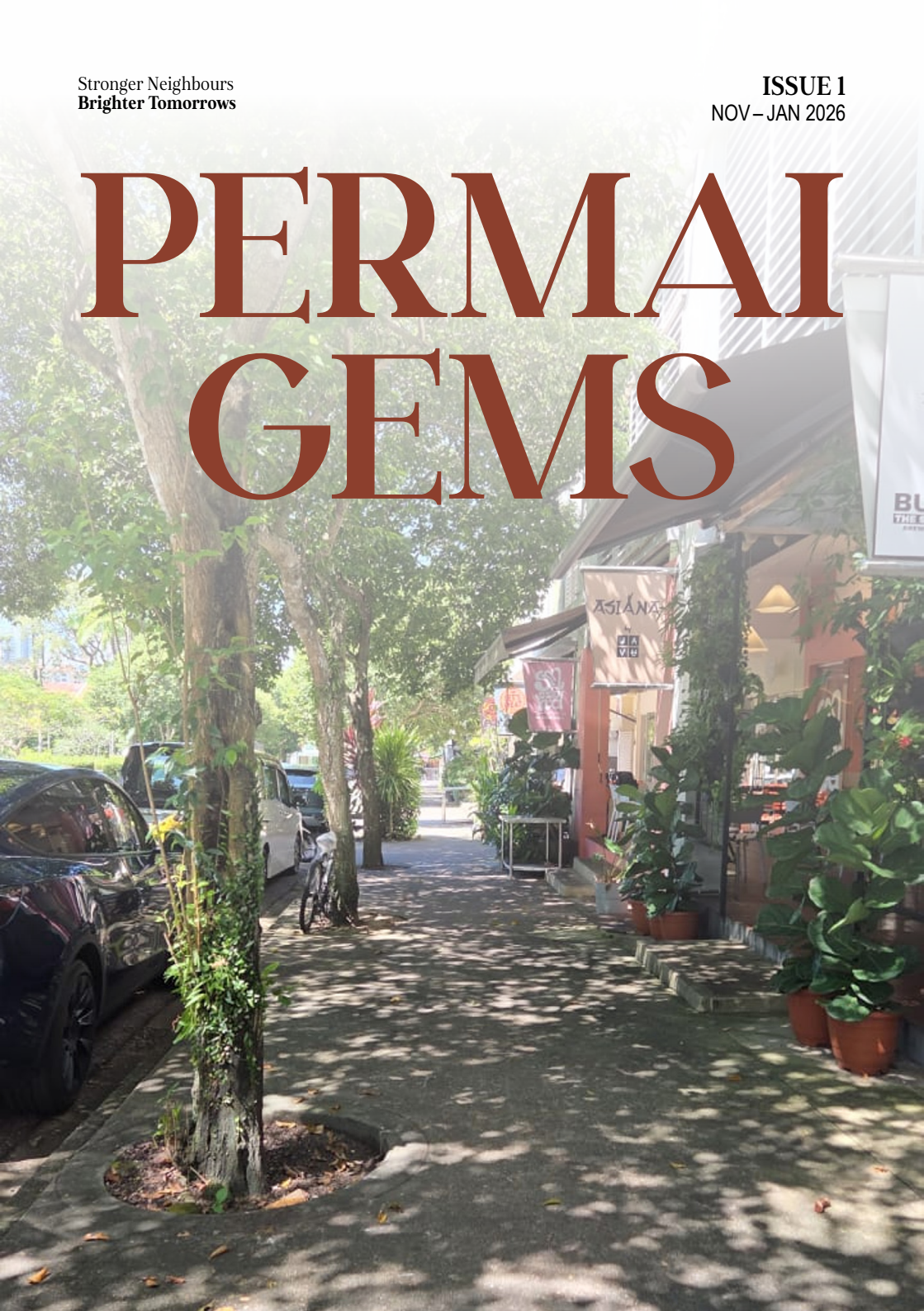
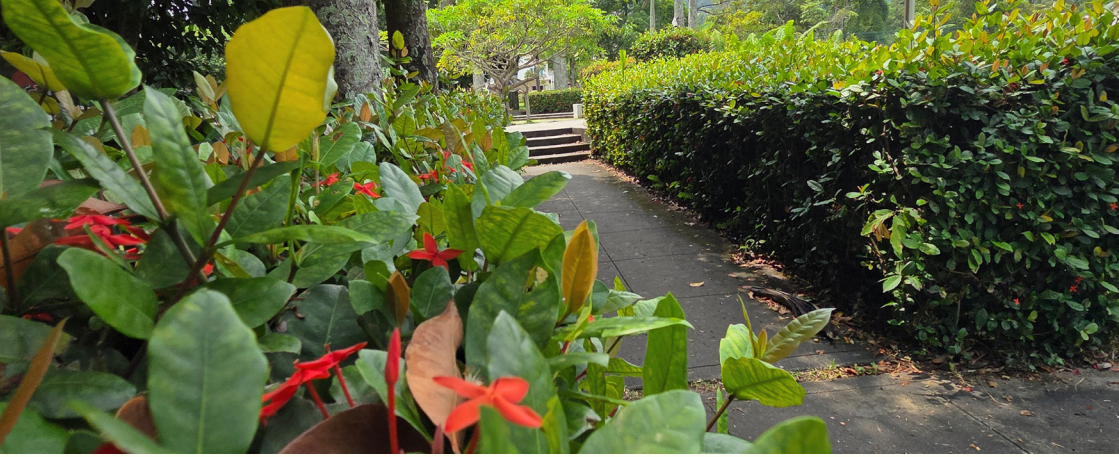
Stronger Neighbours
Brighter Tomorrows

