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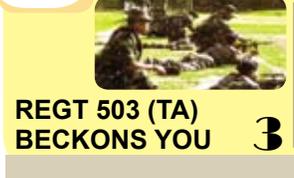
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Miss Echo February



ANDERSON SCHOOL IPOH - A CENTURY OLD

special report by Peter Khiew



Anderson School is 100 years old this year and its sons, who proudly call themselves Andersonians, are gearing up to give their alma mater a celebration it rightfully deserves. The vibrant and upbeat mood has been felt throughout the year after the school began its countdown in February of last year.

Photograph by Rosli Mansor



More pics at ipohecho on line

Name: SOPHIA YASMIN
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Celebrating Anderson's 100 years of excellence



Excitement is in the air, as the school has started selling centennial souvenirs. Limited edition items like centennial crystals, giant porcelain mugs, watches, golf umbrellas and baseball caps are selling like hot cakes. Banners and bunting have been strung up at strategic locations months ahead in downtown Ipoh. Motorists using the North-South Expressway are bound to be greeted by eye-catching billboards announcing the pending year-long centennial celebrations.

Appropriately themed, "Celebrating 100 years of Nationhood by Andersonians", Organising Committee Chairman, Datuk Seri Dr Mohd Helmi Ismail said, "To make the occasion highly significant, meaningful and also noteworthy, we'll be presenting the 'Andersonians of the Century' award to the most

illustrious and notable candidates." The committee has not set a particular number of Andersonians to receive the award. "If the panel of judges feels that a 100 former students deserve to be awarded, we will have 100 awards then," said Helmi.

Among the judges on the panel are former Perak Menteri Besar, Dato' Seri Tajol Rosli Ghazali, Bernama Chairman, Datuk Seri Mohd Annuar Zaini and New Straits Times Press Group Editor-in-Chief, Datuk Hishamuddin Aun.

The theme is certainly appropriate, as the school has produced many outstanding personalities among whom are MPs, senators, state assemblymen, municipal councillors, captains of industries, senior government servants and professionals in all disciplines. Two excep-

tionally high-profile leaders had successfully held the post of Chief Secretary of the Government. These men of honour are Tan Sri Dato Paduka (Dr) Sallehuddin Mohamed and Tan Sri Ahmad Sarji Abdul Hamid.

There are Andersonians who had reached the pinnacle of their careers in the Army, Navy, Air Force and Police. Among them are Gen (Rtd) Tan Sri Zahidi Zainuddin (ex-Chief of Armed Forces), Gen (Rtd) Datuk Seri Mohd Azumi Mohamed (ex-Chief of Army), Admiral (Rtd) Datuk Seri Ahmad Ramli Mohd Nor (ex-Chef of Navy), Lt-Gen (Rtd) Datuk Seri Yunus Tasi (ex-Chief of Air Force) and former Inspector General of Police, Tan Sri Mohd Bakri Omar.

Touted to be one grand affair, Anderson School's 100 years celebrations are filled with exciting programmes which will appeal to Ipohites across the board.

On February 15, a mass parade will march from Ipoh Padang to the school ground led by marching bands from schools with century-old status, such as, Malay College Kuala Kangsar, Sultan Abdul Halim College Alor Star, Clifford School Kuala Kangsar and Methodist Girls' School Ipoh. Some 1,500 participants have been invited to take part in the parade. Before the launch of the centennial celebrations by His Highness Sultan Azlan Shah, spectators will witness a team of parachut-

ists free-falling from an aircraft above the school padang. The proclamation letter to be read by the Sultan will be borne by the lead parachutist. It will be a spectacle in itself said the Organising Chairman.

In the evening, beginning at 8 pm, an array of entertainment programmes have been lined up. They include a stage show, music and songs and will climax in a 15-minute fireworks display. The scheduled royal centennial dinner will be held the following day.

Some of the major activities planned for the year include a rugby inter-centennial schools tournament on February 21 and an inter-premier school football competition on February 28. One Andersonian who had done exceptionally well in sports was Dato' Nashatar Singh. He represented the country in athletics at the 1964 Tokyo Olympics and in Mexico four years later. He still holds the national javelin record. Aminullah @ Aman Karim E.A. Karim represented Malaya in hockey at the 1956 Melbourne Olympics. These Olympians along with Yeoh Chai Lye, a professional flyweight boxing champion, had left a lasting impression in the sporting arena.

"We took four years to plan. It was sheer teamwork and camaraderie among members of the Old Andersonians Club Ipoh and the Anderson School Old Boys Association of Wilayah Persekutuan Kuala Lumpur and

Selangor," said Helmi.

A desire to achieve a common goal had enabled a group of alumni to collate details of hundreds of Andersonians and has been compiled into a book entitled, "Journey of the Andersonians: Who's Who". The book features 1,001 old boys who stood tall in society and was authored by Datuk N.S. Selvamany, a former principal. Selva took 18 months to complete the book. He conducted interviews with old boys some of whom are residing in Australia, the United Kingdom and Singapore. "There are over 20,000 Andersonians spread all over the world" said Helmi, "and it was a Herculean task to notify all of them to come home for the get-together".

The last part of the celebrations, on February

8, 2010, will see the launching of the "Andersonian Centennial Memoirs". Dr Helmi said a time capsule, with details of events on the centennial celebrations, will be buried at the school grounds. This ceremony will symbolically end the celebrations of Anderson's 100 years of excellence, welcoming in another century of excellence based on the school's motto, "To Strive, To Seek, To Find and Not To Yield".

The quest for the Andersonians of the Century is in progress. Submit your nominations to reach the panel before February 26.

For details on the celebrations, please contact Ms Norazuwa at 05-2554328 or e-mail your queries to: andersonians.ipoh@gmail.com.

by PETER KHIEW



Datuk Seri Dr Mohd Helmi Ismail

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From the Editor's Desk

FATHOL ZAMAN BUKHARI



THE MALAYSIAN TERRITORIAL ARMY

Able-bodied Perakians should take up the challenge and be volunteer soldiers. Regt 503 (TA) beckons you

Photograph by Rosli Mansor

Maintaining a standing army is an expensive affair considering the cost involved in purchasing state of the art weaponry and technology. To overcome this drawback, nations have to depend on volunteers, and in extreme cases, conscripts, to beef up their regulars. Malaysia is no exception. The Malaysian Territorial Army has been mobilised in the past to assist the regulars in safeguarding the nation. In the 1970s seven infantry battalions were raised for this very reason, four were tasked to augment army units along the Thai border and the remaining three, to monitor the influx of Vietnamese boat people along the shores of Kelantan, Trengganu and Johore. The battalions were later disbanded leaving only two current-

ly deployed north of the East-West Highway.

The origins of our territorial army can be traced to the volunteer companies established by the British colonial government in the 1930s. Volunteers were drawn from the local populace and the British expatriates and formed into rifle companies in the Malay states and the Straits Settlements. The urgency in establishing these companies was in anticipation of threats posed by a belligerent Japanese military government.

