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# Padang Ipoh: The First Cry of Merdeka in Perak

By: Zaki Salleh

*IPOH - Often perceived by the younger generation as merely a recreational green space, Padang Ipoh bears profound historical significance as a cornerstone of the nation's journey to independence. It was on this very field that Perak held its first official state-level Merdeka Day celebration on August 31, 1957 — a moment that marked the dawn of a new era. Spanning 9.4 acres in the heart of Ipoh, the field has stood for over 130 years — not merely as a manicured lawn, but as a former colonial military drill ground that later transformed into an enduring emblem of patriotism and state identity.*

*Turn to page two for the full story...*



*Ipoh Padang November (1921)*



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**Padang Ipoh: The First Cry of Merdeka in Perak**

...continued from page one

*More than a mere open field, Padang Ipoh once served as a colonial military drill ground, a social nucleus for the British elite, and most notably, the historic site of Perak's inaugural Merdeka celebration in 1957.*



*Merdeka Day at Ipoh Padang 1978*

**T**o the youth of today, Padang Ipoh may resemble nothing more than a school playing field, a place for casual football or cricket matches. Yet, unbeknownst to many, this 130-year-old expanse bears a rich and deeply significant historical legacy.

Also referred to as Padang Merdeka, the site played a pivotal role in Malaysia's journey toward nationhood, particularly within the state of Perak.

It was on these very grounds, 68 years ago, that thousands gathered to commemorate Perak's first state-level Merdeka celebration, a momentous occasion that resounded with the spirit of newfound sovereignty.

Thus, Padang Ipoh is far more than a recreational space; it stands as a lasting symbol of freedom and a powerful testament to the enduring spirit of independence among the people of Perak.



*Nor Hisham Zulkiflee*

Situated adjacent to the Ipoh Royal Club (IRC), Padang Ipoh is believed to have been established as early as 1895, the same year the club itself was founded, rendering it one of the city's most enduring and significant landmarks.

For over a century, the field has silently borne witness to Ipoh's transformation from a colonial township into a thriving city of independent Malaysia.

In 1897, British officers C.G. Ogilvie and G.J. Perry initiated a fundraising campaign to develop a public recreational space in conjunction with the commemoration of Queen Victoria's Diamond Jubilee.

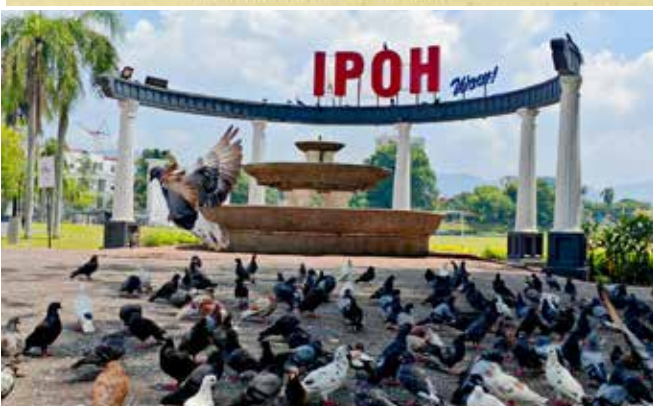
The initiative garnered overwhelming support, notably from the Chinese community of Ipoh, who contributed approximately \$43,000, a substantial sum in the currency of the time, alongside numerous other benefactors.

While the field served as a cricket ground for British officials, it was also a venue for key governmental ceremonies during the colonial era, including military parades and official gatherings.

According to Nor Hisham Zulkiflee, Secretary of the Perak Heritage Society, it was customary for the British



Recreation Ground, Ipoh, Perak.



administration to establish open fields within their administrative centres, Ipoh being no exception.

"Such fields were multifunctional, initially designed as parade grounds for British troops, but later evolving into social and recreational centres for the colonial elite," he said.

These spaces were typically located near military barracks and police stations, symbolising colonial authority and economic supremacy. Over time, they became central to social and cultural life under British rule.

"The buildings that emerged around these fields further legitimised colonial presence and underscored the socio-economic divide between the British and the local population.

"Padang Ipoh embodied all these aspects; it was the epicentre of colonial Ipoh, where military and police parades, cricket and hockey matches, as well as major social events, were regularly held," he added.

Surrounded by key institutions of the colonial era, banks, law courts, railway facilities, and educational institutions, Padang Ipoh stood firmly as the administrative and cultural core of the city.

Nor Hisham noted that Padang Ipoh remains one of the most recognisable and historically important landmarks in the city.

"Although it no longer serves as the focal point for Merdeka celebrations, it is vital that the younger generation and civic leaders alike continue to acknowledge its historical significance.

"Padang Ipoh must be preserved — not only as a monument of heritage, but also as a cultural destination of interest to both local and international visitors," he said.

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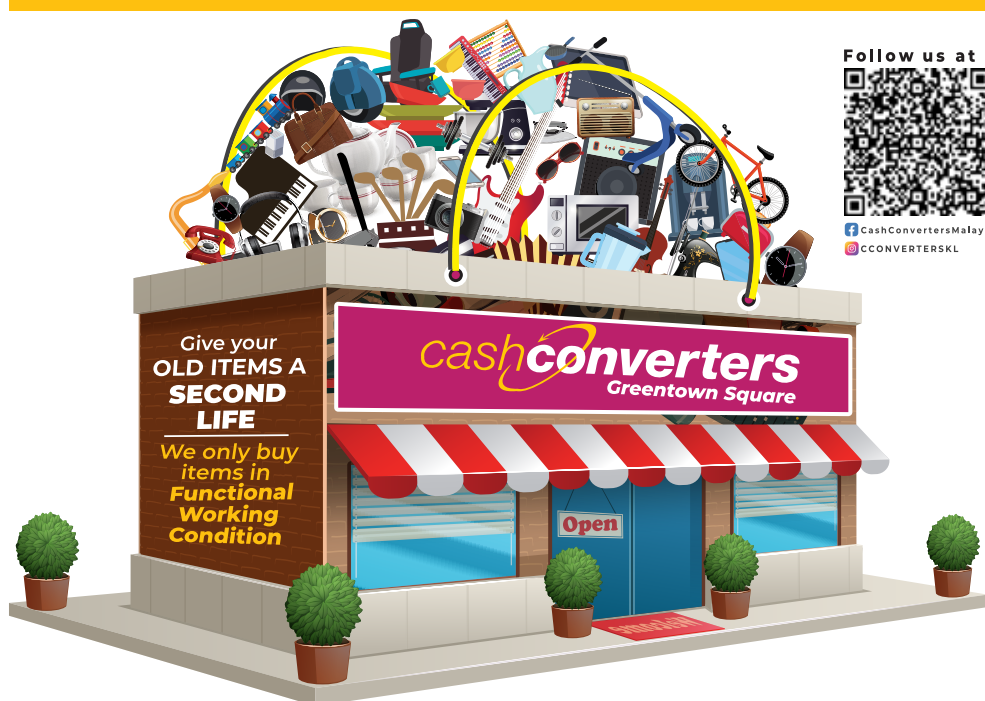
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## Wellness

### Ward 3B Reopens as Premium Ward at Hospital Fatimah

By: Anne Das

**H**ospital Fatimah has reopened Ward 3B as a newly upgraded Premium Ward, designed to enhance patient comfort while upholding clinical excellence and safety standards.

Previously a multi-bedded general ward, Ward 3B now offers 18 beds, including 2 single rooms and 8 double rooms. Each space has been redesigned with privacy, rest and recovery in mind, supporting a more personalised care experience.

