

SUNWAY
COLLEGE Ipoh

OPEN DAY
21-22
MARCH
10.00 AM - 4.00 PM

JOIN US! 

100% SCHOLARSHIPS AVAILABLE

05-5454398 019-3681096

Just Tap That App

By Murni Fazira



Online service, also known as e-service like food delivery and e-hailing as in transportation, is widely used in Malaysia. Ipoh is no exception, being a hotspot for such services. It is commonly used by many to the extent that it has become a necessity of many Ipohites.

FULL STORY ON PAGES 2 & 6

www.ipohecho.com.my

IPOHecho

Your Voice In The Community Since 2006

It's getting more handy

Download Now
Available in both Android & IOS





Available on the App Store

Get it on Google play



Happenings · Events · News

Food Delivery and Hailing a Ride has Never Been Easier



If you are hungry at odd hours, all you have to do is grab your phone to place an order. Thirsty and craving for some bubble tea? Yes, it is possible to get them within an app. The traffic in Ipoh can be hectic at times and driving during peak hours can be stressful but with available e-hailing services, there is no need to worry about the busy traffic.

These services are available at your fingertips. All you need is your mobile phone and internet connection. You could browse online anytime and anywhere. Just tap that app to get started!

Well-known companies such as Grab, MyCar, RunnerMyRun, GrabFood, foodpanda and more are known to be the most used platforms for e-hailing and delivery services. In fact, as these companies are growing, new ones are emerging from time to time.

With security guarantees like tracking codes, receipt numbers, and real-time updates there is nothing to worry about during the delivery. As for e-hailing services, their security measures are being taken more seriously, making users feel safer whenever taking a ride. For example, an emergency call button is made available on the app.

Besides that, easy payment methods via the e-wallet are available for easy transaction. Just top-up your e-wallet and fret not about not having small change when you book for a ride or order food.

Having to rate your driver or rider is a plus point for the user as they get to be the judge of the service received. It is one of the ways the drivers or riders improve themselves.

Most users rely on such apps to avoid traffic, queue and parking issues. Let's face the fact that some consumers enjoy the convenience. No hassle rethinking about the traffic, route and parking spot. When it comes to food, there is just no more asking where to eat.

E-hailing

Many of our Ipohites are too lazy to drive due to the traffic congestion and some just have no transportation means at all. With e-hailing services, worry no more about having to find the right route, heavy traffic and parking difficulties.

According to the e-hailers, they get many working adults as customers heading to work, lunch and back from work. Plus, they even receive requests from parents to send their children to school.

A Grab driver in her 30s said she gets school students sometimes if she is on the job early.

"I get various types of passengers from different age range and occupation and if I start my job at around 7am in the morning, I sometimes have to send kids to various schools," she said.

Parents who send their children off to school using e-hailing services are kept updated as the location of the cars are tracked online. Teachers are also informed beforehand about the students arriving at school using the service to ensure their safety and security.

"Whenever I am not in Ipoh or unable to send and fetch my kid from school, I call or text him first to make sure he knows that he is heading to school using this service. I can locate his location as I can see the driver's route through my phone and I'll call his teacher first to make sure he reaches school safely," said Muzzafar, a 42-year-old



not as busy. After the PSV (Public Service Vehicle) licence was made compulsory, the number of drivers decreased which in turn slowed down the e-hailing service.

Interviewed about the increasing demand of customers in Ipoh, Abdul Hafiz, a 36-year-old part-time e-hailing driver said, "I just started this job about two to three months back. Ipoh has quite a high demand for e-hailing services. I get customers mainly like working adults heading to work or going out for lunch. I even get college students around here".

"I am a frequent e-hailing customer. Mainly I use them to get to work since I don't have a licence. Even if I do, I prefer taking Grab. I don't have to think much about my car's fuel and a parking spot. I don't even have to endure any traffic issues," said Joelyn a 24-year-old working adult.

Many have agreed that the e-hailing service is much preferred compared to driving on their own.



Food Delivery

Hearing the honk in front of your house is just bliss knowing that your food has been delivered right to your doorstep. Ipoh is known as a food haven and food delivery is now trending as the number of food delivery riders are increasing in line with its consumers.

The benefits are aplenty: fast, efficient and getting the order right. There is also less guesswork for the restaurants receiving the order as the selected meals automatically appear on the screen for take-outs.

"I have five food delivery apps and I love them. It is ideal for private and bigger functions I have at work or at home," said Joelyn.

"My usual ordering hours would be from 1.30pm to 11pm. Despite the weather, I still receive food safely from the delivery guy. Not having a license and being at home alone are the reasons I use this app," she continued.

Worried that your food might be late? Adam, 22, who is a student, said that he gets special deals at times if the food arrives late.

"It is easy to use and I don't have to go out for food, especially for my lunch. The traffic is just crazy and not to mention the lack of parking spots. Plus for some deliveries, they give you coupons if they exceed the ETA," he said.



working father.

Muzzafar also said that he uses the app for travel purposes whenever he goes out of town.

"E-hailing services have benefited me as I travel a lot. Be it a business trip or a holiday trip, I use this service to avoid getting lost on my way to my destination and I hate the hassle of looking for a parking spot. It is really convenient to use," he said.

The demand for e-hailing services in Ipoh is not as much as big cities like Kuala Lumpur or Penang. The roads themselves



Mohd Izwan Syamil

Mohd Izwan Syamil, a 21-year-old student who is also a foodpanda rider shared his experience.

"I started working in June 2019 and so far I like this job. It's like a freelance job as I can work at my own time and pace and it is also easy work. To me it is worth the pay," said Izwan.

"Throughout my stint which began in June 2019, there has been some increase in demand

Continued on page 6

OUR POLITICIANS HAVE FAILED US

In politics, there are no permanent friends and enemies. But there must be some dignity and decorum left in the hearts of the most ambitious and malicious of politicians.

I could recall vividly the time I stood in line at the designated polling station in Bercham waiting anxiously for my turn to cast my vote. It was the morning of Sunday, May 8, 2018. And the occasion was General Election 14, better known by its acronym GE 14.

My wife and I arrived early to be among the first to do our part for the country. We had been diligently voting in successive elections and our polling station was either at the Bercham Chinese school or the national school in Tasek. This was contingent to our listed address in our identity cards. And as responsible citizens, we had never failed in our duty. However, can we say the same of our politicians?

As long as I can remember our politicians have been involved in one political manoeuvring after another. Some were embroiled in political scandals and shameful misdeeds. And they have no qualms in doing so openly and under the glare of publicity. Examples are plenty so there is no necessity to name one or an occasion.

Events following the ouster of Tun Mahathir, the sitting Prime Minister and the appointment of Tan Sri Muhyiddin Yassin as the 8th Prime Minister on Monday, March 1, has taken a toll on the people to the point that trust in politicians is fast disappearing. This trust deficit is not evident in me alone but in many whom I had spoken to. And that includes Raj, my barber in Bercham. In fact, he has been the most vocal among my many acquaintances.

Malaysians are growing tired of politics and politicians because of the protracted crisis which has dogged us. The manner in which the new PM got appointed had left many questions unanswered.

"Did he really have the numbers?" asked Raj. "Or was it trickery by another name?"

Malaysians are beginning to doubt the functions of representative democracy. Others vowed not to vote in the coming elections.

"I think trust in politicians is at an all-time low. Politics is probably the most hated profession at the moment," said another friend.

The Pakatan Harapan government collapsed early this month, following Tun Mahathir's resignation as prime minister, after a group of MPs broke ranks to form Perikatan Nasional comprising PPBM, Barisan Nasional, PAS and PKR MPs aligned to their former deputy president, Mohamed Azmin Ali.

Critics have described the new ruling coalition as a back door government as it comprises BN, which was ousted in the last general election, and others such as the dodgy Islamist party, PAS. It is considered morally inappropriate as it is not mandated by the *rakyat*.

Let us look into the past to make sense of things. Even during the 1997-9 political upheaval, a government was there for better or for worse. The people's mandate was sought soon after Anwar Ibrahim, the deputy prime minister was sacked. The *rakyat* decided to keep the status quo despite lots of misgivings about how Anwar was ousted.

This time around, political shenanigans have been elevated to a new level. This is unprecedented in our political history.

Many Malaysians, especially those who voted for Pakatan Harapan (PH) in the last elections, are dismayed. The political drama had confused the *rakyat*. Some netizens became keyboard warriors to voice out their dissatisfactions.

There are plenty of reasons why people are upset. Among them is PH's failure to maintain solidarity within the coalition. Their opponents, BN and PAS, saw this as an opportunity when PH collapsed.

What frustrated people, especially those who had a hand in PH's GE14 victory, was that the crisis occurred at the highest level among the political elites. They could not do anything about it but to watch helplessly on the sidelines.

And this resulted in Muhyiddin Yassin getting appointed as prime minister. It was something unexpected. How he got into the King's good books is a million-dollar question many have been asking. But since the monarch has decided it is a done deal.

In politics, there are no permanent friends and enemies. We are aware of that. But there must be some dignity and decorum left in the hearts of the most ambitious and malicious of politicians. At least respect the mandate of the *rakyat* in the May 2018 general election.

They booted out a six-decade-old government short on ideas but high on corruption and welcomed a new untested coalition. It was people's power at its best. Malaysians gambled their future in Pakatan Harapan. Thousands living abroad returned home to vote. The ink on their fingers had barely dried when the true colours of the new government manifested itself. Promises were largely ignored. Race relations got worse. Cost of living soared and is still soaring. The failures are not that of the voters but the very people they voted in.

What is amazing is that the very people who liked to demonise 'the other side' suddenly find it acceptable to work with 'the devils'.

We should learn from the Belgians. Their country was without a government for



541 days from 2010 to 2011 when the ruling coalition collapsed. It happened again last year when they only had a caretaker prime minister. In an era when trust and faith in politicians are growing thin, the Belgium experience is a good example.

Perhaps the time has come for us to experiment with one. Our civil service is reasonably competent to begin with. They have not really shown what they are truly capable of because of interference from politicians.

Tommy Thomas and Latheefa Koya are two fine examples of exemplary civil servants. Too bad their careers were short-lived due to the current political imbroglio.

What we need is an interim prime minister and a lame-duck parliament which is incapable of passing any laws. In such an instance civil servants have no other choice but to come to the fore. Let the Chief Secretary or the KSN (Ketua Setiausaha Negara) call the shots.

World Glaucoma Week March 8 - 14, 2020



Dr S.S. Gill
Resident
Consultant
Ophthalmologist,
Hospital Fatimah

In conjunction with World Glaucoma Week 2020, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. Gill about this "silent thief of sight" – PART 2.

The **"silent thief of sight"** is the nickname that has been given to glaucoma. This notorious disease results in permanent irreversible blindness in the affected eye(s) that often goes unnoticed until the loss of vision is advanced. Why is it referred to as **"SILENT"** or an unnoticed loss of vision? Well, In some types of glaucoma such as *Primary Open Angle Glaucoma* and *Normal Tension Glaucoma*, the visual loss occurs very slowly without the patient ever noticing until the disease is in its advance stage. You may wonder how can a person be losing vision without noticing it? Well, this is because the visual loss is from the periphery and moves on slowly to a central total loss of vision. Furthermore, glaucoma is **"silent"** because it does not cause any acute pain or symptoms.



