





DECEMBER 1-15, 2010

PP 14252/10/2011(026531)

30 SEN FOR DELIVERY TO YOUR DOORSTEP – ASK YOUR NEWSVENDOR

ISSUE 11





Barking Up the Wrong Tree Pg 4



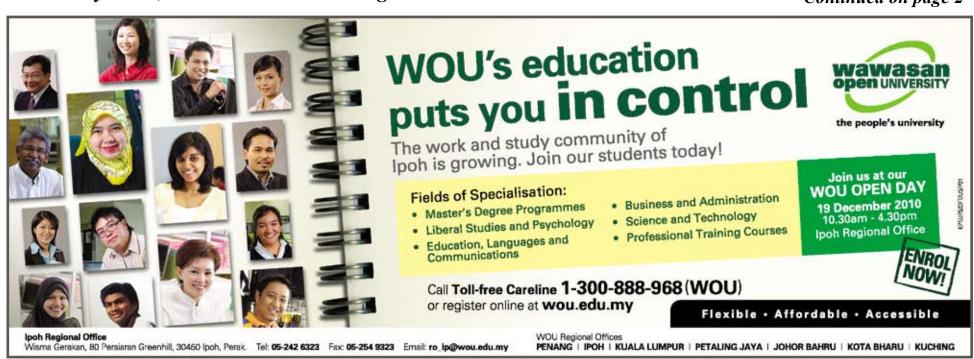
SeeFoon presents Day 3 of Foodie Pg 5 Feeding Frenzy



A Humane Solution to **Problem of Stray Dogs**



The 'City that Tin Built' will soon be known as "cattle city" if no action is taken soon by the relevant authorities. Although it was accorded city status 22 years ago, cows and buffaloes still roam freely on its roads, commercial areas and housing estates. Judging from the amount of complaints and police reports lodged by residents about stray cattle, the situation is becoming serious... Continued on page 2



Stray Cattle are Posing a Danger to motorists and residents

tray cattle are sighted daily in various parts of the city, particularly in the Lahat, Menglembu, Silibin, Jelapang, and in the Jalan Kuala Kangsar areas. These stray cattle are not just a nuisance, but also a threat as they have been known to attack and gore people while grazing in parks, children's playgrounds, commercial and residential areas.

They also obstruct traffic, destroy plants and rummage in dust-bins in the housing estates, leaving trails of dung and urine with their accompanying foul smells in front of houses and along roads.

Fatal Accident

Motorists in particular, are exposed to danger on the roads, especially at night. Early last month, the problem culminated in a fatal road accident. A van driver was killed when his vehicle knocked down two buffaloes at 3.45 a.m. near Falim. The buffaloes were also killed. According to a police statement the fatal accident occurred when the buffaloes suddenly crossed into the path of the van.

There have been other reports of accidents caused by stray cattle including cases where motorists were trying to avoid running over cow dung on the roads. Such accidents are unheard of in a progressive



At night buffaloes lie down as well as cross the roads in this area

city, but is Ipoh a progressive city?

State Government Directive No Longer Effective?

Over two decades ago, the state government had directed that no cattle or goat rearing be allowed within the city centre. Judging from the existing stray cattle problem, this directive appears to be no longer effective, or the cattle farmers have not been relocated.

Owners of herds would release their animals at night to avoid detection by the city council, which had set up a unit to round up stray cattle in 1987. Under the city's by-law on stray animals, owners could be fined not more than RM250 for each stray or if the offence was committed repeatedly, the animal could be sent to the

abattoir for slaughter.

No Solution in Sight

Frustrated by the frequency of cattle marauders, residents of affected housing estates have even resorted to setting off firecrackers to chase them away from damaging fruit and flower plants but to no avail.

As there is currently no lasting solution in sight, the city council should at least ensure that herd owners not let their buffaloes and cows roam freely (or, perhaps it may be a good idea to put reflectors on the cows and buffaloes to alert motorists along dark stretches of roads at night).

Long List of Complaints

Our reporter, A. Jeyaraj, who carried out an investigation of the stray cattle problem in the city, said he was shown a long list of complaints received by the city council. Additionally, online complaints are common. The council's officer said that every complaint received is recorded and a copy is sent to the operations section for action. When action has been taken it is recorded in the registry.

"I had the opportunity

to speak to a few people in Menglembu, Falim, Taman Mas and the on the bund, but due to the mess very few people use the bund nowadays.

Yip Ah Choo of Lim Garden said that he had been complaining since 2006 and for a few days after each complaint the cows do not come. A couple of years ago he was threatened by a cowherd who claimed that he was working in the city council and Yip made a police report.

Retiree N. Selvarajah of Pari Garden described the cattle problem as a new phenomenon. He had not experienced this in the past; the cowherds at the time brought their cows

to the problem.

However, city council's enforcement officer Ahmad Zaiyadi bin Sudin said that his department has particulars of the estimated 30 illegal cattle owners and the area where each of the herd roam. According to him the cattle travel between five and 20 km in search of food. His department can only catch cows that are out of the pen and in the open.

The enforcement team patrols different parts of the city based on the complaints received. The cattle caught are locked up in the pound in Buntong. He added that



Banana trees eaten by cows

surrounding areas as well as Kuala Kangsar Road, where the situation is really bad," added Jeyaraj. "Personally, I see cattle in the following areas which I travel regularly; Maxwell Road, First Garden, Jalan Sungai Pari, Sungai Pari bund, Merdeka Garden, Jalan Lang, Lim Garden and Lorong Pari."

Buffalo's Territory

One of the worst affected areas is Taman Mas which is known as "Buffalo Territory". Residents say that buffaloes sleep on the roads at night and their colour blends well with that of the road and it is difficult to see them in the dark.

The stretch of Sungai Pari bund between the bridges in Silibin Road and Jalan Merdeka is littered with cow dung and contaminated with cow urine. Residents living near the river bank used to jog/walk in the evening to graze and ensured that they did not stray near the houses. Nowadays, the cows come after 2.00 a.m. and eat up everything. The sound of barking dogs wakes every one up in the vicinity.

Lost Faith with City Council

Hamid Lee Abdullah of Taman Samarak said the residents have lost faith in the city council and have not bothered to complain. M. Bala of Merdeka Garden said that he had written a few times to the Mayor about the menace of stray cattle in his housing estate and has not received any reply.

Others are afraid to talk about it because the cowherds have connections with thugs. They accused the city council of favouring the cattle owners and the enforcement officers of closing one eye catching cows is not an easy task as they have to chase the cattle and, in the process, to ensure no one gets hurt or property damaged. He said a few of his staff were badly injured in the process of catching cattle.

Relocation Dilemma

In mitigation, owners of the illegal cattle farms claimed that they had been there long before Ipoh became a city and its boundary expanded. Rearing cattle is their livelihood and they have nowhere to be relocated.