The refurbishment reflects the hospital's continued commitment to accessible yet elevated care, meeting the diverse needs of patients while maintaining its long-standing reputation for compassionate service.

The new setup is especially helpful for families who want a quieter, more private space during recovery. It also supports elderly patients who may need more rest and attention.



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## EYE HEALTH

WORLD SIGHT DAY

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

**W**e countdown to WORLD SIGHT DAY 2025 on the 9th October 2025, so 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. The visually impaired person is unable to enjoy what most people would take for granted. 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.
- LEADING CAUSES OF VISION IMPAIRMENT AND BLINDNESS AT A GLOBAL LEVEL ARE REFRACTIVE ERRORS AND CATARACTS.
- MOST PEOPLE WITH VISUAL IMPAIRMENT ARE OLDER, AND FEMALES ARE MORE AT RISK AT EVERY AGE, IN EVERY PART OF THE WORLD.
- 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.
- CATARACT DUE TO AGING IS RESPONSIBLE FOR 48% OF WORLD BLINDNESS.

#### WHAT CAUSES VISUAL IMPAIRMENT?

Visual impairment often stems from cataracts, which cause 48% of global blindness. Cataracts cloud the eye's lens, blocking light from reaching the retina, typically affecting those over 50 but occurring earlier with excessive UV exposure (e.g., golfers). Aging is the primary cause, but diabetes, trauma, and steroids also contribute. Symptoms include blurry vision, poor night vision, and faded colors.

#### CATARACT

In Malaysia, just as in the US and the UK, majority of cataract surgeries are performed by the phacoemulsification machine. The phaco probe breaks up the cataract and an intraocular lens is then implanted no stitches (self-sealing). There are many kinds of lenses and it is important that it is tailored for your eye in order to have optimum visual results.

Dr. Gill will discuss more on cataract in the next issue of the Ipoh Echo. For more information, call **05-5455582** at Hospital Fatimah or email [gillyeeyecentre@dr.com](mailto:gillyeeyecentre@dr.com)

**To book a Free Eye Screening in conjunction with World Sight Day, WhatsApp "World Sight Day" to 011-1019 3787 - by appointment only. (Terms & conditions apply)**



## Community

# A Heartbreaking story of an amputee husband and mute son

By Aida Aziz

**I**POH: The home of this family of three in Jalan Leo Star Park, Kampung Simsee, was built with used wood and planks they slowly collected over time.

This modest shelter has housed **Mokmein Jabar**, 75, his wife **Norliah Idris**, 68, and their son **Azelan**, 46, for over 40 years—even though the land it sits on does not belong to them.

What makes their situation heartbreaking is that Mokmein has lost both legs due to complications from diabetes, while their son is mute and has been disabled since birth.

Norliah, meanwhile, has impaired vision in her left eye and urgently needs cataract treatment.

According to Mokmein, he previously worked as a security guard for 24 years but does not receive a pension.

“My legs started developing wounds, and they had to be amputated in 2005, a year after I stopped working due to age.

“Six years ago, my left leg was amputated above the thigh, and recently my



right leg was also removed because of chronic diabetes.

“I have no pension or savings and rely entirely on monthly aid of RM300 from the Welfare Department (JKM) and some help from Baitulmal, but it’s not enough,” he said.

Though the house, which Mokmein built himself when he was still healthy, is rundown, it provides them with basic shelter.

Norliah shared that she hopes for an indoor seated toilet to ease her husband’s difficulties as he now depends on a wheelchair.

“Our toilet is outside, and it’s the squatting type, which is difficult for him to use.

“Thankfully, our son can push his wheelchair and lift him to relieve himself in a special container, but even that is only done in front of the toilet door because of his amputated legs,” she said.

Despite receiving monthly assistance from JKM, it’s not enough to cover their daily needs or medications.

“If we don’t have enough money, we just eat whatever’s available. Fish and chicken are rare treats—we simply can’t afford them.

“The three of us live here on someone else’s land, which can be taken back at any time.

“I don’t work, and our disabled son, who is mute, also can’t work. He gets RM400 per month from JKM. Our other son is not in a position to help.

“We hope the JKM aid can be increased a little, as it’s really not enough to survive.

“Sometimes, neighbors will pay a small fee if we help water their plants or check on their houses, as many of them live outside of Perak,” she said.

## Persistent Hoarding Problem in Ipoh Sparks Another Major Clean-Up Operation



By Aida Aziz

**I**POH: It appears that the issue of hoarding trash or recyclable items within residential premises is quite common around this city, despite multiple enforcement actions being taken in the past.

Most recently, three six-tonne capacity trucks were used to collect trash from a house near Pasir Pinji.

According to a statement from the Ipoh City Council (MBI), the house, which was filled with garbage, was occupied by a 69-year-old senior citizen.

“MBI carried out an integrated operation to eliminate public nuisance at a residential premises following repeated complaints regarding the hoarding of recyclable items,

including piles of garbage that caused disturbance to the local community.

“The resident failed to comply with a Notice to Cease Nuisance under Section 82 of the Local Government Act 1976 for the second time, after committing a similar offence which resulted in court action by MBI back in 2022.”

The statement said, the operation began at 8:30 a.m. with 24 MBI personnel and proceeded smoothly without any incidents.

MBI also advised the public not to carry out similar activities at their premises, as it can cause disturbances to nearby residents.



BEFORE



AFTER



## Prompt Action Cleans Up Ipoh

Thank you to the relevant authorities for the prompt and proactive action in resolving the issue of garbage and overgrown grass around the Ipoh area, following the observations and news previously reported in Ipoh Echo.



BEFORE



AFTER



BEFORE



AFTER



# Business

By: James Anthony Roberts. UK Journalist



## The Haven awakens Ipoh to exemplary Hotel-Residence Development and Management



### Total Responsibility and Contribution

The person behind The Haven quietly sneaked into Ipoh to assist “a friend of a friend” and revived a project that had failed to take off. This was a 576-unit low-cost development in a secluded area in Tambun. Renaming it Permai Lake View Apartments, Peter Chan completed it in time and style. He had been able to achieve it because of his disposition in life which has always been one of total responsibility and contribution. This is a most rare characteristic in the business world. And he often had to face great challenges due to natural disbelief by the “worldly.”

### Concept of Giving

It was based on this concept of giving that the low-cost development Permai Lake View Apartments was successfully completed and sold within the time prescribed. Nowhere in the country would we be able to see a low-cost development that offers larger unit with a nett area of 732 sq ft, three bedrooms, two bathrooms, featuring fully tiled floors, tinted sliding windows, quality Lafarge roofing, high ceiling, cement top to prevent leaks, ample parking, 24-hour security and dedicated air-conditioning spaces. This is most probably the best low-cost development in the world. Upon completion, the prices of Permai Lake View Apartments shot up to RM 200K per unit, with commanding rentals of approximately RM 800 per month.

Following completion of that development, Peter assisted another “friend of a friend” in developing Subang Galaxy, 175 terrace houses in Subang II. The quality of the houses surpassed its competitors in the area with the price of each unit soared from RM 260K to RM 800K within four years.



### Overcoming Negativity – Putting in His All!

Peter returned to Ipoh to take up a most challenging development in The Haven Lakeside Residences. The community was not ready for it as Ipoh was bountiful with land and living in a high-rise development was not preferred. In 2006, Ipoh was in the doldrums and known as a sleepy hollow. The negativity was truly daunting.

