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•Page 7

•Page 9

•Page 12



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WELCOME 2025: Aspirations for a sustainable and inclusive Perak



By: Rosli Mansor, Anne Das, Aida, Balqis & Zaki

Aspirations for Perak by 2025 emphasize balanced development, good governance, and enhancing the city's competitiveness through social well-being, environmental sustainability, and inclusive economic growth. Collaboration between the government, private sector, and the community is essential to transforming Perak into a progressive and sustainable state. Holistic development across various sectors will benefit the people and strengthen competitiveness. Economic growth is key to the development of Perak, particularly the state capital of Ipoh, which has the potential to become a major tourist destination and an inclusive economic hub for all. The public expects the government to ensure that every sector can contribute to enhancing competitiveness at both national and global levels.

Follow the exclusive interview with Ipoh Echo to hear the views of leaders on their aspirations for Ipoh 2025!

Continued on page two . . .

IPOHECHO PERAK TASTIC

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Tel: **011 115 5815**
Email:
editorial@ipophecho.com.my

Director & Editorial Advisor
SeeFoon Chan-Koppen

Editor
Rosli Mansor Ahmad Razali

Graphic Design
Red Phito

Marketing & Distribution Executive
Leong King Tao

Journalists
Anne Das
Balqis Zahari
Zaki Salleh
Aida Aziz

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31650 Ipoh, Perak.

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)
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Ipoh General Hospital:

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KPJ Ipoh Specialist Centre

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Ipoh Pantai Hospital

+605 540 5555

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Ipoh Fire Brigade

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(Emergency)

Perak Immigration Dept

05-5017100

Perak Water Board

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-Welcome 2025: Aspirations for a Sustainable and Inclusive Perak-

“The Perak Budget 2025 presents a new vision focused on enhancing the well-being of its people and ensuring the state’s prosperity through strategic development initiatives”



The Perak state government has unveiled its highest budget, allocating RM1.52 billion for 2025, focusing on the people’s well-being and the state’s development.

Themed Perak Makmur, Rakyat Sejahtera (Prosperous Perak, Thriving People), Menteri Besar Datuk Seri Saarani Mohamad said the budget aims to further the objectives of the Perak Sejahtera 2030 plan, with five key focus areas including environmental sustainability, people’s welfare, and food security.

“The budget includes RM981.80 million for development and RM538 million for management. Starting January 2025, general welfare assistance from the Social Welfare Department will be increased by RM100 to RM500, benefiting 6,100 recipients,” he said.

An allocation of RM30.22 million has also been set aside for public welfare programmes, including RM24 million for the Perak Sejahtera Card and RM5 million for food aid initiatives.

To foster greater unity, Saarani said RM111.9 million will be allocated to the Perak Islamic Religious Department (JAIPk), while RM12 million has been set aside for the Non-Islamic Affairs Unit (HEBI).

In terms of infrastructure, the state is set to receive RM612 million under the Malaysia Road Records Information System (MARRIS) fund for road maintenance. The Public Works Department (JKR) will also receive RM199.9 million for road and bridge projects.

This historic budget is expected to enhance Perak’s economic competitiveness and uplift the well-being of its people across all segments of society.

Ipoh to Focus on BIG Concept in 2025

The year 2025 is set to be a pivotal one for Ipoh as the city embraces the BIG concept, which stands for Balance, Intelligence and Governance.

Ipoh Mayor, Dato’ Rumaizi Baharin, said the BIG concept emphasizes balanced development and social well-being, managed intelligently with good governance practices.

“We want balanced development and social harmony, managed wisely while ensuring that good governance is applied across all aspects of administration,” he said.

Dato’ Rumaizi also highlighted that the BIG concept is not limited to physical development but extends to the economic sphere.

“If possible, we aim for comprehensive economic distribution so that all levels of society can enjoy the benefits of development,” he added.

He called on the people of Ipoh to continue supporting the Ipoh City Council (MBI) and city council members in collectively advancing the city’s development.

“I hope Ipoh residents will collaborate with MBI, including council members, to develop this city together for the shared well-being of all,” he said.

This approach, he said, is expected to strengthen Ipoh’s vision of becoming a progressive, competitive, and sustainable city by 2025.



Building a Thriving Business Community

Mr. Jean-François Chavériat, Chairman of the Malaysian International Chamber of Commerce and Industry (MICCI) Perak Branch, highlighted the importance of fostering a dynamic business ecosystem in the state.

“As proud Perakians, we celebrate the vibrant heritage and history of this fantastic state while striving for continued business development and progress. MICCI envisions a thriving business community built on strong networking, effective advocacy, and collaborative solutions,” he said.

He added that MICCI remains committed to being a trusted voice for local businesses, working alongside authorities to implement development plans that promote growth, opportunity, and prosperity for all.

Ipoh Gears Up for Visit Malaysia Year 2026

The year 2025 will serve as a crucial preparation phase for the Visit Malaysia Year 2026 campaign, according to Perak Tourism Association Chairman Dato’ Odzman Abdul Kadir.

He highlighted the importance of using the upcoming year to assess the strengths and weaknesses of Ipoh and implement improvements to bolster its appeal as a tourist destination.

“Having a full year to prepare for Visit Malaysia Year 2026 is an excellent opportunity for us to identify our strengths and weaknesses and work on enhancing them,” he said.

As a proud Perak native born in Kampung Paloh in 1946, Dato’ Odzman expressed his aspirations for Ipoh to become a clean, peaceful, and vibrant city that attracts visitors from far and wide.

“I believe Ipoh has the potential to become a renowned city. I’m not saying this to compete with other districts, but rather to show that Ipoh can be extraordinary in its own right,” he added, emphasizing the importance of collective efforts in advancing the city, particularly in the tourism sector.

Dato’ Odzman also voiced his support for the Ipoh Mayor’s proposal to expand the “Greater Ipoh” initiative in 2025. The plan involves integrating four key areas – Kuala Kangsar Municipal Council, Batu Gajah District Council, Kampar District Council, and Ipoh City Council – into Perak’s broader tourism strategy.

“In addition to Ipoh being the main tourism hub due to its strategic location, these three districts have significant potential to contribute to the state’s tourism industry,” he said.

He remains optimistic that such collaborations will position Ipoh as a leading tourism hub in Perak and elevate its profile as a sought-after destination globally.



Progress and Sustainability in Manjung

Mr. Afzal Mohsin, Regional Chief Corporate Affairs & Sustainability, Vale.

“Vale is inspired by the passion and dynamism of the Perak community. With 90% of our workforce in Malaysia being Perakians, we are proud of our local talent’s effective role in inspiring our global advancements. Innovations like Asia’s first automated grab ship unloader in Teluk Rubiah demonstrate how we integrate technology with local expertise. As we approach 2025, we are committed to strengthening partnerships with local institutions, authorities, and NGOs to deliver lasting value and sustainable growth for Manjung and Perak.”

Advocating for a Greener Ipoh

Dato’ Hew Choy Kon, Director of Konwill Enterprise Sdn Bhd, shared his dream of turning Ipoh into a greener and more sustainable city.

“In 2025, I dream of an Ipoh where vibrant green spaces are a source of pride and unity—a city that inspires us to rethink our relationship with nature,” he said.

He called for bold environmental initiatives and the integration of sustainability into education and daily life to leave a legacy of growth, harmony, and flourishing opportunities for future generations.



What Ipoh Echo Has Achieved



Community, Health & Wellness

Beyond Sugar: What You Should Know About Diabetes



Meet Dr Tivya Soundarajan, Consultant Physician and Endocrinologist from Pantai Hospital Ipoh who specializes in diabetes treatment and other diseases of the endocrine system.

According to the National Health and Morbidity Survey (NHMS) 2023, about 3.6 million adults, or 15.6 per cent of Malaysians have diabetes. Alarmingly, two in five adults are unaware of their diabetic status.

Among those who are aware, 56 % do not have good blood sugar control. A whopping 84 per cent of young adults aged 18 to 29, are unaware they have diabetes mellitus.

What is Diabetes?

Diabetes occurs when your body cannot effectively regulate blood sugar levels. This can happen when your pancreas stops producing enough insulin, your cells become resistant to insulin or both.

There are two primary types of diabetes:

- Type 1: Occurs when your immune system attacks your pancreas, destroying its ability to produce insulin.
- Type 2: Occurs when the pancreas doesn't make enough insulin or the body becomes resistant to insulin which is the commoner type and accounts for more than 90 % of diabetes cases. It is primarily triggered by diet and lifestyle factors.

DIABETES : Bubbles should be in your coffee , not your urine!

We all love a cup of foamy coffee a great way to start the day but a foamy urine? Not loving it.

Foamy urine may be a sign of protein in the urine, which is not normal and may be complication in patients with long standing poorly controlled diabetes mellitus, among other known causes.

If you notice foams in your urine that don't settle away even after a few minutes or after you flush and gets more noticeable, then you should see a doctor. Here's why:

A foamy urine is called proteinuria, which essentially means protein present in your urine, which should not be the case in an otherwise healthy person. When your kidneys are damaged, they can allow protein to pass through into your urine. Kidneys

filter waste products and excrete them into the urine, but proteins should not be filtered out into the urine, they should instead stay in the blood.

A simple urine test can confirm proteinuria and how much. Remember, not all foamy urine is a sign of kidney disease and there may be various other causes such as dehydration, urinary tract infections, intense exercise and other kidney diseases.

If diabetes is the underlying cause of your proteinuria, your doctor may prescribe oral medications or insulin injections to reduce blood sugar levels and reduce the amount of protein in your urine and prevent you from developing chronic kidney disease.