Therefore, directing them not to release their cattle will not solve the problem as there is no alternative grazing ground. The city council and the state government need to look into relocating them outside the city if the problem is to be overcome.

Prestavest Memorial Park Taiping 太平 Alor Setar 亚罗士打 Lot 8517, Jalan Taman Semarak, Pokok Assam, 34000 Taiping, Perak.

Tel: 05-8076688, 05-8076868 Fax: 05-8066868 Email:pmpt@tm.net.my

KOON YEW YIN SCHOLARSHIPS FOR FINANCE/ ACCOUNTANCY DEGREES

Pre-degree or Foundation Course

Pays for all the fees and cost of living until the PTPTN loan is secured. **Criteria**:

- Scholarship based on eventual acceptance by UTAR
- Total family income is less than RM2,000 per month.
- No payback, only the commitment to help other poor students when financially solvent after graduation.

Send request with IC details, proof of family income to: scholarship@ipohecho.com.my

IPOH echo

From the Editor's Desk

by Fathol Zaman Bukhari

ne impression that impacts those wanting to make Ipoh their home is its economy. Many are cowed by the city's seemingly lack of drive and initiative - perceived or otherwise. And coupled with the many promotional glitches by the authorities, this perception tends to cling on in the deep recesses of our minds. Removing it is no mean task given the suspicion or more succinctly, animosity, Ipohites have towards those who want to bring changes.

Since the demise of the tin industry in the mid-80s, Ipoh has undergone a reverse transformation from a bustling town to an almost sleepy hollow, devoid of life and identity. The city's youths, sensing the futility of this whole charade, left in droves to seek their fortunes elsewhere; some never to return. The trend continues till the onset of the new millennium when the infusion of ideas and capital has arrested the city's steady decline -somewhat. Suburbs like Greentown, Kinta City, Sunway City, Section 18 and a plethora of similar developments have sprouted like mushrooms after a downpour.

Despite the enormity of these structural changes, the diehards remain unperturbed. To them these are mere cosmetic touches, done to lull the citizens into a false sense of pride. Their beloved city does not deserve such attention and affection, they reason. Not from those whom they suspect. Some accept the transformation grudgingly but others are adamant that development is anathema. They are caught in a time warp and freeing them is not going to be easy.

Although many may doubt the sincerity of developers, believing them to be nothing but greedy businessmen, is to deny the role they play in nation building. The good ones are few and far between. The bad ones, the fly-bynight type, are aplenty.

Since land fragmentation is rife in Ipoh. Instant landowners become easy prey for these shady businessmen. Once a piece of land is acquired, the crooked developer builds a show house with tasty finishing and fixtures and opens up his housing scheme for sale. Buyers pay a down

A Haven Not Yet Lost

Peter Chen's desire to see progress is being suppressed by bad publicity and backstabbing. There is an attempt, subtle though, to undermine his project...



payment. The developer collects payment and vanishes into thin air. Buyers are left in the lurch without recourse for legal redress or sufficient funds to repay their loans. Even public-listed companies have failed to meet their obligations, what more the illegal ones. But should we treat all developers the same? There are those with impeccable track records. They should not be lumped together with the tainted ones.

Peter Chan of Superboom Projects Sdn Bhd is one such developer. Peter's love for Ipoh is second to none, in spite of his foreign affiliations. He foresees a demand in luxury condominium although many have reservations as to its viability. Peter's pet project, The Haven, superimposed against a backdrop of limestone hills and pristine jungles, is set to place Ipoh on the international

Someone has come up with a brilliant idea to forestall the declining fortunes of Ipoh. And he does so in style by building high-end apartments for sale, at an affordable price, to discerning buyers, local and foreign alike. Peter optimises nature and fine architecture as his selling points. But his desire to see progress is being suppressed by bad publicity and back-stabbing. There is an attempt, subtle though, to undermine his project by all ways

possible so it will not take off.

It seems strange that a good deed is being repudiated by some very unhealthy tactics designed to deter someone passionate about bringing Ipoh "out of the ruts".

Peter is determined to push through his project, notwithstanding the opposition. To further prove his commitment, he commissioned two very reputable contractors to complete his condominiums by the 2013 deadline. He invested RM26 million to upgrade areas fronting Haven and that includes an all-weather access road complete with traffic lights. That is indicative enough of his desire in proving his detractors wrong.

Ipohites, let us give this guy a chance to prove his worth. Peter's Haven is not yet lost.

Hard To Say I Am Sorry

by Peter Lee

Then Krishna divorced his wife Jayanti who is a housewife, he agreed to pay alimony to Jayanti and also maintenance, education and medical expenses for their three children aged 3, 5 and 8. Jayanti has the sole custody of all the children. After financing these expenditures for 7 years consistently, Krishna remarried and became a Muslim. He was subsequently retrenched when the company where he worked as General Manager closed down due to recession. During his retrenchment, he found it difficult to pay for the alimony and maintenance. Often he did not make payment for the alimony and maintenance for a few months. As much as he wanted to provide for his first family, he now has to tell them "I am sorry" considering his present financial predicament.

Based on this scenario, what Krishna could have

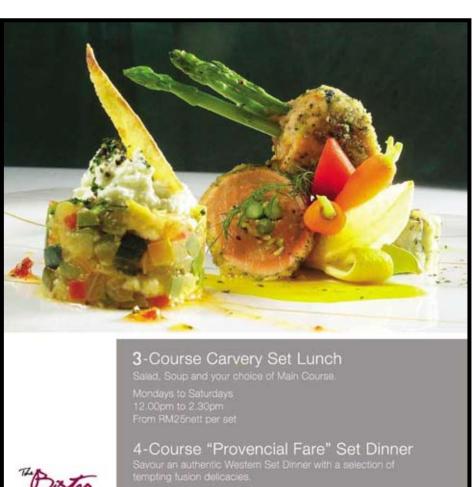
done in good times was to set up an "Irrevocable Living Trust" and inject money or assets into the "Trust" over a period of time. It would have been ideal for the funding to last until the children attain the age of 18. But the question often is that many cannot afford such funding. Therefore, some calculation on their monthly living expenses and multiplying it with the number of years he is comfortable in funding is essential. This is to ensure that the funding for maintenance of the children would not be disrupted.

In this "Trust", Krishna is named the "Settlor". He appoints Rockwills Trustee Bhd as the "Trustee" because Rockwills Trustee provides expertise, impartiality, professionalism and perpetual existence. Then he further appoints a substitute "Guardian" for his children if he and his ex-wife pass away. A "Protector" is also required to be appointed to liaise with the Trustee on the funding and welfare for the children just in case the ex-wife is involved and influenced by a third party such as her boyfriend.