He had to put in his all to overcome the prejudice. Thankfully, his efforts, creativity and tenacity helped him overcome all the impediments. He managed to convince many that Ipoh is a great place for their vacation, second-home, home-office, and / or retirement residence. He effectuated the uplift and desirability of Ipoh, with his promotions of Ipoh locally and internationally.

### Comprehensive Facilities

Many of the purchasers accord the successful take-up of The Haven to the extreme generosity on the part of the developer. Peter had most generously voluntarily offered more than the numerous facilities specified in the sales and purchase agreement and they were completed to high standards.

### Donation of Extra Land and Five-Storey Car Park

In addition, he had used intense efforts to procure a piece of land to build an additional multi-storey car park that would balance out or harmonize with the multi-storey car park on the other side for the aesthetic beauty of the development. This almost doubled the parking spaces in the development. He acquired the land, built the second specially designed five-storey car park building and donated it to the Joint Management Body for the benefit of all the unit owners. The value of this together with other additional contributions to the development given to the parcel owners ex-gratia are in the region of RM 36 million, an unheard of deed!

### Exemplary Management

Following the completion of the development, from his experience worldwide, Peter was most aware that good management is of paramount importance. Indeed, he had worked day and night over a period of 15 years starting from formulating a special Deed of Mutual Covenant (DMC) to attain the concept of a well-managed development, to guiding the Joint Management Committee (JMC) of the Development. He knew that self-governed, short-term stays would tend to be unruly and would upset the quality of maintenance and living.

Thus, the concept of a centralized management for short-term stays was inbuilt into the DMCs binding all the parcel owners and was appreciably accepted by all for their high-quality management of the development. This short-term stay may be referred to as Airbnb, homestay or by some other name. But he wished it to be of the best quality and managed to 5-star standards. For the benefit of the development's parcel owners, he obtained hotel recognition and a 5-star rating for the development and management. The Haven has been greatly successful in attracting over 150,000 foreign guests from over 120 countries thus far, and growing rapidly.

The management of the development is indeed exemplary. Responsible committee members were elected, with none, including Peter, benefiting financially from their high-quality management over the years. The maintenance fee is among the lowest in Malaysia, possibly worldwide, considering the maintenance quality and image enhancement achieved.



### Selfless Giving for Benefit to Others

Despite the exemplary performance of Peter and the developer, there had been unconscionable and deliberate remonstrances from a local group of a few. Some “authorities” have been misled by them. Peter is unperturbed as he firmly believes that “Truth will Prevail.” He considers that the absolutely moral actions and selfless contribution of both the developer and the committee who had taken over since the official handing over to purchasers would withstand any onslaught; and indeed it will!

### Justice of God Would Prevail

Peter himself had to bear the utmost of the aberrant and flagrant challenges from “the few”. However, he thanks God for these unreasonable remonstrances for they do compel him to be closer to God. He has repeated a thousand times that he has done no wrong and he will not be pushed over and that he will never give up! Indeed, from my close association with him, I know that his life has been a life of selfless giving. And he would not allow anyone to obstruct the mission that he has been tasked with, which is of great benefit to others—in this case, his staff, the owners, the city, and the nation. He is most confident that the justice of God will finally prevail!





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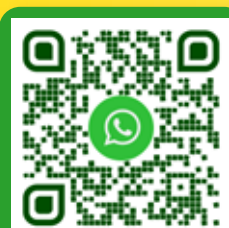
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## Tasty Treats

By: Anne Das

# TEA TIME TREATS FOR THE AFTERNOON CROWD

Now available at Little Katong, 2.30pm to 5.30pm daily

For generations, the trio of soft-boiled eggs, toast, and kopi has been a breakfast staple for all of us Malaysians. At Little Katong in Taman Canning, this familiar comfort is now served as an afternoon set. It is perfect for those who know that mid-afternoon deserves more than just a biscuit and a rushed brew.

From 2.30pm to 5.30pm, the Tea Time Set is priced at just RM9.90 and includes two soft-boiled Kenkori eggs, toast of your choice, and a cup of coffee or tea, served hot or cold.



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Toast options include Garlic Butter Toast, Kaya Butter Toast, Kaya Butter Soft Bun, and Golden Beach Toast with a light sugar topping.

The eggs are Kenkori, prized for their golden yolks and smooth flavour. Soft-cooked and served just the way locals like it, with toast for dipping and a drink to go with it, this simple trio carries a timeless appeal that never goes out of style.

If you enjoy local flavours, do not leave without trying the Onde-Onde Cake. It is a moist pandan sponge layered with fresh coconut, gula Melaka, and light cream, topped with coconut flakes. Not too sweet, just deliciously yummy. Each slice is RM16.90 and usually sells out before the day ends.

*Not all eggs are safe to eat raw, but Kenkori eggs are.*



For something thirst-quenching, try their freshly squeezed juice (RM5.90) or coconut water served straight from the shell (RM7.90).

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## Ayam Garam Pop and Salai: Halal, Nutritious and Packed with Flavour



By: Rosli Mansor Ahmad Razali

Craving a delicious and healthy herbal chicken dish that's also certified halal? The answer might just lie with *Ayam Garam* (Salted Chicken), a speciality product by local company Tinta Sari, operating out of RTC Gopeng, Perak.

Offering two distinct varieties, *Ayam Garam Salai* (Smoked Salted Chicken) and *Ayam Garam Pop*, this product has gained popularity not just for its taste, but also for aligning with the dietary preferences of Muslim consumers. Every ingredient, including the chicken suppliers, is certified halal by the Department of Islamic Development Malaysia (JAKIM).

According to Tinta Sari's marketing officer, Siti Naimah Muhammad Nasir, the dish is not only a hit for everyday meals but is also sought after by postpartum mothers due to the use of premium herbs known to help restore energy and improve bodily functions.

"This chicken is both nutritious and tasty on its own. It's also versatile, you can use it in other dishes, and it stays fresh for up to six months when frozen," she said.

### Traditional Cooking with a Premium Touch

Preparing the *Ayam Garam Salai* is a meticulous process that takes nearly two hours and involves three key stages, marination using a blend of fine chilli powder, herbs, and salt; partial roasting in a 200°C oven for 25 minutes; and finally, a 30-minute smoking session.

One unique feature? Brown sugar is placed at the centre of the smoking chamber to infuse the chicken with a golden hue and a distinctive aroma and flavour.

As for *Ayam Garam Pop*, it's marinated in a mix of two Chinese herbs and white salt for 25 minutes before being tightly wrapped in three layers of parchment paper to retain the chicken's natural juices, then baked slowly for two hours.

"Customers can choose between *Ayam Kampung* (Kampung Chicken) or standard chicken. We usually recommend placing orders at least a week in advance," Siti Naimah added.

### Reasonably Priced, Quality Assured

For those interested, the *Ayam Garam Pop* is priced at RM28 for regular broiler chicken and RM35 for *Ayam Kampung*, while the Whole Leg is available at RM12. For the *Ayam Garam Salai*, the price is RM32 for regular broiler chicken and RM38 for *Ayam Kampung*, with the Whole Leg available at RM14.

The product is currently distributed at selected restaurants in Ipoh and Kuala Lumpur. To place an order, customers may contact Siti Naimah at 011-2862 4602.







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## Visitors from 6 Countries Discover Taiping

By: Zaki Salleh

**T**AIHING: A total of 25 participants from six countries visited the tourism city of Taiping as part of the Malaysian Culture and Language Immersion Program (M-CLIP) 2025.