ISSUE 1
NOV – JAN 2026

PERMAI GEMS





Introduction

Why Permai Gems

If you've ever wondered what makes Permai such a special place to live, the answer is simple: it's the kind of neighbourhood where you can go out for a quick walk and somehow come home three hours later with a new friend, a restaurant recommendation, and a story you didn't ask for.

Permai has a little bit of everything. We have beautiful surroundings, tropical greenery, good food, friendly faces—and, of course, the occasional monkey who appears to believe that the neighbourhood belongs to him.

For those of us who live here, Permai is more than an address. It's home. It's where we recognize familiar faces, wave at neighbours, exchange the latest news, complain about the weather (usually while standing in the heat), and somehow turn a five-minute conversation into a full briefing on everyone's lives.

And that is really what this newsletter is about.

Our community is made up of people from different backgrounds, different generations and, quite possibly, different opinions about what constitutes the proper amount of chilli in a meal. But we share the same streets, the same surroundings and the same community.

This newsletter is a place for us to stay connected—to share what's happening in Permai, introduce the people who make our community interesting, highlight local activities and businesses, celebrate achievements, and occasionally remind each other that the WhatsApp group really does not need 47 messages about a missing parking cone.

Most importantly, we hope it becomes our newsletter.

So, welcome to Permai — the place we are fortunate enough to call home. Pull up a chair, grab a cup of coffee, and have a read.

And if you see something you think our neighbours should know about, let us know.

After all, a good community is built one neighbour, one conversation, and one slightly overlong coffee break at a time.

Welcome to Permai!

History of Permai

When Permai, the Vale of Tempe, Became a Little Piece of Australia

Article by **Keith Hockton**

It is very easy to drive through Permai in Tanjong Bungah today and have absolutely no idea just how Australian this corner of Penang once was. The roads are busier, the buildings have changed and much of the old landscape has disappeared, but for several decades thousands of Australians lived, worked, went to school, raised families and made this part of the island their home.

The story really begins across the water at Butterworth. From 1955, Australian personnel were involved in upgrading and expanding the airfield there as part of the much larger Commonwealth military commitment to Malaya during the Emergency. Then, in July 1958, Butterworth formally came under Royal Australian Air Force control, and something rather interesting began to happen. What had started as a military posting gradually became a community.

After all, servicemen didn't exist in isolation. Many had wives and children, and they needed houses, schools, shops, doctors and all the ordinary things that military histories tend to forget about. Penang Island became the preferred home for many of those families, particularly around Permai in Tanjong Bungah, Hillside, Fettes Park and the Vale of Tempe, the area we now associate with Permai. Some families lived in privately rented houses, while others moved into married quarters that were built or adapted for them. Every morning the men would make their way across to Butterworth, while on the island an Australian domestic life was taking shape.

And it became a sizeable one. By 1962 there were enough Australian children in Penang to justify opening a dedicated RAAF school at Tanjong Bungah, with somewhere around 550 to 600 pupils. Within only a few years that number had risen to roughly 750. Stop and think about that for a moment. Seven hundred and fifty Australian schoolchildren living on Penang Island. Once you add their parents, younger brothers and sisters, unmarried servicemen and all the other personnel attached to Butterworth, you begin to realise just how large this community had become.

Permai, or the Vale of Tempe as many of the Australians knew it, became very much part of that world. Former RAAF families still remember their houses there, along with Hillside and the other residential areas around Tanjong Bungah. Children went off to an Australian school, neighbours were often other service families, and friendships were formed between people who knew that sooner or later somebody would be posted somewhere else. Meanwhile, their fathers crossed to Butterworth to work, and Penang became home.

At its height, the Australian presence around Penang and Butterworth was enormous. Hundreds of married servicemen were based at Butterworth alone, and once their families were included, the



Australian population of the wider area certainly ran into several thousand. A figure of around 7,000 servicemen and dependants is often mentioned and is entirely believable for the broader Penang and Butterworth community at its peak, although I have yet to find a contemporary document that gives us that exact figure specifically for Permai or Tanjong Bungah.

What fascinates me is how quickly something so substantial can almost vanish from the landscape. From the late 1950s, through the 1960s and 1970s and into the 1980s, generations of Australian children grew up in this part of Penang.

They went to school here, swam here, explored the island, went into George Town with their parents and made the sort of friendships children make when they assume the place around them will always be there.