Presently, there are 16 territorial regiments in the country – one each for every state including the Federal territory of Kuala Lumpur. Sarawak, incidentally, has two regiments. Each regiment is organised into three battalions. The Commander is a volunteer officer with the rank of a brigadier-general. The day-to-day administration of the regiment is being

managed by some 160 regular personnel under the direction of the Deputy Commander, a Lieutenant-Colonel and a career officer from the regular army. A fully established regiment consists of 3,000 volunteers – a thousand each per battalion. The officers and men serve on a contractual basis with each term lasting a period of five years. They can extend their service continuously till the age of 50.

Training is planned and managed by the regular staff in each battalion. There are three types of training. They are weekend, local and the annual camp. Weekend training is on weekends and is done on an hourly basis. There is no cap on the number of hours a year. Local training is group training conducted within the campsite not exceeding 14 days a year. Annual camp is collective training involving the whole regiment and done

towards the end of the year. Annual camp lasts for 15 days. The three types of training are progressive in nature.

During weekend training volunteer officers are paid RM5.80 an hour while the rank and file, RM4. When undergoing local training and annual camp, volunteers are paid the regular army rate according to their ranks. An incentive payment of RM520 is paid to any volunteer who completes at least 380 hours of weekend training and attends the annual camp. Volunteers are paid a travelling allowance. A volunteer private soldier can make about RM3,500 a year provided he attends all forms of training within the year.

The 503 (Territorial Army) Regiment is Perak's own. Its headquarters is located along Jalan Raja DiHilir (Tambun Road), after the Ipoh Specialist Centre. The regiment's



three battalions are located in Ipoh, Taiping and Tapah respectively. The Perak regiment is not without problems of its own. Topping the list is a high personnel turn-over rate. This is caused by volunteers not extending their service after their initial five-year term. The other is remuneration. Although the hourly rates have been revised, they are still considered pittance.

Volunteerism connotes willingness without reward. But how many are prepared to do so?

However, there are the energetic few who are willing to volunteer for a good cause – taking up arms in the defence of the nation.

If you are able-bodied aged between 18 to 50 years and is not too bothered by pecuniary reward give Major Kamarul Hisham, the Recruiting Officer of Regiment 503 (TA) a call. His contact numbers are: 05-2549342 (office) and 019-9061241 (mobile).

EDITORIAL

The defeat of Datuk Wan Farid to Abdul Wahid Endut at the recently concluded Kuala Trengganu by-election provides one significant lesson – that misinformation by the mass media is no longer tolerated. Making use of both the electronic and news media to prop up one's image will only prompt the people to do the opposite. And in Wan Farid's case, an eminent loss despite the RM35-plus million worth of sweeteners dispensed purposely to garner support.

Biased reporting favouring one political party over the other has been the staple of Malaysian mainstream media ever since.

Over the 11-day campaign period the public was continuously bombarded with news of a rift in the Opposition camp, especially over one troubling issue – Islamic governance (hudud). In spite of repeated assurance from Pakatan Rakyat leaders that a consensus within the coalition was required beforehand to implement such a ruling, the gospel was lost in

OF LIES AND HALF-TRUTHS

the heightened frenzy of make-believe reporting.

Truth was conveniently forsaken and in its place lies and half-truths reigned. Lost too was the allegation of attempts at greasing the palms of reporters with money stashed in envelopes. In fact this was more relevant than news on phantom voters, indelible ink and scuffles between party supporters. Despite reports made to the Police and the Election Commission the matter was hurriedly brushed aside and the

complainants bundled off unceremoniously.

Voters today are more mature and will reject stories of glory and altruism attributed to one political party or individual. Contentious issues which are self-serving and outrageous will not have a ready audience save for the apologists from among the crowd.

The rakyat today are more discerning as they have alternate means of sourcing for news – good and bad. Blogging has paved the way for a more

balanced reporting, one that does not harp on race, religion and bigotry. At Kuala Trengganu a team of bloggers had descended on the town ahead of time to report the happenings as they see it. Ceramah, the mainstay of politicking in Malaysia, continue to draw the crowd from among the laymen.

On the economic front, job losses are becoming more apparent.

Despite the government's assurance that the country will not be affected by global re-

cession, the reality is something else. Some 45,000 workers will be jobless after Chinese New Year.

While the mainstream media continue with their nothing-to-fear rhetoric, ordinary Malaysians are beginning to take stock of the gloom surrounding them.

Rest assured, crime rates will go up, Ah Longs will have a field day and the Police will have their hands full.

Reporting the truth, therefore, makes sense.

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G. SIVAPRAGASAM

Thirteen federal agencies are responsible for managing our public transport system and they are never connected. The mayhem is not doing the rakyat any good.

Transport is a basic necessity and should be the right of every citizen in modern society. There can be little dispute that socially and economically the most efficient and responsible method of moving people is Public Transport. Unfortunately, public transport is perceived today as only for the poor and caters for less than 10% of the community. This percentage will remain unless the quality of public transport system improves. But so long as public transport remains the province of the silent undemanding underprivileged there will be no improvement. The solution is to make public transport appealing for everyone and private transport inconvenient. As with any great endeavour the leaders should articulate a clear mission towards this objective setting definite targets, milestones and timeframes.

The problems that plague the industry are no secret:

- Thirteen federal agencies administering public transport with little inter-departmental coordination, resulting in no ownership, responsibility and accountability.
- Local councils functioning without transport planners resulting in mass transit infrastructure and support systems being neglected in development plans.
- Private enterprise providing public transport under regulated fares having to contend with new operators issued operating licenses ad hoc, poor enforcement of conditions resulting in insecurity dissuading capital expenditure.

- Operators focusing on profit and not meeting stakeholders' expectations.

- Permits awarded to influential people who rent them out to actual operators.

At a workshop organised by the Perak State Government on December 22, 2008, and a seminar by the Ipoh City Watch on November 9, 2008, these problems were

discussed and excellent solutions suggested. It is puzzling why there is a reluctance to implement them.

The recommendations included:

- Formulation of a national transport policy. All modes of public transportation considered in the overall mass transit planning. A uniform and simplified fare system administered by a centralised agency that will also be responsible for designing and publishing the entire interconnecting mass transit routes and schedules based on continuous travel demand analyses and feedback from the public.

- A one-stop centre for urban mass transit that serves as a coordinating agency responsible for routes, fares, assets, traffic enforcement, land gazette.

- Competency and transparency in policy and in administrative decisions.

Resolution of risk and responsibility between public authority and private operators with the commuter's interest reigning supreme.

As for Ipoh the general consensus was:

- The bus is the most suitable mass transit vehicle for Greater Ipoh due to its flexibility and extendibility.

- The area encapsulating Medan Kidd, Ipoh bus station and KTM railway station in the centre of the entire Greater Ipoh townships with well-connected to roads and rail tracks ideally positioning it for a hub-and-spoke mass transit routes, is the most strategic location for the Ipoh Central Transportation Hub.

- The location in Bandar Meru Jaya be Ipoh's mass transit gateway for northbound intercity commuters with a similar gateway established at Simpang Pulai-NSE Exit for southbound intercity commuters, with the gateways served by high frequency bus services travelling across main corridors and passing through the main transit hub.