The program aims to provide a deeper and more comprehensive understanding of the local culture, language, and tourism products found in the heritage city of Taiping.

The participants hailed from South Korea, China, Chinese Taipei, Vietnam, Kenya, and the Philippines.

M-CLIP 2025 is a collaborative initiative between the Ipoh City Council, Manjung Municipal Council, and Kampar District Council — all members of the Tourism Promotion Organization (TPO).

During the program, participants toured various tourism attractions, including an exploration of the Perak Botanical Gardens in Taiping, a visit to Taiping Zoo & Night Safari, and a walk along the 11.5-kilometer Taiping Heritage Trail covering 40 historical sites.

While at Taiping Zoo, participants also took part in community work focused on environmental sustainability and animal welfare.

This activity not only offered a fun and educational experience but also fostered a sense of responsibility for the environment among the participants.

The M-CLIP 2025 program in Taiping served not only as a platform for cultural exchange but also as a means to strengthen diplomatic ties and international cooperation between Taiping and other TPO member cities worldwide.



# Protecting Wildlife in Perak

## Ipoh Echo's Guide to Rescue & Release

Perak's forests, rivers, and coastlines are home to elephants, tapirs, hornbills, turtles, and honeybees. As our towns expand and highways slice through wildlife corridors, encounters with wild creatures are more common than ever.

Our state is one of Malaysia's last true wildlife strongholds. Its lush rainforests and limestone hills shelter the critically endangered Malayan tiger, one of the rarest big cats left in the wild.

The forests of Royal Belum and Temenggor form part of the Central Forest Spine, a lifeline for these species and many more.

Across Malaysia, over 2,300 wild animals have been killed on roads since 2020, with Perak accounting for 478 of these tragic losses, including elephants, tapirs, and tigers.

A recent case in May 2025 saw a baby elephant killed on the Gerik-Jeli Highway, its mother mourning beside the road for hours.

Even in towns and villages, human-wildlife conflicts play out: bee hives are burned, snakes killed, and marine life threatened along Perak's coasts.

Wildlife is part of daily life here, and knowing who to call when encounters happen can save both animals and people.

By: Anne Das

### Steven the Bee Saver

WhatsApp: **017-573 8318**

When a honeybee hive appears on a porch or under a roof, panic often leads to smoke, sprays, or even fire. Steven, a volunteer bee rescuer in Ipoh, offers a life-saving alternative: he relocates entire colonies alive.

Steven responds to 10–15 calls a week, often after office hours. Equipped with protective gear and a smoker, he carefully removes hives and transfers them to safe green zones such as Gunung Lang and Kledang Hill, where the bees can continue pollinating our food crops. During rescues, he also educates homeowners, explaining that honeybees are gentle unless provoked and that each hive contributes to Perak's ecosystem.

His mission is both practical and urgent: with global bee populations declining, every colony saved matters.

Tip: Step back, avoid sudden movements, and send Steven a clear photo and location.



### Cedric the Snake Charmer

WhatsApp: **012-588 5390**

A sudden rustle in the garden, a shape in the drain, or a head peeking from your car bonnet, snakes can send anyone running. But Cedric Chin, known as the Snake Catcher of Perak, has made it his mission to respond calmly and protect both people and reptiles.

Cedric handles both venomous and non-venomous snakes, from cobras to reticulated pythons, as well as other reptiles and even scorpions. But take note, he only responds to animals found within your house or home compound. If the snake is simply passing through the wild or spotted outside your residential area, he won't intervene.

His rescues are part adrenaline and part education. He reminds residents that snakes rarely attack unless cornered and that they play a vital role in controlling rat populations. By calling Cedric instead of acting in fear, you prevent injury, avoid unnecessary killings, and help keep Perak's ecosystem in balance.

Tip: Keep a safe distance, remove pets from the area, and never try to trap a snake or scorpion yourself.



### SEGARI Conservation – Turtle Guardians

WhatsApp: **019-410 9968**

On the quiet beaches of Lumut and Pasir Panjang, Green and Olive Ridley turtles still return to lay their eggs. But without help, many nests and hatchlings would never survive. SEGARI Conservation, a local team of turtle guardians, monitors beaches, runs hatcheries, and responds to public calls about nesting turtles or stranded babies.

A single bright light or deep sand hole can disorient hatchlings and reduce their survival chances. SEGARI's work includes educating beach visitors and fishing communities to reduce human impact, reminding everyone to keep beaches dark, flat, and quiet during nesting season.

Calling SEGARI ensures that eggs are protected, hatchlings are guided to the sea, and Perak's turtle population continues to recover.

Tip: Never touch turtles or eggs. Observe from a distance and call SEGARI for help immediately.



### PERHILITAN Perak – Guardians of Wild Perak

**05-241 1802 / 05-255 0419**

When it comes to all kinds of wildlife and endangered species, the Department of Wildlife and National Parks (PERHILITAN) is Perak's frontline. Their team responds to elephants, tapirs, hornbills, sun bears, and even the critically endangered Malayan tigers, handling rescues, relocations, and human-wildlife conflicts.

Recent years have brought tragic reminders of what's at stake, from elephants to tiger sightings near plantations. PERHILITAN officers have the training and equipment to manage these encounters safely, protecting both people and wildlife while supporting the long-term survival of species that define Perak's natural heritage.

Early calls make all the difference. Reporting sightings or injuries quickly can prevent further harm, enable rescues, and safeguard these animals for the future.

Tip: Never approach or feed wild animals. Observe and report from a safe distance.



### BOMBA – First Responders

Emergency: **999** | Perak HQ: **05-529 7444**

When wildlife poses an immediate danger, from an aggressive snake to a wild boar in a neighbourhood, BOMBA is your first call. Their trained teams secure the scene, protect human life, and co-ordinate with PERHILITAN and volunteer rescuers for safe relocation.

BOMBA's role is critical in emergencies, as they are often the primary rescuers, not just first responders. They handle cases involving hornets, snakes, and trapped or cornered animals, ensuring that panic doesn't lead to harm for either people or wildlife.

Tip: Stay indoors, keep doors and gates closed, and wait for help from the professionals.



Photo credit: Jabatan Bomba & Penyelamat Malaysia (JBPM) Negeri Perak.

### Museum Tanahsahi – Butterflies, Scorpions & Life Lessons

Facebook: **Museum Tanahsahi**

Not all wildlife encounters are urgent rescues. Some are opportunities to teach respect and curiosity. In Kg. Kepayang, Steve Tan's Museum Tanahsahi allows families and students to see butterflies, beetles, and even scorpions up close.

A visit reminds children and adults alike that even the smallest creatures have a role in keeping our ecosystem alive. By learning about lifecycles, pollination, and insect behaviour, visitors leave with a deeper appreciation for the fragile beauty of nature.



### MareCet – Marine Mammal Guardians

Report a sighting: <https://www.marecet.org/report-a-sighting>

Report a stranded marine mammal and to know what to do before the rescue team arrives:

<https://www.marecet.org/report-a-stranded-animal>

WhatsApp: **018-337 6882**

Perak's coastal waters hide some of Malaysia's most unexpected wildlife treasures: dolphins, porpoises, and even whales. Near Lumut, Pangkor, and Kuala Sepetang, these marine mammals share busy fishing grounds and shipping lanes with people.