Diabetes: Do blood sugar swings matter?

Treatment for type 2 diabetes (T2D) no longer focuses exclusively on HbA1c, a blood test that shows what your average blood sugar (glucose) level was over the past two to three months. Diabetes medications have benefits beyond glucose control and latest treatment guidelines recommend choosing therapy according to the presence or absence of coexisting heart and kidney disease, heart failure, and weight.

Glycemic variability refers to swings in blood glucose levels that occur throughout the day. Continuous glucose monitoring (CGM) devices help you manage diabetes with fewer fingerstick checks. A sensor just under your skin measures your glucose levels 24 hours a day. A transmitter sends results to a wearable device

or cell phone so you can track changes to your glucose level in real time. These devices can paint a fuller picture for patients of their daily glucose variability and factors affecting it including meals , exercise and medications, including time spent in the normal range for a person with diabetes and any episodes of high and low glucose levels . Talk with your doctor about whether using a CGM could help you manage your diabetes. CGM devices are available at Hospital Pantai Ipoh.

Pantai Hospital- Pantai Hospital Ipoh, 126, Jalan Tambun, 31400 Ipoh, Perak, Malaysia.
Clinic of Dr Tivya A/P Soundarajan
 Suite 3B06, 4th Floor, 126, Jalan Tambun, 31400 Ipoh, Perak, Malaysia.
05-540 5435

Metabolic Surgery A REVOLUTIONARY CURE FOR TYPE 2 DIABETES

By: See Foon Chan Koppen

Metabolic surgery has emerged as a game-changer for reversing Type 2 diabetes, a major component of metabolic syndrome. Metabolic syndrome is characterized by hypertension, high triglycerides, and abdominal obesity, with Type 2 diabetes being the most challenging to manage. Traditional treatments include medications and injectables, but metabolic surgery offers a potential cure.

What is Metabolic Surgery?

Metabolic surgery includes procedures like Roux-en-Y gastric bypass, mini gastric bypass, sleeve gastrectomy, and sleeve-plus procedures. Initially designed for weight loss, these surgeries have shown remarkable effects on metabolic health, particularly in controlling diabetes.

Success and Benefits

Globally, metabolic surgeries boast an 85% success rate in reversing Type 2 diabetes. At **Fatimah Hospital, Dr. Mark Satkunan** has achieved a 90% success rate among 30 patients since 2021. The results are striking:

- Weight Loss: Patients typically lose 28–35 kg.
- Improved Health: Reductions in blood sugar levels, lipid profiles, blood pressure, and sleep apnea.
- Medication Independence: Many patients stop diabetes medications within two weeks.
- Enhanced Quality of Life: Patients report better mobility, reduced joint pain, improved confidence, and self-esteem.

Surgery Details

Metabolic surgeries are performed for patients with a BMI of 32 or higher. These procedures alter digestive processes, promoting hormonal changes that improve insulin sensitivity and glucose control. Success rates for specific procedures like Roux-en-Y gastric bypass are particularly high.

Risks and Side Effects

While effective, some patients experience temporary side effects, such as abdominal fullness, reflux, regurgitation, hair loss, and loose motions. These effects typically resolve with time.

Beyond Weight Loss

A standout case involved a patient with kidney disease showing significant improvement post-surgery. Additionally, these procedures address early diabetes effectively, with stapling and bypass offering similar remission rates of up to 80%.

Metabolic surgery is more than weight loss—it's a pathway to curing diabetes and transforming lives.



Dr Mark Surgical Clinic
 Wolfgang 09 Suite, 1st Floor, Hospital Fatimah, Ipoh. Tel: **05-549 6757**

EYE HEALTH SERIES - CATARACT

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr. S S GILL talking to us more about aspects regarding CATARACT.



Dr. S.S. Gill
 Resident Consultant
 Ophthalmologist,
 Hospital Fatimah

CATARACT is a condition when the lens of the eye becomes cloudy and loses transparency, causing blurry vision and making everything seem foggy, filmy, or cloudy. It may also have a variety of other symptoms as well. Let's look at some others.

NIGHT VISION

For some, it may make it challenging to drive at night as oncoming car lights may scatter, leading to glare and inability to view the road edge. Colours too may seem washed out and dull. One patient who had her cataracts removed and started appreciating colours properly again, actually asked her brother whether he had repainted his car white because she used to always view his car colour to be brownish before

having her cataracts out. This is because a maturing cataract makes it difficult to distinguish blue colours over time.

"SECOND-SIGHT OF AGING"

There is a phenomenon called "second sight of ageing" where paradoxically near vision temporarily improves as a result of the increased nearsightedness from swelling of the cataract. You may sometimes hear some elderly person boasting that they do not need reading glasses anymore to read their daily newspapers. This so-called improved vision for the near is usually short-lived and is a symptom of maturing cataracts.

FREQUENT CHANGE OF SPECTACLES

If you find that you have been having to frequently change prescription spectacles every few months, this too may be a symptom of cataracts. Essentially, the spectacle powers or contact lens powers will have to be increased to get acceptable vision to the patient.

UNNOTICED BLURRING VISION

Some patients do not notice their blurring vision because the cataract is significant in only one eye. This is because the fellow eye compensates for the vision requirement for their daily activity. The blurring vision is only detected when the vision of each eye is checked separately, only to be surprised that vision in one eye (with the cataract) is so poor. Rarely, cataracts may sometimes cause double vision (also known as diplopia). Cataracts usually progress gradually and do not cause eye pain. The eye only becomes painful when the cataract is hypermature, resulting in a condition called glaucoma where the eye pressure increases. Therefore, it is important not to wait for the cataract to be too mature before seeking eye treatment. Rapid or painful changes in vision are suspicious of other eye diseases and should be evaluated by an ophthalmologist. Take note of any unusual eye symptoms and get your eyes checked annually if you are above 40 years of age.



Dr. Gill will discuss more on cataracts in the next issue of the Ipoh Echo. For more information, call **05-5455582** at Hospital Fatimah or email: gillyecentre@dr.com

Sports & Community

RFC GRAND FINAL PUSHES LIMITS IN PERAK'S WILD TERRAIN



By: Zaki Salleh

Perak played host to the 27th Rainforest Challenge (RFC) Grand Final, one of the toughest off-road motorsport events in the world.

The competition saw over 300 global participants maneuvering their 4x4 vehicles through the unforgiving landscapes of Sungai Siput, Kuala Kangsar, and Lenggong.

Known for its treacherous obstacles, the RFC challenges participants with muddy trails, steep inclines, river crossings, and dense forest terrains.

This year's route in Lenggong pushed competitors to their limits while showcasing the region's breathtaking natural beauty and biodiversity.

The Lenggong Valley, a UNESCO World Heritage Site, provided a dramatic backdrop, blending adventure with history.

RFC Founder Luis Wee highlighted that the event not only tests human and machine endurance but also positions Malaysia, and Perak specifically, as a hub for extreme sports tourism.

"The synergy between the region's cultural heritage and the raw challenge of the RFC offers an unparalleled experience for participants and spectators," he said.

The Perak State Government's involvement, led by Tourism Exco Loh Sze Yee, reflects a strong commitment to promoting adventure tourism.

With its rugged rainforests and historical significance, Perak is poised to attract thrill seekers and explorers from across the globe, making it a must-visit destination for adrenaline junkies and heritage enthusiasts alike.

Credit photo: Team Queensland Winch Truck



UVARAJAN'S EFFORTS IN COMMUNITY UPLIFTMENT

By: Zaki Salleh

IPOH: During the Covid-19 pandemic, the Kinta Welfare, Social, Sports, and Cultural Association played a significant role in assisting residents in need.

Among their efforts was distributing 8,000 food packages to the community in Ipoh, along with various other forms of assistance.

This initiative was led by its President, P. Uvarajan, a well-known community leader, especially in Perak.

He has been active in carrying out social and cultural initiatives through the association. "The association has helped many underprivileged groups and is deeply concerned about the welfare of the Indian community.

"This includes encouraging youth development through traditional martial arts like silambam, which instills discipline and values in young people," he said.

In terms of youth empowerment, he gifted a watch to student Punithamar Rajashekar, 11, for making a name in the Guinness World Records, as a motivation for excellence.

Uvarajan is also respected for his dedication to elevating the community and preserving cultural heritage.

His noble efforts were recognized when he received a certificate of appreciation this year from the Inspector-General of Police, Tan Sri Razarudin, for his contributions.





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Education

BONANZA EDUCARE

Charging Into The Year Ahead With Determination and Purpose



An exciting year awaits Bonanza Educare as its many learning spaces across the country embark toward new milestones and exciting transformations in 2025.

The Ipoh-based education group behind award-winning brand names such as the international and private school, Knewton Global Schools; language centre, Ipoh Learning & Training Institute (ILTI); preschool and kindergarten, Kinder Labz, and higher learning institution DISTED College; is set on making significant improvements and changes in the coming year.

Its Director of Schools, Ms. Evelyn Chen Lee Na, said Bonanza Educare has set its sights on taking things up a notch to further improve the quality of education that it prides itself on giving.

“The year 2025 will be a busy and important time for us with plans to relocate the campus of Knewton Global Schools Ipoh, and the opening of Sekolah Sri Knewton, the private school section of Knewton Global Schools Rawang.

“Elsewhere at Penang, we will also be introducing a new degree course at DISTED College,” said Ms. Evelyn, who since taking helm of the education group in 2019, has continuously encouraged quality and growth, as well as cultivated an atmosphere where both staff and students thrive.