- Three BRT lines to form a hub-and-spoke mass transit system,

covering the northern suburban areas of Bandar Meru Raya, Chemor and Tanjung Rambutan, and the southern suburban areas of Batu Gajah, Pengkalan and Simpang Pulai with the stops along these lines serving as transfer points for commuters from the surrounding suburban areas. The three BRT lines intersecting at downtown Ipoh, enabling commuters access to downtown bus service lines covering Jalan Sultan Idris Shah, Jalan Sultan Iskandar, Jalan Dato Onn Jaafar, Jalan Raja Musa Aziz, Jalan Dato Seri Ahmad Said and Jalan Hospital.

- The rail double-tracking be used to provide commuting along the Kinta Valley. (Sungai Siput to Batu Gajah, with stops in Chemor, Tanjung Rambutan, Klebang, Tasek, downtown Ipoh, Menglembu and Bukit Merah.)

- Safe, comfortable and accessible walking paths that are user-friendly to small children, seniors and the handicapped established to reach transit points.

- High frequency BRT lines fixed along main suburban corridors with bus stops evenly spread out roughly one km from each other. Truncated BRT lines complementing regular BRT lines to cater for increased demand on certain sections during peak hours.

- Dedicated bus lanes, queue jumps and priority signal lights to make BRTs as efficient as LRTs and MRTs.

- Suburban feeder routes simplified so that it will not take more than 5-10 minutes for each resident to walk to the nearest feeder bus stop with waiting period no longer than 10 minutes, and the bus to reach the nearest BRT bus stop within 10 minutes.

- Express, non-stop local bus service that perfectly complements the BRT services.

- Bus stops, stations, hubs and gateways designed exclusively for rapid incoming and outgoing traffic flow of buses.

- Transfer points made accessible,

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safe passageways. Well executed mass transit travel paths that guarantees seamless connection.

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MUSINGS

by See Foon Chan-Koppen

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HAPPINESS IS CONTAGIOUS



How happy you are may depend on how happy your friends' friends' friends are, even if you don't know them at all. And a cheery next-door neighbour has more effect on your happiness than your spouse's bad mood. So says a new study that followed a large group of 4,739 people for 20 years – happiness is more contagious than previously thought.

“Your happiness depends not just on your choices and actions, but also on the choices and actions of people you don't even know who are one, two and three degrees removed from you,” said Nicholas Christakis, a physician and social scientist at Harvard Medical School and an author of the study, published in BMJ, a British journal.

INFECTIOUS

Apparently, unconscious signals of well-being pack more zing than conscious feelings of resentment. For example, we may be jealous of our

friends winning the lottery but their good mood is so infectious that we walk away feeling happier without being aware that they were the cause of our happiness. It was also discovered that the closer in proximity you are to the source of happiness, the more infected you become. Now that is an infection I want to contract!

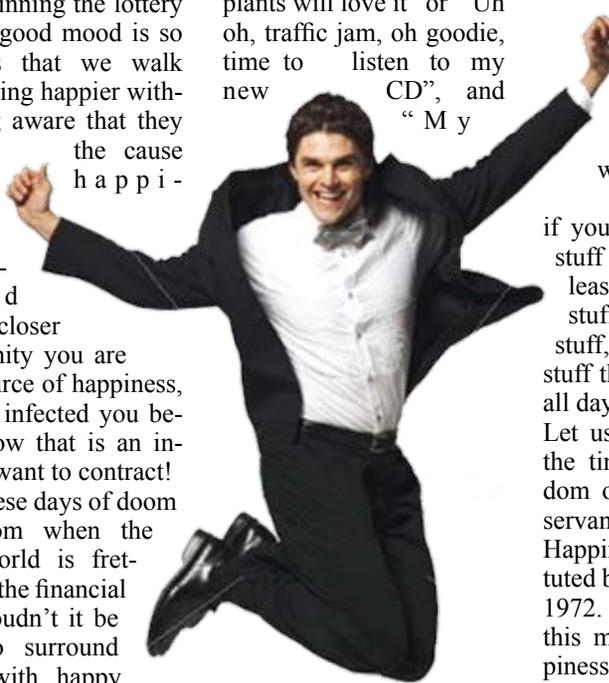
In these days of doom and gloom when the whole world is fretting over the financial crisis, wouldn't it be lovely to surround oneself with happy people? People who always look on the bright side of things, who count their blessings, who are happy to have food on the table, a healthy appetite, a roof over their heads, a healthy family?

THINK HAPPY

And what makes happy people? Have you ever noticed that they're not richer, slimmer, more handsome/beautiful, more intelligent, more educated, more articulate, more talented than you?

They somehow just THINK happy thoughts. Like, “Oh look at all that lovely rain. The trees and

plants will love it” or “Uh oh, traffic jam, oh goodie, time to listen to my new CD”, and “My



spouse/friend/Mum/Dad/child just snapped at me. Oh poor dear, they're so stressed out, why don't I spring a happy surprise on them?”

It is amazing how much stuff we make up in our heads. We can choose to moan and groan about what is happening “out there” or we can make up happy stuff “in here” – as inside our heads. We can curse the traffic jams and errant drivers or we can use the time to plan our child's birthday party. We can blame the maid for breaking the salad bowl or think, “Oh I hated that

bowl anyway. So now is the time to get a new one.” It's up to us to fill our minds with whatever we so wish.

My advice is that if you are going to make stuff up in your head, at least let it be enjoyable stuff, let it be desirable stuff, let it be the kind of stuff that makes you smile all day long!

Let us follow the lead of the tiny Himalayan kingdom of Bhutan in its observance of Gross National Happiness, a policy instituted by the Fourth King in 1972. For the Bhutanese, this measurement of happiness is just as important as economic prosperity or Gross National Product.

And if happiness is contagious, then let's start an epidemic!

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According to Wikipedia, the sweetness or spiciness of the Indonesian ‘Rujak’ has a special significance in the traditional ‘prenatal’ ceremony, known as *Tujuh Bulanan*, to predict the sex of the baby. In Malaysia, we eat *Rojak* for any occasion. Even if there is no occasion, we eat *Rojak*.

Rojak has 2 parts – fresh mixed fruits and sauce. The fruits could consist of: pineapple, cucumber, *sengkuang* (white turnip), mango (the small crisp kind is best), ‘jambu air’, guava, etc. The amount and variety of fruit depends on the generosity and imagination of the seller. The sauce, however, is where the ‘oomph’ comes from. The basic ingredients are: ‘harkoh’ (prawn paste), sambal belacan, chillies and sugar. Sometimes sesame seeds and black/white soya sauce are added – one never really knows what goes in. Some recipes are even more closely guarded than the Old Colonel's chicken recipe.

By the way, sweetness signifies a girl and spiciness, a boy – so now you know!