NORMAL VISION

EARLY GLAUCOMA

This picture simulates the early tunnel vision that a glaucoma patient may experience. A major part of the central vision is good and the patient is still able to see well. The loss of vision noticed around the periphery can only be detected by specialised testing known as Perimetry or Visual Field Testing.

ADVANCED GLAUCOMA

This picture shows advanced glaucoma. Most of the peripheral vision has been lost here. Only a small tunnel of vision is left. At this stage, the patient usually experiences **difficulty moving around in poorly lit places** or outdoors at night. Many people end up seeking treatment at this stage when a significant vision loss has already occurred. The **TUNNEL VISION** then finally **progresses to COMPLETE BLINDNESS** in the end-stage.



TUNNEL VISION

I have had patients walk into my Consultation complaining of poor vision in one eye, where upon checking, were found to have advanced glaucoma. This happens in cases where regular eye checks have not been the norm until such advanced symptoms have come about. The other unfortunate thing for such a patient is that whatever vision which has already been lost **cannot be reversed**. In other words, this vision loss is **permanent**. It is for this reason that those **above 40 years of age should have their eyes checked routinely** as part of their general health screening.

More on Glaucoma tests in the next issue of the Ipoh Echo.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-5455582) or email gilleyecentre@dr.com

PUBLISHER

Ipoh Echo Sdn Bhd
(Regd No 687483 T)

153 Jalan Dato Lau Pak
Khuan, Ipoh Garden, 31400
Ipoh, Perak Darul Ridzuan.
Tel: (605) 543 9726
Fax: (605) 543 9411
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION EXECUTIVE

Yugin Foo

REPORTERS

Tan Mei Kuan
Chris Teh
Joelyn Jonathan
Jo Lynn Chong

PERMISSION AND REPRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

PRINTER

Ultimate Print Sdn. Bhd.,
Lot 2, Jalan Sepana 15/3,
Off Persiaran Selangor,
Seksyen 15, 40200 Shah Alam, Selangor.

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)

05-2451500 (District)

05 2451 222 (Operator)

999 (emergency)

Ipoh General Hospital:

05-208 5000

993 (emergency)

Ipoh Fire Brigade

05-547 4444/994

(emergency)

Perak Immigration Dept

05-5017100

Perak Water Board

05-254 6161

1800-88-7788

Ipoh City Council

Hotline: 05-255 1515

General: 05-208 3333

Whatsapp: 019-5503083

Perak Anti-Corruption Agency: 05-526 7000

State Secretariat

05-253 1957

Railway Station

05-254 7910

Airport: 05-318 8202

Registration Department

05-528 8805

Tenaga Nasional Berhad

05-208 8000

Directory Service: 103

Perak Women for Women Society

05-246 9715 (office)

AA Ipoh

019-574 3572

017-350 8361

To Advertise / Collaborate

IPohEcho
Your Voice In The Community Since 2006



YuGin Foo
016 5541178

White Elephants, Environmental Destruction and the Perak Corporation Bhd



Malaysians have a moral and social obligation to care for their environment but not everyone takes their responsibilities seriously. Companies also have a responsibility to preserve the natural environment, but more often than not, in Malaysia, profits matter more than environmental considerations.

What about the role of government? Whose side do they take?

The latest scandal involves the Perak Corporation Berhad (PCB).

Who runs big corporations like the PCB? Who sits on its board of directors? Are the members of its upper management, experts in their field, or are they merely political appointees with limited experience?

Many political appointees enjoy inflated salaries and perks, but what do they actually do? How accountable are these people? What are the criteria used to nominate them to fill the positions on the board of directors or the management tier?

On paper, the PCB is described as an entity which is “engaged in property and investment holding, property development and the provision of management services”.

It is very impressive stuff, but it does not tell you that its other speciality is being the main supplier of white elephants in Perak!

One such white elephant is the theme park called Movie Animation Park Studios (MAPS). Many years ago, experts advised against building MAPS but PCB and the erstwhile Mentri Besar, Zambry Abdul Kadir, pushed ahead.

Until it was closed down recently, the Perak MB, Ahmad Faizal Azumu, ignored suggestions by various members of his coalition to sell it off, as the Perak taxpayer had to pay millions of ringgit to prop it up. The money that was squandered could have been used for the provision of health services or improved social welfare for our elderly.

Last February, the spotlight was again on the PCB, this time for bulldozing several acres of land near Tanjung Malim, which are part of probably the world’s largest nursery for jungle trees.

Is the PCB against reforestation?

Is the board of directors and its upper management unaware of what is going on with its various development projects?

In a time of heightened environmental awareness, and concern for the ill-effects of pollution on the environment and the consequences of climate change, is the board and management of the PCB not at all bothered?

In 1996, when he was 60 years old, newly-retired James Kingham, who has a keen interest in trees, started collecting a variety of tree species, fruit trees and rare tree species.

Most retirees with a keen interest in gardening and growing vegetables and flowers for their own use, potter around in their tiny orchard or nursery of a few acres.

Kingham, who is affectionately called the “tree guru” is the proud collector of two million trees in a nursery of 200 acres. He is grateful to the Orang Asli and park rangers for tracing, acquiring and replanting many hitherto unknown and rare tree species. He has planted the area with around 1200 rare species of jungle trees.

Kingham confessed that he was self-taught, but he leased some land from the state, obtained the help of Sime Darby, and together with his two assistants, and supported by his son and grandson, he managed to successfully grow jungle trees, and plant seedlings of jungle trees and other rare trees.

He once had around three million trees, but rapid development around the area reduced the number of trees by around one million.

Such is his success, that he provides jungle trees for urban gardens to perpetuate their species, and the Singaporean botanical garden and other institutions around the world often consult him, for advice.

Today, the 84-year-old Kingham is devastated by the destruction of his labour of love. The state refused to renew the lease on his land and sold the land to the new owners who have bulldozed around 40% of Kingham’s collection of trees.

Too upset by the destruction of his life’s work, others came to his aid. One such person was the conservation activist Jules Rahman Ong, who rushed to the site to speak with the developers. He claimed that when he pleaded for the destruction to cease, it



continued with greater intensity.

Ong told Malaysiakini, “I was up at James Kingham’s forest nursery. I spoke to a passionate worker from the Tropical Rainforest Conservation and Research Centre (TRCRC) who has been trying to save the trees since November. Every day she and her 20 young staff have been digging up and transporting the trees to a holding space in Kota Damansara.

“There are two million trees and 800 endemic and exotic forest tree species at the Tanjung Malim nursery, more than are held in the Forest Research Institute Malaysia (Frim) or the Forestry Department of Peninsular Malaysia collection. In fact, these agencies come to this nursery to get seeds and saplings.”

Ong said that they were trying to get a court injunction to prevent the developer’s actions, and he was furious when the rate of demolition increased and the contractor was elusive when asked about the development.

It is believed that the land is designated for building houses and a golf course.

Ong also claimed that pleas to PCB and the office of Perak Menteri Besar, Ahmad Faizal Azumu, to postpone the bulldozers had fallen on deaf ears.

Undeterred, Ong publicised Kingham’s plight on Malaysiakini, and on social media. He has also started an online petition to stop the destruction.

Such was the anger of Malaysians, that an aide to Ahmad Faizal drove to Tanjung Malim to halt the development. A stop-work order was issued by the Tanjung Malim District Council, soon after his visit.

Malaysiakini contacted the PCB for a response. At the time of press, none was received.

Will this article in Ipoh Echo, elicit a response from PCB? Will they stop destroying Kingham’s treasure in the jungle?

When most countries value conservation, it is obvious that the Perak MB and PCB are more interested in making money, than being the guardians of our national treasure and a jungle which is several million years old.

Sources:

1. <https://www.thestar.com.my/metro/community/2016/04/16/perak-corp-gains-control-of-maps>
2. <https://blooloop.com/news/sanderson-group-deal-on-animation-theme-park-maps-for-perak-malaysia/>
3. <https://www.theedgemarkets.com/article/perak-corp-and-only-world-group-scrap-collaboration-struggling-theme-park>
4. <https://www.malaymail.com/news/malaysia/2019/04/12/builders-staff-of-scandal-hit-perak-movie-animation-park-paid-twice-says-au/1742571>
5. <https://www.malaymail.com/news/malaysia/2018/12/03/just-sell-maps-perak-dap-chief-tells-state-government/1699527>
6. <https://www.thestar.com.my/news/nation/2018/12/03/perak-govt-should-sell-maps-theme-park-to-private-investors-to-cut-losses-says-nga>
7. <https://www.nst.com.my/news/nation/2019/04/481574/perak-govt-will-not-close-maps-says-mb>
8. <https://www.malaysiakini.com/news/427007>
9. <https://www.freemalaysiatoday.com/category/nation/2019/04/21/maps-entertainment-park-in-ipoh-wont-close-despite-rm500-mil-losses/>
10. <https://www.nst.com.my/news/nation/2018/12/437542/perak-mb-maps-now-self-sustaining-doesnt-need-capital-injection>
11. <https://www.theedgemarkets.com/article/perak-mb-meet-maps-management-workers-compensation>
12. <https://www.malaysiakini.com/news/512100>
13. <https://www.malaysiakini.com/news/512323>
14. <https://www.thestar.com.my/news/nation/2020/02/26/district-council-issues-stop-work-order-for-project-on-reforestation-land>
15. Faizal Azumu asks people to pray for him to be retained Perak menteri besar

To Advertise / Collaborate



IPohEcho
Your Voice In The Community Since 2006

YuGin Foo

016 5541178

SeeFoon discovers a Canning 'Cutesy'

Pictures by Yugin

When my friend Liew Thin Sang called to invite me for some Laksa in Canning, I jumped at the invitation as I adore Laksa. So on the set date, my troops and I descended on **Meiko Home** which looks like a gift shop from the road. The facade is "cutesy Japanese", the inside, whimsical kitsch complete with simulated bottle top Coca-Cola and Heineken tables and chairs. The walls are bedecked with gift shop whimsy: hanging doll hand towels, Panda bears, gnomes, wall hangings, model cars, children's clothes hanging in racks, dot the space in veritable Disney fashion.

This is a gift shop I thought. But wait....surprise, surprise, there is a menu and they serve food.

Wennie Che, the effusive proprietor greeted our group like old friends and proceeded to give us menus. Coming from a family background of running gift shops with four in Cameron Highlands, she has spread her wings and eyes Ipoh as a lucrative market, opening Meiko Home on Jalan Canning Estate two years ago and a new acquisition in Lorong Panglima.

Meiko Home is their first venture into serving food and as such, she is keeping her menu small.

