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PERAK'S WEATHER WARNING

● By: Anne Das, Zaki Salleh & Aida Aziz
● Photo credit: APM

From destructive storms to rising floods and dangerous heat, Perak is facing extremes that can strike with little warning



PERAK has seen roofs torn away, villages cut off by rising water and districts placed under heat warnings. The next emergency may not look like the last. It could arrive as water at the doorstep, a tree across the road or days of punishing heat. These were separate emergencies, but together they carry one message: the state's weather risks are changing faster than many homes, neighbourhoods and public systems are prepared for. The question now is no longer what happened in Bercham, Kampar or elsewhere. It is whether families, communities and authorities will be ready when the next warning comes. Weather can turn in minutes. Readiness cannot.

Turn to Page Two for the full report and household readiness guide . . .

LEGACY OF PERAK

Darul Ridzuan Museum: A Century of Ipoh's Heritage



Built on a site once home to prominent Malay dignitaries, the building originally served as the residence of Foo Choong Yit, a leading tin-mining magnate in the Kinta Valley. The colonial-style mansion was constructed in 1926.

As World War II approached, the owner built two air raid shelters in 1941 in preparation for possible Japanese bombing attacks. Both shelters remain intact today, standing as significant reminders of the wartime era.

Following the war, the building was taken over by the Perak state government and later designated as the Darul Ridzuan Museum. Today, it showcases Ipoh's history, the state's tin-mining heritage, and the development of Perak's forestry sector.



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05 2451 222 (Operator)

999 (Emergency)

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05-208 5000

993 (Emergency)

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+605 226 2777

Fatimah Hospital

+605 545 5777

Perak Community Specialist

Hospital (PCSH)

+605 241 9000

Perak Chinese Maternity Hos-

pital

+605 254 5594

KMC Medical Centre

+605 242 5333

KPJ Ipoh Specialist Centre

+605 240 8777

Ipoh Pantai Hospital

+605 540 5555

Klinik Kesihatan Gunung Rapat

+605 311 5813

Ipoh Fire Brigade

05-547 4444/999

(Emergency)

Perak Immigration Dept

05-5017100

Perak Water Board

05-15353

05-255 1155

Ipoh City Council

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Railway Station

03-977 91200

Registration Department

05-528 8805

Perak Women for Women

Society

05-246 9715 (Office)

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011-1155 8154

... Continuation from Page One

Be Prepared for Extreme Weather: Perak Must Strengthen Community Readiness



IPOH: Perak must strengthen community preparedness to face increasingly frequent and unpredictable extreme weather events driven by changing climate patterns.

These changes bring greater risks of floods, storms and prolonged heatwaves.

Recent incidents involving severe storms, flash floods and heat alerts have shown that different areas face different threats, ranging from destructive winds and overflowing rivers to extended periods of extreme heat.

The question is: Do these weather changes occur without warning?

The Malaysian Meteorological Department (MetMalaysia) is responsible for monitoring weather and climate conditions across the country, including Perak, through the Perak Meteorological Office based in Sitiawan.

The office manages meteorological operations, collects weather data and issues early warnings for potential disasters throughout the state.

MetMalaysia also operates a weather radar station in Kuala Gula to detect, monitor and forecast heavy rain and thunderstorms in real time.

Daily weather forecasts are issued for districts including Ipoh, Taiping and Teluk Intan to help the public plan their daily activities.

The agency also provides early warnings of severe weather, including thunderstorms, strong winds and heatwaves, one to three hours in advance to disaster management authorities at both the state and district levels.

Residents are encouraged to stay updated through the **MetMalaysia website, the myCuaca smartphone application and the department's official social media platforms.**

What Should the Public Do?

The public is encouraged to make disaster preparedness part of their daily routine rather than relying solely on emergency assistance when disasters strike.

Every household should have a simple emergency plan, keep important documents and medications in a safe place, and ensure that all family members know evacuation routes and designated assembly points.

Communities should also identify vulnerable individuals, including senior citizens, persons with disabilities, children and those living alone, so assistance can be provided quickly during emergencies.

Communication platforms such as WhatsApp can help disseminate information rapidly, but only verified updates from MetMalaysia, NADMA, Public Infobanjir and local authorities should be relied upon.

Who Should You Contact During a Disaster?

The Malaysian Civil Defence Force (APM) Perak remains on standby to manage disasters in accordance with NADMA Directive No. 1, serving as both the disaster management secretariat and a first responder.

According to Perak APM Secretariat Branch Officer Capt. (PA) Mohamad Haspi Hamzah, the agency conducts 24-hour weather monitoring, patrols high-risk locations and ensures that personnel, equipment and logistics are always ready.

During disasters, APM activates the Disaster Operations Control Centre, carries out search and rescue operations, evacuates victims and assists in managing Temporary Evacuation Centres (PPS).

Recent operations have included floods and water surge incidents in Larut, Matang and Selama as well as Kampar, in addition to the storm in Bercham that affected more than 400 homes.

"The public is advised



MALAYSIA EMERGENCY CONTACT DIRECTORY

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OTHER IMPORTANT CONTACTS

SCAM? UNSURE? REPORT IT. 997 National Scam Response Centre (NSRC) Report online scams, phone scams and financial fraud.	NEED HELP? COUNSELLING & SUPPORT 15999 Talian Kasih • Domestic violence • Child abuse • Welfare assistance WhatsApp: 019-261 5999	HIGHWAY EMERGENCY (TOWING / BREAKDOWN) 1800-88-0000 PLUSLine Highway emergency assistance (towing / breakdown) Assistance also available via the MyPLUS-TTA app.	ELECTRICITY SUPPLY FAULTS 15454 TNB CareLine Electricity supply faults and complaints.	WATER SUPPLY ISSUES 15353 1-800-88-7788 Lembaga Air Perak
CHILD PROTECTION & COUNSELLING 15999 Childline Malaysia Child protection and counselling.	DISASTERS (FLOODS, NATURAL DISASTERS) 03-8064 2400 NADMA National Disaster Management Agency	GOVERNMENT HOSPITAL ENQUIRIES 03-8883 3888 Ministry of Health (KKM) Government hospital enquiries.	IMMIGRATION DEPARTMENT 03-8000 8000 Immigration-related enquiries.	ONE-STOP PUBLIC SERVICE HOTLINE 03-8000 8000 MyGCC Government one-stop public service hotline.
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EMERGENCY TIPS

- Stay calm and assess the situation.
- Ensure your own safety first.
- Clearly state the location (street name, landmark, nearby building).
- Do not hang up until instructed to do so.
- Follow the operator's instructions until waiting for help.

EMERGENCY HOTLINE
999
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LIFE LEDGER

Keep important life information organized and easily accessible so you can find it when needed.

to always follow official warnings, prepare a Ready Bag and move immediately to evacuation centres when instructed by the authorities."

Between January and June 2026, APM Perak recorded 59 major disaster incidents, comprising 34 flash floods, 12 storms, 10 floods and three landslides.

The public is reminded to call the national emergency number 999 for immediate assistance during any disaster or emergency.

The 999-emergency line connects callers to the police, ambulance services, Fire and Rescue Department and APM.

Local authorities also play a vital role by maintaining drainage systems, inspecting hazardous trees, preparing evacuation centres and responding quickly to public safety complaints.

Schools, childcare centres, apartment management bodies and business premises are likewise encouraged to establish emergency response plans for floods, road closures, power outages and prolonged hot weather.

Preparing for extreme weather is not about creating panic. Instead, it is about building community resilience through proper planning, accurate information and mutual support.

Although the exact location and timing of disasters cannot always be predicted, preparedness at the family and neighbourhood levels can significantly reduce risks and enable faster emergency response.

Ultimately, Perak's resilience to climate change depends on cooperation between households, communities and government agencies.

Weather conditions can change within minutes, but preparedness should never be delayed.

MBI Provides Comprehensive Disaster Assistance

The Ipoh City Council (MBI) provides comprehensive assistance covering emergency operations, post-disaster cleanup, logistics and welfare coordination with relevant agencies.

MBI deploys its Quick Response Team (QRT) to remove fallen trees and dangerous branches that threaten public safety or obstruct major roads.

The local authority also works with the police to close or divert traffic from flooded or blocked roads to protect motorists.

During recovery efforts, MBI provides bulk waste collection trucks to remove damaged furniture, destroyed household items and fallen trees from affected neighbourhoods.

Cleaning works are also carried out to remove mud from public facilities, roads and major drains to restore proper water flow and reduce the risk of subsequent flooding.

MBI also works closely with NADMA and the Social Welfare Department (JKM) to coordinate logistics at Temporary Evacuation Centres (PPS), providing assistance to residents displaced by disasters.

MBI has established preparedness measures through its disaster management operations and official hotline at **05-2083333** or via email at mbi@mbi.gov.my for any emergency reports related to storms and flooding.



How Much Longer Must Chepor Residents Endure?

Cracked houses, fractured ground and sleepless nights caused by mineral blasting tremors

● By: Rosli Mansor Ahmad Razali

CHEPOR: Once, the lush greenery of the limestone hills served as a beautiful backdrop to the lives of residents in RPT Batu 10 Chepor Indah and Kampung Hijrah.