Knewton Global Schools Ipoh: New Campus, Renewed Vigour to Learn

Heeding calls from parents to move away from its current location in Tasek, Knewton Global Schools Ipoh, which offers the British National Curriculum from Year 1 to Year 11, will be shifting to Bonanza Educare’s learning hub at Jalan Woodward/Jalan Raja DiHilir in January 2025.

The vibrant 2.3-acre multi-purpose learning hub also houses the buzzing Kinder Labz and ILTI – Ipoh’s pioneer English language centre, with almost four decades of history in teaching Cambridge English.

“Our learners will benefit from having a better place to learn and grow. Not only will they have newer and brighter classrooms equipped with smartboards; the new campus will be overall more conducive with a shared spacious garden, swimming pool, and café with Kinder Labz and ILTI.

“Needless to say, our new location, which is located right in the middle of Ipoh city centre, will also be more convenient for parents,” said Ms. Evelyn.

New facilities, she said, will also be progressively added with future expansion plans set out for the entire learning hub.



Knewton Global Schools Ipoh new campus

Knewton Global Schools Rawang: A New Chapter Begins

A short one year after rolling out the National Curriculum for England and Wales to learners from Year 1 onwards, Knewton Global Schools Rawang will on 6 January 2025, open the doors to its private school, Sekolah Sri Knewton.

Following the Malaysian National Curriculum, Sekolah Sri Knewton will initially offer studies from Standard 1 to 6 and Form 1 to 3 with Mathematics, Science, and Information & Communications Technology (ICT) to be taught in English.

“We pride ourselves in having quality over quantity. Like our international school, the class size at Sekolah Sri Knewton will be kept to a maximum of 20 to allow our teachers to support and guide our learners effectively as they take on greater academic challenges,” Ms. Evelyn said.



Knewton Global Schools Rawang students leap toward the future

Ms. Evelyn added that although they will be studying the local Malaysian syllabus, learners at Sekolah Sri Knewton would still be learning within a multicultural learning environment.

“At Knewton Global Schools, every moment is focused on supporting our learners and helping them develop thinking skills and a growth mindset, regardless of which school system they choose to pursue,” she said.

Knewton Global Schools Rawang is located in the heart of Rawang town within the master-planned township of Anggun Rawang.

Its brand new campus is fully-enclosed with 24/7 security and a single point-of-entry while featuring a 20m-long swimming pool, football field, multipurpose hall, cafeteria, nurse’s office, library, music room, art room, ICT room, science labs and auditorium.

DISTED College: Becoming The Top Choice of School Leavers

Established in 1987, DISTED College is one of Penang’s pioneer private institutions of higher learning. It has undergone a remarkable transformation since its modest beginnings to offer a diverse range of programmes encompassing Certificate, Foundation, Diploma, and Bachelor Degree levels across various fields, including Accounting, Business, Computing, Communications, Creative Multimedia, and Marketing and Psychology.

Additionally, DISTED College has earned a distinguished reputation as the leading provider of Cambridge-A-Level and the South Australian Certificate of Education (SACEi) within the state of Penang.

“In preparing the future generation for an AI-driven future, we are excited to roll out the Bachelor of Information Technology (Honours) Data Analytics in collaboration with HELP University starting next year,” Ms. Evelyn said.

At DISTED College, she said, students are taught the right set of skills and knowledge to ensure their success in the future. They must also have relevant practical skills and not just theoretical

knowledge.

“And how do we make sure of this? Our Computer Science and Creative Multimedia Production students are using a brand-new fleet of gaming computers.

“We also have a new and fully-equipped broadcasting room to teach our multimedia and communications students the way to create films, produce content, master performance techniques and refine their editing skills in order to step confidently into their chosen industries,” she added.

Steering the Ship on the Right Course

A sterling example of female leadership, Ms. Evelyn Chen has been at the forefront of Bonanza Educare’s fast and steady expansion in the past five years.

Thanks to her ability to drive strategic initiatives, optimise operations and foster a culture of continuous improvement, Knewton Global Schools has in a short span of time, grown from just one campus in Miri to a total of three campuses, with the latest additions being in Ipoh and Rawang.

The same period also saw the birth of Kinder Labz with its first hive at Jalan Woodward welcoming little bees in 2019, followed by Bandar Baru Sri Klebang, also in Ipoh, in 2022 and Tadika Ilmu Cemerlang in Seri Kembangan the next year.

DISTED College, on the other hand, has been steadily increasing its modes of study and number of courses, be it pre-university, diploma, or degree courses; giving students more options and opportunities in preparing for their futures ahead.

Bringing over 20 years of experience to her role as an executive leader, with a background that spans education, property management and operations; the schools and learning spaces under Bonanza Educare have earned multiple awards for excellence under Ms. Evelyn’s guidance.

In May, Kinder Labz was named winner of the 2024 Parent’s Choice Award for Best Childhood Programme (Boutique).

At the PEEAM EduAwards 2024, Kinder Labz was named Elite Winner in the Best Preschool of the Year category, while ILTI was Elite Winner in the Best Enrichment Academy of the Year – Language Enrichment Programmes category, while Knewton Global Schools Rawang came in fifth place for The People’s Choice Award for Education.

To start your learning journey with Bonanza Educare, contact the following schools and learning spaces:

Knewton Global Schools: www.knewton.edu.my 018-4744 771 (Ipoh),
012-2434 771 (Rawang), 085-491 526 (Miri)
DISTED College: www.disted.edu.my 011-3390 4971
Kinder Labz: www.kinderlabz.edu.my 010-6644 211 (Jalan Woodward),
012-7677 165 (Bandar Baru Sri Klebang),
011-1108 2212 (Tadika Ilmu Cemerlang, Seri Kembangan)
Ipoh Learning & Training Institute (ILTI): www.ilti.edu.my 010-3953 067



*Evelyn Chen Lee Na,
Director of Schools*

Community, Health & Wellness

EXCLUSIVE CERTIFICATE IN CONSTRUCTION A NEW HOPE FOR THE HEARING IMPAIRED

By: Rosli Mansor Ahmad Razali

Politeknik Ungku Omar (PUO) continues to lead efforts in empowering the Orang Kurang Upaya (OKU) community through innovative educational initiatives that open new paths toward success and brighter opportunities.

Since June 2000, PUO has been offering the Certificate In Construction Skill specifically for students with hearing impairments, providing opportunities for those who have completed Form 5 in government schools.

Srihafiza Kamaruddin, Head of the Exclusive Certificate In Construction, explained that this programme aims to provide full-time skills training in the construction field, in line with Perakuan 169 (1979).

“This programme, now known as Certificate In Construction Skill, is designed to enhance educational opportunities for the OKU community, in line with the OKU Policy (2016-2022) and the OKU Act 2008.

“The rebranding to Certificate In Construction Skill was approved in October 2023 to ensure it meets current industry needs,” she said.

The programme lasts for two years (four semesters), including an industrial training component. The curriculum consists of compulsory courses, discipline-specific courses, and electives, specifically tailored for hearing-impaired students.

“Among the compulsory courses are Islamic Education / Moral Education, Bahasa Melayu, Co-curriculum, and Basic Entrepreneurship.

“For discipline courses, students will delve into technical aspects such as Construction Material Engineering Drawing, Cost Estimation for Building Works, Computer Aided Design(CAD) Building Services Basic, Building Construction Civil Engineering Laboratory Domestic Plumbing, Carpentry Work Site Supervision Basics,” she explained.

Focus on Industry Needs

The programme also offers elective courses such as Occupational Safety & Health (OSH) to prepare students for the challenges of a career in the construction industry.

Through this comprehensive approach, PUO aims to produce a highly skilled workforce capable of competing in the industry, while harnessing the talents of the hearing-impaired community.

“Students also enjoy various facilities such as hostel accommodation, complete learning facilities, non-repayable financial assistance, and lessons supported by sign language,” she added.

Graduates of the programme have successfully forged career prospects as Draftsmen, Civil Technicians, Carpenters, Plumbers, Bricklayers, Painter, and Entrepreneurs.



Analysis and Data to Prevent Sinkhole Risks in Ipoh

By: Zaki Salleh & Aida Aziz

The risk of sinkhole incidents in the city can be mitigated through the method of underground utility mapping to avoid potential hazards.

The Ipoh City Council (MBI) has partnered with Koridor Utiliti Darul Ridzuan (KUDR) in an initiative to gather data on existing utilities before excavation work is carried out.

Ipoh Mayor, Datuk Rumaizi Baharin, stated that 41 utility mapping files covering 41 locations over a distance of 10,387 meters have been successfully recorded through this collaboration.

He added that Ipoh will have a ‘Smart Green City’ system to provide more detailed mapping data and outline necessary actions.

“This also involves other agencies such as the Department of Minerals and Geoscience, Department of Irrigation and Drainage, and the Meteorological Department to collect climate data.

“Among the data being gathered are factors that can affect groundwater levels, rainfall patterns, temperature, humidity, and evaporation rates,” he said.

With this data, spatial analysis will be conducted at high-risk locations using mapping and visualization techniques, expected to commence in mid-2025.



For more information, please visit the official website at www.puo.edu.my or contact 1-300-88-1969

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Business & Lifestyle



A Vision of Ipoh's 1st Padel Courts



Artist rendering of the upcoming stunning pool

PERAK TURF CLUB -Transformation Begins

By: Anne Das

If you thought the Perak Turf Club (PTC) was just about horse racing, it's time to rethink. While racing remains its core, PTC is evolving to offer much more, blending its proud legacy with exciting new experiences.