MareCet is Malaysia's only marine mammal research and conservation NGO, and sightings reported by the public are vital to its work. Reporting a marine mammal sighting helps researchers track where the animals are found, and helps fill important knowledge gaps. By knowing how to observe safely and report sightings, every beachgoer and fisherman becomes a partner in protecting Perak's marine life.

Tip: Keep at least 50 metres away, avoid chasing or feeding, and include clear details or photos in your report.



**Pause. Call. Protect.**  
Save these contacts & share them with neighbours. Be part of the community that protects the wildlife we are lucky to live alongside.



## Wellness

By Dr. Shan Narayanan  
Consultant Paediatrician, Life & Executive Coach



### A Day at First Bridge: YX's Journey Through Early Intervention

When YX first came to First Bridge Early Intervention Centre, she was a bright-eyed 4-year-old who found the world around her confusing. She rarely made eye contact, hardly spoke, and preferred to play alone. But we saw something beautiful in her — a curious mind, a strong will, and a quiet determination.

At First Bridge, we believe that every child's brain is unique. Neurodiversity simply means people experience and respond to the world

in different ways. Children like YX are not broken or less than. They are different, and that difference is valid. Our job is not to fix them, but to support them in becoming the best version of themselves.

So, what does a day at First Bridge look like for a child like YX?

The day starts with a warm welcome. YX is greeted by her teacher with a big smile and a gentle "Good morning, YX!" At first, she used to look away. Now, after months of encouragement, she returns the smile and sometimes even waves back.

The morning begins with a small group activity. The children sit in a circle and sing a hello song. YX used to cover her ears. Today, she hums along softly. These group sessions help her learn routines, follow instructions, and feel safe in a shared space.

Next is her one-on-one therapy session. YX works

with her speech therapist using picture cards and toys. They talk about animals, shapes, and actions. She learns new words through play, pointing, labeling, and repeating. At her own pace, she's starting to speak in short sentences like, "Dog is jumping" or "I want ball."

Then comes sensory play. YX loves pouring water and playing with rice. At First Bridge, we recognise that some children need to feel certain textures to stay calm and focused. Sensory play is not a break; it's part of learning.

Later in the day, she joins an art session with peers. Sharing crayons was once a big challenge. Now she passes them to others, sometimes with a smile. These small social steps are big milestones for her.

Before going home, her teacher reviews the day with her. They talk about what she enjoyed and what she tried. YX chooses a sticker for being brave and trying something new.

Her parents meet with Dr. Shan and the team every month to talk about her progress. Together, they look at what's working and make small changes to her learning plan.

Early intervention isn't about speeding up development. It's about understanding the child and walking with them. YX is still the same child who came to us months ago, but now she's more confident, connected, and expressive.

At First Bridge, we don't ask children to change who they are. We meet them where they are and celebrate every step they take. YX's journey reminds us that every child deserves to be seen, supported, and valued just as they are.



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### From the Heart: Visually Impaired Therapists Offer Healing Touch Through Reflexology

*With over two decades of experience, the husband-and-wife duo helps ease stress and health concerns*

By: Rosli Mansor Ahmad Razali

**I**POH— "Their touch is more than just a massage, it comes from an instinct that truly understands the needs of the human body."

That is the shared sentiment among clients who frequently visit Wisma Koperasi Orang Kurang Upaya Penglihatan Perak Berhad, where visually impaired reflexologists offer a healing experience that stands apart.

With more than 20 years of hands-on experience, husband-and-wife team **Mohd Hisyam Zailan**, 48, and **Noorliza Othman**, 42, have proven that visual impairment is no barrier to delivering high-quality body and reflexology treatments.

According to the couple, their intuitive touch not only helps relieve muscle tension but also allows them to identify underlying health issues, a skill developed over years of practice and heightened sensory awareness.

"Many of our clients come in feeling physically and emotionally drained, some with irregular menstrual cycles, misaligned womb issues, or male vitality concerns. After just one session, they often return and tell us how much better they feel," said Hisyam.

The centre offers a range of treatments, including a full-body massage (**RM70 for 1 hour**), foot reflexology (**RM50 for 1 hour**), half-body massage (**RM40 for 45 minutes**), shoulder massage (**RM30**), and a combination

of shoulder, arm and head massage for **RM30**.

Operating daily from 10 am to 10 pm, the centre, which opened its doors in May 2009, recommends clients make appointments in advance to avoid long wait times.

The therapy sessions not only help improve blood circulation and release built-up tension, but also provide deep emotional relief delivered with sincerity and care by individuals who truly understand healing from within.

To book a session, call Mohd Hisyam at **011-1059 6033**. Don't miss the chance to experience a massage that touches more than just the body; it reaches the soul.



Contact & Enquiries:

**First Bridge Early Intervention Centre**

13 Jalan Perpaduan Indah 5, Taman Perpaduan Indah, 31400 Ipoh, Perak.

Phone Number: **016-609 3525**

Email: **firstbridge007@yahoo.com**

Empowering neurodiverse children to thrive, one step at a time.



## Community

# Where Music Meets Fashion: Ipoh Ol'Skul Rockers Support Local Bands

By: Aida Aziz



**T**he formation of the Ipoh Ol'Skul Rockers community not only livens up various music genres in the city of Ipoh, but also provides a platform for music groups to express their creativity.

According to its President, **Badrul Hisham Baharom**, 56, the group was established in 2022.

He further explained that the group's objective, whose members are mostly aged 40 and above is to promote and support the arts, especially music, in Ipoh.

"We come from various backgrounds, but share the same interest in music and fashion."

"Currently, we have nearly 2,000 members on Facebook, and the number continues to grow. We use our social media page to announce various upcoming activities."

"We aim to promote and support all forms of art, especially music from a variety of genres, including food culture, interesting places in Ipoh, and themed fashion during performances," he said.

He added that they provide opportunities for local music groups to perform live

at selected venues.

"Most of these music groups are already members of Ipoh Ol'Skul Rockers. Every week, a different band performs at a designated location."

"We collaborate with them and attend the events as a sign of support."

"The payment for bands performing that week depends on public donations, and at times, certain parties contribute financially."

"Each week features different music and outfit themes according to genre. Some nights might be dedicated to the '60s or '70s, rock, and so on," he added.

Their efforts to help promote music were recently recognized by the Ipoh City Council (MBI).

"MBI presented us with a special award in recognition of our role in actively promoting music events in the city."

"Whenever we go on tours to other states, we indirectly carry the name of Ipoh and Perak, and many people have shown interest in our group's style and presence," he said.

## Pothole Problems in Ipoh: What Locals Really Think

*Ipoh residents are speaking out about the growing pothole problem, saying it's damaging vehicles and putting lives at risk. Many are calling on local authorities to fix the roads faster and take the issue more seriously.*

### Resident, Kalei Joethi Sahadevan

"I live in Ipoh, and potholes are a constant problem in Taman Pasir Wang. They're never properly fixed—just patches of shoddy work."

"We can see this especially on the inner roads around Ipoh. It also poses a risk, especially when we drive or ride with children or our elderly loved ones."

"The authorities need to ensure that roadwork complies with strict SOPs".



### Businesswomen, Saidatul Ema Tohar

"My car has been damaged several times after hitting badly potholed roads. How much longer do we, the residents of Ipoh, have to endure this problem?"

"I urge the Ipoh City Council and the appointed contractors to be more attentive, conduct regular inspections, and not just wait for public complaints. Damaged roads must be properly repaired, not just patched up carelessly, because this concerns the safety of motorcyclists' lives".