For many of them, Penang was not an exotic foreign posting at all. It was where their bedroom was. It was where their friends lived. It was where they went to school. It was home.

And that, perhaps, is the most interesting part of the story. Military history naturally concentrates on Butterworth, the aircraft, the squadrons, the troops and the strategy. But across the channel, another sort of history was being made quietly in the streets and houses of Tanjong Bungah. Australian children were growing up here, families were shopping in George Town, swimming on Penang's beaches, going to school and making friendships that many of them would carry with them for the rest of their lives.

Much of that world has now disappeared, or changed so completely that it is difficult to imagine what it once looked and sounded like. Even some of the old names are beginning to fade from memory. Yet for several decades, Permai, the Vale of Tempe, Hillside and Tanjong Bungah were home to one of the largest Australian communities ever established in Southeast Asia.

For a while, a very considerable piece of Australia had made its home in Penang.



What Matters:

Permai Central Park

Let the dogs have their day?

One park, two-legged residents, four-legged friends—and plenty of opinions!

If you live in Permai, you'll know Casa Permai Central Park is more than just a patch of green. It's where we walk, exercise, catch up with neighbours and, increasingly, where our dogs hold their morning and evening social gatherings.

Now, with discussions underway about officially designating Casa Permai as a dog-friendly park, what does this mean for the community?

The rules are simple

- Scoop the poop. Nobody wants an unpleasant surprise on their morning walk.
- Keep dogs under control. "He's very friendly!" may not reassure someone afraid of dogs.
- Follow leash rules. Dog-friendly doesn't automatically mean off-leash.
- Respect others. Children, elderly residents and people uncomfortable around dogs deserve consideration.
- Keep barking in check. Remember, we live here!

Clear signage, proper waste facilities and effective enforcement will be essential to making the proposal work.

Can we all share the park?

Casa Permai belongs to the whole community—not just dog owners, and not just those who prefer a dog-free environment.

Penangites are pretty good at sharing space, even if we don't always agree. We share hawker tables, squeeze onto busy roads and debate endlessly over the best char koay teow. Surely we can work out how to share a park!

If managed well, Casa Permai could become an example of how dogs and people can enjoy the same space safely and respectfully.

One final thought: a dog-friendly park should also be a people-friendly park.

And please, pick up after your dog lah!

Movie Review

Showing at OWL on January 15th @Owl Centre CW Peace

Hugh Jackman, sheep, murder... and a little bit of Permai

Every now and then, a movie comes along that makes you wonder: *Who thought of this?* And then, about five minutes later, you find yourself completely hooked.

The Sheep Detectives, starring Hugh Jackman, is one of those movies.

The story begins in the peaceful English countryside, where shepherd George Hardy, played by Hugh Jackman, spends his evenings reading murder mysteries to his beloved flock of sheep. There is just one small problem—George assumes the sheep don't understand a word he's saying.

He is, of course, completely wrong.

When George turns up dead under mysterious circumstances, the sheep discover that all those evenings listening to detective stories have not been wasted. They decide to investigate the murder themselves.

And so begins one of cinema's most unusual detective stories: a flock of sheep trying to solve a murder while the humans remain blissfully unaware that their woolly neighbours are discussing the case.

And then I started thinking about Permai...

Watching the sheep gather together to discuss the murder, I couldn't help wondering what would happen if they were residents of Casa Permai. Imagine it.

Instead of a peaceful English meadow, we have **Permai, Penang**. Instead of sheep grazing quietly in the countryside, we have our dogs conducting their own investigation around the neighbourhood.

And unlike the sheep, our dogs wouldn't even need to learn how to talk.

They already know everything.

Which dog was seen where.

Who walked past the park.

Which neighbour has been giving out treats.

Who didn't pick up after their dog.



And, most importantly, **who has been barking at 2 a.m.**

If you've lived in Permai long enough, you know that our neighbourhood can sometimes produce enough characters, opinions and unexpected plot twists to compete with any murder mystery.

There are the early-morning walkers, the serious joggers, the aunties who know everything happening in the neighbourhood before anyone else does, the uncles who have strong opinions about everything, and, of course, the dogs—many of whom seem to have a better social network than their owners.

That is what makes *The Sheep Detectives* such an unexpectedly enjoyable film. Beneath the jokes and the rather ridiculous premise is a story about **community, loyalty and looking after your own**. The sheep may be different in personality, temperament and intelligence, but when their shepherd dies, they come together to find out what happened.

And perhaps that is where the movie feels surprisingly familiar to those of us living in a community like Permai.

A neighbourhood is not just houses, roads and gardens. It is the people—and increasingly, the animals—that make it a community.

Sometimes we agree. Sometimes we don't. Sometimes the WhatsApp group gets a little... *excited.*

But when something matters, neighbours tend to come together. Just like the sheep.



Although, knowing Permai, our investigation would probably involve considerably more kopi, WhatsApp messages and somebody saying:

"I heard from someone who heard from someone..."

And that, dear readers, is where our very own Permai detective story begins.