This 126-acre Ipoh landmark is transforming into a destination for entertainment, culture, and recreation.

PTC's iconic twin grandstand towers, standing 180 feet tall since 1971, are being revamped. Against the stunning backdrop of Gunung Korbu, these heritage structures will soon be illuminated with eco-friendly solar lighting, making them a centrepiece for vibrant evening events and community activities.

Starting this December, construction begins on a state-of-the-art sports complex set to open in mid-2025. With a swimming pool, fitness centre, and multipurpose courts, it promises to be Ipoh's go-to hub for fitness, leisure, and bonding.

PTC is also in talks to introduce Ipoh's first Padel Courts, a thrilling sport that blends tennis and squash, played on glass-walled courts. With its fast-paced rallies and unique style, padel is quickly gaining global popularity. Watch this space as Ipoh gets ready to embrace this exciting addition!

Adding a fresh twist to Ipoh's café scene, PTC has partnered with the legendary Sin Yoon Loong White Coffee. Featuring shady outdoor seating, ample free parking, omakase dining, mixologist-crafted cocktails, and live music, this café invites visitors to enjoy Ipoh's coffee heritage in style.

The most ambitious project, the Ipoh Stables Market, is slated for Merdeka 2025. Inspired by Melbourne's Queen Victoria Market, this collaboration with PISM Management will transform over 90 disused stables into a vibrant hub for food, crafts, and culture, celebrating Malaysia's heritage.

"Our racing heritage is our pride, and we're creating spaces where the community can come together," said PTC Chairman Dato John Lim.

Racing remains central to PTC's identity, drawing fans while the club embraces its exciting evolution.

'Discover the Perak Turf Club Today'

With projects like the Ipoh Stables Market and sports complex underway, Sin Yoon Loong White Coffee @ PTC offers a glimpse of what's to come. Drop by to enjoy Ipoh's iconic white coffee in a stunning setting and witness the early stages of PTC's transformation.

For updates, visit www.perakturfclub.com.my or follow them on social media.



PTC State of the Art Sports Complex



The Repurposing of Ipoh Stables Market

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Education & Community



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SISTERS ACHIEVE Medical Milestone Together

By: Angeline Khor

In a story of grit and brilliance, two sisters have redefined what it means to pursue one's dreams. At just 20 and 18 years old, Dr. Tan Qi Ning and Dr. Tan Qi Yu have emerged as Malaysia's youngest medical graduates, walking proudly across the stage at Quest International University's recent convocation in Ipoh.



The siblings were among 600 students to graduate this year, celebrating their achievements alongside peers from diverse fields. Their unconventional journey began when they transitioned to homeschooling in their early teens, paving the way for focused academic growth. Their hard work paid off, and they excelled in medical school, shining as both scholars and individuals.

Beyond academics, Qi Ning's victory at the UniKL Interschool Surgical-Based Quiz and Qi Yu's team success at the Malaysian Physiology Quiz highlight their versatility. Music is also a shared passion, with both sisters finding solace in playing the piano and violin.

While Qi Ning envisions a career improving lives through compassionate care, Qi Yu is eager to explore various medical fields to find her niche. Their stories are a reminder of the boundless potential within us, no matter how young—or bold—the dreams.



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Community

IPOH'S WORST FLOODS IN 28 YEARS: A CRISIS BEYOND NATURE'S FURY?

Credit photo: JBPM Perak, APM Perak, Richard Ng



By: *Aida Aziz*

The year-end floods of 2024, described as the worst in 28 years, have left a trail of destruction across Ipoh.

Continuous heavy rains throughout November and December, combined with blocked drainage and uncollected waste, turned manageable conditions into a crisis.

Severely impacted areas include Kampung Tasek, Kampung Seri Kinta, Tanjung Rambutan, and Taman Arena Kepayang Fair Park.

Stagnant floodwaters in Taman Arena Kepayang, filled with trash and oil, went viral, sparking public outrage.

The floods forced many residents into temporary relief shelters (PPS), with significant financial losses reported due to damaged properties and belongings.

Other frequently affected areas include Kampung Kepayang, Bercham, Kampung Tai Lee, Taman Hock Aun, Taman Cempaka, Tanjung Rambutan, and Tambun.

Dr. Richard Ng, Chairman of Ipoh City Watch and former city councillor, criticized the lack of proactive measures.

“We often blame climate change, but persistent issues like clogged rivers and poor maintenance are the real culprits.

“Authorities must enforce consistent river cleaning, inspect water pumps, and maintain drains,” he said, urging accountability from the Ipoh City Council (MBI) and elected representatives.

“As Ipoh braces for unpredictable weather patterns, the focus must shift from reactive to proactive measures.



Dr. Richard Ng

Enhanced flood management systems, improved waste disposal, and regular river maintenance are no longer optional,” he said.

With December rains showing no signs of letting up, it is high time local authorities, communities, and policymakers work together to mitigate future disasters.

Let this not just be another year-end report on floods but a turning point for meaningful change in Ipoh.



TOP 3 TRAFFIC JAMS IN IPOH

By Aida Aziz

This severe traffic congestion usually occurs in the mornings and evenings, and is even worse during festivals and school holidays.

One of the main issues here is the traffic lights.

Congestion often happens when drivers in the rightmost lane attempt to move into the left lane when the traffic light for straight-through traffic turns green, while the light for turning right is still red.

Observations show that traffic starts to get congested from 7:30 AM, as people rush to work and school.

In the evening, congestion begins around 5:00 PM, and is even worse on Fridays.



1

JALAN KUALA KANGSAR TOWARDS TASEK AND KLEBANG



2

MEDAN GOPENG TO SIMPANG PULAI

Jalan Sultan Nazrin Shah is another hotspot that frequently experiences severe traffic, particularly during peak hours in the morning and evening, as well as on weekends.

Congestion occurs from the flyover down to Megoplex, with vehicles trying to enter Kampung Sungai Rokam, Kampung Melayu Sungai Rapat, and continue towards Simpang Pulai and other destinations.

Traffic starts to build up from 5:00 PM to 7:00 PM.

The congestion is worsened by the traffic coming from the flyover and underneath it, as some drivers want to turn left into Kampung Sungai Rokam and other nearby villages.

The extraordinary congestion along the road from the Ipoh KTM Station to the Medan Kidd roundabout during peak hours is a frequent source of stress for road users.

This problem also causes traffic jams in the KTM parking area, as many people drop off passengers heading to the train station at certain times.

The situation worsens when there are roadworks or upgrades, and barricades are placed on the road.

The congestion not only affects this area but also spills over to the road in front of the Tun Razak Library near Jalan Panglima Bukit Gantang Wahab.



3

JALAN FROM IPOH KTM STATION TO MEDAN KIDD ROUNDABOUT

Community, Health & Wellness

Perak Women for Women Society manages **THE PWW SHOP**

an empowerment and social enterprise that sells new and pre-loved items

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- Hand-painted and decoupage tiffin carriers
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- Kebaya tops, pareos, kerongsangs and ceramic wares

Money raised from proceeds of sales helps the underprivileged, particularly women and children through :

- Food Aid
- Medical health care products
- Free Breakfast, & other expenses for estate based school children
- Support for victims of domestic/sexual violence

Ongoing Projects :

- The PWW Baking Studio
- The PWW Sewing Studio
- Computer Lab
- Happy Readers, an online class for B40 children
- Tuition Classes at Flat Harmoni, Buntong
- Advocacy/Upskilling Programmes/Counselling/Talks at Schools

PWW can be contacted at :

The PWW Shop
15 Jalan Market, 30000 Ipoh
Tel : 011-65569715

Email : perakwomenforwomen@gmail.com

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FUZE ECOTEER

Eco Adventures in Perak

By: Anne Das

Plan your 2025 school trip or corporate retreat with Fuze Ecoteer, a Perak-based eco-tourism leader offering tailor-made programs that blend conservation with action.

Activities can include mitigating beach erosion on Pangkor Island's green turtle nesting site, restocking endangered Malayan Mahseer (Ikan Kelah) in Royal Belum, and upcycling workshops that turn plastic waste into creative products.

Fuze Ecoteer also collaborates with local communities on conservation efforts, including beach cleanups, to protect and rejuvenate Perak's natural treasures.

Perfect for schools and organizations, these programs offer a chance to change mindsets, build connections, and embrace sustainability through hands-on activities—all while discovering Perak's natural beauty.



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Luxury Lifestyle

AN ESCAPE TO REMEMBER THE BANJARAN WELLNESS DAY PASS



By: Anne Das

The Banjaran Hotsprings Retreat is synonymous with peace, luxury, and exclusivity. While an overnight stay remains a bucket list item for many, the **Wellness Day Pass** offers a perfect way to immerse yourself in this sanctuary without the need for a night's stay. **At RM350 nett per person**, it's a full day of relaxation, wellness, and indulgence—right in your backyard.

The pass gives you access to The Banjaran's famed facilities from 10:00 am to 7:00 pm. Begin with the **Geothermal Hot Springs Dipping Pools**, where the natural mineral-rich waters ease every muscle. Then, detox in the **Thermal Steam Cave**, an invigorating experience that clears the mind and revitalizes the body. If you're up for it, a dip in the **Ice Bath** will wake up every cell and leave you feeling re-energized.

Need some calm? **The Meditation Cave** and **Crystal Cave** offer quiet spaces to rest, reflect, and recharge. For something playful yet rejuvenating, try the **Doctor Fish Pool**, where tiny Garra Rufa fish exfoliate your skin. The sprawling freeform swimming pool, set against a stunning natural backdrop, is the perfect spot to unwind further.

