council)

Royal Belum



Royal Belum National Park, spanning over 130 million years of existence, serves as a sanctuary for endangered wildlife and indigenous culture in Malaysia's ancient rainforests.

Amidst this lush natural landscape, endangered species like the Malayan tiger and ten species of hornbills thrive undisturbed. Tranquil paths lead to hidden treasures such as Sg. Ruok and Kooi Waterfalls, offer stunning vistas and serene resting spots.

Explore Tasik Temengor aboard spacious houseboats, blending modern comforts with the natural beauty of Banding Island. Visit indigenous villages like Kampung Sungai Tiang and Kampung Klewang, where the Jahai tribe preserves traditions through fishing and storytelling.

Discover herbal trails revealing the rainforest's medicinal secrets. Embark on whitewater rafting and kayaking expeditions through the majestic Royal Belum. Experience the rare Rafflesia flower, a testament to Belum's biological diversity.

Royal Belum isn't just a national park; it's a timeless narrative of natural wonders and Malaysian cultural heritage, inviting you to immerse yourself in its beauty and stories.

Inquiries/Reservations: +605- 791 1314 (Perak State Park Corporation)

Orang Utan Island



Orang Utan Island, founded in 2000 by Bukit Merah wildlife enthusiasts and the Orang Utan Island Foundation, is a vital hub for orangutan conservation.

As the iconic symbol of the wild faces declining numbers, this three-acre sanctuary within Bukit Merah Laketown Resort stands as one of the world's unique eco-tourism destinations focused on preservation and research for endangered Bornean orangutans.

Orang Utan Island offers an immersive experience resembling the orangutans' natural habitat, nestled within lush surroundings.

It serves as a research institution and a place where visitors can closely interact with the animals. Engage with these remarkable creatures through feeding sessions and learn about conservation efforts, making it a must-visit for wildlife enthusiasts and conservationists alike.

Discover must-experience activities at Orang Utan Island, including orangutan feeding, learning about conservation efforts and education, exploring the waterpark, and visiting the petting zoo.

Inquiries/Reservations: +6019-578 3015