But today, the landscape that was once a source of pride for the community has gradually changed, with parts of the hills left barren due to mineral extraction activities.

More worrying, the changes have not only affected the natural landscape but have also disrupted the peace of residents who continue to be haunted by the sound of blasting explosions and strong vibrations.

For them, every time a blast is heard, the same question returns to their minds, are their homes still safe to live in?

The mineral extraction activities in the area have now become a major concern, with residents claiming they have suffered various damages including cracked walls, damaged ceilings, broken tiles, sinking ground and erosion in surrounding areas.

More distressingly, some residents claimed the damage occurred repeatedly whenever blasting activities were carried out, forcing them to bear the repair costs of their homes themselves.

For retiree Harun Aziz, 63, his house located about 200 metres from the mineral extraction site has suffered damage several times due to strong vibrations.

He said although his house was built using a concrete structure according to specifications, the impact of the tremors could still be felt, causing the roof ridge to crack and cement sections of the house to peel off.

"Every time blasting takes place, we can feel the vibrations, and it affects the structure of my house.

"The daily noise is also very disturbing, and at times the operations are carried out at night. This situation has affected our quality of life here.

"We want firm action to be taken against the company involved if these blasting activities were carried out without approval from the authorities. If they were conducted without approval or a licence, it means the activities are illegal and must be stopped," he said.

The same concerns are shared by other residents who are not only facing vibration issues but are also dealing with dust, debris and environmental changes caused by the activities.

The area, which was once surrounded by green limestone hills, is said to have gradually changed as parts of the hills have lost their original appearance.

Residents stressed that they have never opposed development or economic activities, but such developments must be carried out responsibly while taking into account the safety and well-being of the local community.

The move by Manjoi assemblyman Hafez Sabri to raise the issue to a higher level was seen as an important step after nearly 50 representatives from the community came forward to voice their concerns.

He had earlier stressed that the issue was no longer a minor matter as it involved public safety and the welfare of residents, which could not be taken lightly.

However, residents are still waiting for an official response from the state government.

Perak Menteri Besar Datuk Seri Saarani Mohamad had previously instructed the Perak Land and Mines Office (PTG) to conduct an immediate investigation to identify the actual cause behind the alleged damage.

He also stressed that if blasting activities were found to have been carried out without approval from the authorities, appropriate action must be taken as it would constitute an offence.

However, the state government's official decision has yet to be announced as the complete report from PTG is still pending.

The focus now is on the outcome of the technical investigation, including whether the mineral extraction activities carried out complied with all conditions set by the authorities.



Harun Aziz

Hafez Sabri



Residents are also seeking clarification on whether every blasting activity carried out previously had obtained the necessary approvals from the authorities, while questioning how such activities could allegedly continue for such a long period.

What is certain is that the issue cannot end merely with reports and investigations without a concrete solution. The main concern among residents is that although the mineral blasting activities have currently

stopped, there is no guarantee they will not resume in the future, similar to the concerns raised previously.

Without firm action and continuous monitoring by the authorities, particularly the state government, residents fear the mineral blasting issue could recur and bring back the anxiety that has affected their lives for so long.

For now, Chepor residents are waiting for one thing: an answer that can restore their confidence that their homes, which has always been their place of refuge, remain safe within a green and healthy natural environment.



EYE HEALTH - CATARACT SURGERY

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr. S S Gill sharing steps patients can take to achieve the safest possible outcome from cataract surgery.



MAKING YOUR CATARACT SURGERY SAFER

Millions of cataract surgeries are carried out every year globally, with most patients enjoying clearer vision within days. While no operation is completely risk-free, surgical techniques and intraocular lenses have made cataract surgery safer. The good news is that patients also play an important role in achieving the best possible outcome.

BEFORE SURGERY – PREPARATION MATTERS

Successful surgery begins well before entering the operating theatre. Tell your eye surgeon about all medications you take, especially blood thinners, and mention any allergies or previous eye surgery. Conditions such as diabetes, glaucoma or retinal disease should be addressed beforehand. Investigations, including precise eye measurements and scans, help select the most suitable intraocular lens for your individual eye.

AFTER SURGERY – DON'T LET YOUR GUARD DOWN

Surgery takes 15 to 20 minutes all-in, but proper aftercare is equally important. Use your eye drops exactly as prescribed, avoid rubbing your eye and attend every follow-up appointment. Most patients recover smoothly, but increasing pain, worsening vision, marked redness or increasing discharge should never be ignored. See your doctor immediately if this happens.



DON'T BELIEVE EVERYTHING YOU HEAR

Many myths about cataract surgery still circulate. You do not have to wait until a cataract is "ripe" before having surgery. Likewise, cataracts do not grow back after they are removed, although a thin membrane behind the new lens may become cloudy months or years later. Fortunately, this can usually be treated quickly and painlessly with a laser in the clinic.

THE FINAL RESULT IS A TEAM EFFORT

A skillful experienced Eye Surgeon, nurses and clinical staff all contribute to a safe operation, but so do you. Keeping your appointments, following instructions carefully improves your chances of an excellent visual outcome. Good communication between doctor and patient remains one of the most effective ways to ensure safe, successful surgery.

For more information on cataract surgery, contact **Gill Eye Specialist Centre**, **05-5455582** at Hospital Fatimah or email gilleyecentre@dr.com <https://share.google/rtCMQSFZmQ5nMyjih>



Robotic-Assisted Knee Replacement Offers New Hope for Patients



Knee pain is often dismissed as part of ageing, but when it begins to affect walking, sleep or everyday activities, it is time to seek professional advice.

Perak Community Specialist Hospital (PCSH) now offers robotic-assisted total knee replacement, combining advanced computer navigation with robotic technology to help surgeons perform surgery with greater precision. For suitable patients, this can mean more accurate implant positioning, less bleeding and a faster recovery.

Three orthopaedic surgeons explain how this technology, combined with personalised care and rehabilitation, is improving outcomes for patients.



Dr Ng Jin Tau: The Right Treatment for the Right Patient

With over 24 years of orthopaedic experience, Dr Ng Jin Tau says technology is only one part of successful treatment.

“There is no single best operation—only the treatment that best suits each patient.”

Not every patient requires robotic surgery. Age, lifestyle and the severity of joint damage all influence the choice of treatment.

Dr Ng also stresses prevention. Maintaining a healthy weight, exercising regularly and eating adequate protein to preserve muscle strength can reduce stress on the knees and help slow joint degeneration.



Dr Yeoh Kian Hua: Precision Matters

Dr Yeoh Kian Hua explains that robotic-assisted surgery does not replace the surgeon—it enhances surgical precision through three-dimensional planning and real-time guidance.

He also encourages patients to seek treatment early. While advanced arthritis may require knee replacement, earlier stages can often be managed with medication, injections or physiotherapy, giving patients more options before mobility becomes severely affected.



Dr Paul Suman Jeya: Rehabilitation Is Key

Recovery begins soon after surgery, says Dr Paul Suman Jeya. Patients are usually encouraged to stand and walk within 24 hours under medical supervision to improve circulation and reduce complications.

Physiotherapy is essential for rebuilding strength, restoring movement and regaining confidence. Most patients return to normal daily activities within about three months, although recovery varies.

A balanced, protein-rich diet, proper wound care and following medical advice all contribute to a smoother recovery.

With experienced orthopaedic surgeons and advanced robotic technology, PCSH offers patients a comprehensive approach to knee replacement—helping them regain mobility, reduce pain and return to a more active life.



PCSH Welfare Fund Eases Financial Burden for B40 and M40 Patients

The Perak Community Specialist Hospital (PCSH) Welfare Fund aims to ease the financial burden on patients from the B40 and M40 groups by assisting with various specialist treatments, including the Robotic-Assisted Knee Replacement Surgery Assistance Programme.

Eligible B40 patients can receive a minimum subsidy of RM9,000 for the procedure, which starts from an estimated RM27,500, subject to assessment and approval.

The fund is available to both self-paying patients and medical card holders, helping ensure timely access to advanced medical care while preventing treatment delays due to financial constraints. In addition, the hospital regularly organises free health screening programmes to promote early detection, disease prevention and greater public health awareness.

Perak Community Specialist Hospital (PCSH)

No. 277, Jalan Raja Permaisuri Bainun,
30250 Ipoh, Perak.

Tel: 05-241 9000 / WhatsApp: **016-523 9000**
Ambulance: **05-246 1977**

Abdul Aziz, PUO Alumni Appointed As New ACCPM President

● By: Zaki Salleh

IPOH: The Association of Certified Construction and Project Managers Malaysia (ACCPM) has announced the appointment of Br. Abdul Aziz Abas as its new President for the 2026–2028 term.

The appointment is expected to further strengthen the organisation’s leadership in advancing the construction and project management profession in Malaysia.

Abdul Aziz, who hails from Beruas, is an experienced Certified Builder with 30 years of experience in the industry, particularly in occupational safety and health as well as construction management.