Finally, he has to name his "Beneficiaries" such as the wife and children. All the parties involved together with the condition of distribution shall be mentioned in the "Trust Deed". The purpose of this "Trust" is to prevent all parties from changing the terms of the Trust. It can only be changed or cancelled by the Settlor after the maturity period fixed by the Settlor. In addition, if the duration of the Trust is more than 5 years, then no one including the Settlor, creditors, second or third families can lay claim to

Krishna's second marriage to a Muslim would result in his converting to Islam. As such, if he dies leaving no 'Wasiat' or Will for his first family who are non-Muslim, then they are not entitled to his estate. But if he has a 'Wasiat', then he can only will away one-third $(\frac{1}{3})$ of his estate to his non-Muslim family under the Syariah law.

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He is based in Ipoh and can be reached at: 012-5078825/05-2554853 or excelsec@streamyx.com.



Late Night Happy Hours



www.impiana.com 18, Jalan Raja Dr. Nazrin Shah, 30250 Ipoh, Perak Darul Ridzuan, Malaysia. (T) 405 255 5555 [F) 405 255 8177 (El info.impianipoh@impiana.com

PUBLISHER Ipoh Echo Sdn Bhd (Regd No 687483 T)

No 1 Jalan Lasam 30450 Ipoh Perak Darul Ridzuan Tel: (605) 249 5936 Fax: (605) 255 2181 Email: editorial@ipohecho. com.my

EDITORIAL Fathol Zaman Bukhari G. Sivapragasam Jerry Francis

REPORTER James Gough

GRAPHIC DESIGN Rosli Mansor Ahd Razali

MARKETING & DISTRIBUTION MANAGER Ramesh Kumar

WEB ADMINISTRATOR Titus Raj

PERMISSION AND RE-

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

PRINTER

Konway Industries Sdn Bhd Plot 78, Lebuhraya Kampong Jawa 11900 Bayan Baru, Pulau Pinang Tel: (604) 644 7507

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD) 05 2451 500 999 (emergency)

Ipoh General Hospital 05-208 5000 **Ipoh Ambulance** 05-522 2506 993 (emergency)

Ipoh Fire Brigade 05-547 4444/994 (emergency)

Perak Immigration Dept 05-5017100

Perak Water Board 05-254 6161

Ipoh City Council (Complaints) 05-208 3378/9

Perak Anti-Corruption Agency 05-253 1982

State Secretariat 05-253 1957

Railway Station 05-254 7987

Airport

Registration Department 05-528 8805

Tenaga Nasional Berhad 05-253 2000

Lembaga Air Perak 1800-88-7788

Directory Service

Perak Women for Women Society

012-521 2480 012-505 0547 05-5469715 (office)

AA Ipoh 019-574 3572 017-350 8361

Thinking ALOUD

• by Mariam Mokhtar

BARKING UP THE WRONG TREE

poh's charm in its majestic buildings and its setting near pretty limestone outcrops were once complemented with the magnificent tropical trees lining its roads. The trees remind us how the British love greenery and need shade from the harsh tropical sun. They had the foresight to plant and stock our parks, roads and riverbanks, with a good selection of wide-canopied tropical trees.

The choice of trees is breathtakingly beautiful in bloom, and the carpet of fallen petals, are a sight to behold. Gopeng Road could be ablaze with its red flame-of-the-forest trees, yellow-flame trees along Tambun Road gave it a grand and imposing air, Tiger Lane looked regal with the goldenyellow angsana, and the blue of the jacarandas around the old polo ground blended well with the hazy blue-green hills in the distance.

Trees with inconspicuous flowers or evergreens were equally aesthetic. Raintrees along Jalan Leong Sin Nam or the riverbank, provided shelter, beauty and grace whilst the lofty casuarinas were the perfect backdrop for St Michael's Institution.

Indiscriminate Removal

Although we lack seasons to appreciate the changing tree foliage, we are amply rewarded with the wealth of colour from the different flowering cycles. But that is all history. Over several decades, nondescript palms replaced these trees. Sadly, Ipohites only know about a tree's

removal when confronted with the tree-stump, as the removal is usually done without warning.

Usual official responses are a combination of the following: 1) don't know, 2) only following orders, 3) the tree is rotting and presents a danger to the public, 4) palm trees like those in the holy-land, are preferred.

Ipoh is not the only city to suffer from 'tree attacks'. The removal of trees in Kuala Lumpur happened because of a premature act, done in the name of progress and development. However, Ipoh's trees did not make way for development - they were removed because of ignorance, apathy and an unwillingness to nurture and maintain the trees.

Lessons from Singapore How is it that Singapore, a concrete jungle, can be termed the 'garden of the east' with people from all over the world singing praises about their beautiful tree-lined boulevards? Why can they manage a rigorous maintenance, pruning and horticultural regime but not us? These 'jobs' provide employment as well as beautify the city. We don't hear of casualties from people incapacitated by falling branches or uprooted trees (except during a severe thunderstorm). The Singaporeans had the good sense to acknowledge the social, communal, environmental and economic

benefits of trees. Sadly, it appears that Ipoh's city planners have ignored all these. Down in Putrajaya, a delegation

will soon attend a two-day study trip in Singapore, on planting and maintaining

Many wonder if the trip is another jolly or an opportunity for Christmas shopping, combined with a family-holiday, during the end-of-year school vacation? This is another wasteful extravaganza at the taxpayer's expense. Is it necessary for a whole 'delegation' to go? Another reason why Malaysians are mistrustful of sending civil servants on foreign study courses is because very little of the knowledge gained, is shared with other staff, on their return.

Lacking Expertise?

Is our Agriculture College at Serdang inadequate? What about the Forest Research Institute of Malaysia? I know these places have knowledgeable and helpful personnel. Or should we close these establishments down because they lack the expertise and quality staff?

Nearer to home, Perak's own Jabatan Pertanian in Titi Gantong provides useful courses about aspects of botany including the planting and maintenance of trees. The lecturers from the nearby

agricultural college are specialists in their various fields.

Hopefully, Ipohites are more sensible than their KL colleagues about sending people on pointless study trips abroad.