What makes this experience even sweeter? RM150 of your payment is returned to you as cash vouchers to enjoy within the resort. Use them for a meal at the **Pomelo Restaurant**, where dishes like garden-fresh salads, wood-fired pizzas, and seasonal specials are crafted to delight, or apply them towards a massage at **The Banjaran Hotsprings Spa** – Malaysia's ultimate sanctuary of wellness and luxury.

This serene escape is thoughtfully designed to ensure a peaceful environment, making it an ideal choice for anyone seeking tranquility. For parents, it's the perfect opportunity to enjoy a little "me time" and recharge in a child-free setting.

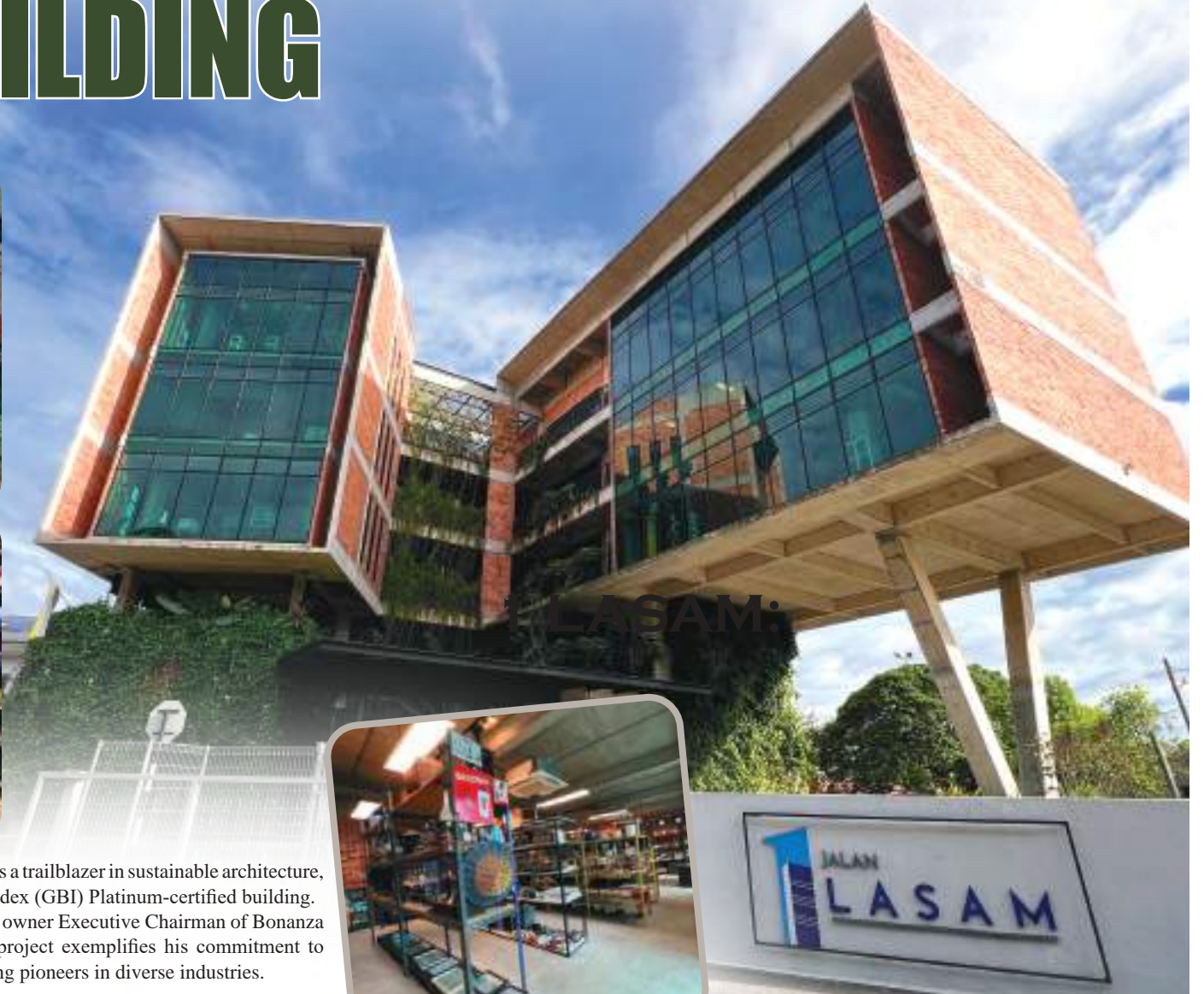
There's nothing else in the region quite like this—a day of luxury, nature, and wellness seamlessly combined. Whether as a gift for someone special or a much-deserved treat for yourself, the Day Pass is an experience you won't forget.

To book your Day Pass or for more information, call +605 210 7777 or visit www.sunwayhotels.com/the-banjaran. Spaces are limited, so plan your day of indulgence now.



1 LASAM PERAK'S FIRST GBI PLATINUM GREEN BUILDING

By: Rosli Mansor Ahmad Razali



Standing proudly in Jalan Lasam, 1 Lasam has emerged as a trailblazer in sustainable architecture, setting a benchmark as Perak's first Green Building Index (GBI) Platinum-certified building. Conceptualised over eight years ago by visionary owner Executive Chairman of Bonanza Venture Holdings (BVH), Datuk Lim Si Boon, the project exemplifies his commitment to innovation and sustainability, echoing the group's motto of being pioneers in diverse industries.

A Bold Vision in Design

Spanning approximately 30,000 square feet, this five-storey building integrates office spaces, conference rooms, and galleries. Its striking design features a 'box-in-a-box' concept with V-shaped columns, lifting its upper floors while providing street-level vehicular access.

Despite facing challenges, including height restrictions imposed by a neighbouring army camp, the building's design thrives on innovation. The installation of west-facing, double-layered walls with dense louvres ensures privacy while reducing heat and glare.

A central courtyard bathes the interiors in natural light, supplemented by Naco windows for effective ventilation. Grasscrete and bioswales further reinforce their eco-friendly credentials, reducing urban heat and managing stormwater effectively.

Sustainability at Its Core

The structure achieves eight United Nations Sustainable Development Goals (SDGs), notably in responsible consumption and production. High percentages of recycled construction materials, minimal construction waste, and innovative water management systems, such as rainwater harvesting and greywater recycling, underline its commitment to sustainability.

Powered entirely by rooftop solar panels, the building features a Building Management System (BMS) that educates visitors on energy and water efficiency in real-time.

Empowering the Community

Initially planned as an office space, 1 Lasam evolved into a community hub post-pandemic. It now houses a library, co-working spaces, and a venue for local non-profit organisations.

Its free museum showcases Ipoh's tin-mining heritage, transforming the building into a cultural and educational destination. By providing free meeting spaces, 1 Lasam supports local organisations like Dementia Awareness and the Perak Academy, fostering engagement and inclusivity.

A Model for Cost-Effective Sustainability

Demonstrating that sustainable architecture need not be expensive, 1 Lasam was constructed at an impressively low cost of USD16 per square metre. Locally sourced materials, such as Ipoh limestone concrete and artisan red bricks, were used in their raw form, eliminating the need for paint and reducing maintenance costs.

An Enduring Impact

Since its completion, 1 Lasam has garnered accolades, including the The Malaysian Institute of Architects Silver Award and the Asia Pacific Property Award.

Beyond its aesthetic appeal, post-occupancy surveys highlight high user satisfaction with indoor air quality, lighting, and thermal comfort. The inclusion of biophilic elements has further boosted productivity and well-being.

1 Lasam is more than a building; it is a statement of what can be achieved when vision and purpose converge. As a symbol of sustainable development, it continues to inspire future architecture in Ipoh and beyond.



The box-in-a-box effect prevents heat from the east and west from penetrating into the building. When combined with the thick roof insulation, temperatures within the building was kept highly stable.



To resonate with the v-shaped land and column, v-shape balustrades were designed to emphasise the alphabet 'V', which is part of the client's parent company name, 'BVH'

Sport

By: Balqis Zahari & Zaki Salleh

FIREFIGHTER INTEGRATES FIREFIGHTING KNOWLEDGE INTO TAEKWONDO TRAINING

IPOH: Many people may take up Taekwondo as a hobby or to learn self-defense but for Shazlan Mohd Hanafiah, 39, Taekwondo is more than just a martial art; it is a passion he has nurtured for the past 26 years.

Despite his full-time role as a firefighter, the Sitiawan-born Shazlan has remained dedicated to teaching Taekwondo across Perak, blending his expertise in both fields.

“I still teach Taekwondo today because of my strong passion for this field. Taekwondo is my world,” said Shazlan, who began coaching in 2000 and earned his black belt in 2001.

What sets Shazlan apart as an instructor is his unique approach to training.

As a firefighter, Shazlan integrates firefighting techniques into his Taekwondo classes.

“I mix techniques from Aikido, Judo, Muay Thai, and Silat with Taekwondo, creating a more comprehensive training experience.

“In fact, I also include firefighting knowledge, such as basic rescue techniques, for those participating in my Taekwondo classes,” he said.

Shazlan’s journey in Taekwondo began in 1998, and his passion deepened as he observed his master teach.

His commitment has led him to compete at the Asian level, marking one of his key achievements in the sport.

So far, Shazlan has established 15 Taekwondo classes throughout Perak, particularly in schools, with the goal of helping students excel both academically and in self-defense.

“My aim is to teach them discipline, physical health, and the ability to protect themselves and

their families,” he said.