A civil engineering graduate and alumnus of Politeknik Ungku Omar (PUO), Ipoh, he holds a Bachelor of Occupational Health and Safety and a Master’s degree in Project Management from Open University.

His expertise and experience have also earned him recognition, including his appointment by the Construction Industry Development Board (CIDB) as an Assessor for the Certified Construction Manager (CCM) programme.

The appointment reflects the confidence placed in his ability to lead ACCPM towards greater achievements.

ACCPM was established on March 19, 2019, through the initiative of a group of experienced leaders in the construction and project management sectors.

The organisation was established to fill the gap for a local professional body dedicated to championing the welfare of construction and project management practitioners in Malaysia.

Since its establishment, ACCPM has remained committed to strengthening professionalism and human capital development in the country’s construction industry.

Among ACCPM’s key objectives is to promote the development of knowledge and practical experience in construction and project management for the benefit of Malaysia’s development and construction industry.



Jalan Lahat now smoother and safer for motorists



● By: Aida Aziz

IPOH: Efforts to improve Jalan Lahat, which has long been the subject of public complaints over its poor and uneven condition, have finally resulted in the road being upgraded.

According to Buntong State Assemblywoman (ADUN) Thulsi Manogaran, complaints regarding the condition of Jalan Lahat were raised during the Perak State Legislative Assembly sitting last year.

Following this, she said they successfully secured an allocation of RM2.75 million from the Malaysian Road Record Information System (MARRIS).

“Jalan Lahat has now been resurfaced. The road falls under my responsibility as the Buntong assemblywoman.

“Councillor Sivam Kali Muthu has consistently worked to ensure that Jalan Lahat, which was previously in a dilapidated

and poor condition, could be upgraded.

“I also raised the matter during the Perak State Legislative Assembly sitting, highlighting the need for an allocation to be provided to upgrade this road.

“The road is now smoother and safer for road users. Drive carefully, everyone. We will continue to monitor other infrastructure in our area that requires attention. It is a success story; a more comfortable road and happier road users,” she said.

Meanwhile, the Ipoh City Council (MBI) said the project was implemented to improve road safety, comfort and traffic flow.

It said resurfacing works were carried out along the stretch from the Jalan Leong Boon Swee intersection to the Jalan Kledang Utara intersection, as well as in the opposite direction.

Chasing Success Without Losing What Matters



By: Dr Monesh Pillai
Occupational Health Physician
Chairman, Malaysian Medical
Association (MMA) Perak.

For most of us, work occupies much of life. We work to earn a living, support our families and build a better life.

Yet I often see people who should be enjoying retirement, spending their time in clinics and hospitals. Diabetes, high blood pressure, obesity and other chronic health problems may develop after years of unhealthy habits and inadequate attention to wellbeing.

There is a question we perhaps do not ask ourselves often enough: What happens when the pursuit of a better life begins to cost us our health and the very relationships we are working so hard to provide for?

Let that sink in.....

Workplace stress is not necessarily harmful. Deadlines and responsibilities can motivate us. The problem begins when stress becomes prolonged and excessive, leaving little opportunity for recovery.

Working hard and being ambitious are not inherently unhealthy. Long hours and responsibilities are sometimes unavoidable, but they should not become a permanent way of life.

Burnout is not simply tiredness after a difficult week. The WHO describes it as an occupational phenomenon arising when chronic workplace stress remains unmanaged. It involves exhaustion, cynicism towards work and reduced professional efficacy.

In Malaysia, technology has made us more connected but has blurred the boundaries between professional and personal life. Emails, WhatsApp messages and work calls follow employees' home. For some, the working day never ends.

Chronic workplace stress can affect physical and mental wellbeing, causing poor sleep, headaches, irritability and



difficulty concentrating. We may also eat more, exercise less and spend less time with family and friends.

Employers have an important role in creating healthier workplaces through reasonable workloads, supportive leadership, respectful workplace cultures and recognising when employees are struggling.

Employees must recognise their boundaries. Taking leave, exercising, enjoying family time and switching off are not signs of poor commitment. They sustain a healthy and productive working life.

Success should not be measured only by income or professional status. True success is reaching the end of our working years with our health intact, our relationships strong and time to enjoy the life we worked so hard to build.

About the Writer

Dr Monesh Pillai specialises in workplace health, psychosocial risk and modern occupational stress. For enquiries:
Klinikmanalan@gmail.com
05-548 2095 | klinikmanalan.com

Takeaway Without The Throwaway



By Anne Das

Phone. Wallet. Keys. You never forget those three. So why does the reusable bag always get left behind?

Add two new items to your daily checklist: A Tiffin and a Reusable Bag. That's it!

Ordering takeaway? Ask the stall to pack it in your tiffin. Most stalls will thank you for it. Either way, one polystyrene box just got saved from a landfill that already has enough for a lifetime.

The same goes for the wet market. Skip the plastic bag looped twice around your fingers. Keep a basket in the car boot or a reusable bag folded flat in your handbag instead.

And if your kitchen drawer is already stuffed with old containers and bags, good. Use those first. Zero waste is not about buying new "eco" gear. It is about wearing out what you already own.

Nobody gets it right every time. The goal is within reach: fewer throwaway items today and a cleaner Perak tomorrow.

Want More Ways To Waste Less?

Follow IpohRefill, Ipoh's first zero waste store, for everyday tips.

Website: www.ipohrefill.com

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Speakers



PROFESSOR DR VILASINI PILLAI
Dean, QIU Faculty of Integrated Life Sciences
Director, QIU Centre for Research and Innovation



DATO' DR HARKRISHNA A/L K. RAGAVAN NAIR
Deputy, Hospital Kuala Lumpur



PROFESSOR DR SANDHEEP SUGATHAN
Professor of Community Medicine
QIU Faculty of Medicine



PROFESSOR DR ULRICH FÖRSTERMANN
Department of Pharmacology
Johannes Gutenberg University Medical Centre
Mainz, Germany



DATUK DR ALLAN MATHEWS
Pharmaceutical Consultant
Brunei



DR AJIT PAL SINGH RAINA
Director of Scientific Affairs
Pharmariggo Sdn Bhd



EMERITUS PROFESSOR DR YUEN KAH HAY
School of Pharmaceutical Sciences
Universiti Sains Malaysia

Programme

9:00 AM – 9:30 AM	INAUGURATION
9:30 AM – 10:30 AM	SESSION 1 KEYNOTE ADDRESS PROFESSOR DR ULRICH FÖRSTERMANN 50 Years of Innovation in Pharmacology: From Serendipity to Precision Medicine
10:30 AM – 10:45 AM	TEA BREAK
10:45 AM – 11:45 AM	SESSION 2 PROFESSOR DR VILASINI PILLAI Reimagining Ethnomedicine: Bridging Traditional Wisdom and Modern Science for a Sustainable Future
11:45 AM – 12:45 PM	SESSION 3 DATO' DR HARKRISHNA A/L K. RAGAVAN NAIR Advances in Wound Care
12:45 PM – 2:00 PM	LUNCH BREAK & POSTER PRESENTATIONS
2:00 PM – 3:00 PM	SESSION 4 DATUK DR ALLAN MATHEWS Biomarkers in Clinical Pharmacokinetics Service and Translational Therapeutics
3:00 PM – 4:00 PM	SESSION 5 DR AJIT PAL SINGH RAINA Vaccine Clinical Trial Designs: Challenges and Considerations
4:00 PM – 4:15 PM	TEA BREAK
4:15 PM – 5:15 PM	SESSION 6 EMERITUS PROFESSOR DR YUEN KAH HAY The Neuro and Liver Protective Effects of Vitamin E Tocopherols
5:15 PM – 6:15 PM	SESSION 7 PROFESSOR DR SANDHEEP SUGATHAN Why Do Great Drug Discoveries Fail? How Can We Change the Story?
6:15 PM – 6:30 PM	CLOSING

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By: Aida Aziz

Homelessness in Ipoh: The facts you need to know

IPOH: The issue of homelessness and destitution in Ipoh cannot be resolved overnight, despite numerous enforcement operations carried out by various agencies at known hotspots where homeless individuals frequently gather.

Homeless people are generally defined as individuals without permanent shelter who live on the streets. Destitute persons, meanwhile, include beggars, vagrants and those with no apparent means of livelihood or permanent place of residence.

According to the Perak Social Welfare Department (JKM), as of June 2026, the Kinta district recorded the highest number of homeless individuals in the state, followed by Larut, Matang and Selama (LMS).

The figures were compiled through the department's operations to apprehend destitute persons across all 12 districts in Perak, with Kinta recording 44 cases and LMS 30.

Although the numbers may appear relatively small, their concentration at several locations around Ipoh has sparked growing concern among residents and business operators.

JKM Perak said enforcement operations are conducted through three approaches — complaint-based, scheduled and integrated operations.

Complaint-based operations are carried out following reports received from the public, the media or other government agencies.

Scheduled operations are conducted periodically at predetermined locations, while integrated operations involve multiple enforcement agencies working together.