### Resident, Nor Hisham Zulkiflee

"In general, roads in Ipoh are well maintained by the authorities. We can see that many roads have been resurfaced recently."

"However, at times, cable installation and other works cause newly resurfaced roads to be dug up again, leading to uneven surfaces and the formation of potholes."

"This issue is further worsened by frequent rainy weather."

"As road users, we hope there will be better coordination and monitoring of such works, especially on main roads".



### Resident of Pengkalan, Aznizam Azahar

"Potholes in Ipoh don't just damage vehicles—they endanger lives! I almost fell off my motorcycle myself, and another vehicle nearly hit me while swerving to avoid a pothole."

"I suffered a damaged rim near Padang Polo, and even a brand-new tire got swollen on the side and had to be thrown away. I had to bear the cost due to the negligence of the responsible authorities."

"The authorities must hire pothole inspectors, monitor contractors (to prevent poorly patched work like uneven 'dam haji' patches, such as those on Jalan Pasir Puteh), and carry out proper road audits. Don't let the public keep becoming victims!"



### Student of Quest International University, Daniel Fadzan

"On my way to university, I see many potholes. I hate the potholes because they can damage cars. Not just cars—they're also dangerous for motorcyclists and cyclists."

"I hope the authorities will get involved in this matter by building and properly fixing the potholes in Ipoh—not only for our safety but also for the convenience of using our roads."

"It's important to ensure that no one gets injured because of these potholes".



### Resident of Taman Pasir Wang, Lee Pak Kee

"I hope the authorities will assign a supervisor when potholes are being repaired."

"I've noticed that the construction workers are often careless when fixing them".



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## Personality Inspiring Lives Together

# Kamil Shafie: A Life on Canvas, Between Leadership and Art

By Rosli Mansor Ahmad Razali

"If not for a dream, I might never have attained the success I enjoy today," said **Dato' Mohamad Kamil Dato' Haji Shafie**, better known in artistic circles as Kamil Shafie.

Once serving as the State Assemblyman for Manong from 2013 to 2018, Kamil now channels his energy into painting, using canvas as a medium to express emotion, humanity, and personal reflections.

Born and raised in Kampung Jeliang, Manong, Kamil sees his life as a convergence of two worlds, one of political leadership and the other of artistic expression.

"Art is essentially a reflection of humanity. Humans themselves are a divine creation of art. From the mind and emotions, art is born. Art is life," he said.

Kamil's early education took him through three primary schools SK Jeliang, Ganga Beruas English School, and Clifford School in Kuala Kangsar, before continuing his secondary studies in Kuala Kangsar and Penang.

In the 1980s, he moved to Kuala Lumpur, where he honed his design skills under the mentorship of renowned artist Raja Fariman at design firm Pink Cladden.

He later ventured into publishing, co-producing the magazine Psychology Popular with Megat Ismail and Megat Ibrahim. However, the publication was short-lived, as the subject of psychology had yet to find a firm foothold among local readers at the time.

Eager to broaden his knowledge, Kamil pursued higher studies at Augustana University in Sioux Falls, South Dakota, USA, where he majored in art and Liberal Arts, exploring disciplines such as philosophy, anthropology, psychology, world history, and religion.

"I was deeply fascinated by sociology and psychology. I love learning about people. Art is all about the human experience," he said.

Under the guidance of Professor Karl Grupp and Professor Robert J. Aldern, he sharpened his artistic techniques before completing a short course in design at the Kansas City Art Institute, Missouri.

Upon returning to Malaysia in 1989, Kamil joined the advertising industry, starting as a designer at Idris Associates and eventually becoming a Creative Director at several leading agencies.

But by 1993, politics began to call. He became the UMNO Youth Chief of his local branch, which eventually led to his nomination as Manong's candidate in the 13th General Election.

"When my health no longer permitted, doctors advised



me to step back from politics. The very night I withdrew, I bought a brush and a canvas. That night, I started painting again. It felt like my soul had come back to life," he shared.

In 2015, Kamil made history as the first elected representative to hold a solo art exhibition at the Perak State Legislative Assembly, titled Expressions from Above, which showcased 71 abstract works.

Today, Kamil Shafie is recognised for his works in abstract expressionism, landscape abstracts, and abstract impressionism, often portraying life's conflicts, war, emotion, and spirituality through vibrant brushwork.

Since 2015, his works have been featured in numerous exhibitions, both locally and internationally, including in Borobudur (Indonesia), Manila (Philippines), Penang Bus Depot, and the Kuala Lumpur City Art Gallery.

In 2019, he earned second place in the Plein Air Live Sketching Event held in the Philippines.

Looking ahead, Kamil dreams of establishing a private art gallery in his home, a personal museum that will preserve his body of work and serve as a legacy for future generations.

"I want to turn my house into a mini-museum, where people can learn about abstract art, its history, and the legacy I leave behind," he said with passion.

"Art isn't just decoration, it's essential for stimulating creativity, sharpening the mind, and soothing the soul," said Kamil, who currently serves as Chairman of Tourism Perak Management Berhad.

Asked how long he plans to continue painting, he replied without hesitation: "Until the day I die. Art is my breath."

# Growing Buntong Forward



By: Anne Das

**YB Thulsi Manogaran** is one of the younger faces in the Perak State Legislative Assembly and is making a strong impression on the ground with the people of Buntong.

Since being elected in 2022, she has led with grit and determination, bridging generations and bringing fresh energy into community politics. With a background in law and human rights, Thulsi left a promising legal career in Kuala Lumpur to return to her roots and serve. That decision continues to shape the way she leads today.

One talked-about effort is "Hold Her Hands", a programme she introduced in local schools to help girls navigate puberty, mental health, and self-esteem. She works with doctors from government clinics and dietitians to create awareness, addressing a key policy gap in educating young girls.

She has also been actively improving basic infrastructure across the constituency, from drainage and street lighting to enforcement and public cleanliness. Thulsi maximises public allocations to upgrade everyday living conditions for residents.

One of her long-term goals is to redevelop the ageing Buntong wet market, using the Pasir Pinji market upgrade as a model. While some long-time traders have expressed concerns, Thulsi believes a cleaner, safer and future-ready space is essential for the community. Plans are being carefully shaped with that vision in mind.

Thulsi's priority is community empowerment. She focuses heavily on education, providing financial aid to cover tuition fees, supplying laptops to students entering higher learning institutions, and ensuring families living below the poverty line receive support to keep their children in school. These efforts aim to reduce dropout rates and break the cycle of poverty. Her office also runs free legal aid and health screening programmes.

She connects especially well with the youth. Thulsi regularly hosts student interns and promotes grassroots volunteerism through community initiatives. Her focus is on building a new generation of civic-minded changemakers in Ipoh.

Outside of public office, Thulsi is the eldest of four siblings. Influenced early on by her father, YB M. Manogaran, a lawyer and former Member of Parliament for Teluk Intan, she developed a deep passion for community work. One of her greatest strengths is her ability to connect with people from diverse backgrounds.

The Ipoh Echo celebrates YB Thulsi's drive in shaping a more inclusive and resilient Buntong.



## CK Chong: Rescuing Strays, Rebuilding Hope

By: KT Leong

The world can be a cruel place for those who've been cast aside, and that includes animals. Fortunately, the cure for cruelty is kindness, and people like **Chong Choon Kit** and his team are ready to administer this remedy to the stray animals of Ipoh.

CK Chong, as he's widely known, is an advocate for helping stray animals in need. He's the co-founder of Mutts & Mittens (M&M), as well as the 30 Nights of Strays Mid Way Café.