Christmas in Permai

Different Faiths, One Big Family



In about 2 months, Malaysia will celebrate the arrival of Christmas.

Christmas in Permai has its own special charm. While some of us are busy decorating our homes and untangling Christmas lights, others are probably wondering where to get the best char koay teow or planning the next makan session with friends. Here in Permai, we are fortunate to live in a community where different cultures, traditions and beliefs come together under one big neighbourhood. Penang has been a meeting place of peoples for centuries, shaped by its history as a trading port where Malays, Chinese, Indians, Europeans and many others made their homes.





That same spirit of diversity lives on right here in Permai, where our neighbours may celebrate different festivals, speak different languages and practise different faiths, yet share the same roads, green spaces and, occasionally, the same complaints about the weather! Needless to say, our pets are part of the Christmas landscape. I, for one, like to see if pets are dressed up for the occasion as well.

The real magic of Christmas, however, is not found in the decorations or presents, but in the little things that make a community special.

It is the neighbour who wishes you *Merry Christmas* even though it isn't their festival, the friendly chat over the garden fence, or the invitation to share a meal simply because there is always room for one more at the table.

In Permai, we celebrate Christmas, Chinese New Year, Hari Raya and Deepavali in our own ways, but the values behind these celebrations — kindness, generosity, family and goodwill — are universal. We may not all believe the same things, but surely we can agree on one thing:

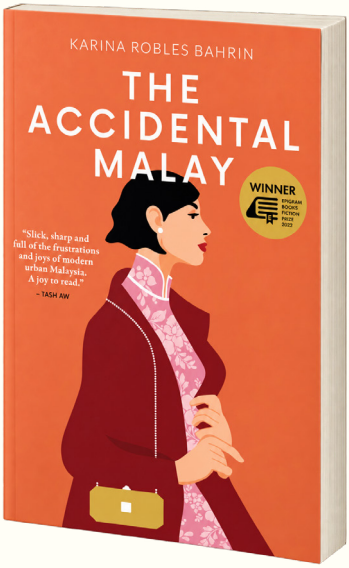
life is much nicer when we look out for one another.

So, this Christmas, let's celebrate not only the festive season, but also the privilege of living in a community where our differences make us richer, our friendships bring us closer, and a little neighbourly goodwill goes a long way. And if someone happens to turn up with a plate of Christmas cookies or even Ondeh Ondeh, well, that's the Permai spirit at its sweetest and best!

Ho ho ho and Merry Christmas to one and all. May 2026 leave you in the best of memories and 2027 offer you the best to come.

Book Review

The Accidental Malay by Karina Robles Bahrin



This novel, *The Accidental Malay* by Karina Robles Bahrin, should be a first pick of new ex-pats settling in Malaysia. On many levels, this novel introduces the neophyte to language, family, culture and relationships. Particularly depicted are the "two solitudes" that exist between the Malay Islamic and the Malaysian Chinese societies. The author embeds the narrative in the last.

Ms Bahrin's characters have a vibrancy and individuality that sustain the intensity of both internal and external conflicts throughout, culminating in a resolution that is credible and coherent with that which has preceded. In traditional terms, the story is a comedy for there is happiness in the denouement, but there is little cheap sentiment. The reader is merely happy for the characters having followed an intense journey through the main character's battle for the preservation of self. Jasmine carries us.