Our experts are just as





Get your **FREE** copy of the Ipoh Echo from:

Canning Gdn:

Ipoh Gdn:

Ipoh Gdn South: First Gdn: Labrooy Road: Meru:

Simee: Bercham:

New Town:

Tmn Ipoh Jaya: Tmn Tambun: Tiger Lane: Golf Club Road:

Sitiawan Sunway College:

Ariff Store, 40 Jalan Lee Kwee Foh. New Wing Fook Merchant, 56 Jalan Lee Kwee Foh. Lourd Enterprise, 7 Lorong Cecil Rae. Muhibah Hair Stylist, 103 Jalan Dato Lau Pak Khuan. Mama's Home Baked Bread Stall (after 7 pm), Aneka Selera. Pasar Mini Manaf, 17 Jalan S.A. Lingam. LSF Sun Li Hardware Sdn Bhd, 50, Jalan Ng Weng Hup. LSF Sun Li Hardware Sdn Bhd, 16A Jalan Labrooy. Golf Reception Counter, Meru Valley Golf & Country Club. Ruba Rubi Ent 154, Jln Sultan Idris Shah. Tel. No 017-5048531 Chan Sam Lock Photo Studio, 77-81 Jln Sultan Idris Shah. M & A Securities Sdn Bhd, 52A Jln Sultan Idris Shah. Pooven Enterprise (opp Super Kinta), 5 Jln Dato Onn Jaafar. S.Y. Dry Cleaning & Laundry, 1 Jln Chung Thye Phin. Newsvendor (morning), Opposite Simee Market. Perniagaan Sagayah, 22A, Persiaran Bercham Selatan 8, Taman Desa Kencana. Tel: Maniam (014-3035697).

Rasu Enterprise, 271 Jalan Gunung Rapat.

Bawal Jaya Enterprise, 66 Psrn Desa Tambun 7, Desa Tambun. Perak Academy, 28 Jalan Sultan Azlan Shah.

Fitness Junction, 2 Jalan Kelab Golf.

P.N. Book Centre, 7 Jalan Dato Ahmad Yunus.

1-9 Persiaran SCI 2/2, Sunway City Ipoh, Tel. 05-5454398.

CAREER OPPORTUNITIES IN IPOH

In line with our corporate goals we are looking for: I. ASSISTANT SALES &

MARKETING MANAGERS Minimum Degree with 5 years experience

II. MARKETING EXECUTIVES Minimum SPM with 5 years experience Contact: **016-56 56 861** or Email: j.punithanclients@gmail.com



Good service provider



www.flyersam.com

012-5866112 019-4025020



Musings on Food seefoon@ipohecho.com.my

By See Foon Chan-Koppen

SeeFoon Presents Day 3 Of Foodie Feeding Frenzy

poh's cornucopia of food temptations is inexhaustible. These recommendations by no means represent the final say on the where and what to eat in this Foodie paradise that is Ipoh. It only wraps up what are some of my personal favourites and the 'flavour of the year' as we reach the end of 2010 and look forward to welcoming 2011. Who knows what new gustatory discoveries beckon? I look forward to sharing with all of you dear readers, more dining adventures in the months and years ahead.

Breakfast

- 1. Fish-Head Noodle (Restoran Fai Kee, 28 Jln Seenivasagam - New Town). Large choice of fish head, fish slices, fried fish sticks, with or without evaporated milk and your choice of chicken and pork
- 2. Allongs Restaurant (24 Pesara Ipoh 1, Ipoh Garden,) Lontong & Soto; Nasi Lemak Sotong Kering...go early as some items sell out fast especially the *Lontong*.
- 3. Yee Fatt Curry Mee (39, Jln Raja Permaisuri Bainun (Jln Kampar) opposite MGS School). Hainanese Dry/ Wet Curry Mee.

Mid-Morning Break

- 1. New Hollywood Restaurant (38, Jln Lee Kwee Foh, Canning Garden) – Crullers (deep fried bread sticks); Ham Tsim Pang (Chinese thick pancake).
- Restoran Sun Up (5, Lorong Cecil Rae, Canning Garden). Toast/Bun – Tuna Toasties(sells out early)

Lunch

- 1. Economy Rice: Restoran Ritz Bina Bercham (205B Jln Bercham, - before Maybank). A choice of more than 40 dishes. Must haves: Fried chicken; steamed soups like watercress and chicken feet with peanuts, Chicken Rendang; Braised Pork with eggs; Honey
- Restoran Sun Yeong Wai (17 & 19 Jln Sri Ampang, Taman Ipoh Jaya, Ipoh, or 13 Jln Medan Ipoh 6, Bandar Baru Medan Ipoh). Three types of roasted duck, crispiest roast pork, sweet succulent Char Siu and a variety of prepared vegetables.
- Nam Fatt Fish Ball Noddle House (86C Jln Raja





No.12, Lorong Taman Ipoh 1, Ipoh Garden South 31400 Ipoh, Perak.

Tel:- 05-545 1899 / Business Hour: 10am - 7pm Close on Wednesday



Restoran Wing Hoong Lapan (51, Jalan Yang Kalsom – New Town). Ham Choi Ow Yoke Tong (beef and preserved cabbage soup); Tsap Tong (mixed offal soup) plus all types of congee....till 7.00 p.m. closed Mondays...IE 105.

Teatime

Kedai Kopi Sun Yoon Loong & next door Kedai Kopi Sun Yuan Foong (15-17 Jln Bandar Timah – Old Town). Kaya toast and white coffee.



Dinner

- 1. Restoran Peng Tau (Soldiers Head) 27 Jln Bunga Raya 6, Taman Boon Bak (closed Tuesdays). Must haves: Steamed Tilapia with black beans; Kon Jeen Kai or dry fried chicken; Wong Kam Taufu or steamed golden bean curd; stir fried long beans with brinjal, preserved turnip and dried shrimp.
- Mun Choong Restaurant (511-517 Jln Pasir Putch, Pasir Puteh, 05-321 0320/2815) one of the most

popular Chinese restaurants, usually fully booked for banquets. Must haves: the fresh water 'Tualang' prawns done two ways- heads steamed and tails fried in soya sauce with oodles of scallions; the soya sauce-baked crabs; their beef brisket soup. Must book and pre-

Menglembu East Ocean Restaurant (1-7, Hala Perusahaan Menglembu 17, Menglembu, 05-282 9457/9435/9718). Equally popular. *Must haves*: braised leg of lamb, steamed wild duck, 'Tualang' prawns again done two ways-this time try the heads in rice wine and herbs and tails with soya sauce and scallions; the grouper hotpot – a meal in itself. Must book and pre-order.



- Overseas (Haewaytian) Restaurant (57-65, Jln Seenivasagam – New Town, 05-253 8005/1970). Must haves: their suckling pig (pre-order), their salted-egg-stuffed char-siu (pre-order); and their Yin Yang fried rice. Must book.
- 5. Shing Lee Restaurant (44 Prsn Puncak Jelapang 2, Puncak Jelapang Maju, 05-5267104). Must haves: mantis prawns fried with salt and pepper and chillies; live 'flower crabs' steamed with cucumber; salted egg fried kangkong; braised pig's trotters. Pre-order...IE

Restaurants 2-5 are also open for lunch.