Laksa Galore

Laksa is their Signature dish. Assam Laksa served here, with variations on size and garnitures depending on budget and appetite. There is a mini Laksa (**RM4.90**) which is a small tasting portion and will allow you to order other regular portions of their other signature dishes one of which is their Big Prawn Mee (Har Meen). This comes with a humongous Tiger Prawn, sliced fish paste, fried shallots and boiled egg. The soup was umami and the Tiger Prawn very fresh, **RM16.90**. And of course, if Laksa makes your mouth water, then go for the big portion with all the seafood including the Tiger Prawn, big mussels, sotong or squid, lots of pineapple slices which is a meal in itself, **RM16.90**.

If spice is not on your culinary list, they also have non-spicy noodle dishes like their Mee Hoon Fish Soup, slices of garoupa fish served in an umami broth with tomatoes, cabbage and sliced ginger, **RM12.90** (fish only) and **RM16.90** with mixed seafood.

Naturally, to please those with a western palate (and that includes a lot of our locals) they also offer chops from chicken, pork, lamb, duck and even Iberico pork which can be served on top of spaghetti or with rice and vegetables; but Foodie that I am, I



Signature Seafood Laksa



Signature Prawn Mee



Hoi Dai Kai



Special cooking method

generally avoid these dishes. From **RM16.90** onwards.

Having mentioned the main items which I enjoyed, we now come to the pièce de résistance of Meiko and even now a month later, I can still savour the taste in my gustatory memory bank!

Hoi Dai Kai or Underwater Chicken

When Wennie brought a round bottom pot and portable burner to the table I was taken aback. What? Cooking at the table? And it doesn't look like Hot Pot.

Inside the pot were cut up Beard Chicken (Wu Sou Kai) pieces which she told me had been marinated overnight. There were stalks of bruised lemongrass, chopped ginger, galangal, coriander leaves and a chilli-based secret mixture. This was placed on the burner and set alight. Immediately, someone else put a stainless steel bowl over the mouth of the pot and proceeded to fill

the bowl with ice. With the pot sealed, the ice on top (which was replenished as it melted) providing a cool lid with faster evaporation, leaving the chicken to cook in its own juices as the lid prevented any evaporation of moisture. Twenty minutes passed and voila, the "lid" removed, the aroma wafting from the chicken was ambrosial. The taste was even better! Tender, moist and succulent, the chicken pieces were well imbued with the marinade and cooking juices and each bite was a trip to the stars and back, **RM88-RM98** (depending on the size of chicken). Must be ordered a minimum 24 hours in advance.

With that as our last delectable treat, we finished the meal with a simple dessert of "TongSui", a white fungus with peach gum and ginkgo nuts. Not too sweet and a refreshing end to a good meal.



Peach Gum



By SeeFoon Chan-Koppen
seefoon@ipohecho.com.my
For more info go to www.ipohfooddiva.my



Interior of the cafe



Exterior of the cafe

MEIKO HOME
57 Jalan Canning Estate, Taman Canning, 31400 Ipoh.
Wennie Che: 011 3597 2686
Business hours: 11am-6pm Wednesdays closed.

Just Tap That App... continued from page 2



especially during lunch and dinner hours during the weekdays. I even take orders during rainy days. The usual customers I encounter are working adults," he said.

Izwan shared with Ipoh Echo some of his most memorable orders: "Once I got an order that required an assistant rider as it contained two big platters of 'Nasi Arab' from a restaurant named Nasi Arab Special Taman Cempaka".

"The order was literally two trays of rice and was too big to fit in my food bag and I had to request for an assistant rider to bring the other platter. It was just a few weeks back that this happened," said Izwan.

"The app is undeniably beneficial but for me personally, I wouldn't want to use the app. I feel like only the lazy ones would use it for their own convenience," he continued.

Imagine having a party and later realising that food is running out – that's another scenario to tap that app.



Food Safety Concerns

Sayantan Das, Managing Director, foodpanda, had this to say, "As the spread of COVID-19 continues to unfold, foodpanda takes the situation very seriously. We have put precautionary measures in place to ensure the wellbeing of employees, partners and customers alike. As an effect of the recent outbreak of the COVID-19, foodpanda has established a dedicated committee in charge of implementing measures to ensure the health and safety of our internal and external stakeholders. In line with the recommendations from the World Health Organisation and local health ministries, our teams have already issued a series of informed precautions. We will continue to monitor the development of COVID-19 to implement further measures as necessary".

Education



SPM 2019 Results

By Gisele Soo

The Sijil Pelajaran Malaysia (SPM) result was announced on Wednesday, March 5, at the State Education Department by its Director, Dr Mohd Suhaimi bin Mohamed.

Everyone was waiting eagerly for the long-awaited moment. Achievers were on top of the world when their names were called out. Those gathered applauded as the students received their certificates for their achievements.

"I'm thankful to have a group of supportive friends, they're always there for me whenever I needed help," said Oscar Wong Kinn Lap, a physically-challenged student from SMK Methodist (ACS) Ipoh who secured 4A+, 5A and 1A- in the 2019 SPM.

"Maths is not my forte. I'd seek help from my classmates and they'll voluntarily assist me. Hence, I'll return the favour by helping them in other subjects like English," he enthused.

According to Wong, the key to his achievements is to be attentive in class and do not be afraid to ask questions when in doubt. His parents are his biggest inspiration. Their tireless efforts made him work harder.

"You don't know what is at the end of the tunnel until you succeed, don't give in,"



he told reporters during an interview.

He further added that consistency is vital, "To avoid feeling overwhelmed from studies, you've to learn to manage your time well. Proper time management coupled with a balanced lifestyle is beneficial," he remarked.

"I spend an hour to two studying a day, and I'd usually play video games to relax. Besides that, I too reduce the intake of unhealthy food as it'll affect my health," Wong explained.

The 18-year-old student said he would like to pursue studies in cybersecurity after completing his Form Six (STPM) as he has a genuine interest in Information Technology.

Out of 29,667 students who sat for SPM, a total of 732 students scored straight A's and 15 students obtained all A+, an increase of seven students from 2018.

"There is a slight increment of 0.10 point in the Perak State Average Grade (GPN). We've gained a GPN of 4.91 in 2019 as compared to 5.01 in 2018," Suhaimi told reporters during a media conference.

"I'd like to congratulate all the candidates who have performed remarkably well in their exam. I hope their success will continue to flourish. And for those who didn't do well, don't be disappointed. Take this as a challenge to strive better in the future," he said.

Healthcare

Live Presentation

By Chris Teh

A seminar cum live surgery presentation by Ar-Ridzuan Medical Centre was held at Travelodge Hotel (formerly Heritage Hotel) on March 7 and 8.

Two hip and three knee replacement surgeries were featured. Lectures, in between and during the surgeries, touched on ways to conduct the operations. The latest technology in the medical field available to Malaysian practitioners, today and in the near future, was also discussed.

Guest speakers were Dr Tai Cheh Chin, resident surgeon from Ramsay Sime Darby Subang Jaya Orthopaedic and Peter Goodman from OrthAlign Inc, Australia.

In his opening speech, the director of operations of Ar-Ridzuan, Dr Muhammad Hadhrami said that the centre began its orthopaedic service in early 2019.

"We're aiming to operate as a full-fledged hospital," he stated. "Ar-Ridzuan has added other disciplines like general medicine, general surgery, haemodialysis and dermatology into its service."

The medical centre is an entity under the Perak Islamic Religious Council and Malay Customs and is wholly owned by the Perak State Islamic Economic Development Corporation Sdn Bhd.

Since its inception in 2001, it was widely known among Perakeans as an Islamic-friendly maternity and child health care centre. It is located at Greentown Suria (Jalan Dato' Ahmad Said), near Hospital Raja Permaisuri Bainun, Ipoh.

"Hopefully, with patronage by top surgeons in the field such as Dato' Dr Suresh Chopra and Dr Loh Choong Sing and his team it'll help establish Ar-Ridzuan as one of the best orthopaedic centres in Malaysia," Hadhrami added.



Thumbs Up

Redundant Railway Line Paved

By A. Jeyaraj

In issue 321 (February 16-29, 2020) of Ipoh Echo, there was a complaint about a redundant railway line across Connolly Road being a speed breaker and the danger to traffic. MBI has taken prompt action and paved the road. When I was driving along the road, I slowed down at the location and then realised that the road has been paved. While taking photos, I noticed cars slowing down without realising the road was paved.

Why did MBI have to wait for a complaint to do this?



Scholarships
for SPM/IGCSE
Leavers available*

Admissions now : 05-525 2628
: 03-7499 7666

*T&Cs
apply



International
school
& boarding
facilities

Diverse
co-curricular
activities

English as an
Additional
Language
Support



Ipoh
schools.tenby.edu.my/
ipoh

Part of



International
Schools
Partnership

Connexion

By Joachim Ng

Troubling lessons for teens

All Perakians should make it their responsibility to green the state by adopting ecological measures such as tree planting, Sultan Nazrin Shah has advised. Earlier this month, the Sultan planted a merawan siput at a National Landscape Day ceremony in Kuala Kangsar.

Planting is a save-the-climate activity, and teenagers are certainly keen on it as judged by the dedication of students towards maintaining the greenness of their schools' landscaped gardens. However, many oldies would rather engage in plotting than planting. In seven furiously intense days, the nation saw old political horses trampling the grass in a mad rush to retain, or to regain, power.

If you calculate their ages, you will notice that these stallions are in the greying late-60s as an average. That stunning last week of February has shocked a number of psychologists whose research data have been showing that aging folks tend to become more conciliatory, conscientious, and cooperative. In your late 60s, you should be a peacemaker and not a peacebreaker.

But politicians clearly buck the trend and may send these stunned psychologists back to the field to do more research — this time focusing on the brains of politicians. Questions are being asked whether politicians have the vision and right balance of leadership qualities to steer the nation through climate change. In fact, trust in politicians has dropped to an all-time low, with their reputation and credibility shattered.

More harmful is the damage to education as students learn from the example of their elders. They learn more from what you are than from what you teach, and they are learning the art of confrontation rather than the value of cooperation, the thrill of combat rather than the skill of conciliation. Worse, they have seen the nation's leaders display the power of hostility rather than the power of humanity.

Surveys have consistently produced observations that youngsters look up to the elder stallions for guidance and mentoring, but at the same time a dark side is noticed in many old horses: they have a tendency to be close-minded and stubborn in clinging to their set ways.

What can we say to young Malaysians except to remind them of 17-year-old Greta Thunberg and her resolve to steer clear of political traps in her mission to save the climate. Greta is telling us that the responsibility falls on students to take the lead in moving the world towards a righteous direction when politicians, mentors, and the elderly fail their nations.



Community

A Career Cut Short

By Rosli Mansor

His career came to an unexpected end when Nooreman Noor Faadi, 38, from Kampung Kepayang, Simpang Pulai, was diagnosed with fourth-stage lung cancer in November 2018.

Better known as “Manjafoto” among his peers, Nooreman has been in the photography line for over 13 years along with his wife, Katija Abd Wahid, 39.