Additionally, Shazlan was given the opportunity to teach Taekwondo for eight months to 375 firefighters during their recruitment training at the Wakaf Tapai Fire and Rescue Academy in Terengganu.



TRAINING PERAK HOCKEY PLAYERS TO REACH THE NATIONAL SQUAD



IPOH: Perak’s excellence in hockey is undeniable, and the state has also produced many talented young players.

One of the key figures is Mohd Nizam Mohd Hashim, 56, the Head Coach of the Perak Men’s Sukma Hockey Team.

He led Perak to victory at the 2024 Sukma in Sarawak, in addition to securing numerous other wins.

A teacher at SMK Anderson, he has also been entrusted with coaching Perak in the National Youth Hockey League since 2011.

“I train players aged 13 to 21. The training process runs from January to December.

“The biggest challenge as a head coach is that we need to diversify training methods to suit the players,” he said.

As a coach, Mohd Nizam expressed his satisfaction in seeing players he has mentored go on to represent the senior national team, achieving success on the bigger stage.



PERAK’S MUAYTHAI TRAINING CENTRE GROOMS CHAMPIONS FOR MALAYSIA



IPOH: At the heart of Perak’s martial arts scene, the Perak Muaythai Training Centre, also known as Headhunter Muaythai Gym, has been shaping the future of Malaysian Muaythai since its establishment in 2009.

Located on Jalan Watson, the centre is more than just a gym, it’s a launchpad for young athletes aspiring to bring glory to the state and the nation.

Managed by the State Sports Council (MSN), the training centre doubles as a public venue and a vital hub for nurturing Muaythai talent.

It has hosted numerous international tournaments, earning recognition as a cornerstone of the sport in Perak.

The centre is led by two dedicated professional coaches under MSN and the Perak Muaythai Association, Bernard Radin and Iesmahafizull Ismail.

Coach Mohamad Iesmahafizull, who began his Muaythai journey as a state athlete in 2013 before stepping into his coaching role that same year.

“Perak, alongside Kelantan, is making significant strides in Muaythai,” Mohamad Iesmahafizull shared during an interview.

“This gym is not only a training ground for public enthusiasts but also a key facility for MSN Muaythai athletes,” he said.

Since its inception, the center has cultivated approximately 12 elite athletes, contributing to Perak’s growing reputation as a Muaythai powerhouse.

“We aspire to develop even more young athletes from Perak who can shine on the national and international stages,” he added.

Looking ahead, the gym is setting its sights on hosting more international Muaythai events, aiming to foster connections between Ipoh and other cities worldwide.

With a focus on talent development and global engagement, the Perak Muaythai Training Center continues its mission to elevate the sport and create a legacy of champions.

PLTA SETS SIGHTS ON EXPANDING INTERNATIONAL TENNIS SCENE

IPOH: The Perak Lawn Tennis Association (PLTA) aims to organize more international tennis tournaments in Ipoh.

In preparation for this, local athletes are currently gearing up for several international competitions set to take place in 2025.

PLTA President, Fazwil Abdul Wahid, stated that athletes will compete in the International Tennis Federation (ITF) Juniors World Tennis Tour J60, which will be held at the Perak Tennis Arena (ATP), Ipoh Sports Complex here.

“Similar to previous tournaments since 2018, more than 20 countries are expected to send their players.

“This event offers athletes the opportunity to earn 60 ranking points, which will help them qualify for the next tournament,” he said.

In addition, Fazwil mentioned that athletes are also preparing for other international competitions under the Asian Tennis Federation, aimed at players aged 14 and under, which will also take place at the same venue.

“Typically, between 18 and 21 countries will compete in the 2025 tournament at the ATP courts,” he added.

Furthermore, Fazwil mentioned that they have also received an offer to host the World Tennis Tour W15.

“We have received the offer, but at the moment we are still waiting for confirmation from the sponsors,” he said.

He added that, at present, they have successfully developed about six potential athletes who could progress further on the international levels.

“We aim to inspire more young people to take up tennis, as starting training at an early age provides the foundation needed to develop competitive skills. This approach increases their chances of excelling in the sport and eventually representing our country on the international stage,” he explained.



Personality

TINA SHINES AS PERAK'S ICONIC WOMAN, BEYOND HER FATHER'S LEGACY

By Aida Aziz



Being the daughter of Tajuddin is not an easy ticket for this dedicated woman to achieve the success she has now attained in various fields.

Her efforts and perseverance have also led to her being appointed as the Perak's Iconic Woman for a two-year term.

However, Tina Tajuddin, 49, admits that some believe her excellence in driving the education and entrepreneurship sectors is due to the support of her father, the renowned political figure, Datuk Seri Tajuddin Abdul Rahman.

Appointed as the Perak's Iconic Woman last July, Tina said there are many agendas and missions she aims to accomplish, particularly in education and welfare.

Operating in a field predominantly dominated by men, she acknowledges that it can be challenging, and she must be smart in presenting herself and convincing others that women are also capable of leading areas they are skilled in.

Tina shares the story of how she became the founder and Executive Chairman of Taj International College (TIC) 20 years ago.

"I used to live in Kuala Lumpur and was a housewife for almost six years.

"I am a graduate in Law from the University of Leeds, UK, and hold a Masters of Business Administration from UWE England.

"Previously, TIC was under the responsibility of my eldest brother, but due to health issues, he couldn't focus on managing the college.

"I volunteered to take over, as at that time, my father had decided to sell the college.

"There was a condition when I took on this responsibility, although it was a family business, I did not accept any financial investment or assistance from my father," she explained.

She added that for nearly two years, she commuted daily by bus from Kuala Lumpur to Ipoh to manage TIC.

Meanwhile, talking about her role as the Perak's Iconic Woman, she said she would be more aggressive in conducting outreach to rural schools in Perak.

"I will definitely bring the issue of education for all age groups. We don't want these children to fall behind in their studies and miss taking the SPM.

"We will collaborate with the State Education Department and other strategic partners. I will conduct motivational tours for the Sijil Pelajaran Malaysia (SPM) in 60 schools across 12 districts in Perak," she said.

Previously, she has been involved in various corporate social responsibility (CSR) programs, women's empowerment initiatives, and assisting with sending institutions of higher learning (IPT) students during COVID-19.

One of her goals for the coming years is to establish her own foundation called Yayasan Ibu Tina.

"This foundation will focus on education and the welfare of orphaned children.

"I want to ensure that the welfare of these orphaned children, particularly in education, is taken care of from a young age to guarantee their future," she said.



DREAM BIG

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qiu.edu.my

Icons of Ipoh

Dato' Lat

THE INK THAT CAPTURES MALAYSIA'S SOUL

By: Anne Das



Few icons have shaped Malaysia's cultural identity as profoundly as Dato' Mohd Nor Khalid, better known as Dato' Lat. His cartoons, filled with humor, warmth, and unmistakable relatability, offer a snapshot of Malaysian life that resonates across generations. Today, Lat stands tall as both a national treasure and a proud son of Perak.

Lat's journey began remarkably early. At just 13 years old, he published his first comic, "Tiga Sekawan Menangkap Pencuri" with Sinaran Brothers in 1964. Unbeknownst to the publishers, they were working with a teenager and paid him a modest sum for a groundbreaking debut.

By 17, Lat had cemented his place in the industry with his comic series, "Keluarga Si Mamat," which ran in Berita Minggu for an incredible 26 years. These works, alongside his later masterpieces like Kampung Boy, became more than art—they became a reflection of Malaysia itself.

The culmination of Lat's legacy can now be explored at the Lat House Gallery in Batu Gajah, Perak. Here, visitors can trace his extraordinary journey, from his first sketches as a boy to his celebrated works that earned him the titles of Seniman Diraja (Royal Artist) in 2023 and Anugerah Seniman Negara (National Artist Award) in 2024.

The gallery houses a replica of his childhood kampung home, complete with pre-World War II furnishings, offering a glimpse into the life that inspired much of his art.

For those who grew up with Lat's cartoons, the gallery is a walk-through memory lane. For younger visitors, it's an immersive introduction to the wit and wisdom of a man who captured Malaysia's essence with a pen.

As Perak's finest export, Lat's legacy lives on not just in his timeless art but in the hearts of Malaysians everywhere.



Movers & Shakers

FAIZ ABDULLAH

REDEFINING COMMUNITY LEADERSHIP IN BUNTONG



By: Anne Das

At Taman Harmoni Flats, Buntong, Muhammad Faiz bin Abdullah is quietly revolutionizing the concept of community engagement. With nearly 1,500 residents under his watch as Chairman of the Rukun Tetangga (KRT), Faiz has become a steadfast advocate for the B40 community, combining resourcefulness with a touch of modernity.

From empowering women with entrepreneurial skills through the PWW Baking Studio to introducing the tech-savvy Celik IT@Harmoni program for children, Faiz is shaping a generation ready to take on future challenges.

His initiatives go beyond the expected—organizing health screenings, festive celebrations, and even Merdeka events that turn a simple housing area into a thriving, interconnected community.

Faiz isn't one for fanfare; his focus is on results. Yet, his impact is undeniable. Under his leadership, the Harmoni Flats have become a model for how small, consistent efforts can make a tangible difference.

In a city that celebrates progress and tradition, Faiz stands out as a changemaker, reminding us all that leadership is not about recognition but about action. One to watch, one to celebrate—Muhammad Faiz bin Abdullah is Buntong's rising star.



JENNY CHOY

CHAMPIONING CHANGE FOR CANNING



By: Anne Das

Jenny Choy Tsi Jen has been quietly but determinedly transforming the Canning constituency since 2018. Her work goes beyond the surface, touching lives in ways many may not realize.