RESTAURANT	LOCATION	COMMENTS +	COMMENTS -	PRICE (RM)	RATING
Kedai Makanan Lok Wee Koi	Corner of Jln Mustapha Al-Bakri & Jln Musa Aziz (opposite Kamdar)	good, hot enough	sauce a little bit watery	3.50	3.5
ABC stall #26	Dataran Niaga, Taman Pertama	good dipping sauce	could do with a bit more ‘oomph’	3.50	3.5
Uncle Looi's Rojak (mobile)	Call: 017-578 2362	sauce has a good texture & right amount of ‘harkoh’ & slightly hot zing	not ‘rojaky’ enough	3.00	3.0
ABC stall #26	Dataran Niaga, Taman Pertama	good sauce, nice ‘rojaky’ taste	lacks ‘oomph’	3.50	3.5
Hawker stall (till 3pm)	Opposite Ariff Book Store, Jln Lee Kwee Foh	sauce is thick with plenty of peanuts	sauce is sweet & more like satay	5.00	5.0

Our next food review will be *ROTI CANAI*. Email your favourite recommendations to: ipohecho.vw@gmail.com

ADVERTORIAL

VALUE FOR MONEY HOMES

Klebang Ria Garden is a landscaped Residential & Commercial Development located just 15 minutes north from Ipoh.

This 188-acre housing estate is built on Freehold ex-rubber estate land. When completed it will comprise a mixture of Semi-Detached and Terrace Homes as well as a Commercial Park and a

Hypermarket. Developed by Namcom Development it is easily accessed via Kuala Kangsar Road. Upon completion, the Klebang Area will feature 30,000 mixed residential and commercial houses. Major industrial and commercial activities are situated in this catchment area. Ipoh City Centre is just a short 15-minute drive away.

The proposed 1,300

hectare High-Tech Park will also be sited in this area. Development in the Klebang Area will eventually link up to Bandar Meru Raya which has been tagged as Ipoh Cyber City.

So far Namcom has completed and delivered 700-plus units of mixed development comprising single and double storey residential units and shop offices.

A 10-acre beautifully

landscaped recreational park with jogging track, children's playground, pavilions, exercise pad, etc. is now ready for the benefit of the residents.

Planning approval has also been obtained for a hypermarket with annexes to be built on 11 acres of its prime land facing Kuala Kangsar Road. Approval has been obtained for the Poi Lam School (SKJC) to be relocated to the Klebang

Area. A private hospital is also being planned.

Currently Phase 4, consisting of double storey terrace homes will be on time for an early 2009 completion.

Namcom, after numerous requests to build more of its larger double storey terrace homes, will finally be launching 36 units of them. Referred to as Phase 4A it is located in front of a 10-acre landscaped park

and is ideally larger for the growing family.

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LETTER FROM ULU KINTA

writer's email: letterulukinta@yahoo.com



INVESTING IN OUR YOUTHS

Parents take the easy way out by leaving the responsibility of caring for their children to teachers. This is a recipe for disaster . . .

I met up with some old school friends at one of our favourite haunts, the makan-place, in Anderson School. There was a housewife, a chemist, a few teachers and lawyers, and a business woman. The topic of conversation turned to the youth of today. We were concerned about what we read in the papers and saw on television.

We discussed the increase of violence in schools, how some teachers were afraid to discipline certain children for fear of rebuke by the parents or worse still, the dread of retaliation (the usual revenge was to run a coin along the teacher's car) by the students themselves. Someone mentioned how she'd also heard of a school calling the police when fighting between children went out of control.

Lack of courtesy, bullying and extortion in schools seemed the norm. We expressed alarm when told how children would suddenly disappear during lessons to go to the school canteen for a drink, or simply to 'relax'. Respect for teachers was non-existent.

We were horrified that girls were increasingly more aggressive (than in our time) and used foul language regularly.

It seemed that schools were dragging their feet when it came to instilling discipline. Or were they? We didn't exactly envy our friends in education. To be a teacher today is stressful enough, without the added burden of administrative matters and political correctness. To teach a badly behaved lot must surely take its toll on the teachers. The atmosphere in schools had to be demotivating and demoralising.

Moreover, the student who simply wants to learn and get on at school, in the presence of an ill-mannered group of pupils, must feel it disruptive and not conducive to learning. Do badly behaved children get expelled? Or are they excluded for a period of time? On the other hand, I would hate for any child to be denied an education.

Unsurprisingly, some children who get expelled, are proud of their expulsion and see this as their 'badge of honour', with other children revering

these misfits and treating them as 'heroes', in a perverse kind of way.

A child acting abhorrently and falling foul of the law at such a tender age, must mean he/she lacks self-respect and dignity. These desperate children, whether they are aware or not, need help. I wondered if we possessed reserves of energy within us, to help them, to turn their lives around.

Then, the lawyer in our group revealed, that the extent and frequency of serious offences were increasingly committed by teenagers or young adults, who were barely out of their teens. Why have these kids resorted to crime? How could they commit violent acts? Were they emotionally unstable that they could commit cold blooded murder or turn to stealing as a hobby? As they weren't forced to do it, thus, total responsibility for the crimes, lies with them. But it also begs the question, how have we failed these young people?

Were we less confrontational, better behaved and more disciplined in the seventies or eighties?

Did we have greater parental and family influences to guide us through life then? But might it also be true, that with time on our hands, we had to find and make our own entertainment, without the profusion of violent videos, computer games and mindless repetitive television to corrupt our minds. So why is there a seemingly higher proportion of problem children these days?

The 2006 statistics in Perak stated that students were responsible for 3 out of 200 criminal cases. Of the 845 primary schools, there were 1,042 cases of truancy. Of the 212 secondary schools, the truancy figure was 450 cases. Primary schools registered 5,026 disciplinary cases, and for secondary schools, the figure was 8,186. Perak also had the third highest registered number of drug addicts in the country. And the number of families below the hardcore poverty line was over 6,000.

I don't believe that a broken family is the cause of bad behaviour. Neither do I think that poverty is the root cause either. There are violent children from

stable families. Likewise there are the spoilt rich kids. Our modern living celebrates violence (and sex) openly. The films we watch, the magazines we read and the songs we sing or listen to, promote violence. And worse, they are mostly targeted at our youth.

The various component cultures that comprise Malaysian society do not condone violence. Our schools all promote discipline. There has never been a breakdown in religious practice in our major faiths. Yet, none of these has managed to stem the flow of violence in our youth.

A significant factor may be due to bad parenting and living in a difficult environment. Parents are busy making ends meet that they simply ignore their children and forget to instill certain values in their offspring.

Modern pressures also contribute to a significant number of broken marriages. In recent years, the number of divorces and single parent families has risen. The importance of family is critical but at

the same time, our young need to be told of the dire and tragic realities of being a lone parent. Some single parents cope remarkably well if they have a strong support network of family and friends. These are the lucky ones.

But a fair proportion of single mothers, notably single mothers, face huge difficulties as they struggle financially with the enormous burden of supporting their children. They are depressed, suffer mental health problems and endure loneliness.

The tragedy is that the children of these single parents suffer emotionally too, with periods of depression, and are easily influenced towards criminal tendencies. Being emotionally scarred, they easily gravitate towards crime because of the need to belong, to be part of the gang and hence to bully other children in school or be a menace in society.

A child needs a responsible father figure just as it is important he/she sees the different roles played by the mother and father in a family. Parents, and teachers, need to tell children of the boundaries of their behavior

continued on page 7

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PARENTING

by WERN SZE GILL

ipohecho.parenting@gmail.com

RAISING HAPPY AND RESPONSIBLE KIDS

Tried and tested tips from Mrs Lai Kong Wa, CEO of Tenby Schools Ipoh, on how to get your child happy and successful at school

It's that time of year again – the carefree days of the holidays fade and the hectic routine of school begins. Many children may moan and groan about having to do homework again, or they may worry about friends and their new teacher.