“For over a year I’ve been fighting using available medical methods, but the condition is getting worse,” he said when met during the Manja Charity Outing in Ipoh on February 29. “I’m forced to undergo six chemotherapy treatments.

“It’s my second treatment now,” Nooreman noted. “There are some improvements but I’m no longer as active as before.”

According to Katija, monthly expenses for medicines and additional foods has now reached approximately RM2000.

“Although the hospital treatments are insurance-borne, the total amount has exceeded maximum support and is now renewed for the second time,” she added. “Our income is only enough for the family. At times, I reach a dead-end trying to figure out ways to pay the costs of my husband’s medical treatment.”

“If Nooreman has some energy left for the day, he’ll only do editing work. He is no longer in condition to go down to the field,” Katija expressed. “The workers at Manjafoto are in charge of our photography work.”

Readers keen to help the couple can deposit your contribution into Nooreman’s Maybank account: 1580 1504 3173.



Nooreman Noor



Zamari Muhyi, Chairman of Perak State Bumiputera Tourism Entrepreneurs Association, said that the Manja Charity Outing was a fundraising event for Nooreman’s cancer treatment.

“Some 69 photographers from Perak, Kedah and Kuala Lumpur took part in the event,” he stated. “We’ve successfully raised RM3107 in donations.”

The street photo-themed competition was won by Muhammad Nur Hafizh Osman, 27, from Kuala Lumpur. He won an RM150 cash award. Mohd Faizal Bakar, 36, also from Kuala Lumpur and Nur Hamanina Hanum Rusli, 26, from Kedah, came in second and third respectively. They took home RM100 and RM50 each.

National Community Day 2020

By Chris Teh

As the flagship programme of the National Community Policy (also known as Dasar Komuniti Negara), the National Community Day was held on February 28 and 29 at Indera Mulia Stadium, Ipoh by the Ministry of Housing and Local Government.

The programme, commemorating strategic partners and their efforts in empowering and creating a sustainable community, was also to motivate residents of People’s Housing Project (PPR) to be more involved in organising activities.

In his officiating speech, Chief Secretary of the Ministry of Housing and Local Government, Dato’ Seri Haji Mohammad Bin Mentek congratulated Perak for being the first state to host the National Community Day celebration.

“The Ministry has decided to annually organise the National Community Day this year onwards every February,” he said. “For starters, 19 housing projects were selected as pioneers of the community in line with the National Community Policy.

“The eight major emphases under the policy are infrastructure and maintenance; cleanliness, environment and health; safety; education and skills; concern towards children, senior citizens, single mothers, women, the disabled and unfortunate; entrepreneurship and social business; social service; and sports and recreation,” Haji Mohamad specified.

Other programmes such as Fun Ride @ Ipoh City and popup art book were also organised to augment the main event.



Shuddup N’ Dance

By Gisele Soo

For many years, talented dancers were unable to display their skills, especially proponents of street dance.

Not anymore, young talents today have the opportunity to unleash their expertise at the upcoming annual street dance competition organised by Shuddup N’ Dance. The event serves as a platform for enthusiasts to showcase their creativity on stage and help redefine the public’s perception of street dance.

Street dance has been stigmatised by society as it is considered ‘dangerous’. “People perceive that street dance is for those who’ve no interest in studies which I don’t agree with,” said Alan Thoo, the marketing head of Ipoh Parade during a media conference held at Salon Du Chocolat, Ipoh Parade Mall on Thursday, March 5.

“Dancing is not just a hobby or a pastime, some make a career out of it and after seven years, we’re still telling people that street dance is healthy,” Thoo remarked.

“It’s a slow but steady progress because we’ve been receiving positive feedback. They’re more receptive of the concept and we’ll continue to cultivate and instil the understanding in the people,” Thoo asserted. “Hopefully, this approach will help reduce the stigma,” he added.

When asked what makes street dance one of its kind, Danny Lee, leader of the



Rejuvenate Dance Crew and chief judge, said it possesses identity and creativity. And it conveys the uniqueness as dancers bring in their own culture and local elements. Thus, in order for one to stand out, they have to be different from the troupe.

Street dance which comprises several categories such as B-Boying, locking, popping and krumping have gained recognition when street dancers graced the Philippines SEA Games last year.

The competition took place on March 14 and 15 at Ipoh Parade Mall. “This is the seventh Shuddup N’ Dance competition and I am extremely grateful because it brings us a step closer to the World Olympics in 2024,” Thoo added.

Among the categories of the competition are Junior Crew Showcase (any style), Solo Battles (Bboy Battle and Open Style Battle) and Popping Battle and Street Dance Crew Showcase.

The contest will be judged by award-winning B-boy, Lego Sam and PSVR Crew’s Kar Kheng.

According to Ipoh Parade’s Advertising and Promotion Assistant Manager, Lim Huey Tyng, this is the seventh year Ipoh Parade is hosting the Shuddup N’ Dance competition. She is keen on seeing the growth and awareness of street dance being elevated to the next level.

SUNWAY

COLLEGE Ipoh

Alibaba GET Programme

THE FUTURE FOR ENTREPRENEURS & INNOVATORS

The Alibaba Global eCommerce Talent (GET) programme in collaboration with Sunway University aims to develop the entrepreneurs, innovators and doers of tomorrow by enabling them to take charge of the rapid digital transformation happening around us.

Part 1A:
ALIBABA DIGITAL ECONOMY

Part 1B:
ALIBABA DIGITAL TRANSFORMATION

Part 2A:
ALIBABA DIGITAL ENTREPRENEURSHIP

Part 2B:
**ALIBABA DIGITAL BUSINESS:
SIMULATION AND START-UP**

FREE ENTRANCE
Programme Preview
28th March 2020



Session 1: 10.00 am - 11.00 am
Session 2: 11.30 am - 12.30 pm

PROGRAMME FEES
RM1,250 PER UNIT

WHAT DO YOU LEARN

PART 1A: ALIBABA DIGITAL ECONOMY

Unit 1: Embrace the Digital Economy
Unit 2: The Features of the Digital Economy

PART 1B: ALIBABA DIGITAL TRANSFORMATION

Unit 3: Business Paradigm Shift
Unit 4: Transformation of the Traditional Industry
Unit 5: Transformation of the Organisation

PART 2A: ALIBABA DIGITAL ENTREPRENEURSHIP (iLABS)

Unit 6: Digital Business Start-up
Unit 7: Customer-Centric Marketing in eCommerce
Unit 8: Customer-Centric Business Operations

PART 2B: ALIBABA DIGITAL BUSINESS: SIMULATION AND START-UP (iLABS)

Unit 9: Cross Border eCommerce Simulation Platform
Unit 10: Pitching and Raising Early Stage Investment for Digital Business

- Sunway College certificate - Upon successful completion and assessments of each unit.
- Alibaba digital transcript - Upon successful completion and assessments of Part 1A and Part 1B.
- Alibaba GET Practitioner certificate (USD 100) - Available for application upon completion of all parts.



SUNWAY COLLEGE IPOH DK265-03(A)
OWNED AND GOVERNED BY THE JEFFREY CHEAH FOUNDATION Registration No : 200701042913 (800946-T)
☎ 05-545 4398 / 📞 019-3681096
✉ infoipoh@sunway.edu.my
🌐 sunway.edu.my/ipoh
🏠 1-11 Persiaran SCI 2/2, Sunway City Ipoh, 31150 Ipoh, Perak Darul Ridzuan

📘 SunwayCollegeIpoh
🐦 @sunwaycol_ipoh
📷 sunwaycollegeipoh

Owned and governed by the

Jeffrey Cheah
Foundation
Nurturing the Seeds of Wisdom

All information is correct at the time of printing (March 2020).
Copyright notice: The content of this brochure shall not be reproduced in any form nor distributed in part or in its entirety, without prior written permission from the College.

Exploring Kuala Kurau

By Mei Kuan

Must-try Homemade Wonton Noodle

Take a walk down the alley along Jalan Pantai in Kuala Kurau to find Chou Tou Mian, an unassuming spot selling homemade wonton noodle since the Second World War. Operating from home by three generations of the family, the dish remains loved by many.

Priced at just RM4 per plate, its wonton noodle, wonton skin and wonton filling are made in-house with natural ingredients and lucky diners can easily catch a glimpse of the labour-intensive craft if they come at the right time in the morning.

"Before this, we operated from a coffee shop. During a visit by popular host Jason Yeoh, better known as Ah Xian, he suggested that we move our business here, where we live," Ang Teik Hock, the second generation running the place explained to Ipoh Echo.

Chou Tou, which literally means stinky head in Mandarin, is a nickname given to Ang Teik Hock's father.

"Diners love our smooth yet springy noodle," he added.

Other recommended items on the menu are chicken feet (RM4), pig's stomach soup (RM5), pig's trotter soup (RM5), short ribs soup (RM5), duck soup (RM5), pig's tail soup (RM5) and red wine chicken (RM6 – only available on Sunday).

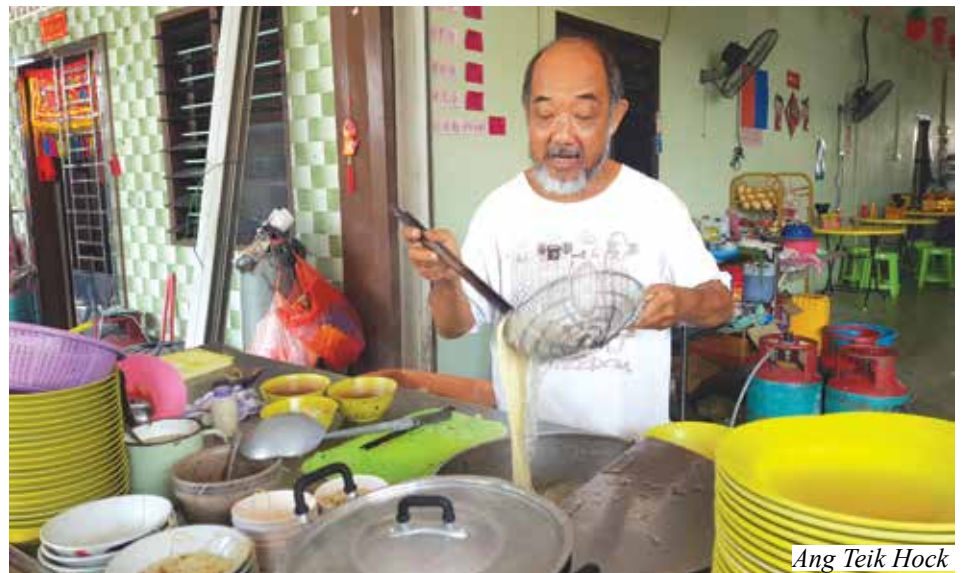
The home is located at 298, Jalan Pantai, 34350 Kuala Kurau. With a no straw policy, it opens daily from 2pm to 5.30pm while on Sunday from 1pm to 5.30pm. Non-halal.