However, enforcement under the Destitute Persons Act does not apply to several categories of individuals, including non-citizens, holders of United Nations High Commissioner for Refugees (UNHCR) cards, those suspected of suffering from mental illness, chronic or infectious diseases, drug addiction, glue sniffing, alcohol dependency, or those collecting donations without approval.

To address the issue, the Perak government has introduced several initiatives,



including targeted food distribution at Anjung Singgah, aimed at reducing the concentration of homeless individuals at hotspots across Ipoh.

The initiative, introduced on June 14, encourages homeless individuals to seek assistance at a centralised location while reducing food distribution activities at public hotspots.

Explaining what happens after enforcement operations, JKM said every individual undergoes a screening and assessment process based on the jurisdiction of the relevant agencies involved.

These include the National Registration Department (JPN), the National Anti-Drugs Agency (AADK), the Ministry of Health (MOH), the Royal Malaysia Police (PDRM) and the Social Welfare Department.

According to JKM statistics, the main factors contributing to homelessness include the lack of permanent housing, mental health issues, unemployment and drug addiction.

How can homeless individuals be supported?

- Adopt a compassionate approach without applying pressure or coercion.
- Provide trauma-informed therapy by ensuring access to professional psychological support.
- Create safe community spaces through drop-in centres offering rest areas, meals and opportunities to reconnect with support services.
- Strengthen multidisciplinary support by arranging regular visits from mental health professionals and encouraging volunteer support groups to contribute their time, expertise and assistance.
- Respect personal choice and readiness, recognising that individuals should receive long-term support without being forced to return home before they feel safe. Coercion may undermine recovery efforts and worsen their situation.

Source: Kalki Karl, Psychologist and Professional Trainer in Behavioural Psychology and Individual & Organisational Behaviour Modification.



The Banjaran Spa Gives Locals A Reason To Pause



● By: Anne Das

For the third consecutive year, The Banjaran Hotsprings Retreat has been named Malaysia's No. 1 Best Hotel Spa at the Travel + Leisure Luxury Awards Asia Pacific 2026.

Set amid limestone hills, tropical greenery and natural geothermal waters, The Banjaran Spa draws much of its identity from its surroundings. Treatment rooms offer privacy and calm, while the spa menu brings together international skincare expertise and healing traditions drawn from Malaysia's multicultural heritage.

Good News for Residents of Perak!

For the first time, The Banjaran Spa is extending an exclusive offer to Perak residents: a **20% discount available from September to December 2026**. The offer features three specially selected treatments: **The Active Glow Facial by ESPA**, The Banjaran Signature Massage and Urutan Malaysia, a traditional massage ritual.

Here, Malaysia's time-honoured healing traditions meet some of the world's finest skincare formulations, all within a setting that makes the experience unmistakably luxurious.

Residents may book any of the three treatments without staying overnight. It is an opportunity to step into one of the country's most celebrated wellness destinations and enjoy a few wonderful restorative hours.

Leading The Banjaran into its next chapter is newly appointed General Manager Lisa Jackson. With over 20 years of luxury hospitality experience across Asia and Africa, Jackson now takes the helm of one of Perak's most internationally recognised retreats.



"From my first days in Ipoh, I have been struck by the warmth of its people and the pride they take in this remarkable place. While The Banjaran is recognised internationally, our relationship with the community here in Perak is equally important. This exclusive offer is our invitation to local residents to experience the spa for themselves and discover an exceptional wellness



destination close to home," says Jackson.

For Perak residents, this is a rare chance to discover what has made The Banjaran Spa the best in Malaysia. So where should one begin?

The 60-minute Active Glow Facial by ESPA combines customised multi-masking with Rose Quartz Gua Sha to revive the complexion and ease facial tension, before ending with a nourishing scalp and hair mask.

The Banjaran Signature Massage, lasting 90 minutes, celebrates Malaysia's multicultural heritage through Indian head massage, Malay Urut and Chinese pressure-point foot therapy. The result is a deeply restorative treatment that releases muscular tension while leaving the skin smooth and refreshed.

The third must-try for local residents is Urutan Malaysia, a 90-minute massage ritual rooted in traditional Malaysian healing. It blends Malay and Indigenous techniques with a herbal foot soak, Qigong breathing, Indian head massage and reflexology.

The award-winning spa's manager, Farrah Nurul Ain Binti Osman, who has been with The Banjaran for

15 years, says: "For our facials, we choose ESPA and Margy's Monte Carlo for their skincare expertise. Our must-try signature massages take a more local approach, using The Banjaran Signature Essential Oil and Ipoh white coffee scrub. Every element is chosen to ease tension, restore balance and leave guests feeling renewed."

For residents wishing to spend a full day at the retreat, The Banjaran's Day Pass is priced at RM350 nett per guest and available from 10am to 7pm. It includes access to selected wellness facilities and an RM150 same-day voucher redeemable towards a full-priced spa treatment or dining at Pomelo Restaurant.

The Banjaran Spa is open daily from 10am to 10pm. Advance reservations are required and terms and conditions apply.

For reservations, call +605-210 7777, email tbhr.wellness@sunwayhotels.com or visit www.thebanjaran.com



Wellness

More Than Aching Joints: A Rheumatologist's Story



By: Dr Shakira Selvananda
Consultant Rheumatologist
& Internal Medicine Physician

Whenever I tell people I'm a rheumatologist, there's usually a pause. "A what?" I don't blame them. Rheumatology isn't exactly a household word. We're not as glamorous as heart surgeons, and nobody has ever made a blockbuster movie about a rheumatologist diagnosing lupus on a Friday night while helicopters circle overhead. Perhaps they should. Because my job is a little like being a medical detective.

A swollen finger isn't just a swollen finger. A rash may be the missing clue. A painful toe may have less to do with football and more to do with gout. The body whispers before it shouts, and my job is to listen.

Many of the conditions I manage are autoimmune diseases, where the immune system becomes a little confused. Instead of protecting you, it attacks healthy tissues, sometimes affecting the joints, lungs, kidneys, skin, blood vessels and even the brain.

Rheumatological conditions can present in many ways, and patients often arrive with advice gathered elsewhere.

"Doctor, my neighbour says I should stop eating tomatoes."

"I saw a video that said arthritis disappears if I drink celery juice every morning."

I never dismiss these conversations. Everyone is simply trying to feel better. But separating myths from medicine has quietly become part of my daily job description.

Autoimmune diseases aren't simply about pain. They affect the grandmother who wants to lift her grandchild, the executive struggling to button a shirt before a meeting and the young mother who feels constantly tired but pushes through. These may be the first clues to an immune system getting out of hand.

Most aches and pains improve with time. However, speak to your doctor if you experience:

- Joint pain or swelling lasting for weeks, or morning stiffness lasting more than 30 minutes
- Back pain that improves with movement rather than rest
- Recurrent mouth ulcers, skin rashes or dry eyes and mouth
- Fingers that turn white or blue in the cold
- Difficulty climbing stairs or getting out of a chair
- Unexplained fatigue, fever or weight loss with joint pain

So, what happens when you visit our Rheumatology Clinic?

We start with a conversation. I want to hear your story, understand how your symptoms affect daily life and examine the clues your body is giving us. Blood tests and imaging may help confirm a diagnosis or rule out other conditions.

When needed, I use musculoskeletal ultrasound to diagnose inflammation and guide treatments such as



ultrasound-guided joint injections. For selected patients with chronic pain, I also offer perineural injection therapy as part of a personalised treatment plan.

So, no, I don't just treat ageing joints. I help decode immune systems that occasionally lose their way. And every now and then, I get to tell someone, "We finally know what's been causing all of this."

For appointments or enquiries:
Hospital Fatimah Ipoh / Tel: **+605 545 5777**
Website: www.hospitalfatimah.com



JCI Kinta: A Decade of Dedication

By KT Leong

Junior Chambers International (JCI) has been a global force for bettering the community for decades. They empower young people to create positive change for their communities, while developing their leadership skills through projects, networking and entrepreneurial initiatives.

The JCI Kinta chapter not only celebrated their tenth anniversary earlier this year, but are hosting the Creative Young Entrepreneur Award (CYEA) project by JCI Malaysia. An incredible honour for such a young chapter.

Speaking to JCI Kinta's 2nd Year Past President Matt Ngai, 4th Year Past President Eddy Low and current President Owen Lim, Ipoh Echo delved into the beginnings of the chapter to explore their growth, especially through the Covid-19 pandemic period.

We learned that the early days of the chapter had humble beginnings, where there were no clear positions in the organisation and it was more like a social club where young people organised events to meet up. Public awareness of the chapter and its branding were modest, with recruitment based purely on friends joining in support rather than subscribing to the philosophies of JCI.

But through strong determination and belief, they were able to gain momentum, despite challenges like the pandemic. They established flagship projects like KidStart, which teaches financial literacy, entrepreneurship and even compassion to children by having the children develop their own businesses and encouraging the children to donate a portion of their proceeds to charity. And Kinta Food Hero, which promotes tourism and the local food scene.

Through these and other community projects, like support for orang asli communities, they have fostered long-standing relationships with local stakeholders, such as the government, corporate entities, schools and other non-governmental organisations.