Late Night Supper

- 1. Sun Poh Poh Restaurant (1334-1335 Jln Pinji, Pasir Pinji, 05-2537273). Opens from 6.00 p.m. for dinner till early hours of the morning. Regular Tai Chow dishes available. Recommended for supper: Indian Mee Goreng; Yee Heong (basil) Fried Rice; Hakka Noodles.
- Lok Lok: A stall right outside corner coffee-shop Kafe Sentosa (Ria) (33 Tingkat Taman Ipoh, Ipoh Garden South). Opens around 4.00 p.m. till early hours of the morning. Wooden skewers of liver, cuttlefish, jelly fish, fish balls, cockles and vegetables which are dipped in boiling water and eaten with thick satay style gravy. Stand at stall and help yourself. No seats. Strictly a stand-up affair.

RECIPE By Margarita Lee

Pastry:

250gm butter 20g (1 tbsp) shortening 50g icing sugar 2 egg yolks ½ tsp vanilla essence 1/4 tsp salt Sift together:

350g plain flour 50g corn flour 50g milk power

Filling:

500g grated pineapple 200g castor sugar Orange juice (from 2 oranges) 2 tsp orange peel 1 tsp salt

Method:

- 1. Cook the grated pineapple with sugar in a heavy base saucepan over moderate heat until it comes to the
- Add in orange juice & orange peel.
- Lower the heat to simmer until mixture is almost dry and keep stirring all the time.
- 4. Leave aside to cool and roll into small elongated piece (about 1 tsp pineapple jam per roll)
- 5. Preheat oven to 180 degrees C.
- Cream butter, shortening, sugar until light. Beat in egg yolks, one at the time. Add essence and salt and beat until fluffy. Add sifted flour mixture and mix till soft dough results.

Pineapple Rolls



- 7. Roll dough into a ¼ inch thick slab. Place pineapple jam roll on one end and roll up pastry, as in Swiss roll, to enclose the jam. Cut off the excess pastry. Cut roll into 3/4 inch portions.
- Put pineapple roll into paper cup, brush with egg glaze and bake in preheated oven for 15-20 minutes or until golden. Move to wire racks to cool.

ANNOUNCEMENTS

Announcements must be sent by fax: 05-2552181; 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.

Sultan Yussuf School Old Pupils' Association Golf and AGM on Saturday, Dec 4 at Clearwater Sanctuary Golf Resort, Batu Gajah. Teeing-off at 7.30 a.m. followed by AGM at 1.30 p.m. Call Dato' Hj Hamdan bin Dato' Hj Ahmad 012-5006454 or Dr. Chew Teik Chye **012-5282112**.

Dementia Society Perak Talk on 'Communication Skill in Dementia Care' on Saturday Dec 4 from 2.00-5.00 p.m. at: 15 Jln Foo Choon Nyit. Admission is free. Call: 016-5608147 (Korina) or 016-5936871 (Ai Ling).

'Across Borders' slideshow by naturalist photographer Prof Emeritus K. Fletcher on Friday Dec 10, 8.00-10.00 p.m. at No. 5 Jalan Gopeng, Ipoh. A road trip through various national parks of southern Thailand to share exciting adventures with wild elephants, fishing cats and many other unique creatures. Admission is free. For details and bookings, email: kfletcher@wildsidephotography.ca or log on to: www.mnsperak. wordpress.com.

CIMB Investment Bank Bhd & Bursa Malaysia Bhd Market Chat 2010/11 on Dec 4 (Saturday), 9.00 a.m. - 12.30 p.m. at Syuen Hotel Ipoh (registration starts at 8.30am). Open to public. Pre-register by Dec 2 through email: sivaneswara.nadarajah@cimb. com or sintuck.wong@cimb.com, or call: 05-2088688.

Spritzer-KRI Annual Run on Dec 12 at 7.00 a.m. sharp at Bukit Kinding Resort, Tanjong Rambutan, Perak. Registration fees (includes a goodie bag): RM35 for KRI members & students; RM45 for non-members. For online registration and info, go to www.kelabroadrunnersipoh.blogspot.com or call 012-506 8369 (Ms Alice Chim).

Ipoh Love & Care Society (ILCS) Charity Fair on Sunday Dec 12 at Dewan SJK (C) Yuk Choy, Jln Sultan Iskandar Shah, Ipoh, from 9 a.m. - 3 p.m. Contact: 012-5087243 (Ms Jeanny), 012-5182102 (Mr. Michael Chong), 016 - 5237933 (Ms. Ivy). Email: ipoh.lovecare.society@gmail.com.

Perak Malayalee Association (PMA) Family Day & Sports Carnival on Sunday Dec 19 from 8.00 a.m. to 1.00 p.m. at Sekolah Menengah Tarcisian Convent, Jalan Abdul Manap, Lim Garden, Ipoh. Call: 012-5381939 (K. Letchimanan) or 012-5279650 (K.P. Thatatean).

Malam Anugerah Ikon Usahanita Negeri Perak 2010 on Tuesday, Dec 28 at 7.30 p.m. at the Town Hall, Ipoh. Guests-of-Honour: MB Perak, Dato' Seri Dr Zambry Abdul Kadir and wife. Call: Datin Ruby 012-8331801, Pn Maznah 016-5937295 or Pn Bibi 017-5858477.

Education By Daphne Chin

Music for Special Children

special child refers to a spectrum of developmental disabilities that affect the way people think, feel and interact with their environment and others. Some can function independently and engage in musical activities. Others find the world a confusing place: they may have little or no language, consider anything outside a familiar routine problematic. Their capacity to engage with music may be unaffected, though, or even enhanced.

Why Do Some Special Children Develop Exceptional Musical Abilities?

Most children engage with sound in three ways: as speech, as music and as a feature of the environment. In terms of mental functioning, almost invariably, they are captivated by pattern (repetition and regularity), but find the semantics and symbolism of verbal language challenging.

Turning to music, it shows that pieces of all genres are, astonishingly, 80% repetitive, and not just in relation to the recurrence of motifs and themes. Every element of music – pitch, duration, dynamic and timbre – is supersaturated with repetition. Unlike language, whose words point beyond themselves to things in the 'real world', musical notes point only to each other, and they do so over and over again: the meaning of music is in the repetitive, abstract patterns of relationship between them.

Finally, the environment. Music-psychological research shows that young children are exposed to music about 80% of the time, whether emanating from toys, computers, ring-tones, the television, radio or even other humans! Little wonder, then, that the pattern-loving autistic mind, seeking to make sense of the world, attracted to sound but confused by language, and surrounded by music, latches on to this intoxicating source of order and predictability.

What Should A Teacher Do?

Support

Being empathetic and interactive is the key. Interact through music as though it were language: imitate what your pupils do, exactly at first, and then make changes; give them the sense that they are influencing you; present them with fascinating musical fragments to copy; dialogue in sound; improvise simultaneously.