Roadside signboard



Wonton noodle



Ang Teik Hock



A variety of soups

Pomelos Beyond Tambun

Besides Tambun, Kampung Lian Seng in Kuala Kurau is fast rising as a major producer of quality pomelos as over 50 farms cover its landscape.

"Pomelos with pink flesh are sweet while those with reddish flesh are sweet with a tinge of sour. Those found in Kampung Lian Seng are the sweet ones. The two harvesting seasons are during the Chinese New Year and Mid-Autumn Festival as the fruits make an ideal gift. The soil composition here contributes to quality pomelos with better texture and taste. Thus Kampung Lian Seng pomelos are in high demand with a majority being exported to Singapore especially during Chinese New Year. Within Malaysia, we export to Bukit Gantang (Perak), Kuala Lumpur, Butterworth (Penang) and Johor," explained Low Kim Cheng, the owner of a two-acre orchard which his father started almost 30 years ago.

"We fear the strong winds and rain when the flowers on pomelo trees are blooming as it affects harvest," he added. Born in Kampung Lian Seng, Low currently resides in Kuala Gula.

At present, the 72-year-old Low also plants soursop, coconut, banana and tangerine in addition to pomelo. According to him, soursops are increasing in popularity as it is believed to lower high blood pressure and helps fight cancer.

"In the beginning, my father planted vegetables and then cocoa trees," he recalled.

For guided visits and tours, readers can call the amiable Low Kim Cheng at 016 518 1693.



Low Kim Cheng and his pomelo trees



Tangerine

To Advertise /Collaborate



www.ipohecho.com.my
IPOHecho
Your Voice In The Community Since 2006

YuGin Foo

016 5541178



iSpeak

No Pedestrians – Why Walkway?

State of the art walkways with security fencing have been built along the roads in Buntong roundabout at a cost of nearly half a million ringgit. The new construction looks nice and the tar pavement is neat. At the entrance to the walkways, there are two slabs on either side. The gap between the slabs is not very wide and a person carrying bags in both hands may not be able to walk straight through. The sand used to fill the trench of the railing is not levelled and not of the same texture and is an eyesore with the new construction. Everything looks neat and nice except this.

I asked Vigneswaran, proprietor of A1 Supermarket which is near the roundabout about his opinion on the walkways. In return, he asked, "Who walks these days?" I was standing near the roundabout for an hour or so and did not see anyone walking. There was a stream of customers shopping and they all had their own transport. Previously, customers parked their cars along the road and walked across to the shops. Now because of the fence, they have to walk a longer distance. In 'bolehland' everyone can own a car.

For the past year, I frequently go to this place to buy lunch. I also regularly go to Buntong Clinic and have to drive around the roundabout. I have not seen anyone walking along the roads. The walkways basically lead to nowhere. There are no houses nearby within walking distance.

There is, however, a silver lining. Space has been created in front of A1 supermarket and hawkers can put up stalls. Nowadays many people are doing a part-time business to earn extra money.

I have not heard of any snatch theft in this area. Most people know each other and snatch thieves are not stupid to carry out their activities in a place where they are vulnerable. They would be caught and bashed up.

MBI has constructed walkways and safety fences along the roads at the Medan Kidd roundabout. This is a necessity because people regularly walk along the walkways. The roads here are busy. People walk from the bus station to the railway station and can become victims of snatch thieves. This is not the case in Buntong.

Normally university students are made to survey traffic flow before decisions are made on constructing roundabouts and installing traffic lights. I wonder whether MBI had made a study on the movement of people along the roads in Buntong Roundabout.

MBI should have had a public hearing with the residents and ask them about their needs in their neighbourhood. The councillor and assemblyman should have been consulted. I spoke to the councillor who was non-committal and gave me the name of the person I should contact in MBI.

One of the main problems in Buntong is traffic congestion on the road in front of the market. It is frustrating to drive along the road in the mornings. MBI should have solved this problem first. This is what the residents like to see and have complained about the situation.

Public funds should not be spent on projects that serve no purpose.



Wellness

By SeeFoon Chan-Koppen

Spot a Stroke F.A.S.T.

F.A.S.T. is an acronym used as a mnemonic to help detect and enhance responsiveness to the needs of a person having a stroke. The acronym stands for 'Facial drooping, Arm weakness, Speech difficulties and Time to call emergency services'.

Fast is also Dato' Dr Hj Zakaria A. Kadir's admonition to the general public to react and respond to a stroke.

"Stroke is a serious emergency. Every second that passes when a person has a stroke sees the loss of 32,000 neurons in the brain. Every hour that passes without medical attention sees the loss of 120 million neurons. Therefore every second counts when a person has a stroke. The sooner a patient gets to the hospital the better his or her chances of recovery," said Dato' Zakaria emphatically.

"Stroke is the second most common cause of death and 20 million people die annually worldwide, so it is important for people to acquaint themselves with the symptoms especially those who are hypertensive," he stressed.

According to Dato' Zakaria the signs of a stroke may include numbness or weakness on one side of the body; an inability to speak; or difficulty in swallowing or smiling; sudden difficulty walking or dizziness; loss of balance or problems with coordination; severe headache with no known cause. Pain is usually not one of the symptoms.

Family members, spouses or friends can recognise if someone is having a stroke by checking the following:

Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.

Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue". Is the sentence repeated correctly?

If the person shows any of these symptoms, even if the symptoms go away, call for an ambulance and get them to the hospital immediately. (*StrokeAssociation.org/warningsigns*)

Risk Factors and Speed

Dato' Zakaria lists diabetes, hypertension, heart disease and high cholesterol as risk factors for stroke and the time factor of getting to the hospital for treatment is critical for recovery:

1. Under 1 hour being 8X success rate
2. One and a half hours 4X success rate
3. Two hours 3X success rate
4. Anything over four and half hours may mean some major damage has occurred or even death.

Hence the necessity of speed to get treatment.

Treatment

Once at the hospital, stroke is confirmed by a CT Scan which takes 5 minutes and treatment is immediately given. The first step in treatment is to control blood pressure and **Recombinant Tissue Plasminogen Activator (RTPA)** is administered.

If the CT scan detects bleeding in the brain, RTPA is not indicated, the patient will be monitored if surgical intervention is called for.

Final Words

Dato' Zakaria has some final words of advice to avoid a stroke in otherwise normal people with no symptoms. "In today's fast-paced world, stress is a contributory factor and can hasten stroke. Added to this, obesity is increasing and our fast food addiction with its high sugar, high-fat content contributes to this. Stopping smoking is essential as is exercise, certainly a gentle one for the older generation three times a week is recommended," he concluded.

Dato' Dr Hj Zakaria A. Kadir DPMP
MD (USM) MSC (Glasgow) MRCP (UK) FRCP (Glasgow)
Consultant Physician and Neurologist
2nd Floor Suite 2-27 KPJ Ipoh Specialist Hospital, 28 Jalan Raja Dihilir, Ipoh.
Tel: 05 240 8777 ext. 270



*MBI's latest icon at the Ipoh Garden roundabout
(Photograph courtesy of Shaoming Wang)*

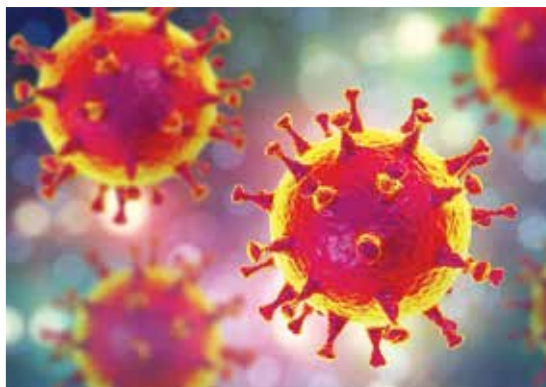
Wellness: Coronavirus

Dato' Dr Amar-Singh HSS
Senior Consultant Paediatrician

Practical Advice

Meal Times at Home and Outside

Eating together can pose a risk of transmission, especially with our lovely Asian style of sharing food. At this time it is advisable not to share food with another person. It is best to have a spoon for every dish and use that to put items onto your plate and not take food directly from the dish with your spoon or chopsticks or hands. It would be good to do this both at home as well as when eating out. This practice should be something that we should adopt as a lifestyle, in view that there may be other virus outbreaks in the future. When you go out to eat, bring your own personal chopsticks or fork and spoon. Higher risk individuals may also want to consider bringing their own cups for drinks. Avoid using a straw for drinks unless necessary, perhaps for a person with a disability. Straws are picked up by the fingers of the person serving you and then put into your drink and then you put your mouth on the straw – a high-risk event. Some fast-food outlets may offer you a covered straw. Our children need to be taught these hygienic practices, including not drinking out of someone else's cup or licking a shared ice-cream.



Improved Hygiene Practises by Food Outlets/Shops

How well utensils are cleaned in shops, from the corner coffee-shop to the restaurant to the fast-food outlet, are of concern. Cups, plates and all utensils should be washed thoroughly between meals/patrons. All food outlets should also aim to clean the tabletops in between every customer. They should use an alcohol-based spray (at least 60% alcohol) to wipe the table. They should dispense with the habit of using a dirty, wet tablecloth that is often reused for the entire day. This wet table cloth can be a good virus transmitter. Use instead, a paper kitchen towel that can be used once and then safely thrown in the bin. If shops do not do this, we as patrons can try to clean the tabletop before we sit down to eat. Food-handlers and servers should consider the routine use of a transparent kitchen mouth shield (mouth or spit guard). Some restaurants already have this in place but time to consider the routine use of this item in all outlets. They are not expensive and can be reused after cleaning.

What to do if You Become Unwell and Dealing with the Unwell Person at Home?

What to do if you develop a respiratory infection? It should be the responsible thing to tell your employer or your school or university and refrain from going back until you're well. That means self-quarantine yourself when you are unwell. All employers should be sensitive to this and offer compassionate leave as well as the opportunity to work at home at this time. If one person at home becomes unwell others should not sleep with them (this increases the virus load spread); there may be an exception for young children. The ill person should also use a separate bathroom, if available. All 'high-touch' surfaces (example counters, table-tops, doorknobs, bathroom fixtures, etc) should be cleaned using a household cleaning spray or an alcohol-based wipe. Generally, we should avoid sharing towels and hanging them in the bathroom; damp towels are good items to spread viruses. All items for personal hygiene (towels, toothbrushes, etc) should be personalised i.e. individual use. Use closed bins at home for discarded tissues. There is some evidence for this coronavirus to spread by stool (faeces). Flushing of the toilet should be done with the lid down and toilet bowl covers should be cleaned periodically.

How to Deal with Crowds, Conferences and Meetings?

It is best that we try to minimise contact with crowds, which is easier said than done. Try to keep your distance from individuals. Avoid shaking hands, hugging or touching others unless that is absolutely necessary. It is best to postpone events that can be moved and avoid large gatherings as much as possible. This is not the time for celebrations but only for essential meetings. Many medical conferences in the country have already been postponed.