The Past Presidents reveal that through JCI Kinta, not only were they able to develop themselves as better leaders, but that the chapter was like a second home to them. It's a place where they've met many close friends and can take pride in not just nurturing themselves but future generations of young leaders.

Those interested to ask about or join JCI Kinta, can contact Owen Lim at 012-5160172.

Kinder Labz Wins Parents' Choice Award 2026

SERI KEMBANGAN, 25 July 2026: Kinder Labz was named winner of Best Early Childhood Programme (Boutique – Perak) at the Parents' Choice Awards 2026, held this morning at L'Artelier Ballroom, Kingston Hotel, Seri Kembangan. Dr Evelyn Chen, Director of Schools, attended on the school's behalf to receive the award, marking the third consecutive year Kinder Labz has taken the title.

The ceremony, organised by Parenthood Magazine, recognised early childhood centres across Malaysia for excellence in their category, with this year's event also featuring a special guest appearance by Bella Astilah, honoured as the Most Iconic Woman Personality of the Year.

"This recognition belongs to every teacher, parent and child who shows up with heart every single day," said Dr Chen. "Three years running now — it tells us the work we do in Ipoh is resonating far beyond our own classrooms."

"We went straight from the awards stage this morning to our own stage tonight," she added. "It felt right to celebrate this win the same way we teach our children to find their happy — together, and in the room with the people who matter most."

Kinder Labz Ipoh marked the win with its annual concert, Trolls: Search for Happy, staged the same evening at Wisma Chin Woo, for 147 students across its Jalan Woodward and Bandar Baru Sri Klebang branches.

About Kinder Labz

Kinder Labz is an early education hub under Bonanza Educare, offering Pre-Nursery, Nursery, K1 and K2 programmes, alongside a Before & After School Club, across three branches: Jalan Woodward and Bandar Baru Sri Klebang in Ipoh, and Seri Kembangan, Selangor. Its curriculum is built on the UK's Early Years Foundation Stage framework and delivered through a multilingual mix of English, Bahasa Melayu and Mandarin, supported by dedicated programmes including Cambridge English Young Learners and Aqua Labz swim lessons. Kinder Labz's philosophy is anchored in four "Bee-laws" — resilience, independence, collaboration and curiosity — and the school was named Elite Winner for Best Preschool of the Year at the PEEAM EduAwards 2024, and has won Best Childhood Programme (Boutique) at the Parents' Choice Awards for three consecutive years: 2024, 2025 and 2026.



Director of Schools Dr Evelyn Chen received the award on behalf of the school at a ceremony in Seri Kembangan, hours before Kinder Labz Ipoh's own concert took to the stage.



SEEFOON

IPOH FOOD DIVA

Selects

Terra Firma

● By: SeeFoon Chan-Koppen

Some chefs spend years searching for their culinary identity. For Chef Chong Yu Cheng, the answer arrived unexpectedly in one of the world's greatest kitchens.

Five years ago, when I first met him in Ipoh, at **Above GastroBar** in old town Ipoh, he was already a promising young chef with an inquisitive mind and a willingness to question convention. Alas Ipoh's loss was Kuala Lumpur's gain.

Since then, his journey has taken him to Restaurant **Frantzén** in Stockholm, one of the world's most acclaimed three-Michelin-star restaurants, where he did a 3-month apprenticeship, before returning to Kuala Lumpur and opening **Terra Dining** in November 2023.

Less than a year later, **Terra Dining** earned a Michelin star. It was a meteoric rise, but after dining there recently at his invitation, I came away thinking it was also richly deserved.

The restaurant occupies a discreet shoplot in Taman Tun Dr Ismail, but what emerges from its kitchen is anything but ordinary.

Yet this is not a story about luxury ingredients or technical fireworks. **It is, surprisingly, a story about Malaysian food discovering its own confidence.**

Chef **Chong Yu Cheng** told me that while he was in Stockholm, just two weeks before his apprenticeship ended, his sister telephoned to say that a premises had become available in Kuala Lumpur. She urged him to take it. He agreed, despite having absolutely no idea what sort of restaurant he wanted to open.

Then fate intervened.

The international brigade at Frantzén asked him to cook a staff meal. He decided on *rendang*, accompanied by several heirloom Malaysian rice varieties. Cooking *rendang* for fifty seasoned professionals in one of the world's finest restaurants is enough to make anyone nervous, but what happened afterwards surprised him even more.

One by one, members of the kitchen came over to embrace him, telling him it was among the finest staff meals they had ever eaten.

That moment changed everything.

If chefs accustomed to the highest levels of gastronomy could respond so emotionally to Malaysian flavours, then perhaps Malaysian cuisine belonged among the world's great culinary traditions after all.

That conviction became Terra Dining.

The restaurant's menu reads almost like a love letter to Malaysia. Not a nostalgic one, however, but one written in the language of modern gastronomy.

The opening snacks alone set the tone. A *smoked conger eel mousse* recalls Terengganu's *pulut lepa*. A playful interpretation of *lo mai gai* transforms glutinous rice into a crisp fried mochi topped with duck leg jerky, shiitake mushrooms and tofu cream. A *poppadom tartelette* captures the familiar flavours of banana leaf rice with salted egg, mung bean curry, onion jam and fried cauliflower. Each bite feels both familiar and entirely new.

That sense of recognition continued throughout the meal.

Laksa appeared not as a heavy bowl of noodles but as delicately sliced squid

"noodles" dressed with two contrasting interpretations of Terengganu white laksa and Sarawak laksa. *Otak-otak* became a sophisticated composition of slipper lobster, bamboo clam and lobster reduction. Even *rasam*, normally served piping hot, arrived chilled as an elegant, crystal-clear tomato broth infused with the unmistakable spices of the South Indian classic.

What impressed me most was not merely the technical accomplishment but the restraint.

Many chefs mistake innovation for complication. Terra never does. Every dish remains anchored by flavours Malaysians instinctively recognise. Chong Yu Cheng explained that he sees enormous creative opportunities because traditional Malaysian cuisine has remained remarkably unchanged for generations.



Rather than discarding those traditions, he asks a simple question: what happens if modern techniques are used to express the same flavours in completely unexpected ways?

That philosophy reaches its peak in some delightful moments of culinary wit.

A dessert built around white corn quietly evokes pandan kaya and salted egg without actually presenting either. An *ang ku kuih* contains the unmistakable flavour memory of char siu through fermented bean curd, soy sauce, cashew praline and beetroot. These are dishes that make you smile a few seconds after you've swallowed them, when your brain suddenly catches up with your palate.

I asked him whether Terra should be described as fusion cuisine. His answer was immediate and thoughtful.

"Malaysian cuisine is already fusion."

He is, of course, right.

Malay, Chinese, Indian, Nyonya and countless regional traditions have been borrowing from one another for generations. What he is doing is something subtly different. He is not fusing flavours. He is borrowing techniques from French and Japanese kitchens and allowing Malaysian flavours to speak through them.

It is an important distinction.

Too often, modern cooking becomes an exercise in cleverness. Terra Dining never loses sight of flavour. Every flourish serves a purpose. Every technique deepens rather than disguises the identity of the dish.

The service deserves mention too. Each course is introduced with warmth and confidence, explaining not only what is on the plate but the memory, place or tradition that inspired it. The experience feels personal rather than rehearsed, inviting diners into the chef's thought process instead of merely presenting beautiful food.

As the evening progressed through beautifully aged duck, a refined interpretation of *masak lemak with fish*, Wagyu accompanied by *rendang* beef cheek, and finally a sequence of desserts inspired by carrot halwa, thosai and local childhood sweets, one thought stayed with me.

This is not a chef trying to make Malaysian food resemble French cuisine.

It is a Malaysian chef using the finest techniques he has learned abroad to demonstrate that Malaysian cuisine has always possessed the depth, complexity and emotional resonance to stand proudly beside the world's greatest culinary traditions.

When I congratulated him on earning his Michelin star so quickly, I found myself adding that I hoped a second would eventually follow.

After this meal, that no longer feels like wishful thinking.

It feels like the natural continuation of a remarkable journey that began, unexpectedly enough, with a humble pot of *rendang* served to fifty hungry chefs in Stockholm.

TERRA DINING

91G, Jalan Aminuddin Baki, Taman Tun Dr
Ismail, 60000 Kuala Lumpur.
For Reservations : 011 7072 7777





A Trendy New Hangout Opens at Perak Turf Club



By Anne Das

There is no other café in Ipoh quite like this one. Hoof Tap Coffee & Bar sits inside the historic Perak Turf Club, with floor-to-ceiling glass, deep sofas and a sweeping view across the racecourse to the hills beyond.

The best part? Everyone can go. No club membership is required, and there is no dress code to fuss over. Simply drive through the gates, park for free and settle in.

Opened on 25 July, Hoof Tap brings a slice of Australian café culture to one of Ipoh's most storied addresses. It is cool and contemporary, yet the unmistakable character of the racecourse remains firmly in view.