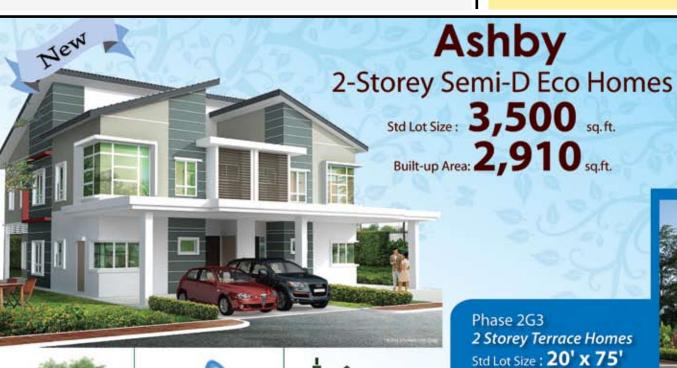
children in developing the technique they need to produce whatever they can hear in their heads: model the necessary movements for them; encourage them to attend to what you do by looking, listening and feeling; offer physical guidance.

> Daphne says after teaching for so many years, from her experience, "Do not underestimate a special child's talent...it is very fulfilling and touching when they finally pluck up their courage to perform or take an exam.'

> > 夫 Bandar Baru be Sri Klebang

Daphne with Tan Jor Qing (13)

If you have a special child and would like music lessons from Daphne, call: 012-5183290. She teaches at Creative Music Academy, 05-5479828.





Energy Saving

- Roof Sisalation
- Solar Reflective Paint
- · Solar Water Heating Inverter Air-cond Piping



Water Conservation

· Rainwater Harvesting



Green Design

- · Cross Ventilation
- · Large windows for natural lighting

Phase 2G3 2 Storey Terrace Homes Std Lot Size : 20' x 75' Built-up Area: 1,892 sq.ft.







Show Homes

Open daily from 10am - 6pm • Weekends / Public holidays 10 am - 7pm



io 2,5ri Klebang A/12,Bandar Baru Sri Klebang, 31200 Ipoh, Perak

package for limited period only

Kinta4u Zero interest during construction

www.sriklebang.com.my

Tel: 05-292 1333 • 019-513 3315 • 012-500 8018





Freehold land
1,600 acres
of freehold township





Fasy Access From North-South Highway

Near to Kompleks KDN, Jabatan Perhutanan, Jabatan Audit Negara, Kompleks Pejabat SPRM

Easy Access From Ipoh-Lumut Highway

90 km from Lumut / Pangkor lowards

MSC Status Ipoh Cybercentre Buildings

An Investment NOT to be Missed Prime Freehold Shop Office

Located at the heart of Ipoh of 1,600 acres new township with MSC Status Mydin Hypermarket . Ipoh Sentral . Hotel & Convention Centre . Theme Park & Sports Complex

Located next to North-South Highway, 15 mins from Ipoh town centre, 2 hours away from Kuala Lumpur, and 2 hours drive to Penang, TAIPAN@Ipoh Cybercentre, a whole new development by Andaman Group of Companies. It's a new PRIME location perfected for investment and business.

From Chemor & Juligoring Tol

"EARLY BIRD DISCOUNT OFFERED DURING SOFT LAUNCH"

OPEN FOR SALE

Sales Gallery open daily from 9.00 am to 5.00 pm

05-2433 999

Curah Bahagia Sdn Bhd (742983-1) (wholly-owned subsidiary of Andaman Grou

Project Manager: Andaman Property Management Sdn Bhd 1202128-4

No.11, Persiaran Greentown 9, Greentown Business Centre, 30450 Ipoh, Perak Darul Ridzuan T+605-2433 999 | F+605-2433 666

news roundup

On The Shoulders Of Giants



enby Schools Ipoh recently celebrated its 50th Anniversary with a dinner held at the ballroom of the Syuen Hotel during which it paid tribute to its "giants past and present" who had served the school and helped build its well-known tradition of excellence.

The night saw the presentation of 'Long Service Awards' by its Director Mrs Lai nee Madam Lee Yam Sei to four of its Golden Girls namely, Mrs Magdalene Dass, Mrs Jackie Foong, Mrs Yee and Mrs Judy Louis saying "they have all served from 20 to 40 years in the school and many of our parents and their children have been taught by them. They are good role models of loyalty and commitment to the school."

Golden Girl Jackie Fong who was with the school for 35 years before she had to stop three years ago due to medical reasons, described the school as "her second home. I started as a kindergarten teacher and grew with the school; subsequently teaching art and PE and finally with administration. It was very fulfilling."

Tenby Schools originally started as an expatriate kindergarten in 1960 and later became the Ipoh International School (IIS). It was later expanded to include a private Malaysian school, Sekolah Tenby.

Fifty years on Tenby Kindergarten has evolved into Tenby Schools. An educational institution offering teaching and learning opportunities from pre-school to pre-university. With the introduction of an A-Levels Centre this year, the school now has a "full school age range".

Tenby currently has over 900 students with nationalities from 30 countries making it a "mini global village". Future plans include a move to a purpose built school on a 13-acre site located at Meru "to provide a world class 21st century education for its students".

As for the dinner it was a good and up-beat party with students and teachers taking to the stage and providing lively entertainment.

Three-Day Food Carnival In Ipoh







A three-day Ipoh Food Carnival is being jointly organised by MCA Ipoh Timur and the Ipoh branch of the Women Development Organisation on Decembr 10. It will showcase various hawker food which have made the city a foodies' haven.

Organising Chairman, Dato' Thong Fah Chong said the food carnival will be in the annual national tourism calendar and co-sponsored by the Ministry of Tourism. It was started successfully last year with 25,000 visitors.

About 100 stalls will be set up at the Rainbow Hawkers Centre (next to SJK (C) Sam Tet). Minister of Housing and Local Government, Dato' Wira Chor Chee Heung, together with Menteri Besar Dato Seri Zambry Abdul Kadir, will officiate the opening at 8.30 p.m. on December 10.

Redemptorist Community's Double Celebration



The Redemptorist Community of Malaysia and Singapore held a double celebration on November 14 to commemorate its 50th year of being established in Ipoh and the 25th year that its Vice-Provincial Superior Fr Patrick Masang has been in the priesthood.

A sumptuous dinner held at the hall of the Church of Our Mother of Perpetual Help (OMPH) Ipoh saw a good turnout of its parishioners gracing the occasion. Also noted in the audience was Msgr Stephen Liew, the Parish Priest of St Michael's Church who was transferred to Ipoh just last month and the family of Fr Masang.

Another notable figure present was Brother Bernard Michael Heaney more popularly known as Brother Bernard (82). Brother Bernard was present in Ipoh with the community when it first started as a monastery in the 60s. Its location then was at Tambun Road where the Heritage Hotel now stands.

The lively entertainment for the night was provided by the parishioners with 'Singing Father' Masang rendering the last song for the night.

JAG





9

news roundup

Good Shepherds



The Rose Virginie Good Shepherd Centre recently held an Appreciation Tea Party for all their supporters and well wishers at their newly renovated premises at Canning Garden in Ipoh.