Cough Etiquette and Dealing with Someone who is Coughing or Sneezing

Everyone should cough or sneeze into a tissue or learn how to cough or sneeze into a flexed elbow or sleeve when it happens unexpectedly. After the cough or sneeze dispose of the tissue in a closed bin and wash your hands with soap and water or clean your hands with alcohol-based sanitizers (at least 60% alcohol). If someone in public is coughing or sneezing, keep your distance from them (at least 1m away), and ask them to do the above. If they are repeatedly coughing or sneezing ask them to put on a mask (3-ply surgical mask or N-95 mask). Consider carrying some spare masks and offer them to individuals who cough or sneeze. We need to help others learn to be responsible. We also need to stop completely the habit of spitting in public.

Personal Protective Devices for Emergencies

It is important to carry our own personal protective devices for emergencies. Always carry some 3-ply surgical masks or an N-95 mask in your bag. We do not need to wear masks unless we are unwell ourselves or we are travelling in an enclosed environment with others, like an aeroplane, taxi, bus or train. Remember that the 3 ply surgical masks

or cloth masks are no longer effective once they are wet. They have to be changed frequently (at least hourly) and be worn correctly. Remember to dispose of them safely in a closed trash bin. It would be the responsible thing not to travel if you are unwell. In addition, alcohol-based hand sanitizers, with at least 60% alcohol, are necessary to keep with you at all times. You should clean your hands after touching surfaces. Clean your hands with an alcohol-based sanitizer after you've left a shop or come out of an office, after touching doorknobs, public tables, etc. Of course, the common advice, which is difficult to adhere to, is to stop touching your face with your hands when out of the home.

Contaminated hands can transfer the virus to your eyes, nose or mouth. Studies have shown that we touch our faces many times each hour and this increases our chances of getting infected. We need to support each other to reduce this behaviour of touching our face.

Dealing with Planned Visits to the Hospital or Clinic

Hospitals and clinics are higher risk locations to visit and we should avoid going to the hospital or clinic unless necessary. Many of us have planned visits for our chronic illness or we may need to visit a close friend or family member in hospital. For planned appointments, it would be good at this time for hospitals and clinics to offer mobile appointment services, so that we can limit the number of people waiting to see a doctor in the clinic or hospital specialist waiting areas. This would mean that we can arrive 10-15 minutes before the visit, see the doctor and go off quickly. This can be arranged if we improve the efficiency of our services at this time and may become a routine system to put in place for the future to limit crowds in clinic waiting areas.

Social Distancing Measures: Preparation by Schools, Universities and Employers

Those in education, as well as employers with numerous employees, need to prepare for a local outbreak; this means they need to have a contingency plan in place. The responses from China, South Korea and Japan have been swift and decisive. For example, they have closed schools for some duration but still are able to offer online education for the students. Iran has closed schools/universities and cancelled group Friday prayers in more than 22 cities. Are we ready if we are faced with a similar situation? Are we prepared for temporary closures of schools and childcare facilities as well as workplace social distancing measures like teleworking and temporary closure of all religious meetings? Social distancing measures, if required, will be difficult for everyone but can be achieved if we all work together as a community and support each other.

Dealing with False Information

There are many false ideas and suggestions circulating and it is important we verify them before sharing with anyone. It is best to check with accredited sources or read reliable sites. WHO has a COVID-19 Myth busters page for advice for the public that is worth reviewing. For example, they state very clearly that, at present, there is no evidence that pets such as dogs or cats can spread this new coronavirus. Also that it is safe to receive a package from China as coronaviruses do not survive long on objects, such as letters or packages.

The situation is fluid and everyone needs to keep up-to-date with the latest information so that we can work, not just as a country, but as a global community to deal with this threat. This outbreak will teach us many things about ourselves and the need for humanity to change and respect nature.

Wellness: Coronavirus

Who is at Risk?

Dato' Dr Amar-Singh HSS
Senior Consultant Paediatrician

Now that the coronavirus outbreak (COVID-19) has been declared as a pandemic by the World Health Organisation (WHO), it is time we ramp-up our actions as a nation. As the head of WHO, Dr Tedros Adhanom Ghebreyesus, says he is “deeply concerned by alarming levels of inaction”. He points out that it is possible to limit transmission but “the challenge for many countries, who are now dealing with large clusters or community transmission, is not whether they can do the same – it’s whether they will.” He calls for “urgent and aggressive action” by governments. So the question that faces us is: Will Malaysia and Malaysians act aggressively enough to deal adequately with the outbreak in our country? It is not an issue of ‘can we’ but ‘will we’.

I would like to highlight important groups that are either at risk of enabling the spreading of the virus (ones we need to deal with urgently) and those that are at risk of getting infected and having a serious illness (ones we need to protect).

Groups that are At Risk of Enabling the Spreading of the Virus

There are three large groups that we need to address immediately to limit the size of the outbreak.

Firstly the religious groups. The recent huge religious occasion in Selangor, where an estimated 10,000 persons met over a few days, and one was found positive, shows us how it is possible to have ‘super-spreader events’. The photographs of the event showed how closely and densely packed individuals were. I am sure the comradeship shown during the event would have enabled easy spread. It is unexpected that organisers allowed this to go on in the current climate. Similar, smaller events happen all over the country every week in temples, mosques, churches, etc. The experience from a number of countries has shown the extensive spread of the coronavirus through religious communities. We must act now to stop these congregations today. All temples, mosques, churches and other religious groups should immediately suspend their routine meeting and services. It goes without saying that weddings should be deferred and funerals kept small. Remember that many religious persons tend to be older, making them at higher risk of serious illness and death.

The second group is our immigrant workers, legal or illegal. Our nation runs on immigrant manpower – from the construction industry to the food outlets and domestic support. Conservative estimates put the immigrant population at 2.7 million; true numbers are possibly double that. Are we supporting these individuals in the face of the coronavirus outbreak? They have helped to build our nation, support our children and feed our stomachs. Are we providing them with adequate health education in their native languages? Some will require testing. Asking them to get a coronavirus test privately is far beyond their means at RM400-700 per test. Does the Ministry of Health (MOH) have the testing capacity? We need the availability of 5-10,000 free tests daily nationwide to combat the outbreak – not just for Malaysian but also for our immigrant workers. If we ignore immigrant workers, we do so at our peril. They can be an undercurrent of extensive coronavirus spread in the nation if left unaddressed.

The third group is our politicians and government office staff. They seem to meet and congregate frequently, especially our politicians. We see this on the media daily. Time has come to institute work from home for all non-essential government office staff. We need to instruct politicians to stop their kenduris, ceramahs, mass meetings, public launching events, etc. Where politicians visit or appear, people tend to gather



Pic from The Star Online

and meet then and take selfies. I hope all politicians will stop most visits and limit their activities to essential ones. A number of leaders and ministers have become ill in other countries with some fatalities. Remember again that politicians as a whole tend to be older and at risk of serious illness.

There is a fourth group that I am uncertain about, that is, children. I thank God daily that young children, especially those under 10 years, are not severely affected by this outbreak. But are children, young or older, vehicles of spread in the community? We are uncertain but many nations have shut all schools, colleges and universities as they believe that this is a means of transmission to adults. I believe this action is also critical in limiting the spread of the coronavirus.

Groups that are at Risk of Having Serious Illness if Infected

There are three possible groups that are at risk of getting infected and possibly having a serious illness.

The first are those in some form of residential care or confinement. This includes old folk’s homes, residential care facilities for the disabled and prisons. Adults in residential care or confinement are at high risk of spreading the virus in their facility, once one is infected. We need to urgently have strict SOPs for all residential care and prisons. One important measure is to limit visitors to only immediate family members and perhaps even that may be a risk. There are other groups to think of, like those with chronic disease who require frequent daycare visits e.g. those on dialysis.

The second group that worries me is our frontline healthcare workers – the doctors and nurses that work at general practitioner (GP) clinics and MOH primary care clinics (OPDs, antenatal clinics, immunisation clinics). They see large volumes of patients and people daily. Children and adults coughing in a GP’s or OPD doctor/nurse’s face repeatedly are high-risk events for the staff. We cannot afford for the health system to go down because the healthcare professionals become ill. The public must become much more responsible and have strict cough and hand hygiene etiquette. Many of our frontline healthcare workers are not able to supply masks for patients who walk in and have respiratory infections. Who will provide this? If they use up their supply then their exposure will increase. The government needs to make available mask supplies to all government and private outpatient facilities. Remember that the viral load matters (the volume of viral particles that you are exposed to). We need to minimise this for our important frontlines.

The third group at risk are people in the ‘essential’ service industry – that is, pharmacy staff, those working in food outlets, taxi/Grab drivers, counter staff, etc. They too are at risk, like our frontline healthcare workers, from the sheer volume of people that come through their hands every day. Solutions for them are not easy. Plastic face shields may be more practical than face masks for those in counters or fast food outlets. Perhaps time to travel without air-conditioning in taxis/Grab cars. If these ‘essential’ service industry staff get infected, they have the potential to infect many, many more which is why we need to think about how we can protect them.

I plead with our government not to diminish the potential of the coronavirus outbreak by offering reassurances without radical actions; it is a very, very serious problem that could engulf our nation. The best thing that could happen to us is that we take such drastic measures that virus spread is minimal and we can laugh about it with relief in the future.

Anything else is a nightmare to contemplate.

Time is not on our side and the window to make a difference is rapidly closing.

Kinta Karsts – Perak’s Time Capsules

Ecology

By Chris Teh

What are karsts? According to retired geochemistry professor W.K. Fletcher in his recent talk about Malaysian Galapagos held at the Perak Academy office, karsts are an archipelago of limestone islands that host unique species of flora and fauna.

Karsts also have caves containing geochronological records of climate change, biodiversity and human prehistory, providing a natural laboratory to study interactions between the three over the last two million years.

“Caves are literally time capsules; they contain human habitation, artefacts, animal remains, stalactites and many more historical records,” Fletcher said. “All of them can be dated using metals such as uranium and thorium, charcoal or sediments of optically stimulated luminescence.”

There are two types of karsts namely, juvenile karsts and extreme karsts.

“Juvenile karsts have developed into caves and subterranean passages through the limestone, but their features are yet to be strongly formed. Extreme karsts, sometimes incorrectly referred to as tropical karsts, on which Malaysia is based, have steep-sided limestone hills and towers, isolated from each other by lowlands.”



Focusing on Kinta karsts, he explained, “Kinta limestone could be aged anywhere from around 450 million to 260 million years ago. Different limestone hills may have different ages and fossils to be determined.

“Sometimes, we see in newspapers or tourism posters that Gua Tempurung is 300 million years old. That is only correct for the rock deposits that make up the cave,” Fletcher noted. “The landscape in turn, is quite recent. A deep valley that separates Gua Tempurung from other hills in the area only developed 4.5 million to 2 million years ago.”

He also listed some species of plants on the brink of extinction, such as the kanthanensis, endemic to Gunung Kanthan in Chemor, Perak and paraboea vulpina in the peninsula.