Through M&M and 30 Nights of Strays Mid Way Café, he and his team have rescued and cared for over 1,000 stray cats and dogs, and successfully rehomed more than 300 of them.

M&M, which was co-founded with Joelle Lai and officially registered in October 2016, does more than just rescuing and sheltering stray animals. It has a strong focus on public and student education to raise awareness about animal welfare. In 2023, they launched Malaysia's first animal rescue picture book based on true rescue stories, reaching more than 4,000 students across over 15 schools. M&M also supports independent rescuers by offering rescue skills training, assisting with trapping for spaying, and providing consultation. The team actively engages with government authorities to fight for better animal welfare policies in Ipoh.



Meanwhile, the 30 Nights of Strays Mid Way Café is an animal café that only features strays and mixed-breed animals. Visitors can spend time with the animals, and the proceeds directly support M&M's rescue work. To date, the café has successfully rehomed over 250 dogs and cats, all now living in loving homes. The café is located at 1A, Lengkok Tasek Timur 1A, Taman Tasek Indra, 31400 Ipoh, Perak.

In the past five years, M&M has had to move their shelter three times due to landlords reclaiming the land for development. Their current shelter is facing serious challenges, including no direct water or electricity supply. Volunteers have to manually bring in water daily to ensure the survival of over 300 dogs. This has made it urgent for them to secure permanent land for a stable and sustainable shelter.

Together with his team, Joelle Lai, Janet Choy, Aster, ST Lu and Bei Qi, as well as their ambassadors EL Lye and YK Loke, and their veterinary partners Dr. Lim and Dr. SR; CK works to solve this issue while continuing with M&M's other activities and emphasizing the importance of "Adopt, don't shop". Donate to Persatuan Pencinta Haiwan Daerah Kinta Perak at Public Bank account number 3200329836.

Call CK at 014-6248070 for more details.





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## Community

# Feeding the Homeless with Heart, Not Hype

By Aida Aziz

After 15 years of actively providing food and aid to the homeless and underprivileged around Ipoh, **Zeti Shuhaila Mustafa Kamal**, 53, has never once sought publicity.

Known as ET Shuhaila, she co-founded Dapur Jalanan Ipoh (DJI), a group that gives out food and essentials to the homeless on selected days.

She says homelessness is a complex issue, often involving personal choices, and many homeless people face stigma from the public, who wrongly see them as dangerous.

“DJI is run by volunteers from all backgrounds, including students. Before food distribution, they share the number of meals needed on social media so the public can donate accordingly. This helps avoid waste.”

“Besides food, people can also donate clothes, hygiene products, and other items.”

“Usually, when certain individuals, especially politicians want to make donations, we do our best to advise them to respect the privacy of the homeless and that there is no need to take photos.”

“There have been cases where people took advantage by creating social media content, taking selfies or doing livestreams with the homeless. That’s not what we want,” she said.

Typically, cooked food packages and various activities with the homeless are carried out at Medan Selera Dato’ Sagor, near the Perak State Mosque.

However, since its establishment in 2014, DJI has also distributed food at various other locations across Ipoh.

“Here, we mostly see more homeless men than women. They include former addicts, individuals with mental illness, those who were scammed, and elderly people abandoned by their children.”

“But many of them do work at wholesale markets, for example. Some elderly people have homes but no jobs, so they come for the meals provided by DJI.”

“There are also some who choose to live on the streets despite having homes and families, perhaps due to personal conflicts,” she added.

Since completely eradicating homelessness seems nearly impossible, she suggests that a central stopover centre be established in the heart of the city.

“But we’ve never truly tried setting up a shelter in the city centre. It might be more effective and provide a proper overnight space, instead of them sleeping on sidewalks,” she said.



## Golden Harvest Senior Care Centre Opens in Lahat

*Ipoh’s newest assisted living centre offers RM500 off for new residents*

By: Anne Das

Golden Harvest Care Centre (GHCC) has opened in Kampung Baru Lahat, offering assisted living services for elderly individuals who need daily care in a comfortable, well-equipped environment.

Registered with JKM as a Pusat Jagaan Warga Emas, GHCC provides three room types: private (RM4,000), twin-sharing (RM2,500), and four-bed shared rooms (RM2,000–RM2,200), all with air-conditioning and en-suite or shared bathrooms. A limited-time promotion offers RM500 off monthly fees for new registrants, valid for up to four months.

The centre accommodates up to 54 residents, with caregivers on-site 24/7. Services include meals, medication management, assisted bathing, vital sign checks, and transport to clinics if needed.

Facilities include a modern elevator, TV lounge, library, rehab space, and a 100-seater hall. Daily activities include gardening, exercise, karaoke, cooking classes, and monthly outings.

Golden Harvest Care Centre, 59, Kampung Baru Lahat, 31500 Ipoh, Perak  
Stephen Yaw **019-5762563** / John Lee **012-4884708**  
Visiting Hours: 8.00am – 7.00pm  
Google Maps: <https://g.co/kgs/BPJboSF>  
Facebook: Golden Harvest Care Centre





## Community



# Small Box, Big Impact: 'Kotak Rezeki Tok Lan' Brings Hope to the Needy

By: Aida Aziz

The donation of basic necessities through the Kotak Rezeki Tok Lan initiative may seem modest to some, but it carries deep significance for those who are truly in need.

**Datuk Mazlan Abd Rahman**, who serves as the Chief Whip of the Ipoh City Council (MBI), is deeply committed to helping the underprivileged, particularly those suffering from chronic illnesses.

Having started this aid initiative eight months ago around the Hulu Kinta area, Mazlan said the funds were sourced from MBI as well as his own pocket.

"When I receive allocations from MBI, I notice that if we organize large-scale programs, it consumes a large amount of funding.

"So, I took the initiative to help the B40 group in a more targeted way. The recipients must be genuinely in need—such as those who live alone, are without family, and earn less than RM1,000 a month.

"I personally visit their homes to assess whether they are eligible, because we want to help the truly needy, regardless of race," said Mazlan, who is also the Deputy Chief of UMNO Tambun Division.

He added that essential items like rice, sugar, and flour worth about RM110 are



provided monthly, depending on the allocation and his own means.

"In the past eight months, I've distributed these boxes to 120 individuals. Recipients are from Kampung Baru Malay Rizab, Gunung Genting, Batu 6, Batu 8, and Bandar Baru Putra," he said.

He also plans to implement other programs such as Jualan Rahmah (subsidized sales) offering goods at affordable prices to targeted groups in Taman Perpaduan.

Meanwhile, 15 individuals were involved in the Ziarah Kasih Kotak Rezeki Tok Lan outreach programme in July.

Among the recipients was Ayob Khan Janali, 54, who lives with his sister and has no income after losing part of his leg to diabetes. He also suffers from hearing problems and relies solely on RM450 monthly aid from the Perak Islamic Religious and Malay Customs Council (MAIPK).

Another recipient, M. Muniamah, 74, lives alone in a rented home and depends on the kindness

of neighbours who hire her for house cleaning and odd jobs.

Ahmad Abrar Mat, 58, is bedridden, has lost his right leg due to diabetes, and also suffers from kidney disease.

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## YMCA Ipoh Bringing Pickleball For Everyone!

The Young Men's Christian Association (YMCA) of Ipoh are bringing pickleball to the masses. Pickleball is easy to learn, social and accessible to people of all ages. It's one of the fastest growing sports in Malaysia and across the world right now. But not everyone knows how to get in on this action. That's where YMCA Ipoh comes in.