"We are transforming the club into a venue for leisure and lifestyle beyond horse racing. Hoof Tap plays a strategic role in this new direction, giving younger people a contemporary space to enjoy and a new reason to become part of the PTC community.

"Our vision is for the Perak Turf Club to become a central hub for both sports and leisure, buzzing with activity," said Chairman Dato' John Lim.

The space has two distinct personalities. By day, it is made for long coffees, unhurried conversations and afternoons spent watching the horses move across the grounds. After dark, the lighting dims, the music rises, and guest DJs take over on selected evenings.

Coffee anchors the menu. Espresso classics are joined by the Dirty Horse, made with seasonal beans and well worth seeking out. There are also matcha and hojicha lattes, alongside refreshing creations such as pomelo lychee jasmine and passion lemonade. Most non-alcoholic drinks are priced between RM8 and RM23.

For adult guests, the bar offers cocktails on tap, draught and bottled beers, whisky, gin and other spirits.

The food selection currently leans towards desserts rather than full meals. Expect a changing display of cakes, cookies and colourful mochi balls, ideal for sharing over coffee and Instagram.

Race days bring a completely different energy. The dedicated balcony places guests close to the action, while the glass-fronted interior offers the same panoramic view in air-conditioned comfort.

REMEMBER: Race days sell out fast, so book your table ahead if you want in.

Hoof Tap is relaxed enough for an afternoon catch-up and lively enough for a night out. Come for the coffee and the trackside panorama. Stay because Ipoh has nowhere else quite like it.



Hoof Tap at a Glance

Main Building, Perak Turf Club, Ipoh

2pm to midnight, closed Tuesdays

Free parking within the secured grounds

@hooftap.ipoh on Instagram | Hoof Tap on Facebook

Advance reservations recommended

for race days and DJ nights



When The World Becomes Too Much

Simple changes can help autistic children feel safer, understood and better prepared

By: Nisha Naomi

Clinical Director and Founder, Spectrum of Possibilities
Qualified Behaviour Analyst | MA in Behaviour Analysis,
Florida Institute of Technology, United States

A crowded supermarket. A noisy restaurant. An unexpected change at school. For an autistic child, everyday moments can quickly become overwhelming.

A meltdown is not a tantrum or deliberate misbehaviour. It is an intense response when noise, change, frustration or communication demands become too much for the child to process.

Meltdowns cannot always be prevented. However, recognising the early signs and responding before pressure builds can help reduce distress.

Early warning signs can look different in every child. Some may pace, cover their ears, repeat the same question or become unusually still. Recognising these signals gives adults time to reduce demands, offer reassurance or guide the child to a calmer space before distress becomes overwhelming.

✓ MAKE THE DAY VISUAL

Picture cards and simple schedules show what comes next. Give a clear countdown before changing activities.

✓ OFFER SIMPLE CHOICES

Red shoes or blue? Offering simple choices helps children feel more in control.

✓ TEACH "BREAK"

Use a word, gesture or picture card so the child can ask for space before distress rises.

✓ REDUCE SENSORY PRESSURE

Dim harsh lights, lower background noise or move to a quieter area when the surroundings become too much.

✓ BUILD EASY WINS

Begin with a simple, achievable step before moving to a more difficult task. Success builds confidence.

Support works best when the adults around a child are consistent. Parents, teachers and therapists should share what triggers distress, which visual cues are understood and what helps the child recover. When the same language and strategies are used across home, school and therapy, children face fewer mixed expectations and can build confidence in different settings.

If a meltdown does occur, safety comes first. Keep your voice calm, reduce unnecessary talking and give the child time to recover. This is not the moment for explanations, punishment or demands. Once the child is settled, consider what may have contributed and what could be adjusted next time.

The most helpful response begins with understanding what your child may be communicating. Clear expectations, supportive surroundings and respect for the child's needs can make every day experiences feel safer and more manageable.

Spectrum of Possibilities provides individualised behavioural therapy and developmental programmes for autistic children and young people.



SERVICES

- Initial screening
- One-to-one behavioural therapy
- Sensory enrichment classes
- School readiness group classes
- Social skills group classes
- School Support

Unsure where to begin? Come for a free consultation, meet the team and learn which programme may best support your child.

Centres in Ipoh, Kuala Lumpur and Penang

Contact: +60 14-970 7900

Email: admin@spectrumofpossibilities.net

Website: www.sopmy.com

Instagram: [@s.o.possibilities](https://www.instagram.com/s.o.possibilities)

Facebook: [Spectrum of Possibilities](https://www.facebook.com/SpectrumofPossibilities)

Wellness

Caring for Women Through Every Stage of Life

– Dr James Ng Jun Jiet Joins Hospital Seri Botani

Women deserve expert healthcare that supports them through every stage of life—from adolescence and pregnancy to menopause and beyond. Starting 1 September, Dr James Ng Jun Jiet, Consultant Obstetrician, Gynaecologist and Urogynaecologist, will be providing comprehensive women's healthcare services at Hospital Seri Botani, Ipoh.

Having undergone extensive specialist and subspecialty training in Obstetrics, Gynaecology and Urogynaecology, Dr James is committed to delivering evidence-based, compassionate and personalised care for every woman.



Comprehensive Pregnancy and Maternity Care

Comprehensive Gynaecological Care

Special Expertise in Female Pelvic Floor Disorders

Dr James has a special interest in Female Pelvic Medicine and Reconstructive Surgery (Urogynaecology), an area of women's health that remains under-recognised despite affecting many women after childbirth and with ageing.

His expertise includes the diagnosis and treatment of:

- Urinary incontinence
- Overactive bladder
- Pelvic organ prolapse
- Recurrent urinary tract infections
- Bladder pain syndrome
- Childbirth-related pelvic floor injuries

Many women silently endure urine leakage or pelvic organ prolapse because they believe these conditions are a normal consequence of childbirth or ageing.

However, effective treatment options are available, ranging from pelvic floor rehabilitation and medication to minimally invasive procedures and reconstructive surgery.

A Commitment to Women's Health

"Women's health extends far beyond pregnancy and childbirth. Every woman deserves to enjoy a healthy, active and confident life. Whether it is preparing for motherhood, managing a gynaecological condition or seeking treatment for urinary leakage or pelvic floor disorders, my goal is to provide personalised care with compassion and professionalism," said Dr James.

Now Accepting Appointments

Beginning 1 September, Dr James Ng Jun Jiet will be consulting at Hospital Seri Botani, Ipoh.

With comprehensive obstetric services, detailed pregnancy ultrasound, safe delivery, specialised gynaecological care and advanced pelvic floor treatment, together with

dedicated newborn care supported by resident paediatrician Dr Ho Kean Teng, Hospital Seri Botani aims to provide a complete, patient-centred experience for mothers, babies and women of all ages.

Women planning a pregnancy, expecting a baby, or experiencing gynaecological or pelvic floor concerns are warmly invited to make an appointment and experience comprehensive specialist care close to home.

Dr James Ng Jun Jiet
Consultant Obstetrics &
Gynaecology,
Uro-Gynaecology
Tel : 05-226 2742
Clinic Suite : L1.13

Healthy Kids, Happy Parents: Cutting Through the Digital Noise

A Paediatrician Daddy's Guide to Raising Healthy Children with Confidence

– Dr. Ho Kean Teng, Consultant Paediatrician, Hospital Seri Botani

Today's parents have access to more health information than ever before. A quick internet search can generate hundreds of articles about a child's fever, cough, feeding issues or developmental milestones. AI tools provide instant answers, while social media offers endless opinions from other parents.

Yet with so much information available, many parents feel more anxious than ever.

As both a consultant paediatrician and father of two, Dr. Ho Kean Teng understands this challenge from both sides.



"Every parent wants to make the best decision for their child. The challenge today isn't a lack of information, but knowing how to separate reliable advice from unnecessary noise."

During consultations, Dr. Ho often sees parents who have spent hours researching online before coming to the clinic. Instead of reassurance, they arrive feeling overwhelmed by conflicting information.

While technology is a valuable source of education, it cannot replace a professional medical assessment or the reassurance that comes from examining a child in person. Dr. Ho encourages parents to rely on trusted sources and maintain an open relationship with their healthcare provider.

A Doctor at Work, A Daddy at Home

Parenthood continually reminds Dr. Ho that medicine is about more than treating illness.

"When my own child develops a fever, I experience the same emotions every parent feels. Parenthood has taught me that caring for children also means understanding and supporting their families."

His philosophy is simple: confident parents help raise healthy children.

Building Healthy Foundations

Rather than chasing the latest health trends, Dr. Ho encourages families to focus on the basics that have the greatest impact on lifelong wellbeing: adequate sleep, balanced nutrition, vaccinations, daily outdoor play, sensible limits on screen time, and strong family connections.



"Healthy habits matter far more than expensive supplements or fashionable products." He is also passionate about child development, stressing that early recognition of speech, learning or social concerns can make a significant difference.

"If you feel something isn't quite right, trust your instincts and speak to your paediatrician. Early intervention often leads to better outcomes."