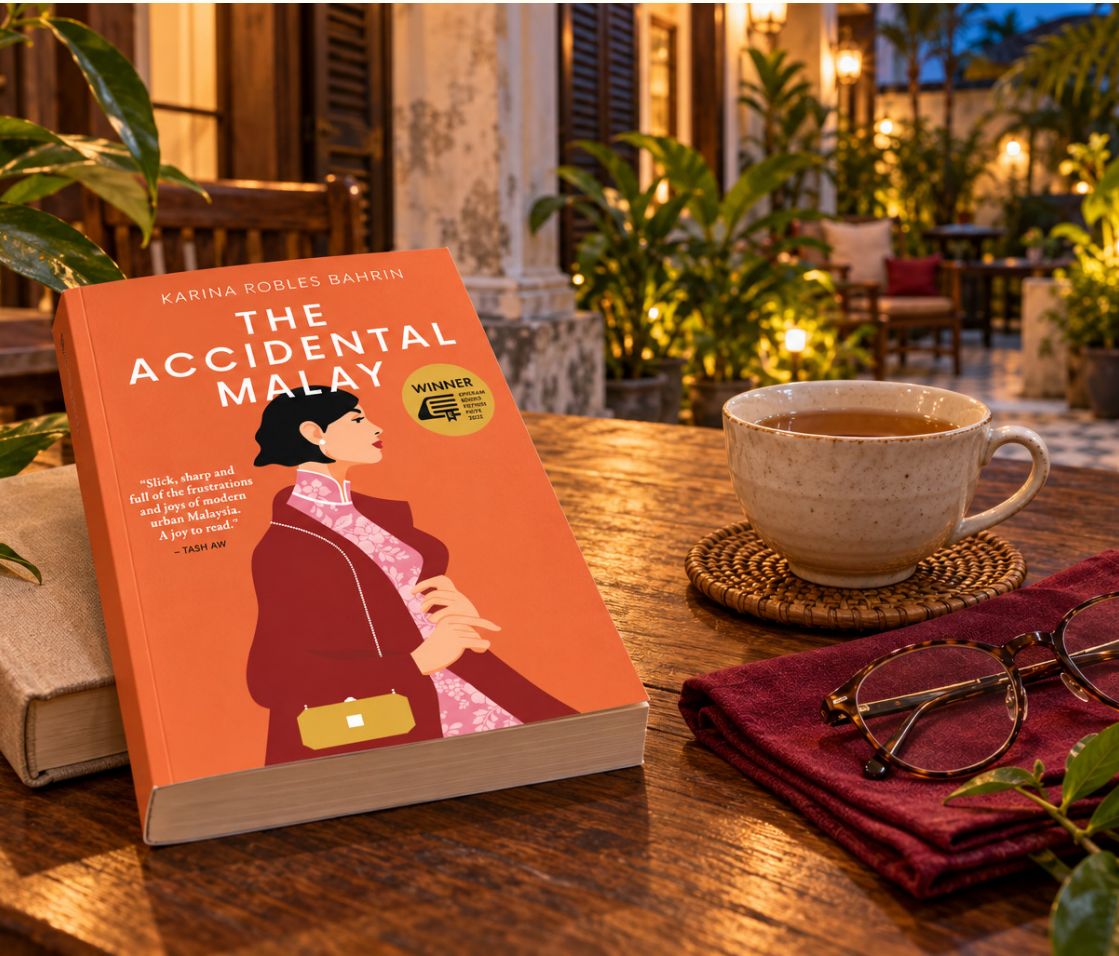
Jasmine Leon Lin Li is a British-educated, mature, determined young woman who is about to inherit the family business from her soon-to-pass grandmother, Poh Poh. While there is no struggling peonage for this very comfortable character, her fortunes are challenged by family, friends and enemies. Central to the issue, her Phoenix corporation is in the business of marketing pork in an officially Islamic society. Such can survive if it does not challenge the hallal restrictions of the dominant society. So far so good; however, as it turns out, Jasmine's mother, of whom she knew nothing, is Muslim. Jasmine should be the same according to strong forces around her; however, she adamantly refuses joining that religion having been raised as Christian and culturally Chinese all her life. Furthermore, she refuses to give up the pork business as she refuses to give up her roots. The clash hits politicians and media for a grand climax.

As this early middle-aged woman prepares to accept this advancement of her fortunes, her personal life comes to the fore, creating inextricable links between the personal, familial and public. I will attempt to avoid spoilers; however, the fact that she is pregnant by a former lover, a rather fine Muslim man, Iskandar, and now almost betrothed to Kuan Yew of Chinese heritage, equally fine, adds to the drama on all levels. Here she is a woman of Muslim heritage carrying a child of a Muslim man attached to a Chinese; she is claimed by opposing sides as she chooses to expand her

pork business with municipal approval, creating a seemingly Gordian knot. For opponents who, in fact, claim her identity, this is an outrage. However, for the reader, this drama is an excellent introduction to the currents of Malaysian society that intermingle and conflict—an introduction to cultural awareness in a highly dramatic narrative. The resolution is unexpected, but not after intense emotional, physical and political conflict. This is a story-telling success.

I would certainly give this novel an A+, for it was a page-turner. However, I might have made one suggestion to the author before printing. The use of idiom, terms in both Chinese and Malay, gives a special flavour to the work, most appropriately. However, a glossary in the appendix would have been a welcome courtesy. We ex-pats would consider such a vocabulary lesson an asset to our education.

Next, *Fortress Penang* by Andrew Barber is the tale of a British MI6 intelligence officer caught in the invasion of the Japanese into Penang in 1941/42. The novel tracks the historical record closely as a credible example of historical fiction. This is history worth knowing—lest we forget.



Recipes

Classic Flaky Scones



Yields - 10–12 scones
Bake - 15–18 min
Prep - 15 min
Oven - 375°F

Ingredients

- 4 cups all-purpose flour
- ½ cup fine granulated sugar
- 2 tbsp baking powder
- ½ tsp salt
- 1 cups half-and-half cream
- 2 large eggs
- 1 cup cold unsalted butter, cut into smallpieces

Storage - Store cooled scones in an airtight container for up to 4 days. Best within 24 hours.

Freezer - Freeze airtight for up to 3 months. Thaw at room temperature before serving.