Having converted part of their tennis courts into pickleball courts, they have become the gateway into the world of this hybrid racquet sport.

The courts are available 24 hours a day, a first for Perak. And the rental rate for using them is astonishingly low, starting from just RM15 per hour. You'll be hard pressed to find a better deal.

For those just dipping their toes into the sport and are not sure if they want to invest in equipment for it yet, as of August 2025, paddles are available for rental at just RM4 each.

On top of that, even showers are available at the YMCA Ipoh. After you're done freshening up, relax with some refreshments at the cafe, which is open daily from 7 am to 10 pm. And there's more to come, as YMCA has plans to upgrade the courts with roofing for even greater comfort and convenience.

To book a court, simply visit <https://www.courtsite.my/> and search for "YMCA Pickleball Court". Then just click on Availability or Book Now to easily schedule your game.

So lock in your spot and get your friends together for a game at YMCA Ipoh, located at 211, Jalan Raja Musa Aziz (Anderson Road), 30300 Ipoh. There's plenty of parking to go around.



## Sport

# Go-Kart Track Inside the Legendary Complex

By: Balqis Jazimah Zahari



**I**POH: Behind its legendary status, the over-40-year-old Yik Foong Complex building now houses a rapidly growing technology platform.

This building, a silent witness to Ipoh's transformation from the colonial era to the digital age, is now home to the 'Yik Foong (YF) Theme Park', which not only offers a family entertainment centre but also a Go-Kart track for sporting fun.

Customer Service Crew member, **Amelin Nabilah Mohamad Fairuz**, said the centre, which opened in 2023, has received an encouraging response from visitors, especially on weekends.

"Since it opened, the response has been very positive, especially for Go Kart activities.

"On weekends or public holidays, visitors come non-stop from day to night to play Go Kart, so we advise coming early to avoid long waiting times.

"There are various other games available in the arcade area, and visitors can spend time here with their family and friends," she said when interviewed.

Amelin Nabilah explained that YF Theme Park spans two level, levels 3 and 4, both of which feature arcades and Go Kart tracks.

"On Level 3, we have arcades for children and adults, indoor Go Kart, and our latest attraction, the 7D Track Cinema.

"Meanwhile, on Level 4, we also have arcades, 'X Jump trampoline', the 7D Flying Cinema, and rooftop Go Kart," she added.

The centre operates from Monday to Friday, 12 PM to 12 AM, and opens at 11 AM on weekends.

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## Teen with Dyslexia and Mild Autism Shines in International Swimming

By: Balqis Jazimah Zahari

**D**espite living with dyslexia and mild autism, 15-year-old **Nayli Wafiy Abdul Razak** has defied the odds, achieving numerous successes in swimming at both local and international levels.

The teenager from Kampar, who is a person with disabled status, experiences dyslexia (difficulty reading), dyscalculia (difficulty with calculations/mathematics), and mild autism.

Among Nayli's notable achievements are securing 3rd place in a swimming event at Bukit Merah Lake and completing a 5.7 km swim across the Labuan Strait — from Papan Island to Labuan Island.

She also placed 8th in the Oceanman competition in Krabi, Thailand, participated in the Malaysian Para Swimming Championships, and has been selected as a para swimmer representing the state of Perak.

Her latest record includes successfully completing an 11.65-kilometre swim in the Perak River, from Kampung Jawang to Victoria Bridge in Kuala Kangsar, in just 2 hours and 11 minutes.

Nayli shared that she trains three times a week to maintain her stamina for swimming in various water conditions, whether in rivers, lakes or the sea.

"Sometimes I swim during training, and other times I just work on fitness at the gym.

"I don't push myself to do all the swimming and fitness steps at once, people like me have different training needs," she said when met at the Pusat Akuatik Tuanku Zara in Ipoh.

Nayli also offered encouragement to others living with similar conditions, urging them not to look down on themselves but to stay motivated.

"To all special children, even if we're not perfect, believe that we are God's precious gems and stars," said Nayli, who also enjoys singing and has released her own single.

Looking ahead, she is now preparing for her next challenge, a 20 km swim along the Perak River from Manong to Parit.

In addition to swimming, she is now also working towards setting a new record in para bowling.

Meanwhile, her mother, **Saidatul Shuhada Shuib**, 46, expressed her gratitude for Nayli's remarkable progress and achievements.

"I began early intervention with Nayli and other children with autism and ADHD after my research showed that swimming can be a therapeutic approach for special needs children.

"After a few years of swimming, Nayli started developing in other areas; she can now play the guitar, the keyboard, and sing," said Shuhada, who holds a degree in Guidance and Counselling Education.

Shuhada, who is also a swimming coach, shared that Nayli recently passed all subjects in her mid-year academic exams.

"We were really surprised by her progress. As a mother to a child with autism, I'm beyond grateful," she said.





## Tourism

# The Allure of Lata Kinjang: A Whispering Wonder of Nature and Culture

By: Rosli Mansor Ahmad Razali

The cascading roar of Lata Kinjang Waterfall, streaming down the verdant slopes of the Titiwangsa Range, echoes like a whisper from the heart of nature, a sight and sound that continues to captivate nature lovers and eco-tourists.

Rising to a height of nearly 850 metres, the waterfall is regarded as one of the tallest in Southeast Asia. It is easily visible from the North-South Expressway, making it a well-known landmark for motorists travelling north.

Located in Chenderiang, Tapah, Lata Kinjang Eco Forest Park offers more than just scenic beauty. It is a hub for eco-tourism, community-based experiences, and cultural exploration.

One of its key attractions is a 3KM guided hiking trail through tropical rainforest terrain, providing an immersive experience in nature. The trail, which takes approximately three hours to complete, includes river crossings and natural slopes, offering hikers a memorable adventure. A RM30 per person fee applies, depending on group size.

Accommodation is also available on-site in the form of Tube Camp, featuring cylindrical-shaped lodging designed for a modern yet nature-

immersed stay. Options include the Large Tube (RM150) with an attached bathroom, and the Small Tube (RM100) with a shared bathroom, both suitable for two persons.

Campgrounds are also provided for visitors who prefer to stay under the stars, with campsite rates starting from RM30 (small) and RM60 (large).

The site also features the Sengoi Hik Discovery Centre, an informative cultural gallery highlighting the history, lifestyle and traditions of the Semai Orang Asli community. Exhibits include handcrafted items such as bamboo fish traps (bubu), traditional games (kercang) and ceremonial headpieces (tempok).

The park is suitable for day visits, family outings, school field trips and corporate retreats. Facilities include public restrooms, a surau, souvenir kiosks, shaded seating areas and accessible walking paths.

Lata Kinjang Eco Forest Park is open daily from 9 am to 6 pm.

Admission is set at RM6 for adults and senior citizens, RM3 for children, and free for persons with disabilities (OKU). Parking is available at RM5 for cars and RM2 for motorcycles.

The park is fully managed by the Lata Kinjang Orang Asli Cooperative, offering visitors not just a nature retreat but a deeper understanding of local indigenous culture and sustainable tourism.

For more information and current promotions, visit:  
[www.tamanekorimbalatakinjang.com.my](http://www.tamanekorimbalatakinjang.com.my)  
Follow their updates on social media:  
Instagram/TikTok: @tamanekorimbalatakinjang  
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For bookings, contact Shawala at **017-416 6310**.

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