

I CANNOT agree more with the letter “Invest in public parks as living assets we all share” published in *StarMetro* on Jan 22, 2024.

Allow me to introduce a living testament to the transformative power of green spaces – Datin Teo Poo Choo, a vibrant 95-year-old who has been a regular at Taman Persekutan Bukit Kiara for the past 40 years.

Her daily ritual of exercise and social interaction at the park has not only contributed to her longevity but has also enriched the tapestry of her life.

She is a living example of the profound impact green spaces can have on our well-being and overall health.

Green spaces are not merely patches of grass and trees. Instead, they are lifelines that weave vitality into the fabric of our communities.

Areas like Taman Persekutuan Bukit Kiara, offer a refuge for outdoor activities, exercise and moments of respite from the stresses of daily life.

Studies have shown that access to green spaces can improve mental health, reduce the risk of chronic diseases, and even increase life expectancy as in the case of Teo.

The benefits of green spaces extend beyond personal well-being.

They play a vital role in mitigating the impacts of climate change, absorbing carbon dioxide, releasing oxygen and providing habitats for diverse flora and fauna.

The environmental, economic and health advantages are interwoven, creating a harmonious synergy that contributes to the overall quality of life for residents.

Cherish green spaces for community's well-being



Teo with her great grandchild, her son Danny (right) and caregiver. — Courtesy photo

Some of these benefits are intangible and cannot be scientifically measured.

Residential property located beside a park always fetches a higher price.

The landmark court case of Taman Rimba Kiara in Taman Tun Dr Ismail (TTDI) exemplifies the relentless pursuit of profit at the expense of community well-being.

Despite strong objections from residents, Kuala Lumpur City Hall (DBKL) approved the



StarMetro's report on Jan 22.

development, leading residents to pursue legal recourse and ultimately securing a victory in the Federal Court.

This victory underscores the urgent need to protect our green spaces from the insatiable appetite for development.

The community must remain vigilant.

Local councils must recognise the bigger picture – prioritising the long-term well-being of communities over short-term gains for developers.

In the long-term, it is crucial for local councils to uphold the spirit of the court ruling and resist any temptation to change the laws at the expense of green spaces.

Green spaces are integral to our physical and mental health, community harmony, and environmental sustainability.

Policies must be aligned with these principles, ensuring that green spaces continue to thrive as vital components of our urban landscapes.



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Letters must carry the sender's full name, address, telephone number and signature. A pseudonym may be included. Letters may be edited for clarity, brevity and other requirements.

Equally important is the role of the community in this ongoing battle.

The victory in the Taman Rimba Kiara case was made possible by the collective effort of TTDI residents who stood united and solidly against the encroachment on their green haven.

The community must remain engaged and proactive in ensuring that local governments are held accountable and that the values of green spaces are upheld.

Teo's story is a living reminder of the significance these areas have on individual lives.

Our urban oases are not just plots of land; they are repositories of health, happiness and community harmony.

Let us ensure that the legacy of Taman Persekutan Bukit Kiara and similar green spaces continue to flourish for generations to come.

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