Methods

1. **Preheat:** Heat oven to 375°F. Line a baking sheet with parchment.
2. **Dry ingredients:** Whisk flour, sugar, baking powder and salt together.
3. **Wet ingredients:** Whisk cream and 2 eggs together; set aside.
4. **Cold butter:** Quickly rub butter into the flour mixture with your fingertips, creating thin sheets of butter throughout. Keep the butter cold.
5. **Combine:** Pour in the wet ingredients and mix gently with a fork until just combined. Do not overmix.
6. **Fold:** Turn onto a lightly floured surface while some flour streaks remain. Press and fold the dough over itself 3–4 times. Do not knead.
7. **Shape:** Gently form into a rectangle about 1¾–2 inches thick.
8. **Cut:** Cut 10–12 rounds with a biscuit cutter or sharp-edged glass. Gently reshape remaining dough for additional scones.
9. **Egg wash:** Whisk 1 egg with 2 tbsp water and brush over the tops.
10. **Bake:** Bake 15–18 minutes, until lightly golden and tops are no longer shiny.
11. **Cool:** Rest on the baking sheet 3–5 minutes, then transfer to a cooling rack.

KEEP THEM FLAKY:

- Keep the butter cold
- Work quickly
- Handle the dough as little as possible
- Fold rather than knead

Who is Cathie?

She's everywhere in Permai. You're likely to spot her carrying a lot of bags with either coffee or matcha in hand! She seems to spend hours in coffee shops along Permai. Cathie has become a local of Tanjung Bungah and sees Permai as her home town 15 years in penang she has always lived this side of town.

She started a shop right in the middle of Covid at Permai 4 with the left of center idea of offering the option to be able to grocery shop without having to throw away a mass of single use plastic packaging at the time of unpacking. Cause there aint no plastic in OWL. The space has evolved and she will talk about evolution (because she is not much of a planner) to a Clothes Swap Shop, a clean food vegetarian Café and now a Center next door that she can host and house events such as a monthly Film club, talks, and even the First Art and Sustainability Event for Peace in October. There is even a Toy library so everything is covered for young and old.

Her love of Permai, she wants to share through the build the local community. One idea is to create a Community Garden She hosts with a range of great people: a monthly walkway Garage sale and sausage sizzle. There is a regular Pop up market every 3 months or so that the community can enjoy together. There is even live music at these events

What does she have to say

Well it is difficult to shut her up if it is something she cares about and Permai is one of those Cares "Community is safety she says, community based on kindness respect and good old fashioned Neighborliness' (no she is not American she's Australian).

" I love Permai. I started living here 15 years ago. We did try the other side of the island but there was not the same sense of community.

I love the Peace of the park in the morning. I write or organise for a couple of hours each day sitting opposite the park at one of the cafes then I go to my shop that for me represents welcoming community. We love kids, talkn jazz music (well I love it like Murakami does) I love ideas, creating and making things happen Having the opportunity to create the newsletter with Axel and Leonard has been an extension of that community growth and building community cause we match with our many ideas So if you see me do say hi even if I have my head in the computer or a book"



Event Spotlight

Garage Sale Sausage sizzle

November 7th, 9am – 1pm at Permai 4 Tanjung Bungah

If you come from the West a sausage sizzle is an event you don't want to miss and our Sausage Sizzle out the front of OWL is a sizzle with Zest. The sausages are of many types and flavors, they are all home made by a local Permai Friend.

On the first Saturday of the Month from 10am you come can sit and eat a delicious freshly cooked sausage or take it with you and explore the various small vendors selling what they don't want. That might be exactly what you want, and yes you can join the Garage Sale to share what you no longer want

Whether cleaning up your home, grown out of, or moving, come and sell your treasures. What is the saying "One Persons rubbish is another's treasure"

And I find some great treasure every market. It is so fun when someone finds that exact thing they were looking for and maybe didn't know that was what they wanted





Event Spotlight

Permai Christmas Fair

December 5th, 10am – 2pm at Permai 4 Tanjung Bungah



Our Permai annual Christmas Market is now 7 years old. Created to support people in Need through donations from vendors and to create a unique opportunity for community in Permai

Every year on the first Saturday of December many many stalls of wonderful crafts, interesting produce offer their wares so you can buy for Christmas gifts for people here or to take home if you are an expat going home for Chrsitmas.

So many things. There are matchbox cars, wood design pieces, handicraft of many types, cakes, sausages to eat while strolling or buy frozen to take home, cakes, 2nd hand stuff, Live music and so much more. You name it we have it.

We already have 35 stalls booked and it is only October. So if you want to be a vendor or you want to come buy your gifts to support local small business, come to Permai Christmas Marker on Dec 5th.







Quote

If you think you are too small to make a difference, try sleeping with a mosquito

— Dalai Lama






OPEN


ASIANA


No Smoking
Dilarang Merokok





Permai Directory

Restaurants/Cafes

Owl Zero Waste Store

Groceries, Cafe and Clothes

OWL is not just one thing - OWL is not just about shopping but a whole lifestyle that is kind to your family kind to the environment kind to Permai

Offering the unique concept where all services in shopping, health and wellness in one place your Grocery needs from organic and gluten free grains to organic veggies. Sitting and eating breakfast and lunch. The best home made sour dough vegetarian pizza at our Clean Food Cafe, to amazing Fashion clothes of natural fiber that you can swap or Buy.