She restored the historic Panggong Silver Star from near ruin into a vibrant cultural hub and modernized Pasar Simee and Pasar Canning with support from The Ministry of Housing & Local Govt, creating safer, cleaner spaces for the community. During the pandemic, she led vaccination volunteer teams and food aid efforts, ensuring help reached those who needed it most.

Jenny's focus on empowering women stands out. Through workshops on health, financial literacy, and skills training, she's equipped women, including single mothers, with tools to succeed. Fun initiatives like Zumba and English classes have built confidence and stronger community ties.

Outside of public service, Jenny is a woman of many talents. She plays the piano, practices yoga, and draws inspiration from leaders who've shaped her career.

Her vision for Canning is clear: a thriving, inclusive community where every resident feels seen and supported.

Ipoh Echo celebrates Jenny Choy for her commitment to making a difference.



Community

LOOKING FORWARD IPOH 2025

By: Balqis Zahari, Aida Aziz, Angeline Khor

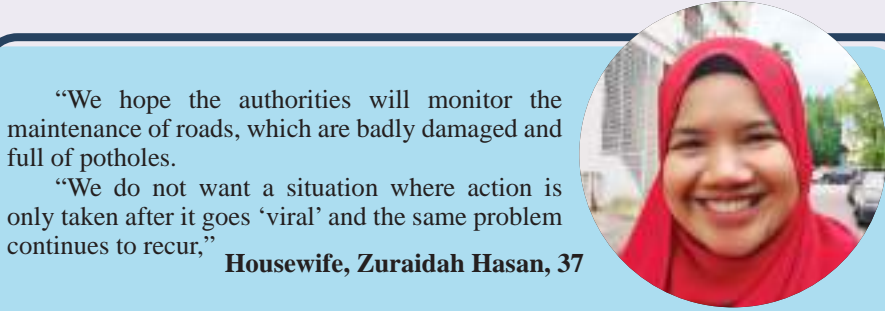
Ipoh's aspirations for 2025 is to see the city continue to grow and thrive as an attractive destination, not only for tourists but also for its residents. With various development initiatives underway, Ipoh is expected to become more modern, eco-friendly, and competitive. Here are some aspirations of Ipoh's residents for the city:



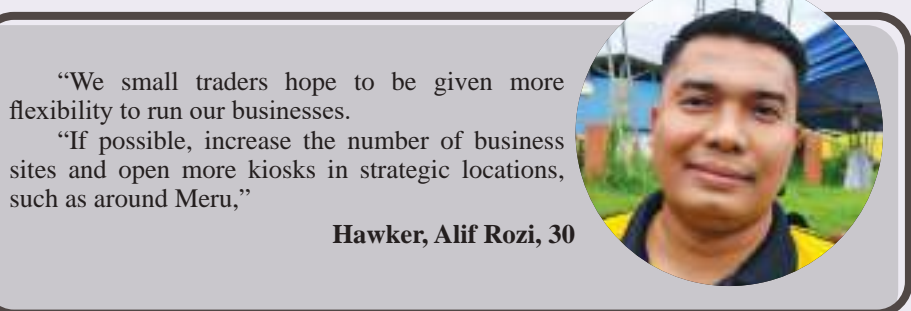
"I hope the Perak government can promote products, especially food from Ipoh, to other states or abroad.
"Through this promotion, Ipoh, which is already considered a food paradise, will be able to grow further in the market."
Trader, Koid Lian Yao, 31



"I hope job opportunities around this city can be expanded further.
"This is because there are too many young people currently struggling to find jobs for their source of income."
Private sector worker, Haziq Hakim Zumaizan, 20



"We hope the authorities will monitor the maintenance of roads, which are badly damaged and full of potholes.
"We do not want a situation where action is only taken after it goes 'viral' and the same problem continues to recur."
Housewife, Zuraidah Hasan, 37



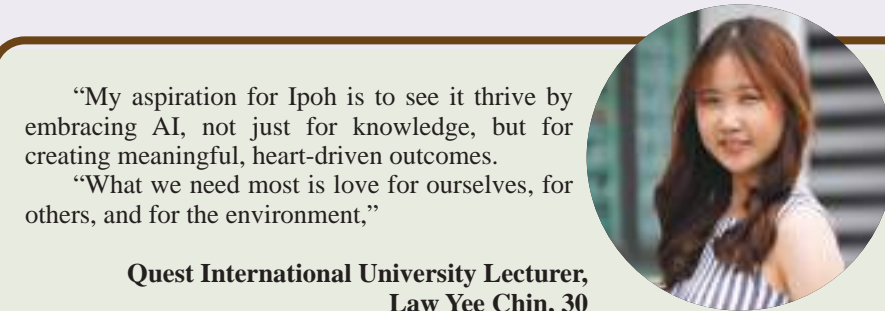
"We small traders hope to be given more flexibility to run our businesses.
"If possible, increase the number of business sites and open more kiosks in strategic locations, such as around Meru."
Hawker, Alif Rozi, 30



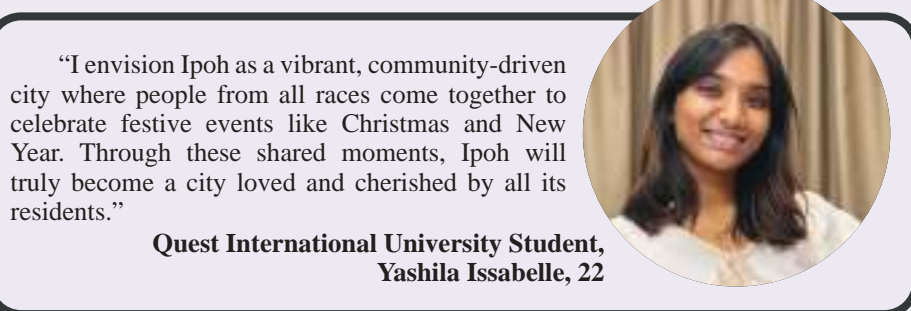
"Increase the number of public transportation and improve the frequency of existing public transport services.
"The ongoing parking issue at Ipoh General Hospital is hoped to be resolved efficiently, as both visitors and staff are facing difficulties."
Government servant, K Shamala, 55



"Honestly, I see that Ipoh is now much more developed compared to before.
"However, I hope the Perak government can also resolve several issues, especially the flash flood problem, as Ipoh is a city that attracts tourists."
Resident, Robert Lao, 67



"My aspiration for Ipoh is to see it thrive by embracing AI, not just for knowledge, but for creating meaningful, heart-driven outcomes.
"What we need most is love for ourselves, for others, and for the environment."
Quest International University Lecturer, Law Yee Chin, 30



"I envision Ipoh as a vibrant, community-driven city where people from all races come together to celebrate festive events like Christmas and New Year. Through these shared moments, Ipoh will truly become a city loved and cherished by all its residents."
Quest International University Student, Yashila Issabelle, 22



"Improvements in infrastructure and facilities such as sports spaces, recreational parks, and community centers are essential to promote a healthy lifestyle and unite the youth community.
"Ipoh should focus on environmental sustainability initiatives, such as introducing a green city program that supports tree planting, more effective waste management, and the use of renewable energy.
"Support for vulnerable youth, including those from the B40 group, persons with disabilities (OKU), or those who need a second chance, must be strengthened to ensure no young person is left behind in the city's development."
Private Sector Worker, Muhammad Kamal Syukri Kamaruddin, 26



"Public transportation facilities in Ipoh could be improved, beyond just buses. The proposal for an LRT system here is relevant as Ipoh has become a more developed city.
"There has been an increase in vehicles in Ipoh, leading to congestion at certain times.
"Additionally, it is hoped that the management of recreational parks and sports facilities for the public will be improved in the coming years, as there are still public parks that are not well-maintained by the relevant authorities."
School Student, Muhammad Nasrullah Zulkifle, 16

LITTLE KATONG

Sharing Plates, Comfort Meals, and Insta Delights

By: Anne Das

Little Katong serves up a tempting mix of local and Western favourites. From comforting Katong Laksa (RM16.90) and Mee Siam (RM12.90) to the hearty Shredded Chicken Noodle Soup (RM12.90), every dish is packed with flavour.

For family gatherings or festivities, the Cheezy Tarik Katong platter (RM109.90) is a must-try. Featuring crispy fried chicken, tender grilled lamb and chicken, cheesy fries, spaghetti Bolognese, and fresh coleslaw, it's a feast worth sharing. The experience is elevated when the chef pours a molten cheesy layer over the meats at your table-delicious, satisfying, and totally Insta-worthy.

Feel like having a lighter meal? Their vibrant salad bowls are here to save the day! Choose from Grilled Chicken Salad (RM14.90), Smoked Duck Salad (RM14.90), or Boiled Egg Salad (RM9.90)-perfect for a midday refresh and available from 12:00 to 7:00 PM.

Add a refreshing drink, like Kopi "O" (RM3.90 for Hot; RM4.50 for Cold) or an Americano (RM6.90), to complement your meal, and don't forget to treat yourself to their croffles or gooey brownies for dessert.

With private dining spaces, a delightful tea-time menu, and a warm ambiance, Little Katong is an excellent spot to share a memorable dining experience with family and friends.

45, Jalan Canning Estate, Taman Canning, Ipoh
016-553 8925 | RM20-40/person
Open 12pm - 11pm (Closed Mondays)
FB: [LittleKatongIpoh/Muslim-friendly](#)



Crunchy Delights: Impiana Hotel Ipoh's Cucur Udang Goes Viral!