Parents should seek immediate medical attention if a child becomes unusually drowsy, has difficulty breathing, produces little or no urine, appears blue or very pale, or develops a fever with a rash that does not fade when pressed.

For Dr. Ho, every consultation is an opportunity not only to treat illness but also to educate, reassure and empower parents.

"I believe every child is like a seed. Every seed has the potential to become a strong and beautiful tree—it simply needs the right environment, care and nurturing."

Dr Ho Kean Teng
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Kampar Showcases Nature, Heritage and Culinary Delights to Attract Tourists

● By Zaki Salleh

KAMPAR: Kampar continues to strengthen its position as one of Perak's preferred tourism destinations through the beYoutiful Kampar campaign, highlighting the district's natural beauty, historical heritage, cultural richness and local gastronomic scene.

The campaign encourages visitors to plan family getaways while exploring the wide range of attractions found throughout the district.

Among Kampar's iconic landmarks are the Kampar Clock Tower, Bandar Agacia, the Big Pipe of Gopeng and the Japanese Carbide Chimney in Malim Nawar.

Visitors can also explore Westlake Kampar, Universiti Tunku Abdul Rahman (UTAR) and UTAR Hospital, which reflect the district's modern development.

History enthusiasts can visit the Gopeng Museum and the Kinta Tin Mining Museum to gain insight into the region's tin mining heritage, which once played a vital role in Perak's economy.

Kampar's cultural uniqueness is showcased through the pandan weaving tradition of Kampung Bukit Pekan, the Orang Asli Sewang dance and local art galleries.

Adventure seekers can challenge themselves at Gua Tempurung, Bukit Batu Putih and experience the renowned white-water rafting activities in Gopeng.

For those seeking a more relaxing escape, HOGA Gaharu Tea Valley, Zahara Garden and Batu Berangkai Waterfall offer breathtaking natural scenery.

Unique flora such as the Rafflesia and lotus flowers also add to the district's appeal for nature lovers.

Kampar is equally well known for its signature dishes, including Chicken Curry Bread, Claypot Chicken Rice, Nasi Vanggey, Laksa Sanggul, Popiah and Chicken Biscuits.

The beYoutiful@Kampar Makan Sini campaign further invites visitors to savour authentic local flavours at kopitiam and eateries across the district.

With its combination of nature, heritage, culture and culinary attractions, Kampar stands out as an ideal destination for a short getaway while contributing to the growth of the local tourism industry.



Wellness

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Gout is a common type of inflammatory joint pain triggered by a build-up of uric acid crystals. It causes sudden, sharp joint pain that can easily disrupt your daily routine. The good news? Managing it effectively is entirely within your control.

Watch your diet:

Limit high-purine foods like red meat, organ meats and shellfish. Be mindful of sugary drinks and beer, which can trigger flare-ups. Instead, focus on low-fat dairy, complex carbs and vegetables.

Stay hydrated: Flushing uric acid out of your body starts with staying hydrated. Aim for at least 6-7 glasses of water every day.

Manage your weight: Gradual, healthy weight loss reduces strain on your joints and lowers uric acid levels – just steer clear of extreme crash diets.



Medications & care: keep your flare-up medications accessible but use acute painkillers with caution to avoid overuse. Be sure to consult your physician about long-term preventive care.

Small and consistent healthy lifestyle tweaks can help you stay pain-free and active.

Dr. Lee Biing Horng
Consultant Physician, KMC Medical Centre

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PERKESO Sultan Nazrin Shah Rehabilitation Centre

Southeast Asia's Largest Neuro-Robotics Facility Ushering in New Era of Medical Rehabilitation

● By: Rosli Mansor Ahmad Razali

IPOH: Standing prominently in Bandar Meru Raya, the PERKESO Sultan Nazrin Shah Rehabilitation Centre has emerged as a symbol of Malaysia's medical advancement through the integration of robotics technology, clinical expertise, and social security innovation.

The facility, recognised as Southeast Asia's largest Neuro-Robotics and Cybernetics Rehabilitation Centre, was officially proclaimed by the Sultan of Perak, Sultan Nazrin Muizzuddin Shah, on June 16, 2026, placing Malaysia among the region's leading countries in high-tech rehabilitation.

Built on a 38.47-acre site, with construction beginning on May 2, 2022, the complex was developed as a national rehabilitation centre of excellence and a regional referral hub for PERKESO's Return To Work (RTW) programme.

Beyond its futuristic design, the complex also reflects Perak's heritage, drawing inspiration from the traditional 'Tekat Timbul Benang Emas' embroidery craft and blending cultural identity with modern architectural elements.

The complex comprises 13 main blocks housing various rehabilitation facilities, patient accommodation, the Traditional and Complementary Medicine Centre (TCMC), and the Motorcycle Safety Training Track (MSTT) under the Centre for Applied Prevention in Social Security (CAPSS), for research and road accident prevention initiatives.

The centre was developed to become the largest rehabilitation hub in Southeast Asia and a global centre of excellence for rehabilitation services and the RTW programme.

Among the advanced technologies available at the facility are the Cyberdyne Hybrid Assistive Limb (HAL) from Japan, the Metamotus Galileo Advanced Biomechanics Rehabilitation Platform, and the Advanced Movement Analysis Laboratory, which support patient recovery and scientific analysis of movement patterns.

These technologies enable more precise rehabilitation



treatments for patients suffering from musculoskeletal injuries, strokes, spinal cord injuries, and various neurological conditions.

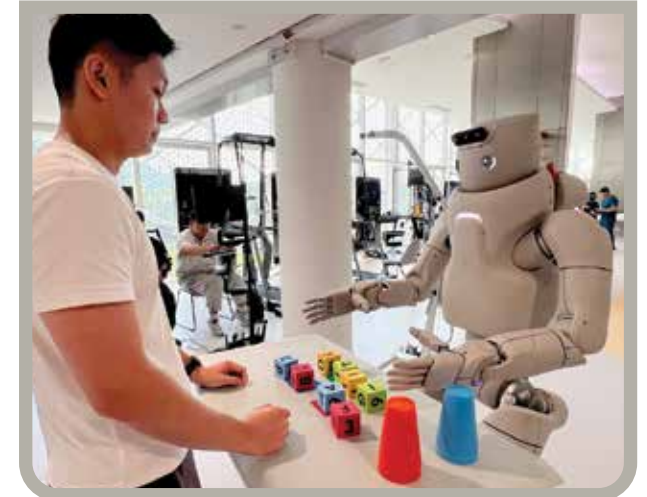
The centre is equipped with 65 units of Cyberdyne Hybrid Assistive Limb (HAL) systems, covering the Lower Limb, Single Joint, and Lumbar, making it the facility with the largest number of Hybrid Assistive Limb units in the world.

The Japanese-developed cybernetics technology uses bio-electric signals from patients' bodies to assist in restoring movement among individuals affected by strokes, spinal cord injuries or accidents.

The facility also offers 151 types of comprehensive rehabilitation services, including paediatric rehabilitation, geriatric rehabilitation, Advanced Return To Work (RTW) programmes and vocational rehabilitation.

The establishment of the centre is also significant in line with PERKESO's expanded social security protection initiatives under the LINDUNG branding, including LINDUNG 24 Hours and the implementation of the Gig Workers Act 2025.

The expansion is expected to increase the number of claims by up to 200 per cent, compared with about



170,000 cases annually previously.

The projected increase highlights the need for more advanced and integrated rehabilitation capacity to ensure contributors receive comprehensive treatment before returning to work and maintaining productive lives regardless of their employment sectors.

Since beginning operations in stages on July 22, 2025, the centre has treated 1,095 patients.

The cases involved include musculoskeletal injuries, occupational diseases, spinal cord injuries and non-communicable diseases (NCDs) such as stroke.

The facility can accommodate treatment for up to 700 patients at any one time and has the capacity to benefit around 3,000 patients annually.

The new facility further strengthens PERKESO's RTW programme, which has successfully assisted more than 100,900 individuals in returning to employment since its introduction in 2007.

With its combination of advanced robotics technology and multidisciplinary expertise, the centre is set to become a key pillar of Malaysia's rehabilitation system, in line with the Perak Sejahtera 2030 aspiration and the vision of positioning Malaysia as an international rehabilitation hub.



Personality

● By Zaki Salleh

Former Perak Police Chief Continues Serving Through Agriculture

KUALA KANGSAR: This is a familiar figure to many. Commissioner of Police Dato' Pahlawan Haji Azizi Haji Mat Aris is the former Perak Police Chief who retired in 2024.

After dedicating 37 years to policing, he continues to serve the community in a different field: agriculture.

Azizi said his passion for farming began in childhood, when he grew up in a village where he frequently helped his family on their farm.

He explained that he began developing his farm in Kampung Cheh Hulu, Kati, on a serious scale around 2016 to 2017 while still serving as an Assistant Commissioner of Police (ACP) in Kedah.

"The land we cultivate belongs to the family, while some additional plots were purchased to expand the farming area.

"About 20 acres of the total 40-acre property belonged to my late father and were inherited by me. The land was previously planted with rubber trees.