A parent's role in minimizing the "back to school blues" and encouraging the school-going child is especially important during these initial weeks.

Mrs Lai Kong Wa, who heads Tenby Schools Ipoh (Ipoh International School & Sekolah Tenby), encourages parents to keep an open communication with teachers to ensure their children's progress and happiness in school.

"At Tenby Schools Ipoh, we advocate a strong home-school partnership. Every student is given a homework diary and parents are encouraged to use this medium to write notes to the class teacher and vice versa. This helps to ensure that the child's needs are met and allows both parties to participate in the child's progress."

**ADVICE FOR WORKING PARENTS**

She advises busy parents, especially those where both parents are working, to make time to communicate with their children throughout the day. "Parents can always make a quick call home to speak with the child during working hours and can even write notes to them before leaving the home. A message box can be prepared for each child in the home where notes from each other can be dropped. These small gestures help assure the child that you are thinking about him throughout the day."

Fun and play are important too. "Don't just roster work times during the weekday, but also play times. It is important to

have a balance in order to keep learning fun for the child. If you are a working parent, exercise control by making sure your caregiver keeps to the roster."

Mrs Lai makes the following observations of modern parenting. "Due to the demands of modern society with parents spending less time with their children, many tend to 'spoil' their children by giving them an easy life and having everything done for them. This does not help as children need to feel a sense of achievement by helping out in the home."

START 'EM YOUNG

For young children, Mrs Lai suggests simple chores like getting them to pack their own bags and

lunch, and getting them to pick up their toys after play times. "Praise them when they have accomplished chores well in order to boost their self-esteem and confidence."

"For older kids, parents should not pamper them by being too relaxed about school rules especially rules pertaining to punctuality for instance. Children must be guided to adhere to rules and be taught that breaking rules will bring about consequences. Tell them what behaviour is acceptable and what isn't. Allow them to face the consequences when they do not keep the rules. If you protect them from the consequences, they will grow up with little respect for authority."

She also feels very strongly that children must be taught to respect their teachers and elders. "Parents are their role-models. How they treat others will be a reflection of how parents conduct themselves."

"In short, parenting can be likened to holding a bar of soap. Hold it too tight or too loose and the soap

continued from page 6

will fall from your grasp. Similarly with parenting, you can neither be too strict and protective, nor be too lenient and permissive. The balance has to be just right."

Being herself a mother of three grown children, Mrs Lai shares how her own kids were always encouraged to jump into their king-size bed for family bonding times. To her, those times were special and helped bring the family close together after a long busy day. "Of course there's no such thing as the 'perfect' mother. I have my weak-

nesses too. Nevertheless it is important we continuously strive to improve ourselves and never give up learning."

logged. However, can we be absolutely sure that our child is safe, in trusted company and that they are where they claim to be? The youth of today grow up in a world where there is little censure, be it from their parents, their teacher, the stranger who purports to care, and even the community, to show them the difference between right and wrong. Ours is an easily fragmented society. If we do not act now and regain the bonds that hold our family and community together, we may lose our precious investment - our youths.

YMM

nesses too. Nevertheless it is important we continuously strive to improve ourselves and never give up learning."

She offers the following advice for young parents. "It is important to give hope to every child. We must appreciate our children for who they are. See the individual beauty in each of them and never compare them with others. Express love and appreciation for your children by hugging them often. When you talk to your child, always listen deeply to what he or she is saying."

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EXCHANGE PROGRAMME



Students of SMK Sains Raja Tun Azlan Shah in Taiping resorted to a traditional but stylish way to make friends. They got involved in a bookmark exchange programme, as part of the International School Library month. The school is a member of the Australia-based International Association of School Librarianship.

The project involves matched schools making creative homemade bookmarks of any style or shape. Information

about the school, country and culture were used as themes for the bookmarks.

The bookmarks will then be shipped in time for distribution on ISLD Day.

"We started our exchange of bookmarks with the students of Newport Middle School, North Carolina, USA in 2007," said Mr Wong Tuckee, a teacher at the Taiping school. Wong said for the 2009 session, the school plans to expand its contact to include schools in Roumania and Portugal.

YOUNG PERAK

by PETER KHIEW

Teachers and students from schools are invited to write about their respective institutions of learning.

E-mail articles to:

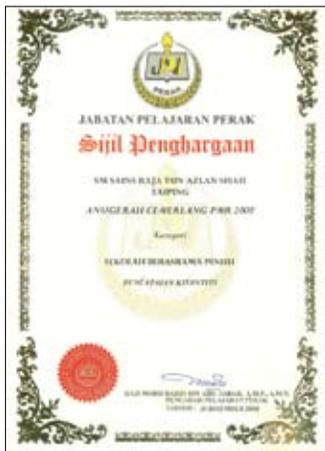
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BEST IN PERAK!

SM Sains Raja Tun Azlan Shah, Taiping managed again to maintain its record of achieving 100 per cent passes for the 2008 PMR, with a score of 1.05 GPK, making it the best in the state of Perak. The school received the Award of Excellence from the Perak State Director of Education.

Eighty five out of 120 of its candidates obtained straight A's while the rest got A's with a few B's. No one got a C grade in any of the papers taken.

According to the



Principal, Puan Rahimah Mohd Sura, the excellent

result is the fruit of the hard work put in by the students and teachers with support and co-operation of the parents, the Parent-Teacher Association, former students and the Education authorities.

The school also places emphasis on character development. Many of the top scorers not only excel in studies but are also active in extra-curricular activities.

Emerald Chao, who scored straight A's for her PMR, represented the district at the MSSPK Cross-Country Competition and played badminton for Perak at the MSSM level.

Her formula for success in examinations is that one must be consistent in one's studies and always pay attention in class.

The school is now pursuing a policy of global involvement so as to widen the mental horizon



Two straight As students who won praise for their excellence

of its students with the aim to provide a "world-class education".

Producing well-balanced individuals, who can become world leaders, is indeed the mark of a "world class" institution.

OUR CONCERN

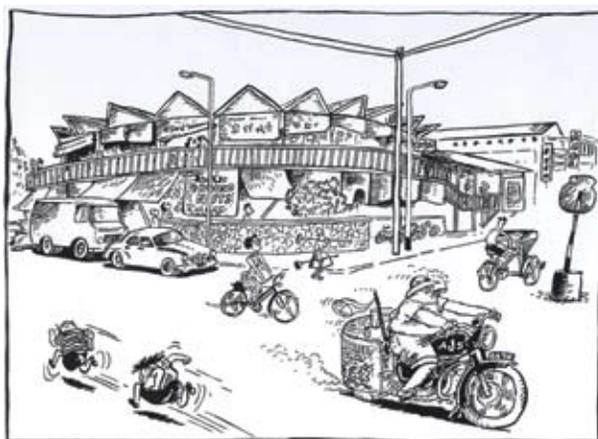
Pasar Bulat is set to regain its former glory. A forum to discuss its revival ended on a successful note

The project to rebuild the Yau Tet Shin Bazaar, fondly known as Pasar Bulat or Pak Kok Lau, has brought the Ipoh community together like never before and awakened an hitherto

dormant interest in conservation.