OWL is a hub that supports Permai community for a multiple of needs

Extending out is our Center for Peace where we offer ongoing yoga & DNS movement classes Physiotherapy treatments, counselling, pre school play groups, kids healthy parties and a mass of events both in the Center and on the street.

Whats on every month out the front of OWL

A garage sale to loop your stuff so we no longer have to buy then throw, a sausage sizzle so you can eat home made sausages with no chemicals, a big market with up to 30 stalls and interactive play and craft every 3 months on the walkway

12A Lebuh Lembah Permai 4

Open: 09:00 to 18:00 Monday to Saturday

WhatsApp: +60167088846

https://owlzerowaste.my

https://owlzerowaste.my/cafe

Smoosh'd

Smoosh'd is a fun, whimsical ice cream shop wher eyou pick your own cookies, ice cream, served between two fresh baked cookie sandwich or cup.

18 Lebuh Lembah Permai 4,

Tel. +60-162-154-234

Let's Thrive

Let's Thrive is a community fitness center built around movement and mobility. Open to all ages especially our seniors who aim to keep active in a non-rushed environment

18 Lebuh Lembah Permai 4,

Tel. +60-162-154-234

Let's Meat

Let's Meat is our neighbourhood's version of Americana diner that offers american vibes and menu. A warm welcome from their staff shows that no one is a stranger here. Homey, happy and inclusive.

18 Lebuh Lembah Permai 4,

Tel. +60-162-154-234

Asiana by JAVU

22A Lebuh Lembah Permai 4

Central Asian / western dishes

Open 8am – 3pm; 6pm – 10pm

Close on Tuesday

Tel. 012 487 1184

GB Tomorrow English Café | Pastries | Grocer

A Little Taste of Britain in Permai!
Enjoy proper British comfort food — from homemade Pies, Pasties & Pastries to Full English Breakfast, hearty meals, sandwiches and tempting desserts. A cosy neighbourhood café, pet-friendly

and always welcoming!
37, Lebuh Lembah Permai 1,
11200 Tanjung Bungah, Penang.
Open: Friday – Wednesday: 8:30am – 5:30pm
Closed: Thursday
Pies, Pasties & Pastries. Properly British, wonderfully Tomorrow!
Contact: 010-465-3997

Cottiny K- Cafe

Welcome to Cottiny K-Cafe!
Looking for authentic Korean food, delicious desserts, and great coffee? You've found the right spot!

Over 50 Authentic & Halal Dishes: From hearty Korean meals to sweet desserts and beverages, there's always something new to try!

Korean Language Classes: On the 2nd floor, native Korean teachers offer fun, authentic Korean language lessons. Come enjoy genuine Korean flavors in a cozy, clean, and welcoming atmosphere. We can't wait to welcome you!

Address: 30, Lebuh Lembah Permai 4, Tanjung Bungah, 11200, Pulau Pinang
Phone: 04-8931259

Fuji Coffee Roaster

Fuji Coffee Roaster – More than just coffee. A place to connect, discover and share.

More than just a coffee destination, Fuji is a place where people come together. Through its collaboration with The Forage Place, it brings together thoughtfully prepared food, specialty coffee and a welcoming atmosphere.

Whether discovering a new single origin, enjoying a familiar favourite or simply catching up with friends, Fuji celebrates the little moments that make coffee special.

16, Lebuh Lembah Permai 4, 1120 Tanjung Bungah Penang

Yin's Wholefood manufactory

Yin's sourdough is built on a simple belief. Every loaf is naturally fermented using natural sourdough yeast, without preservatives, additives or artificial colouring.

We started as a small bakery in Penang has grown into a community of cafes across Penang and Kuala Lumpur. Serving sourdough, breads,pastries,cakes and nourishing meals.

Our menu brings together both Western and Asian flavours, creating a space where people of all ages can find something they enjoy.

31 Lebuh Lembah Permai 1,11200 Tanjung Bungah,Penang

Business hours: 08:00-19:30 (Closed on Wednesday)
Phone: 016-812 7907

Ribs BBQ Penang

011-1144 5393
21, Lorong Lembah Permai 7
Tuesday-Friday: 15:30-22:00

Saturday/Sunday: 12:30-22:00

Yi Ke Shu (Vegetarian Restaurant)

04-8900129
113, Jalan Lembah Permai

Baking Garage

Closed Friday - 012 459 6288

Elsewhere

Address: 28, Lebuh Lembah Permai 4, 11200

Tanjung Bungah, Pulau Pinang
Contact/Réservation: DM @elsewhere.penang on Instagram

Bun Run

Address: 26 Lebuh Lembah Permai 4, 11200 Tanjung Bungah
Phone 013 700 7564

Health and Well being

Motion Mastery Hub (Physiotherapist)

16 Lebuh Lembah Permai 4 (1. floor, Centre for Peace and Sustainability
WhatsApp: 014-9048968

S. H. Tan Massage

UK-Certified Reflexologist & Locally Certified Deep Tissue Massage Therapist
35, Lebuh Lembah Permai 1 - 016-445 6123

