



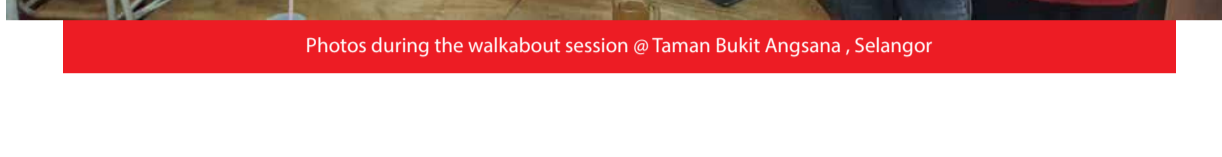
## ACTnow's Note

### MCA Bangi CRSM-ACTnow Community Walkabout

Another walkabout has successfully been completed on 15 June 2022, 10AM. Joined by Mr Chung Wui Fah (MCA Bangi Youth Chief /MCA Bangi Complaints Bureau Chief), Mr Tan Chee Teong (MCA Youth Central Committee), Ms Laiu Lian Kee (Head of MCA Wanita, Bangi) as well as other MCA, CRSM, ACTnow members along with the Taman Bukit Angsana Cheras, Selangor residents represented by Mr Fabian Tham, Mr Ho Hoong Fatt and Mr Steve Pang.

We would like to thank everyone for participating in this walkabout, and more coming soon! ACTnow will look into all the reports made and highlight it to respective agencies and Local Councils.

Special mention to the press members who have walked with us for 3 hours during the walkabout as well as providing a very in-depth interview in regards of the community concerns. This will help our effort to reach more like minded people to make the community a better place.



Photos during the walkabout session @ Taman Bukit Angsana, Selangor

## Ticket Highlight

**Hope MPSelayang will take swift action!** ACTNOW



*Ticket's Details* *Download On*

MY0002401 Majlis Perbandaran Selayang

Trees Taman Usaha Jaya, 52100 Kuala Lumpur



Ticket Number: MY0002401

MPSelayang has responded to ACTnow and informed that there is a tree leaning towards the road and it needs to be cut down and other trees need to be pruned.

**Free Van Anyone?** ACTNOW



*Ticket's Details* *Download On*

MY0002266 Dewan Bandaraya Kuala Lumpur

Garbage Jalan Damai Puspita 4, Taman Delima, 56000 Kuala Lumpur



Ticket Number: MY0002266

DBKL responded to ACTnow and notified that the department carried out an investigation and found that there was a vehicle left at the said location. Accordingly, 1 Enforcement Notice has been issued to the vehicle and the department has extended this matter to the relevant section for towing the vehicle after the expiry date of the notice.

## ACTnow's Community Live Shows

**HOT ISSUE**  
#whats4lunch

Every Wednesday @ 12PM on ACTnow Trooper

Listen to our Podcasts on Spotify, Apple Podcasts

**LIVE TALK SHOW**

Download app (iOS, Android)

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**热门话题**  
#口水多过茶  
您的线上主持人姚

欢迎来到 ActNow Trooper 收看 - 英语

直播日期: 播客

**LIVE STREAM**

### Hot Issue #whats4lunch Live Talk Show Every Wednesday (English & Malay) & Friday (Cantonese) 12PM on (ACTnow Trooper Facebook Page)

Hot issue #whats4lunch brings the the discussion of the HOTTEST issues amongst the community! Enjoy your lunch while listening to us!

**Rancangan Bual Bicara**  
Dr. ACTnow

Apakah itu Dr. ACTnow?  
Program baharu membincangkan tentang isu perubahan dan kecergasan diri. Ikuti kami untuk mengetahui dengan lebih lanjut

**LIVE Musim-2**  
Tonton di ACTnow Trooper setiap Selasa & Khamis

Rancangan bual bicara akan dijalankan dalam Bahasa Inggeris dan Bahasa Melayu

**COVID-19 101**  
Panel Doktor Kami



Disahkan oleh Meor Addelean, MPP Professional

Disahkan bersama Prof Dr Shamsul Azhar Shah, AC/Proff, Peta Perubatan & Emergent, Pengerusi Papan Pengarah Kesihatan Awam, Kementerian Kesihatan Malaysia, Unit & Klinik Kesihatan, Ipoh, Perak.