By: Rosli Mansor Ahmad Razali

“This is the best crispy ‘cucur udang’ I’ve ever had in Ipoh. One serving is never enough!” exclaimed a satisfied diner at Impiana Hotel, Ipoh.

A visit to Impiana Hotel Ipoh isn't complete without savouring their iconic Cucur Udang, a dish that has captured the hearts of locals and visitors alike.

“Our recipe and batter preparation techniques are meticulously crafted to stand out. Each ‘cucur udang’ is fried fresh to preserve its quality and signature crunch,” shared Executive Chef Mohd Nizam Abdul Rahim, who boasts over 33 years of culinary expertise.

Unlike traditional versions, these crispy prawn fritters prioritize a crunchy texture in every bite, with a delightful sound that enhances the eating experience.

“We use ‘udang kertas’ (small prawns), which not only add flavour but elevate the crispiness of the dish,” added Chef Nizam.

Served with homemade peanut sauce and chilli dip, the Cucur Udang is available à la carte for RM18.00 per serving.

Diners can also enjoy an exclusive promotion: mention the promo code ‘Ipoh Echo (IHIECHI24)’ to the cashier and receive a complimentary ‘teh tarik’.

So why wait? Head to Impiana Hotel Ipoh and treat yourself to this viral culinary delight!



THAI MILK BUN SUITO 'A HOT SELLER'!

By: Balqis Zahari



Thai Milk Bun by Suito, sold from a ‘car boot’ in Dataran Majlis Bandaraya Ipoh (MBI), has captured the public's attention, selling over 500 containers sold daily. The founder of Suito, Koid Lian Yao, 31, stated that the Thai Milk Bun is made with premium ingredients.

“True to its name, ‘Suito,’ which means ‘sweet’ in Japanese, the brand has previously launched a variety of desserts, ranging from sweet potato balls, croffles, baby pancakes, churros, croissants, and more.

“Butter Bun Suito is our latest product, and we always use premium ingredients to create the best

taste,” he said when met here.

A native of Taiping, he explained that the Thai Milk Bun Suito comes in five flavors; butter, callebaut chocolate, pistachio, strawberry, and milky, all guaranteed to satisfy customers' tastes.

“I assure you that Thai Milk Bun Suito is not too sweet “ he said.

He also emphasized that customers should not worry as Suito products are certified halal, from manufacturing to packaging.

In addition to Dataran MBI, Suito has also set up shop at Medan Gopeng near Silveritage and recently opened another branch in Taiping.

Fuiyoh Nasi Ayam 'New Kid in Canning Garden'

By: Anne Das

The newest buzz in Canning Garden, Fuiyoh Nasi Ayam, is turning heads at Restaurant New Hollywood with its fresh take on chicken rice. Offering just three standout dishes-Nasi Ayam (RM6), Ayam Penyet (RM13), and their signature BBQ Ayam (RM7)-this eatery proves that simplicity and flavor go hand in hand.

The Nasi Ayam pairs fragrant, fluffy rice with tender, juicy chicken for a classic that never disappoints. The Ayam Penyet brings crispy, spicy perfection-best enjoyed hot to savor the crispy goodies that are not to be missed. The BBQ Ayam steals the spotlight with its smoky, tangy glaze.

And the soup? It's like your mama's best recipe-light, comforting, and so good it feels like it's made to warm your soul.

Adding to the experience, rock music fills the air, reflecting owner's love for the genre. It is a spot where bold flavors meet laid-back vibes, making every visit a hit.

Address: 38, Lorong Cecil Rae, Taman Canning, 31400 Ipoh, Perak (Inside Restaurant New Hollywood) Phone: **016-647 9900**.





Food Diva's FAVOURITE EATS

Ipoh's vibrant dining scene never fails to amaze, but it puts me in a delightful dilemma when friends visit and expect me, the "Foodie," to play host. With so many mouthwatering options, making a quick decision is no easy feat. Thankfully, I've got four trusty 'Go-To' restaurants that never disappoint. Every meal here is a guaranteed hit, leaving my guests raving and craving for more!

By: SeeFoon Chan - Koppen

TAMARA'S RESTAURANT

Step into Tamara's Restaurant in Ipoh and savour a vibrant taste of Sri Lanka, where authentic flavours meet tradition on tamarai (lotus) leaves. Kick off your meal with the irresistibly soft Egg Appam (RM5) or the sweetly indulgent Jaggery Appam (RM6). Then, dive into bold and aromatic mains like the spicy Jaffna Mutton (RM18) and Sri Lankan Spiced Chicken (RM10).

Amp up your plate with tangy sides like Brinjal Moju and Salted Fish Sambal (RM8), while their signature Coconut Sambol (RM2) provides the perfect accompaniment. Set meals, starting at just RM13, offer a wholesome combo of rice, curry, and a variety of fresh vegetables.

Whether it's the comforting Sothi Curry or the fiery Devil Broccoli, there's something to delight every palate.

The Lamprais, a Sri Lanka speciality only available here, is a feast in a packet. Some of the specialities are put together, wrapped in banana leaf, baked with the flavours melding together while baking.



Address: 36, Persiaran Greenhill, Kampung Jawa, 30450 Ipoh, Perak.

Average Spending: RM15-30 per person

Contact: **012-642 8821**

Hours: Mon-Fri: 11:30am-3:30pm, Sat: 12pm-4pm (Closed Sundays)

Socials: Instagram @tamarasipoh

DE CHINA HOT POT RESTAURANT

A Flavourful Haven for Hot Pot Lovers

De China Hot Pot is a rare gem where you can savor the soup without fearing MSG-induced woes! Their chef-recommended Pork Tripe Stewed Chicken soup base, simmered to perfection, bursts with rich, comforting flavors. Toss in Matsutake mushrooms, and it transforms into a nourishing elixir of delight. Other soups on the menu tantalise as well.

The menu dazzles with fresh seafood like abalone and scallops, premium meats like Iberico pork collar, Australian lamb, and beef, alongside vibrant veggies such as lotus root and mushrooms. Homemade treats like seasoned meatballs and gyozas elevate the experience.

With its bold flavors, top-notch ingredients, and wallet-friendly prices, De China is the ultimate go-to for hot pot lovers and a perfect spot for memorable gatherings.



Address: 51, Medan Bercham Selatan 1, Taman Sri Kurau, 31400 Ipoh, Perak.

Average spending: RM40-60 per person

Phone: **05-541 6660**

Operation Hours: 11am - 10pm daily

Socials: Facebook @ De China Bercham

UNLEASH YOUR TASTE BUDS AT 22 GRILL



BBQ enthusiasts, rejoice! 22 Grill is the ultimate destination for authentic Chinese-style BBQ and an explosion of culinary indulgence. Treat yourself to an array of premium meats and seafood, featuring the highly coveted Miyazaki A5 Wagyu cuts—a luxurious delight at unbeatable prices.

Not in the mood to grill? Prepare to be wowed by their signature creations! Start with a tantalizing amuse-bouche or the zesty Passion

Fruit Chicken appetizer. Dive into the luscious Shanghaiese Braised Pork Belly & Cuttlefish in Brown Sauce, savor the earthy richness of Morel Mushroom with Truffle Sauce, or cozy up with their heartwarming Wild Mushroom Soup.

Round it all off with their heavenly Wagyu Fried Rice—a perfect ending to a spectacular meal. From sizzling grills to sumptuous dishes, 22 Grill crafts an unforgettable dining experience for every palate.

Address: No. 22, Persiaran Greentown 6, Greentown Business Centre, 30450 Ipoh, Perak.

Operation Hours: 12pm - 2:30pm, 6pm - 10:30pm daily

Website: 22grill.com.my

Average spending: RM60-80 per person

Phone: **016-454 1370**

MICHELLE'S NOODLES

Each bowl of Michelle's noodles or congee is freshly prepared to order, with a wide variety of pre-prepared ingredients to choose from. Her stock, made daily from pork bones and ikan bilis, simmers for six hours overnight, ensuring a rich, flavourful base. Non-offal lovers can enjoy options like homemade

fish paste, fish slices, jellyfish, prawns, and other seafood. Must-tries include her tangy Ham Choi (pickled cabbage) soup, spicy Tom Yam, and her post-partum specialty Yuet Por Fun—a hearty mix of rice wine, offal, meat, egg, and ginger omelette.

Highlights include Pig's Tripe Soup with Chicken (Wednesdays/Sundays), Century Egg with Lean Pork Congee, Mixed Offal Soup, and fresh Fish Slice Soup. Noodles range from lo shu fun to rice vermicelli. Portions are generous, so come hungry, but early—her popular congee sells out by 11am!



Address: 15 & 17 Lebuhraya Bercham Selatan, Taman Cahaya Tasek, 31400 Ipoh, Perak.

Average spending: RM8-14 per person

Phone: **016-501 3639**

Operation Hours: Closed on Thursdays

SENI SATTISORRU, IPOH

A Feast to Share

Seni Satti Sorru Ipoh offers bold South Indian cuisine with their signature claypot dishes and spice-packed meals. Perfect for sharing, highlights include Mutton Albana Rice and Chicken and Prawn Satti Sorru, with something for everyone—vegetarians included!

New to the menu is their Biryani Rice, made with an in-house recipe for a flavourful twist.

Enjoy their air-conditioned dining space, outdoor seating, or private VIP rooms.



No. 3485N, Jalan Lim Bo Seng, Kampung Jawa, 30300 Ipoh, Perak (Near The Store)
05-241 8499 | Follow Seni Satti Sorru Ipoh on Facebook for updates!

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