Yau Tet Shin was the towkay (tycoon) who constructed the first shophouses on the east side of the Kinta River now called New Town and,

REVIVING PASAR BULAT



indirectly, was responsible for its founding.

At a public forum organised by Nga Kor Meng, executive councillor for local government and mayor Roshidi Hashim and attended by over 300 participants representing a cross section of Ipohites, the meeting scored a few firsts.

For a start, public forums, where comments from participants were expected and sought after, is a move that local government has never

made before. Stalwarts from non-governmental organisations were taken by surprise, as they were unprepared to give comments.

The revived project in itself was another first. Ipoh City Council has yet to initiate a project to rejuvenate a portion of inner city. This idea was mooted by an NGO, the Perak League, an august body consisting of the Who's Who in the state. They had approached the previous Menteri Besar

in December 2007 and, subsequently, Nga Kor Meng in March 2008 about restoring Pasar Bulat to its former glory. Nga gave the League the green light in December 2008. The PKR-led government had given the go-ahead in the belief that a revival would encourage activity in this part of the city. It would be the "Soul of Ipoh", the authorities believed.

The presence of two prominent business associations lend credibility to the forum. Perak Kuying Association Chairman, Dato' Hew Choy Kon, proposed that the original "Tu Lau" design be retained, while Deputy President of the Perak Chinese Chambers of Commerce, Lew Sew Yee, suggested that the building and the surrounding area be declared a special zone to promote cultural tourism and a place to sell local fruits and products. The proximity of the building to clan houses, associations

and budget hotels was an added advantage, he reasoned.

Two young professionals proffered their views complete with sketches and drawings. Collin Chong of KL provided a detailed set of designs. Local architect, Stanley Chin, came with his design, as well. Ipoh, he reckoned, should have its own icon.

The public forum was a success judging from the enthusiasm of participants involved in the discussion. According to Nga, the meeting at Syuen Hotel was in line with the requirements of Local Agenda 21, whereby local authorities consult residents before implementing a local action plan.

The steering committee will review all proposals before deciding on an appropriate course of action.

JAMES GOUGH

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PONGGAL IN IPOH



The Hindu community in Ipoh celebrated harvest festival or *ponggal* last month. The festivity has its origins from Southern India where farmers, after a bountiful harvest at the beginning of the year, celebrate thanksgiving by offering prayers for a good year ahead. The *ponggal* held at Sri Subramaniam Temple, Gunung Cheroh, saw devotees cooking rice in fresh milk with brown sugar, ghee and turmeric. Prayers were said to the accompaniment of traditional musical instruments. Devotees then ate the rice. Part of the celebration includes the decorating of homes with *kolam* (fanciful artworks using coloured rice flour).

COUNCIL HEADS REAPPOINTED



On January 19, Menteri Besar Mohammed Nizar Jamaluddin, presented appointment letters to Ipoh mayor, Roshidi Hashim and 13 local council presidents with the exception of Tanjong Malim whose president was posted out on promotion. All 14 council heads were reappointed to their former positions. Nizar reminded the appointees to continue with the job of keeping their councils clean and healthy. He insisted that they should remain contactable at all times. The MB singled out Manjong and Teluk Intan as being the better managed councils based on favourable reports from ratepayers.

MAKING IPOH SAFE



CPO Perak, DCP Dato' Zulkifli Abdullah took a break from his monthly meeting with the media by organising a shooting competition instead. Held at the Police rifle range behind Gunung Cheroh, media representatives were introduced to small arms available in the police arsenal. They were given practical lessons on the handling and firing of pistols and sub-machine guns before the start of the competition. In his lunchtime address, Zulkifli outlined his programmes for 2009 which were aimed at making Ipoh "the safest city in the state." If achieved it would have a sobering effect on other urban areas in Perak, he reasoned.

SOCIAL PROGRAMME



Hospital Pantai Putri Ipoh has never forgotten its social responsibility. On January 10, 2009, a team from the private hospital led by its CEO, Dr Dilshaad Abas Ali, was in Kampar dishing out gifts and ang pows to 13 handicapped children of Beautiful Gate, Bandar Baru. Earlier the same team had stopped by an old folks home in Mambang DiAwan to provide free health screening for the inmates. The benevolence of this private hospital is being appreciated by the socially deprived from among Perakians. In spite of the staff's heavy workload they still find time to care for the needy.

AN AUSPICIOUS BIRTHDAY



Tan Sri Jeyaratnam, Chairman of Yayasan Sultan Idris Shah, Ipoh, celebrated his 84th birthday on January 15, 2009 at the centre's premises. Staff and inmates of Yayasan Sultan Idris Shah were present to celebrate the octogenarian's auspicious day. In spite of his age, Tan Sri Jeyaratnam, is still hale and healthy. The centre, which he started some 27 years ago, has grown by leaps and bounds. His dedication and sacrifices, traits attributed to those born in the year of the Ox, have contributed to the success of the foundation. Today, Yayasan Sultan Idris Shah, stands tall among centres of its kind in the country.

AQUARIUM FISH



The biggest aquarium fish shop in Ipoh was opened to the public on January 19, 2009. Ipoh mayor, Roshidi Hashim, was the guest of honour. Pet lovers in the city can now look forward to buying a variety of exotic tropical fish for their aquariums at home. Pretty Aquatic and Pets sells not only fish but accessories, decorative items, aquariums and fish food for the discerning hobbyists.

ANNOUNCEMENT

PAM FREE SERVICE

Persatuan Arkitek Malaysia (PAM) conducts its monthly meet-the-public session on the first Saturday of every month. If it falls on a public holiday it will be shifted to the following Saturday. This is a free service meant for those who need advice regarding housing and property matters.

The next session is on Saturday, February 7, 2009 between 9.30 am to 12.30 pm. Venue: PAM Centre, 4 & 6 Jalan Tangsi, 50480 KUALA LUMPUR. For an appointment please contact PAM at 03-2693 4182. Email: info@pam.org.my

AIDING THE POOR

Mayor Roshidi Hashim presented educational items and cash to 40 children of poor residents at Tesco Hypermarket Section 18 recently. The items in the form of shoes, school uniforms and school bags were donated by the hypermarket as part of its corporate responsibility towards the well being of Ipohites. The mayor hoped that big businesses in the city would follow the example set by Tesco. The goodwill gesture by Tesco helped to lighten the burden of the poor, especially those with school-going children said the mayor.



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LETTERS TO EDITOR



Send your letters to the Editor Ipoh Echo 1, Jalan Lasam, 30450 Ipoh or fax to 05-2552181 or email to ipohecho.fzb@gmail.com. Letters must have writer's full name, address and phone number. A pseudonym may be included.

REDUCTION OR INCREASE IN CRIME RATE?

I refer to Perak's Chief Police Officer's statement on crime rate in the state as mentioned in Ipoh Echo Issue 66 (January 16-31, 2009). DCP Dato' Zulkifli's statistics on crime in Perak provided a meaningful insight into the number of crime committed statewide for year 2008. Overall he had reported a reduction of 2.16 per cent over the corresponding period in 2007. Kudos to you, Dato'.