The director of the centre, Sister Helena Vytialingam, said that over the years the centre has worked with many volunteers and helpers who assisted in carrying out the work at the centre and who are now friends. "Thanks too for those who have provided free professional

services," she added.

According to Sr Helena the renovated premises consists of a new block comprising a hall to seat 30 persons, additional rooms for residents which includes a family room, baby room, play area, living hall and a semicommercial kitchen.

Thecentrewhich offers a wide range of services such as counselling and skills development aimed at providing women with useful skills and developing confidence is now the only 24-hour crises shelter in West Malaysia with a full range of services and livein staff.

In 2004 the centre launched a Micro

Enterprise Project which was to enable the residents to participate in baking and selling Chinese New Year cookies to raise funds.

The project was a success and has since been providing residents opportunities for potential employment as well as encouraging self-help. This project has enabled the centre to operate a gift shop at Hospital Fatimah and a food stall, each at Carsem and Unisem. It also provides small scale catering services functions.

The contact numbers for RVGS Centre is: 05-5467031; or Sr Helena 012-462 1431.

JAG

Q-Dees Annual Concert And Graduation 2010



Obes Pre-school Education Centre recently held its 13th Annual Concert and Graduation ceremony. Q-Dees Kindergarten prides itself on developing self confidence in its young students. The programme for the night featured a dance and a 30-minute play titled 1 Malaysia. As the title suggested, the young students were dressed accordingly in the colourful costumes of the various communities in the country. The night ended after the presentation of certificates and Graduation ceremony for its Newton

IAC

National Horse Show 2010



poh is set to host another event of mammoth proportions come December. The national horse show will make its appearance once more after a lapse of four years and will be held at the Perak Turf Club Equestrian Centre, Jalan Golf, Ipoh. This was announced to the media during a briefing chaired by Organising Committee Chairman, William Balasingam and his team, at the Perak Turf Club conference room recently.

The primary objective of the

show is to promote equestrian sports among Malaysians. Its secondary objectives are to "create a higher level of recognition for horse riding as a healthy leisure activity" and to "reach a new target audience, especially school children, young adults and families."

The show will be spread over a 4-day period commencing Thursday, December 2 to Sunday, December 5. The opening ceremony, slated for Saturday, December 4, will be officiated by Menteri Besar of Perak, Dato' Seri Dr Zambry Abdul Kadir.

Among the highlights are equestrian competitions, an equine exposition and a carnival on the turf. These events are aimed at exposing the audience to the world of horse racing, horse breeds, some fun and games all within the confines of the nation's premier turf club. "It's about dispelling the myth that the turf club is a refuge for gamblers," said William in jest.

"There are horses, ponies, donkeys and mules on show. Even *kuda padi*," said William. The *kuda padi* from Kelantan are hardy animals able to survive on rice and the harsh tropical climate. "They'll definitely be a show stealer considering that they're our very own breed of horses," William remarked. The climax of the show is picking the eventual winner of the equestrian competitions. He or she stands to win the Tan Sri Jeyaratnam Challenge Trophy, a crowning achievement for budding riders from the competing states. "Some 90 riders have been registered to compete thus far," said William.

The centre gates will be opened on show days from 7.00 a.m. to 6.30 p.m. daily. Admission is free. Call Organising Committee Secretary, Sheila, at 05-2530006 or 012-5122687 for details.

FZB

Coronation Cup Charity Weekend



Sixty-one charity organisations and NGO's were presented donations by the Perak Turf Club on the fourth race day of the Coronation Cup/Gold Vase Meeting on November 21.

Among them are Yayasan Sultan Idris, Shah, St John's Education Centre, Simee (CWS) Home for the Aged and Noah's Ark Natural Animal Shelter. The distribution of cheques was made by Perak Turf Club Chairman Tan Sri V. Jeyaratnam after the RM250,000 Astro Wah Lai Toi Charity Cup race.

Earlier saw the running of the annual Perak Coronation Cup over 1600 metres. The Malaysian thoroughbred horse race was inaugurated in 1985 to commemorate the installation of the Sultan of Perak, Sultan Azlan Shah. The RM700,000 Coronation Cup was won by Australian gelding Speed Baby owned by Beh Chin Pheng. It was trained by Kevin Coetzee and ridden by jockey Jacky Lim.

A day earlier saw the running of the RM300,000 Sultan Gold Vase. It was won by Handsome Nic ridden by Jackson Low and owned and trained by Hoy Kee Poh.

JAG

A Message of Love and Inspiration

here was no better way of starting the Christmas season than with a "Message of Love and Inspiration" – a choral presentation by the Perak Society of Performing Arts (PSPA) held at the Chapel of Hospital Fatimah. This debut of PSPA's charity performances was in association with Hospital Fatimah and the proceeds collected went to the welfare community of the hospital.

Admission was free and about a hundred were expected; instead, double that number turned up to listen to the 28-strong choir sing a choice of 16 familiar songs under the direction of Chin Yoong Kim. The first session were songs from famous films or musicals, like: Born Free, Climb Every Mountain, The Prayer, The Impossible Dream and others. The second session was more specific to the season with sacred numbers like: Panis Angelicus, Cantique de Noel, Silent Night and more. There were also readings from the works of Robert Frost, T.S. Elliot and a letter of St Paul to the Corinthians.



The good thing was that there were no distractions like camera flashes or idle chatter as the audience were totally immersed in listening but had to refrain from applauding after each song, although they instinctively wanted to. The performance ended appropriately with 'Hark the Herald Angels Sing' and it sounded like the angels *did* sing!

PSPA's next charity performance will be on December 19 at the YMCA. For more information, call Sara at: 05-5487814. VWSL

Sport

Making Ipoh Proud

tthe recent CanadianTaeKwon-Do National Championship held in Vancouver on November 12, Ipohite, Wan Xiang Wei, 12 (ex-IIS student) representing the province of British Columbia won silver medal in the lightweight (pre-Junior Boys Under-14) black belt second dan sparring category. The winner, Trevor Kanai, 13, from the province of Saskatchewan, was the tournament favourite. This is the first time a junior member of the Perak TaeKwon-Do Association (ITF) had ever competed for a title at an international level, says Senior Master Mohd Azwan Khoo, Deputy President of ITFM and chief instructor of Perak. Xiang Wei's sister, Wan Qi Shin, 9, won gold for pattern and sparring under the green belt category for girls under 10. Sue Mah-Wan (pic), 43, the mother of the siblings, won bronze in the veteran black belt category for sparring. Over 800 competitors from all over Canada participated in the championship, which was held at the Winter Olympics indoor stadium at Richmond, Vancouver.