### Season 2 : Dr. ACTnow Live Talk Show

Dr ACTnow is a program to address medical & fitness issues co-hosted by Prof Dr Shamsul Azhar Shah. Season 2 is back with the topic Covid-19 101 - Living with Endemic. Professor Dr Shamsul as a co-host and his medical team, 10 doctors as special guest, will be conducting 20 episodes on Covid-19 related topics. This program will be aired every Tuesday and Thursday, 12-noon starting from 05 April 2022.

### Upcoming Schedule

On a break! Stay tuned for next season!

Watch every Tuesday & Thursday @ 12PM on ACTnow Facebook Page

**DearACTnow Live Talk Show**

DearACTnow is a live show addressing mental health as well as acting as a platform which the public can reach out to for a counseling session while staying anonymous. Write to us at dearactnow@gmail.com!

**Schedule**

May 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
05	06	07	08	09	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

July 2022						
SUN	MON	TUE	WED	THU	FRI	SAT
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**Our Hosts**



**Our Panel of Mental Health Professionals**



### DearACTnow (Mandarin)

Topic for Monday, 20 June 2022  
Watch every Monday @ 9PM

Because of some negligence and failure of the bank, I lost all my savings. I have two kids to support, my wife is out of work, I can't even pay next month's rent, and to make matters worse, I think my wife has recently suffered from depression. I really don't have the money to take her to psychotherapy and she always...

### DearACTnow (Bahasa Melayu)

Topic for Tuesday, 21 June 2022  
Watch every Tuesday @ 9PM

Due to the pandemic, I lost my job and income where I have been eagerly searching for another job but times have been hard. My gf had been extremely understanding and sometimes she would stuff me some monies to spend on claiming that it is from her father. Until one of the nights she left her laptop on and ...

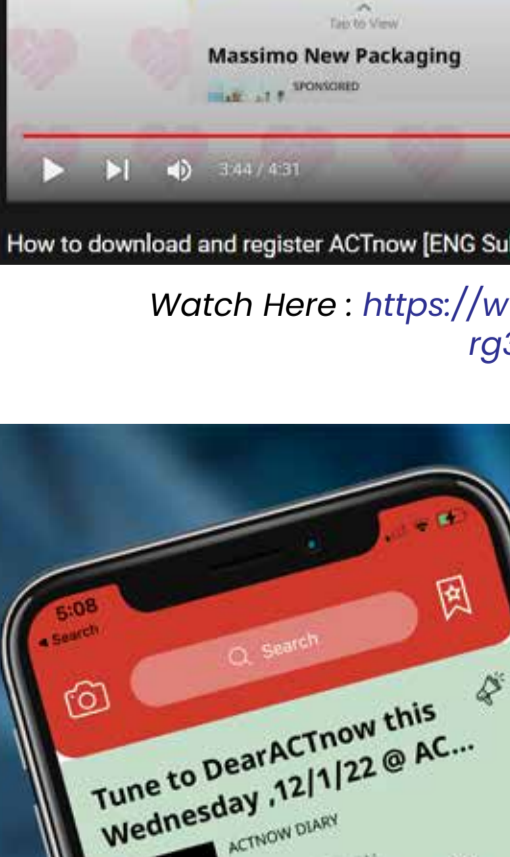
### DearACTnow (English)

Topic for Thursday, 23 June 2022  
Watch every Thursday @ 9PM

I got married recently but we don't seem to connect on many levels - in terms of interests, understanding, intelligence. He is a good person, a very nice person, but I think we make each other miserable. Recently, I had a miscarriage. It was traumatic. He didn't realise how much it affected me mentally. I was horrified that he..

## How to Download

**Congratulations! Your account is active! Now, let's try to make a report!**



How to download and register ACTnow [ENG Subtitles]

Watch Here : <https://www.youtube.com/playlist?list=PLYuPtujvoZs-rg33chmP047K9apHPlCue>

**Download Now**



IOS Android

**ACTnow for Better Community, Better Malaysia.**

ACTnow is a social enterprise dedicated to building a better community by connecting the people and the local authorities as a bridge to highlight everyday's community issues. It covers 52 categories of community issues spread across 155 local councils throughout Malaysia in a single free-for-use application. ACTnow is the official holder of The Malaysia Book of Record - "First Community Engagement Mobile Application" since November 17, 2020. The sole purpose of ACTnow is to encourage and build a better community. Be the voice of community, do not act later, ACTnow!



First Community Engagement Mobile Application



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