“It’s important to preserve the vast limestone hills around not only Kinta but anywhere else in the country as they are home to many flora and fauna found exclusively near or at the karsts,” Fletcher expressed his concern. “You can’t find them in other parts of the world. My hope is that the hills here (in Kinta Valley) are preserved and Malaysian scientists are encouraged to focus their attention on the links between climate change and biodiversity,” he said, citing Kinta limestone islands can now advance the understanding of these two elements.

Nosh News

Family Signature in Ipoh Soho

By Jo Lynn Chong

Family Confectionery Sdn Bhd, an Ipoh homegrown family business that has been around for over 20 years, opened their tenth outlet, Family Signature, in Ipoh Soho in December 2019.

"We are using a bakery-cum-cafe concept for the first time. Our other Family Confectionery outlets are all grab-and-go bakeries, located in various neighbourhoods in Ipoh," Lim Xian Ying, the second generation running Family Confectionery Sdn Bhd and also the Chief Marketing Officer of Business Development for Fondantism Sdn Bhd (also by Family Confectionery that was launched in January 2019), elaborated.

To date, all 10 outlets of Family Confectionery are all within Perak. Fondantism has two outlets, one in Bandar Cyber and one in Ipoh Parade.

Family Signature is selling fresh fruit cakes and Japanese souffle pancakes as their signatures. Both are made to be less sweet and 100% made with natural ingredients.

"Our fresh fruit cake is exclusive only in Family Signature at this moment. It is just normal sponge cake which has an airy and fluffy texture. We have a slogan, 'ru kou ji hua', the cream will melt in your mouth within one second. Because I think that most girls love dessert but we are scared that they are very heavy or have high calories, like very oily buttercream cakes, so we do it in a very fresh light way, using light fresh cream



Cempedak Sliced Fruit Cake



Oreo Chocolate Souffle Pancake

and add on fresh fruits," Lim elaborated. Her father, Chin Man Kean, founded Family Confectionery.

"Actually, we introduced our Japanese souffle pancakes through Fondantism first," Lim explained. "After that, we also have them in Family Signature and we add on different designs with ice cream from Nestlé."

"A Japanese souffle pancake must be very fluffy," Lim explained. "For us, the height of it is very important and the texture must be such that when you eat it, it melts in one second."

The fresh fruit cakes are selling at RM9.90 per slice but for their top sellers, durian and cempedak (fruit similar to jackfruit), RM18.90 per slice. Also available at RM80 for half a kilo and RM120 per kilo. For the Japanese souffle pancakes, prices range from RM15.90 to RM20.90.

"We do have customised cakes and you can order them online or from any of our outlets. We do welcome bookings for parties and private events. Available on foodpanda too," Lim enthused.

Also offering simple food and Boba drinks, Family Signature is open daily from 11.30am to midnight and has a seating capacity of about 100 diners. Pork and alcohol-free. For more information, visit their Facebook and Instagram pages both by the same name, **familysignature** or contact **011 2056 8320**.

Address: **Block B, 1-15, Ipoh Soho, Jalan Sultan Iskandar, 31350 Ipoh.**

Bar with a Difference

By Joelyn Jonathan and Yugin

Ipoh is known for its beautifully preserved heritage buildings. To convert a heritage building into a secret bar elevates the hype several notches up.

Hou Hing Heritage Cafe and Bistro offers a nostalgic as well as a cafe and bar ambience.

According to Phoebe, the owner, being an antique collector since the age of 17 has prompted her to open the heritage-based bar in the heart of Ipoh.

"We serve various dishes, including some from old school recipes. Besides wine and liquor, our customers are welcomed to indulge in our traditionally-made signature coffee.

"Since the concept of this cafe cum bistro is based on a heritage theme, our target



customers are antique collectors. We receive good support from our neighbouring shops," she added.

When asked about their future plans, Phoebe mentioned they would soon expand upstairs.

"Probably a heritage-themed hostel for backpackers but we're still working on the plans.

"Our customers are welcome to host private parties and functions here. Prices are negotiable so long

as they're satisfied with the services rendered," she emphasised.

Hou Hing Heritage Café and Bistro is open from Wednesday to Sunday between 1pm and 10pm.

If you are looking for a quiet bar with a difference, drop by Hou Hing Heritage Cafe and Bistro located at **11 Jalan Dato Tahwil Azar, Taman Jubilee, 30300 Ipoh.**

Rahamath Eatery

By Gisele Soo



Located in the heart of Ipoh, Gerai Makanan Dan Minuman Rahamath has been operating for 50 years and is still going strong. Mohamad Rizuan, 32, is the second generation running the family business.

According to Mohamad, the dishes are made fresh daily to prevent spoilage. He makes sure the food being served to his customers is fresh and clean.

Available are a variety of curries, vegetables, meats (chicken, mutton and fish) and hard-boiled eggs, even salted ones! The all-time crowd-pleasing dishes are the stall's 'ayam masak merah' (chicken in spicy tomato sauce) and 'ayam berempah' (crispy spiced fried chicken) and of course, the irresistible, sambal.

"I've driven by a few times but never gotten the chance to try. The stall, despite its size which is almost unnoticeable, always catches my eye. It is impressive to witness how long the queue can get! Therefore, today, I decided to stop by and taste the food myself," exclaimed a 28-year-old Ipohite who also enjoys cooking herself.

"I found the fried chicken, coated in a combination of spices and curry, is well-marinated, giving it a tender and succulent flavour. It's crunchy on the outside and juicy on the inside, I'll definitely come back," she added.

Despite the hassle of finding a parking spot, more so in the usual hot weather, customers would still drop in for lunch. Because they know the savoury taste of the chicken and curries is well worth it.

The price varies according to customer's pick, but you can be assured that every dish is worth your bottom dollar. New dishes will be added occasionally to the menu, so if you are a lover of spices, make sure to give it a try.

Rahamath opens daily (except Sunday) from 10.30am till 4pm. It is located at **Jalan Dato Sagar, 31650 Ipoh.**

Business

Swiss Rolling in Paradise

By Jo Lynn Chong

Ipoh Echo had an exclusive one-on-one with Jennifer Liao, co-founder of JJ ROLL (House of cakes and rolls) on Wednesday, March 4. Famous for their Swiss rolls that attract tourists from as far as Singapore, have you ever wondered about the brand story behind JJ ROLL?

Jennifer Liao, having been involved in charity work since 1999, met her business partner John Lim while she was part of the Ipoh Love and Care Society, where she was the president for 10 years. Hence the name JJ as it stands for John and Jennifer.

Lim, from Penang, started baking cakes at the age of 17. He worked in a cake shop in America that was using Taiwanese recipes and owned by a Hongkonger, where he honed his skills. "When I first met him, he was still working under someone," Jennifer narrated. "I asked him to sponsor cakes for us to sell for charity but he said, 'I'm just an employee... How about you come up with the cost, and I'll bake for you at home?'"

Thus, JJ ROLL started simply with a fridge, an oven and cake mixing machine. "Lim baked at home, so we did the simplest type of cake which required the least baking equipment, and it was, of course, this Swiss roll," Jennifer enthused. "After baking, you just spread something on it and then roll it," she explained.

"Last time, we didn't have so many flavours, we only had jam, strawberry jam, blueberry jam, those very simple flavours," she elaborated. "Lim told me that 'We want to do something special. We want to be a Swiss roll specialist'," she explained.

As demand for their Swiss rolls increased, so did their variety of flavours as they started adding crushed fresh vegetables and fruits into their Swiss rolls. Slowly, what started off as a part-time business for Jennifer eventually became a commitment. In 2007, they registered as a retailing business and rented a shop, officially employing workers. After moving to a few places, they moved to their current location at **127, Jalan Bharu Off Jalan Raja Permaisuri Bainun, 30250 Ipoh** in 2013.

Besides being free of preservatives and artificial colouring, Jennifer told Ipoh Echo that it is the lightness, moistness, low sugar content and fresh ingredients of the Swiss rolls that keep customers coming back. "If customers have any comment or complaints, we will take note and make improvements," she also explained.

"Every month, we have a percentage that goes to charity, so we can create a lot of job opportunities for people who are in need, be it young or old or retirees, or single fathers or single mothers," Jennifer explained. "We have over 30 employees here."

Besides selling Swiss rolls as their main speciality, JJ ROLL also sells homemade cakes and goodies such as Tiramisu Classic Cake, Brandy Fruit Cakes and Pineapple Tarts. Their bestselling Swiss rolls are Coffee Walnut with Peanut Butter Cream, Chocolate



Jennifer Liao (third from right)



Hazelnut, Pandan, Vanilla with Durian Filling and Vanilla with Cempedak Filling as well as their combination roll which comprises of the flavours, Pumpkin, Spinach, Carrot and Banana, all with cream cheese. Prices for single-flavour Swiss rolls range from RM9 to RM18. Their new offerings are homemade Blueberry and Cempedak ice cream both priced at RM4 as well as Durian ice cream priced at RM5. Also upcoming, homemade Cinnamon roll.

When asked if they ever had plans to open any affiliated cafes, branches or make their business a franchise, Jennifer told this scribe that they are unable to manage if they do so as their products can only last three days and they are not able to have a central kitchen since every chef only specialises in their own cake design.

To date, JJ ROLL offers more than 40 kinds of Swiss rolls. "In the whole of Malaysia, our shop offers the most Swiss roll flavours," Jennifer enthused.

Opened daily from 8am to 7pm, even during public holidays, bookings for specially designed cakes are encouraged to be made early. Pork-free and accepts payment via E-Wallet, Boost and Touch 'n Go. For more information, visit their Facebook page at www.facebook.com/jjcakes and their Instagram page at [jjrollipoh](https://www.instagram.com/jjrollipoh) or contact **016 551 5796** or **016 559 5796**.

One-stop Platform for All Things Motorbike

By Mei Kuan

Founded in 2016, iMotorbike is the number one motorcycle marketplace in Malaysia and also the only one available. As a leader in building a community around motorbikes, the iMotorbike platform serves manufacturers, dealers, service providers, and consumers with services for market research, motorbike financing and insurance, and a customer to customer market where end users can buy and sell used motorbike parts and accessories.

To learn more, Ipoh Echo had an exclusive one-on-one with Gil Carmo, Founder and CEO of iMotorbike.

"iMotorbike was born from my experience living in Vietnam, when I needed to find a motorcycle online but was unable to find any platform that enabled me to do so. That same moment, I went on to study the market of motorcycles platforms across the region to understand if the problem was limited to Vietnam, or occurred in all other countries too — I came to realise it was a regional pain. I went on to study the transactions number per annum, per country in terms of new and used motorcycles and that's when I realised that we had an untapped blue ocean of motorcycle users and sellers digitally underserved, who were just waiting for a business like ours to support them," Gil explained.

To support its wide range of services, iMotorbike has partnered with established brands including Berjaya Sompot, Direct Lending and Zurich. iMotorbike is also a holder of the MSC Status Tier 1, which gives them a competitive advantage to further their work for the motorcycle industry.