If the figures are taken at face value Ipohites and Perakians should not be unduly worried by the daily incidences of break-in, snatch theft, extortion, murder, etc. that have become the staple of our coffee shop talk of late. Can we dismiss the recent brutal murder of MIC Ipoh Barat division treasurer, the robbing and battering of a



housewife and the ransacking of the Nanyang Siang Pau and China Press offices, to name a few, as coincidental? It is apparent that crime in Perak has increased not decreased.

When criminals turn vicious and kill their intended victims the impact on the public comes in many ways. The feeling of insecurity will undoubtedly supercede the rest. Family members and relatives of the victims will suffer, psychologically. The community at large will also be affected, as fear will slowly creep in. If the Police are slow to react or do not react at all, public's

perception will change, statistics notwithstanding.

It is the media's responsibility to report the truth and truth, they say, hurts. I feel it is incumbent upon Dato' Zulkifli to assuage public's fear by doing the needful - improve overall security in the state by all means possible. Physical presence is imperative. Make sure that the *mata-mata* (policemen) are seen on their beat duties and not at some dark spots or behind bushes ready to pounce on unsuspecting motorists and motorcyclists.

We all know that times are bad and the jobless will turn to crime to fill their bellies. Don't the Police have a contingency for this?

Mat Kampau, Ipoh

TRAFFIC NIGHTMARE

While I sympathise with the reader who complained about the faulty traffic lights at the First Garden-Jalan Silibin junction (Ipoh Echo 66), the problem we motorists in Bercham face daily is something else.

There are three sets of traffic lights along Tasek Road before the turn into the Plus Expressway. Tasek Road leads into the city and passes two hypermarkets belonging to the Tesco stable. Morning traffic along Tasek Road and the Bercham Road is horrendous to say the least. The reason is because of the proximity of these traffic lights.

The changing of lights does not allow traffic flow from Tasek and Bercham enough time to complete. This results in a jam which is being exacerbated by queue-



jumpers who squeeze their way to the front.

Poor planning is the major cause of this phenomenon. There are simply too many developments taking place in the vicinity which contribute in no small way to the problem. New housing estates and commercial centres in the Bercham-Tasek-Ipoh Garden triangle is the major contributor.

Ipohites welcome de-

velopment but they should be regulated so as not to hinder movement - pedestrian or vehicular. The congestion becomes most unbearable during the morning rush hour and on the eve of public holidays.

Ipoh City Council should endeavour to resolve the problem before it turns nightmarish.

Abu Kassim
Ipoh

SPORT

THE BENEFITS OF CHESS

by RAYMOND SIEW

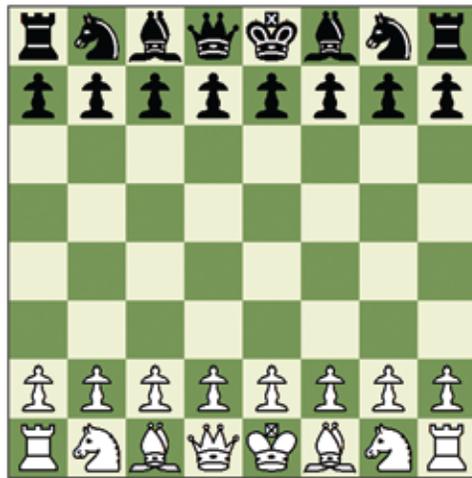
Chess is not about checkmating the opponent's king alone. The game teaches players tactics, positioning, risk-taking etc

Chess is considered a mental sport. What this means is that it develops thinking skills. From what I call the mysteries of the 64 squares, the opening, middle and end games, chess teaches tactics, positioning, timing, judgment, risk taking, etc. And when it is played in a timed-tournament environment it teaches thinking under pressure. But it is the other aspects of chess that deserve recognition.

The last 5 years that I have been involved in Perak chess, I am delighted by the fighting spirit of our kids. To see the fire and their determination to win. To see the joy of winning and the tears

of defeat. From this, I see an opportunity and a challenge. The opportunity is for parents, chess associations and chess officials to teach children how to compete and develop themselves at the same time. Chess teaches the meaning of strategy. Understanding ourselves the type of game we like and don't like, the type of game our opponents like and don't like and the time frame for the execution of those strategies.

Strategy encompasses every factor that can affect outcome. So there is the opportunity for the learning of goal setting, planning and the discipline of training. For without the passion, these are difficult skills to impart. Competition and pressure expose the effects of negative thinking and the accompanying strong



emotions. So there is the opportunity to teach our kids how to recover from defeats, to set more realistic goals, to plan better and to train harder.

The challenge is to keep that fighting spirit alive through adversity. Our challenge is to guide our kids till they are ready to handle the world on their own, as they must someday. If the lessons are well learned our kids will have the tools to attain whatever goals they have targeted in life. This complements academic achievements.

In my next article I will touch on the roles our associations and parents play.

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REFLECTIONS

TO A NEW GENERATION

by WAN KOON SENG

A dedication by Sir Winston Spencer Churchill in his book, "My Early Life"

Sir Winston Churchill was already an internationally renowned figure even before he became Prime Minister of Great Britain during the Second World War. After graduating from Sandhurst, his exploits while serving the British

I found one particular portion of Chapter VIII to be most true if not relevant even with the passage of time. I wish to share it with the readers and I do hope it

I had sustained an injury which was to last me my life, which was to cripple me at polo, to prevent me from playing tennis, and to be a grave embarrassment in moments of peril, violence and effort.

misfortunes come that it is quite possible they are saving one from something much worse; or that when you make some great mistake; it may very well serve you better than the best-advised decision. Life is a whole, and luck is a whole, and no part of them can be separated from the rest."

lised world. He alone advocated rearmament, when everyone else sued for uneasy peace.

The revival of the weekend flying school of the RAF was through his constant urging in the bid to match the growth of the clandestine Nazi air force. (The RAF was to defeat the German Luftwaffe in the Battle of Britain in the summer of 1940). Neville Chamberlain finally took Sir Winston into his War Cabinet when his "Peace in our times" pact with Hitler failed, and Germany marched into Poland on September 1, 1939.

Sir Winston was invited by His Majesty, King George IV to form a government when Chamberlain resigned in 1940. The rest is history.



Empire Armed Forces in the continents of India, Africa and West Indies were published and read far and wide. However, in his mid life career, after an impasse with some of his cabinet colleagues in his tenure as First Lord of the Admiralty during the Great War, and after taking responsibility for some disastrous financial policies at the Exchequer, he resigned himself to political doldrums.

It was during this very testing part of his life, that he wrote "My Early Life" which was first published in 1930 by Oldham Press Ltd. He dedicated his book to a new generation to which I belonged. From it I drew solace and strength during the trying times of my life.