"Recognising the strong market potential for premium durians, I decided to replace the rubber plantation with several premium durian varieties, including Musang King, Black Thorn and Tupai King, beginning in 2017," he said.

Today, around 50 durian trees are already producing fruit, while the orchard comprises nearly 1,000 durian



trees spread across 25 acres.

Besides durian, he also cultivates bananas like Berangan and Tanduk, as well as coconuts, each covering about three acres and already yielding produce.

Meanwhile, his wife, Datin Hajah Wanita Wari, manages Teratak D'Pahlawan, a rural tourism retreat that offers visitors an authentic countryside experience.

"The property features 15 chalets accommodating up to four guests each, as well as a hall, surau, karaoke facilities, a swimming pool, ATV rides and a fishing pond.

"Visitors can also enjoy a three-kilometre jungle trekking route from the accommodation to the durian orchard.

"We hope to further expand the chalet facilities, add more attractions and place Kampung Cheh Hulu, Kati, on the map as one of Perak's rural tourism destinations," he said.

He hopes the initiative will introduce the charm of village life to urban communities while making premium durian products a key attraction for agro-tourism in Perak.



Theeageesh Focuses on Youth Empowerment, Reaching Out to the Indian Community

IPOH: Effective leadership is not just about working from an office, but about being on the ground and engaging directly with the people and the community.

Such an approach is believed to strengthen relationships while fostering a more progressive, united, and harmonious society.

For Perak MIC Youth Chief Theeageesh Ganesan, grassroots engagement is a priority, allowing him to interact directly with the community and better understand their needs.

At the same time, he places strong emphasis on community welfare and youth development through a variety of outreach programmes.

He said that more than 20 programmes have been organised this year, covering sports, health, recreational activities, and community engagement initiatives.

This reflects his continued commitment to improving the well-being of the local community.

"I want to foster a spirit of unity among people of different backgrounds through active participation at

the grassroots level.

"At the state level, through Perak MIC Youth, we work closely with various NGOs and residents' associations to assist those in need," he said.

The 34-year-old young leader added that he remains committed to helping underprivileged groups through various welfare initiatives.

At the same time, Theeageesh continues to focus on empowering young people through development programmes and community-based activities.

He believes that youth should be given opportunities to contribute ideas and play an active role in community development.

His social media platforms are also used to promote youth programmes, B40 welfare initiatives, and religious and cultural activities within the Indian community.



Community Collaboration Forms the Foundation of Development in Jelapang Constituency



IPOH: The role of an elected representative extends beyond receiving public complaints; it also involves planning development initiatives that enhance the overall well-being of the community.

Jelapang State Assemblyman (ADUN), Cheah Pou Hian, said this principle has guided him throughout his second term as the people's representative.

According to him, most of the complaints received involve potholes, clogged drains, waste collection, street lighting, and the maintenance of public facilities.

"Some of these issues require the cooperation of multiple agencies as they have persisted for a long time.

"The people not only want their day-to-day problems resolved, but also expect development that can stimulate the local economy," he said.

To achieve this, he introduced the Community Special Action Plan (PTKK), involving government agencies, village heads, councillors, and non-governmental organisations (NGOs).

He also holds a DUN Coordination Meeting every month to coordinate efforts and accelerate the resolution of community issues.

According to him, every stakeholder has a role to play, and collaboration is the key to more effective development.

One of his main priorities is transforming First Garden into a new community and economic hub.

The initiative includes upgrading street lights to LED, improving traffic flow, and relocating illegal hawkers to more suitable locations.

As part of efforts to enhance public safety, 23 new street lights have also been installed at several locations, including along the Ipoh-Lumut Highway.

Apart from First Garden, Pou Hian is also focusing on the development of Papan Town, an area with significant historical and tin-mining heritage.

He believes the town has strong potential to become a tourism destination capable of attracting more visitors to Perak.

He added that the development of Papan has received support from NGOs and the local authority, while several issues, including flooding, have been successfully addressed through the cooperation of various agencies.

Drawing on his experience in the industrial and business sectors, Pou Hian said economic development should be driven by strengthening small and medium-sized enterprises (SMEs) through direct engagement and feedback from business owners.

Cheah was elected as the Jelapang State Assemblyman in 2023.

"I do not want to remain in my comfort zone.

Although an elected representative's authority has its limits, we can still create meaningful change if we have the determination and sincerity to serve the people.

"What is limited is not our authority, but our willingness to serve," he said.



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Ipoh's herbal salted chicken goes halal, eyes ASEAN market

● By: Rosli Mansor Ahmad Razali

GOPENG: Ipoh's iconic herbal salted chicken is getting a halal makeover as Tea Love Flower Sdn Bhd (TLF) moves to tap the growing halal food market locally and across ASEAN.

The company has opened a new food processing plant at Block C, RTC Gopeng, producing halal versions of the popular delicacy traditionally associated with the Chinese community.

TLF chief executive officer Dato' Azizul Kama Abdul Aziz said the facility was established in response to growing demand for Ipoh's street food and would eventually be developed into a competitive food manufacturing hub.

"Ipoh is well known as a gastronomic destination, with herbal salted chicken being one of its iconic dishes.

"We are now offering halal herbal salted chicken, processed in a clean environment and according to factory production standards," he said.

The plant currently produces between 100 and 200 servings of whole, salted, herbal chicken and chicken leg portions daily.

Products are marketed under the Warong Katong and Ayam Garam Herba

brands, while the company is in the process of obtaining halal certification and registering with the Malaysia External Trade Development Corporation (MATRADE) to cater to export demand from Singapore and other Asean countries.

The facility also produces Herbal Salted Pop Chicken, Smoked Herbal Salted Chicken, dim sum, cooking pastes, and curry laksa, and serves as the central kitchen for Warong Katong at AEON Kinta City.

Azizul Kama said three years of research and development found that free-range and younger chickens produced a naturally sweeter flavour when marinated with salt.

The chicken is steamed with sea salt for two hours before being deep-fried to achieve a crispy texture.

He said the R&D had also created opportunities to develop halal Chinese cuisine for a wider market.

TLF is collaborating with the Perak Malay Chamber of Commerce and a local bank to nurture young entrepreneurs in the food and beverage industry.

The plant's opening was officiated by Perak State Executive Councillor Datuk Seri Mohd Zolkafly Harun.

Chepor, Pari riverbanks upgraded to reduce flood risk

● By: Aida Aziz

IPOH: After nearly two years of efforts to address flood risks along Sungai Chepor and Sungai Pari in Kampung Sri Klebang, upgrading works on both riverbanks have finally been completed.

Manjoi assemblyman Hafez Sabri said the project would enhance residents' safety while protecting homes and property that had been frequently threatened during the rainy season.

He said the completed works would also provide peace of mind to residents who had been dealing with flooding in the area for years.

"Since 2024, I have been pursuing this issue by going to the ground with villagers and conducting several site

visits with the relevant agencies.

"I also raised the matter during the Perak State Legislative Assembly sittings to ensure it received the government's attention, followed by discussions and follow-up action until the project was finally realised.

"Thank you to the Department of Irrigation and Drainage (DID) for its commitment to implementing this project," he said.

Hafez said every public complaint was a responsibility that must be addressed, adding that he would continue to bring residents' concerns to the authorities until the problems were resolved.



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Looking Out For Our Elders

● By: KT Leong

ConnecticaZen have diligently been making efforts to create awareness and promote safety and wellness among the elderly population. They hold free workshops on the topics of safety for the elderly, dementia and even diets. And they are the service provider for ResQLiv24.

ResQLiv24 is a subscription service which provides the elder population with access to the ResQfone, a device that the senior can wear, that will allow them to call for help at the press of a button, communicate with their contact list without the need to fiddle with a phone and also has fall detection as well as other features.

They are partnered with MK Ambulance, who also have responders on motorbikes that can beat the traffic before the ambulance arrives. Thanks to a GPS system, help can arrive even outside the home, and elders who get lost, such as due to conditions like dementia, can be located swiftly and safely, thanks to nationwide 4G coverage.

Ms. Qing who had a fall in her home, got ResQLiv24 on the advice of her niece, had this to say “I feel better. If anything happens, others will know. When you’re alone, you don’t know when you’ll fall. You really don’t.”

Children of the elderly who subscribe to the service



for their parents, may be eligible for tax deductions. There is also an ongoing promotion for eligible elders, to enjoy 50% off their subscriptions.

Contact ConnecticaZen for more information.

Call Roger at **018-3888457** or Calvin at **017-2001861**

THUMBS- UP!

Ipoh Echo, on behalf of the community, extends its appreciation to the local authorities for their prompt attention in resolving the recent issue we highlighted.



Overgrown bushes on a privately owned vacant lot along Lorong 8 Tambahan Baru, Jelapang, which were previously reported by Ipoh Echo, have been cleared by the property owner.



The small roadside drain along Jalan Raja Musa Aziz, which had raised safety concerns among road users, particularly motorcyclists, has since been covered.



The unstable metal drain cover along Persiaran Cempaka Sari 26 in Taman Cempaka, which was previously highlighted by Ipoh Echo, has since been repaired by the relevant authorities.