"We do not hold any physical shop. We work closely with all our dealer and brand partners to support the online expansion of their businesses and to reach more consumers — that is our core mission. We basically help all ecosystem players to connect with each other, facilitating easy transactions between them. Our platform provides a space for



Gil Carmo

them to reach out to each other — they then finalise the transaction offline, usually at the seller's shop, if they are a dealer, or in a safe, mutually-agreed-on location," he highlighted.

According to him, the rising popularity of motorbikes in Malaysia especially Perak is inevitable. "Motorcycles are an ultra-convenient way of moving around, especially in this fantastic weather that Malaysia has. You can literally get to any place with a breeze in your face, avoiding traffic, spending way less on petrol, maintenance, road tax, insurance. And, it's quite safe as long as you

follow the road laws as you should. It is a great way for families to save more of their household budget as well," he added.

Hailing from Lisbon in Portugal, Gil learnt about the impact of the internet when he was 12 and started to sell mobile phones on mIRC, an old form of chatting in an open digital community.

With previous experiences from Lazada and Shopback under his belt, the eCommerce veteran has always loved bikes besides being an absolute book-obsessed person.

"I became truly passionate about bikes when I lived in Vietnam and owned several. I am not a big fan of naming one favourite, as I truly enjoy any type of two-wheeler that I get to drive. Every single one of them brings different experiences, but if I had to choose one, it would be the Husqvarna 701 Supermoto," he shared.

"Our roadmap of new coming products and features is endless. We are very excited with how Malaysia has been embracing the company and are impressed by the enthusiasm they have for what we have been building here. We are always welcoming of any comments that support us to grow and improve what we do on a daily basis," Gil enthused.

For more updates, readers can swing by the iMotorbike's website ([imotorbike.my](https://www.imotorbike.my)) and Facebook page ([imotorbike](https://www.facebook.com/imotorbike)).

My Say

By Jerry Francis



Goodwill and Understanding Prevalent in Health Clinics

It saddened me recently to see a doctor in a government hospital in Negeri Sembilan burst out in anger at being confronted by a patient.

It was obvious that the doctor was stressed after having to treat a large number of outpatients in the clinic.

Therefore to be questioned while he was busy attending to a patient could cause anyone, not just the doctor, to get angry without thinking of the consequences.

It is well known that doctors, nurses and various other orderlies in government hospitals and health clinics are generally polite and understanding towards members of the public.

I have been experiencing it in the Raja Permaisuri Bainun Hospital and health clinics throughout Ipoh. In fact, their attitude toward members of the public is the best compared to any other government departments and agencies.

I am sure that those, who have been seeking treatment from the hospitals and health clinics, will vouch for it. To this, I like to say 'syabas' and keep up the good work.

With the cost of medicines on the rise, the number of Malaysians seeking outpatient treatment at government hospitals and health clinics in the country is swelling day by day.

The situation is no different in Ipoh where hundreds of people, especially senior citizens and those not covered by insurance or employers' panel of doctors, are seen daily at the government health clinics.

It is because of the good attitude shown by the medical staff, we find there are more praises than complaints about the services coming from those seeking treatment.

Well, of course, one needs to wait before being attended to. If you can't wait, then go somewhere else where you will have to pay a higher cost for the services.

One needs to wait at the registration for the number, at the consultation room to see the doctor and then at the pharmacy to collect medicines.

The patients know and accept the long wait, which can sometimes be as long as three hours.

However, the friendly manner of the hospital and clinic staff helps to ease some of



Sport

A Confidence Boost

By Chris Teh

In order to improve confidence and the health of its clients, the Physiotherapy Unit of Sultan Azlan Shah Rehabilitation Centre organised a sports day recently.

Around 15 of the centre's clients aged 40 to 65 partook in the event, with an array of purpose-made games such as throwing balls into baskets and indoor cycling.

Students from UniKL Royal College of Medicine, Tunku Abdul Rahman University and MAHSA University in the midst of their physiotherapy degree practice at the centre were involved as helpers.

"This is our first activity for the year," said Datin Malathi Selvadurai, the head of administration. "We have a few other events lined up for the year. This sports day focuses on physical therapy.

"Apart from motivating our clients to always do better, sports day is also an opportunity for them to gather and socialise," she added. "Such an event is also a learning curve for future physiotherapists, especially students undergoing training at our centre."

"I love this activity. It helps improve my confidence a bit," said Madam Choo, a 54-year-old client. "I also have a reason to move around."

"I thank the organisers of the sports day programme because it definitely helped improve my knee pain," said another client, 76-year-old Abdul Aziz. "Besides that, the games are so much fun and enjoyable. The people involved are also very positive and encouraging."



the pains and concerns of those who come for treatment.

As a result, there is always an atmosphere of goodwill and understanding among the patients as they wait for their number to be called.

At times, a staff member of the hospital would listen patiently to an elderly person, who was either hard of hearing or could not speak and understand Malay.

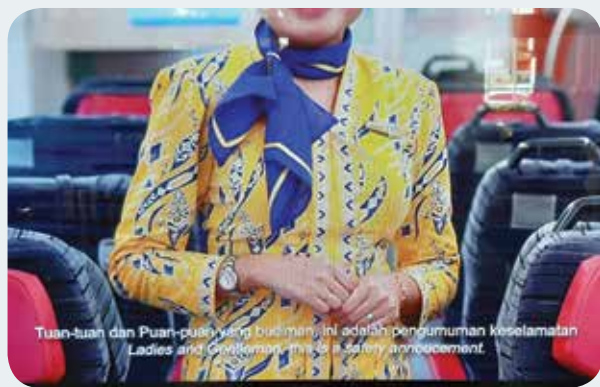
Due to the prevalent goodwill in the clinics, there is always someone from among the patients stepping forward to help or be an interpreter whenever such a situation arises.

It is also very common to see somebody helping a total stranger in a wheelchair or with crutches. There is no racial barrier as they assist each other and get into conversation.

Such inspiring situations have given me much hope about the future of our country despite talks that we are heading towards disunity.

LETTERS

We reprint some of our reader's comments from our online paper. Go to <http://www.ipohecho.com.my/> to read more. The views expressed in these letters are not necessarily shared by the Editorial Board. We reserve the right to refuse or modify the letters we publish.



Spelling Error

A blatant spelling error on the KTMB ETS safety video being screened spells "Announcement" as "Annoucement". Hopefully, the management of KTMB will take corrective action to rectify the spelling immediately.

Baljit Singh Gill

Baby Dumping

With reference to "Baby Dumping and Sex Education" (Ipoh Echo, March 1-15). Our country has been a dumping ground for rich nations of their plastic waste and garbage. Very recently, our elected government has been dumped by some racist, kleptocrats and corrupt politicians.

Now back to the baby dumping and sex education, one of the main causes of baby dumping is the lack of sex education and because of perceptions of society to the mother that leads them to abandon the baby.

Imagine, an innocent little girl who knows nothing about sex, who does not have the strength to fight back or the presence of mind to get out of the situation, her little body is brutally violated and her little world shattered by terror and unimaginable pain.

Therefore, in order to bring up children to be able to think and act independently, and to have the opportunity to be adventurous, the environment must be a safe one. The question now is, how safe are our children? Even religious (tafiz) school students are sexually abused. Your child wants to go and play with friends in the playground across the road;

after what has happened to other girls and boys, would you give her or him permission to do so without worry?

Today's children are aware of sex as a joy, but with limited sex knowledge. They would simply like to try out everything. As an educator, I strongly subscribe to the view that at some point between learning to walk and learning to drive, children need to be taught the facts of life.

Parents, even now, teach their children nothing about sex as their parents had never taught them. Besides, it would be too embarrassing. Therefore, the commonly accepted dictum is to keep our children innocent until marriage, then instinct will teach them.

Now, who is to be blamed for our children's experiments with sex? If we want our children to have a responsible attitude towards sex, then we have to give them sex education.

It's my dream that the future Education Minister should consider these facts of life and incorporate sex education into the school curriculum.

S. Sundralingam

HAPPENINGS

Only pay RM30 for chargeable events/seminars announcements. You get 3 media avenues for the price of one: • Print (circulation 100,000) • Website (over 1 million hits per month – verifiable) • Facebook (Free public events are published FREE)

Announcements must be sent by fax: 05 543 9411; or email: announcements@ipohecho.com.my, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

WORLD KIDNEY DAY FUN RUN. MARCH 28 (Saturday), 7am-12pm at Stadium Indera Mulia, Ipoh. Organised by the Ministry of Health (MOH), the Malaysian Society of Nephrology (MSN) and the National Kidney Foundation of Malaysia (NKF). Dust off your running shoes and sign up for this sporty, laughter-filled extravaganza today! A line-up of exciting happenings at the event for the public includes lucky draw prizes, health checks, booths and cooking demos. Ticket prices: RM38 (for 500 early bird participants); RM48 (normal price) for the 5km Fun Run; RM25 for the 1km Fun Walk (for patients and caregivers only). Register via the JOMRUN app or contact Faizul 013 388 4094. Visit <http://www.nkf.org.my> or call 03 7954 9048 for more information.

53RD ANNIVERSARY REUNION DINNER 'CLASS OF 1967' OF SULTAN YUSSUF SCHOOL, BATU GAJAH. MARCH 28 (Saturday) at the Perak Malayalee Association Hall, 14A Medan Istana (opposite Gunug Cheroh Temple), Ipoh. Entertainment is by The Waves. Former students of the batch are requested to call Dato' Gregory Wong at 012 517 2858, Dato' Dr Bhupinder Singh at 012 499 6444 or Mr Gopalan Nair at 012 450 2620 for further info and reservations. Closing date March 15.

PERAK ACADEMY TALK: 'UNDERSTANDING BIODIVERSITY IN MALAYSIA' BY MS TONG PEI SIN. APRIL 9 (Thursday), 8pm at Perak Academy, 7A Jalan Tun Sambanthan, 30000 Ipoh. A fee of RM10 by way of donation to defray expenses on the administrative cost for this event. Limited seating. Call Georgie 05 241 3742 or Michael Thomas 016 221 3742 to confirm your attendance.

SMI MUSICAL 'THE JUNGLE BOOK'. APRIL 18 & 19 (Saturday & Sunday), 7.45pm at St Michael's Institution School Hall, Ipoh. To raise funds for the academic enhancement of their students and also the maintenance of school facilities. Director: Miss Mah Yoke Yin. Tickets: RM20 & RM50. Contact: Pn Shaw Wanni a/p Kim Yean or Pn Rohana Bt Mohammad at 05 254 4018.

Kechara Earth Project. LET'S RECYCLE FOR GREENER EARTH. EVERY 4TH SUNDAY of the month, 9.30am-11.30am in front of Ipoh Garden Post Office, Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh. Carton boxes, paper, metal/aluminium, electronic equipment, plastics, light bulbs, batteries and used clothes. Funds are channeled towards Kechara Food Bank that serves the urban poor and underprivileged community in Ipoh. For more details, contact: 016 532 8309 (Mr So) or 012 522 3200 (Ms Yee Mun).