Of all the pages that document his profound knowledge and experience,

Since then, at regular intervals my shoulder has dislocated at the most unexpected pretext, sleeping with my arm under the pillow, taking a book from the library shelves, slipping on the staircase, swimming, etc. Once it very nearly went out through a too expansive gesture in the House of Commons, and I thought how astonished the members would have been to see the speaker, to whom they were listening, suddenly for no reason throw himself upon the floor in an instinctive effort to take the strain and leverage off the displaced arm bone.

well as it had served me. It goes like this:

"Let me counsel my young readers to beware of dislocated shoulders. In this, as in so many other things, it is the first step that counts. Quite an exceptional strain is required to tear the capsule which holds the shoulder joint together; but once the deed is done, a terrible liability remains. Although my shoulder did not actually go out,

to whom they were listening, suddenly for no reason throw himself upon the floor in an instinctive effort to take the strain and leverage off the displaced arm bone.

This accident was a serious piece of bad luck. However, you never can tell whether bad luck may not after all turn out to be good luck. Perhaps if in the charge of the Ombudsman I had been able to use a sword, instead of having to adopt a modern weapon like a Mauser pistol, my story might not have got so far as the telling. One must never forget when

shall serve you as

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COMMUNITY NEWS

DAYBREAK - DAWN OF NEW LIFE FOR THE DISABLED

DAYBREAK is an acronym for "Disabled Adults and Youths Being Rewarded, Encouraged and Awarded in Kinta". Initiated by the Social Concerns Committee of the Canning Garden Methodist Church (CGMC) in 1992, Daybreak has been the dawn of a new life for many disabled adults and youth as they learnt new skills and became gainfully employed.

The vision of Daybreak is to empower people with disabilities regardless of race or creed, to become self-reliant, independent and integrated members of society.

Over 500 trainees have registered with Daybreak since its inception, testimony to its having achieved this vision repeatedly over the past 15 years.

POWERHOUSE FOUNDER

The driving force and powerhouse for Daybreak

is Dato' Sandra Lee who birthed it with her church committee and has patiently and painstakingly nursed it to its current robust health.

It started with a rented shop house in Ipoh's "Old Town". Within 2 years a separate Training Department was set up in Gopeng - while the Administration and Handicraft Departments remained in Ipoh. Professionals and trainers are employed to implement a goal-oriented training programme to maximize the trainees' ability to work.

Daybreak became an association in November 1996 and officially named Persatuan Daybreak. In 1998 an acre of land in Pengkalan was donated and Daybreak started building its own centre. By the end of 2000, all of Daybreak's departments moved into its new premises. Persatuan Daybreak's new vocational training centre was official-



Dato' Sandra Lee with some of the trainees.

ly opened by the Sultan of Perak, His Royal Highness Sultan Azlan Shah on 24th April 2003.

ONGOING PROJECTS

Daybreak celebrated its 15th anniversary last year and a quick glance at their track record shows an impressive list of successful projects.

A plant nursery project was started in 2002 with a grant from the Finland Embassy. This led to the opening of the Daybreak Landscape Gallery which

was launched by Datuk Ong Ka Chuan in 2006 on an additional one and a half acre piece of land.

Socks manufacturing and packaging was initiated in 2003, assisted by the Lions Club Bougainvillea City which raised funds to buy the socks' knitting machines. Socks manufactured in-house were sold to major schools in Perak including Cameron Highlands. These socks were also used for Corporate Social Responsibility projects. Handicrafts produced by the production staff, trainees and volunteers continue to serve as another source of income.

In 2007 the first Pilot Project in Malaysia was started in collaboration with the Special Education Unit and the State Welfare Department in Perak where 10 students from two special schools (SMK Sri Ampang and SMK Jalan Pasir Puteh) were given the opportunity to learn skills. Upon completion of their formal education in 2008, four of these students were offered to join their vocational training programme

as full time trainees.

A Staff Exchange Programme with Phoenix Society Inc., in Adelaide, Australia, under the sponsorship of Australian Malaysian Institute (AMI) has been active since 1994, ending only in 2006.

The Cleaning and Service Maintenance Project has a mobile cleaning team providing general maintenance cleaning services to factories & offices around Ipoh.

The Work Experience Programme, a follow-up to the pilot project, identified 7 special schools and will give another 40 pupils an

opportunity to learn new work skills.

HOW TO GET INVOLVED

Corporations can fulfil their corporate responsibilities (CR) by collaborating with Daybreak in initiating CR projects; make a tax-exempted donation, or donate in kind; buy Daybreak products; employ Daybreak trainees or provide contract work; volunteer; sponsor charity sales; and provide materials. For information contact: **05-3235908** or **05-3235909** Email: info@daybreak.org.my

SFCK

ANNOUNCEMENT

SILVER JUBILEE CELEBRATION

Here are some public events organised in conjunction with the silver jubilee celebration of HRH Sultan Azlan Shah's coronation in the month of February 2009:

- a. Feb 2 - Majlis Bacaan Yasin dan Tahlil at Ubudiah Mosque, Kuala Kangsar.
- b. Feb 4 to 8 - Stamp exhibition at Town Hall Ipoh between 10 am to 6 pm daily.
- c. Feb 10 - Jamuan Rakyat at Arena Square Batu Gajah.

SELF-DEFENCE CLASS

Self-defence class for women every Saturday beginning February 7, 2009. Class starts at 3 pm till 4.30 pm. Duration: 3 months. Venue: 26B, Jalan Chung Thye Phin. Entrance Fee: RM20. Class conducted by taekwan-do exponents from the Ipoh Taekwan-Do Club. Register early to avoid disappointment. For inquires please call Cecilia at **013-4384388**.

MBI ASSESSMENT RATE 2009

Ratepayers can access their bi-monthly MBI assessment rates and bills forthwith online. All they need to do is visit MBI's website at www.mbi.gov.my and click on the banner "semak dan cetak bil cukai taksiran MBI 2009" or click on the banner "e-perkhidmatan".

SOROPTIMIST INTERNATIONAL IPOH

Soroptimist International Region of Malaysia (SIROM) will be chartering its 14th club in Malaysia called Soroptimist International Ipoh (SII). Its Charter Night will be held at the Ballroom of Impiana Casuarina Hotel, Ipoh, on Thursday, February 12, 2009, at 8 pm. DYT M Raja Puan Besar Tuanku Zara Salim is the guest of honour. For details please contact Kuan at **012-5019250** or Madam Moy at **019-5561 297**



The Guolin Qigong Society of Malaysia is a non-profit and a non-governmental organisation dedicated to the promotion of physical health and general well-being of the public. Those suffering from chronic diseases like cancer will stand to benefit by being a member of the society.

A daily routine of qi gong exercise, the

society vouches, will help heal, control and, maybe, prolong the sufferers' life.

Guolin Qigong Society Ipoh Chapter, celebrated the 82nd birthday of the society's founder, Master Ho Peng, on December 18, 2008. The function was held at the hall of SMK Wan Hua, Mengelembu. Over a hundred members from Ipoh, Sg Siput, Langkap Teluk Intan and

Cameron Highlands were in attendance.

The Ipoh chapter hopes more Perakians would join the society so as to spread the goodwill far and wide. For inquiries please call the following persons at the numbers given:

Ipoh and Mengelembu - Lim Peck Wan	- 017-4694081
Neoh Foong Lian	- 05-2827251
Sg Siput - Chen Mei Ling	- 016-5566490
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