Intelligent Exercise - DNS with Lilian

These are ongoing classes to support ongoing awareness of how your body moves, increasing strength through linking muscles, finding and developing core without crunches.
Location: OWL Center for Peace

Monday 12.30- 1.30
Whats app: +60172568746

Yoga with Shelagh

Working with the Myofascial, joints and ligament to increase strength, flexibility and peace -
Location: OWL Center for Peace

Thursday 08.30 - 0930
WhatsApp: +60 1126737129

Qi Gong in Permai Park

07:30-08:30 - Jenny 017(1) 8914799

Counselling and Physio Therapy

OWL Center for Peace

WhatsApp: 0175792152 for appointment

Sports Recreation

Warrior Fitness & Adventure

offers professionally coached indoor and outdoor group fitness sessions and personal training , helping you build strength, fitness and confidence . All ages and fitness levels welcome - At Lembah Permai - Monday & Wednesday 0830

New to Penang or ready to get moving again? Get active- meet new friends, enjoy professionally coached training, and a welcoming training environment. All ages and fitness levels are welcome.

Book your 7-day free trial today!

WhatsApp: +60 18-282 7567
info@warriorfitnessadventure.com
www.warriorfitnessadventure.com

Permai Pilates

is a boutique Pilates studio in Permai Village, Tanjung Bungah, offering small-group Reformer, Wunda Chair and Tower Pilates classes for all ages and fitness levels.

With classes limited to 6, enjoy personalised guidance in a welcoming community where you can move, connect, make friends and feel your best.

Private and customised sessions are also available for rehabilitation and targeted goals. Ready to move with us? Book your trial today!

WhatsApp: +60 11 2835 8535
permaipilates.com

Pickleball

WhatsApp: +60 19 869 1288

Local Produce

Two Pigs

Hi! We are Rudy and Amelleia from Two Pigs homemade pork bacon and sausages. We make all natural , no preservative added streaky bacon and sausages. Sausages come in a variety of flavours. Find us every first Saturday at the Sizzle at Owl Shop or arrange for home deliveries.

WhatsApp Amelleia at 164450145 for more information.

My Dream Cheese Sdn. Bhd

Artisanal Cheesemaker - Barbara and Lorenzo are Italian cheese makers that, after ten years making cheese in New Zealand, came to Penang and ... felt in love with this place and for a challenge: making artisan cheese in Malaysia using local milk!

Challenge accepted - resulting in a range of artisanal cheeses they can now offer to you just using local milk, hands and Italian passion!

WhatsApp: +64 21 297 5044

The Soap Cellar

Offers premium, handmade soaps, perfumes & fragrances, skincare, and custom corporate or wedding door gifts, helping you nourish your skin with wholesome ingredients.

Order online easily for delivery or pickup from our office at 15-1 Lebuh Lembah Permai, Tanjung Bungah – Office hours Monday to Friday from 10:00 AM to 6:00 PM (Please note: We operate as an online store and office, not a retail storefront!).

Enjoy FREE SHIPPING for online orders above RM180 in West Malaysia & RM250 in East Malaysia! Explore a wide selection of skin-loving items online, from long-cured natural soap bars to pure essential oils and wellness products. Contact us to learn more or place your online order:

WhatsApp: +60 19-593 7799
info@thesoapcellar.com.my

thesoapcellar.com.my

Pet Corner

Animal Friendly Places

Tomorrow English Cafe (dogs allowed inside the restaurant)

37, Lebuh Lembah Permai - 010-465 3997

Ark Veterinary Centre

25, Lebuh Lembah Permain 1 - 04-8982328

Wednesday-Monday: 09:30-18:00 / Sunday: 10:00

Animal Hope Veterinary Centre

018-98870073, Lorong Lembah Permai 7

Monday-Saturday: 09:00-13:00 / 14:00-17:00 (Saturday 10:00)

Dog Grooming

Honey Ooi Tanjung Bungah 019 410 8189

Cat Day care & Boarding

Vantage 011 3613 7601

Dog House Sdn. Bhd. Doggie Daycare & Overnight Boarding

At Dog House Sdn. Bhd., we believe dogs thrive when they have the freedom to move, play, socialise and simply be dogs. Our daycare and overnight boarding is 100% kennel-free, allowing our furkids to roam freely throughout the day and night within a safe, structured environment.

Our aim is to provide a safe, structured and enriching environment where dogs can play, exercise, socialise, relax and enjoy being part of a pack — while giving their humans peace of mind when they are away.

Dog House Sdn. Bhd. - Where every pet feels at home.

WhatsApp: Audrey - 019-502 1803

Nanny McPaw - Dog Boarding

211, Lebuh Lembah Permai 0143933123

Volunteering
Dogs/Cats

Environment

Adopt a Beach Penang

A private initiative that cleans beaches all over Penang island

www.adopt-a-beach-penang.org

www.facebook.com/profile.php?id=61590636473631

What do you need to know when you arrive in penang?

https://bit.ly/Penang-Resources

What did you like about Permai Gems and would you like to contribute?

Whatsapp Cathie: 017579215