FZI



Powerman Malaysia 2010



Start of the race – pros in front

owerman Malaysia 9th Edition was held recently at Seri Manjung, Perak. Powerman Malaysia is the only Asian qualifier to the World Championship 2011 in Zofingan, Switzerland. Seri Manjung has been hosting this world-class event since 2006 with some of the world's and region's best dual-athletes participating. The local circuit has been dubbed the "hottest leg" in the world Powerman circuit with temperatures reaching 38 degrees Celsius – a real challenge for the participants.

Powerman or Duathlon, as it is commonly known, is the cousin to the Triathlon. Unlike a triathlon, which involves swimming, the duathlon is a run-bike-run format. Individuals have to run 11-km followed by a 64-km bike ride and a final 10-km run. For beginners there is the choice of opting for a shorter course which involves a 5.5-km run followed by a 32-km bike ride and a 5-km run or doing a relay with two other friends where each person is required to complete one of the three disciplines.

This year's edition saw a large international contingent from 31 countries making up the 950 participants. They came from as far away as Bolivia, Norway and Slovakia. With a professional team from South Africa, United Kingdom, Belgium and Denmark, it gave the local athletes an opportunity to compete alongside the best in the world.

Joerie Vansteelant from Belgium took the podium in the Men's Elite category with a time of 2 hours 40 mins 44 secs. In the Women's Elite category, the honours went to Radka Vodickova from the Czech Republic with a time of 3 hours 1 min 57 secs.

Race Director, Melody Tan, thanked sponsor MALAKOFF Corporation Berhad, Majlis Perbandaran Manjung, Ministry of Tourism and the Police for making Powerman Malaysia 2010 a success. The growing number of participants is beginning to have an impact on the organisers.

Ernest Balasingam, President of the Perak Triathlon Association, feels that the state government should promote the event and provide support for local participants. The event can be classified under sport tourism based on the huge number of out-of-town athletes who converge on Seri Manjung a few days before the start of the completion. They took up rooms and indulged themselves in gastronomic delights. "This is good for the local economy," said Ernest.

Next year's event is tentatively planned for a Sunday in November 2011.

F71



Wellness

Living With Psoriasis – A Misery

By Dr. Agnes Heng

Can you imagine your skin and scalp covered with red scaly patches and people shying away from you as if you have been inflicted by some sort of plague? Can you imagine what life would be like when you are restricted in your day to day activities doing things that you enjoy, like swimming or wearing clothes that you like? Would you rather isolate yourself and withdraw into your own world just so you can avoid stares from curious onlookers?

This is the reality of the many patients who are suffering from psoriasis. Although psoriasis affects 2-3% of the world's population irrespective of race, age and gender, the awareness of this emotionally draining disease is low among the general public.

I see many psoriasis patients in my clinic and one of the things that struck me most is the negative impact on the quality of life of these patients. They are restricted in the food that they eat, the clothes that they wear, the places that they go to, the type of sports that they take up and the list goes on. To make matters worse, there is not much understanding about this disease that affects them as most of them tend to shop around for the elusive cure (and getting disillusioned in the process).

What exactly is psoriasis?

It is a chronic inflammatory skin disease where thick scaly red patches occur mainly on the knees, elbows and scalp. Any part of the skin surface may be involved and some people may also have nail changes and joint pain.



How does a person get psoriasis?

While scientists are still working on the exact mechanism, we know that genetics and the immune system play a role in its development. Most researchers agree that the immune system is somewhat mistakenly 'triggered' resulting in skin cells being produced too quickly. Normally, it takes about 28 days for the skin cells to replace themselves but in psoriasis, it takes only 2 to 6 days, leading to build up of skin cells on the surface in the form of scales that flake off.

It is not contagious but it may run in the family since genetics play a role. There have been many misconceptions about the trigger factors of psoriasis,

such as the type of food consumed. It has however, not been proven that certain food makes psoriasis worse. The few well-known triggers include stress, infection, certain medication and smoking.

There are many ways to treat psoriasis and although no single treatment works for everyone, somehow something will work for most people. We can never predict which medication will work for a particular individual. It is important for the individual to be open-minded and willing to work with the doctor to find a treatment that is best suited for the person. With appropriate treatment and counselling, psoriasis can be well-controlled for a vast majority of sufferers and a normal lifestyle can be achieved.

Dr Agnes Heng is a Consultant Dermatologist in private practice. She is based in Ipoh and has a clinic in Greentown Avenue, Ipoh. If you think you have psoriasis or if you wish to know more about the disease, please call 05-2559992 or email agnesheng@email.com.

Caring For Your Eyes

In Ipoh Echo's series on Eye Health, we continue our interview with Dr. S.S. Gill, Consultant Ophthalmologist at Hospital Fatimah about Diabetes Mellitus and eye complications (diabetic retinopathy).

The moment a person with diabetes notices any impairment in his or her vision, it may already be too late, because it often means that some form of complication of diabetes mellitus may have already affected the eyes" said Dr. Gill.

Almost all people with type 1 diabetes and more than 70% of people with type 2 diabetes will experience some degree of diabetic retinopathy. Without treatment, diabetic retinopathy can progress from mild, nonproliferative retinopathy to more serious proliferative retinopathy, which can lead to blindness.

Who is at the most risk for diabetic retinopathy?

Patients with fluctuating blood sugar levels (poor control) and those with long-term (duration) diabetes. Essentially, people who have uncontrolled blood glucose levels and those who have had diabetes mellitus for more than five years are especially at risk.

Dr. S.S. Gill Resident Consultant Ophthalmologist

What are the steps that diabetics can take to help reduce their risk of developing retinopathy or having their retinopathy progress?

1. Have Regular Eye Exams. Regular visits to an ophthalmologist are essential to detect early eye damage. This is so it can be monitored and if necessary, treated with laser therapy. Even controlled diabetes can lead to diabetic retinopathy, so you should have your eyes examined once a year; that way, your doctor can begin treating any retinal damage as soon as possible.

An annual eye exam is recommended for people who have had type 1 diabetes for more than five years. Everyone with type 2 diabetes should have an eye exam as soon as diabetes is diagnosed, and annually thereafter. Women with type 1 or type 2 diabetes who plan on getting pregnant should have one prior to conception and subsequently one every trimester till the baby is delivered and annually thereafter.

2. Control Blood Glucose. The most important way to prevent diabetic retinopathy is to keep blood glucose levels as close to normal as possible. This is because high blood glucose levels can damage blood vessels in the retina (nerve at the back of the eye). The best way to achieve tight glucose control and reduce your risk of developing eye complications like diabetic retinopathy is to measure your blood glucose levels frequently at home with a glucose monitor (glucometer) and to follow the advice of a doctor who manages diabetes aggressively.

Keeping your blood sugar at an even level can help prevent diabetic retinopathy. Having smaller meals but more frequent meals is much better than having large food intake at meal times because this causes large spikes of blood glucose levels that can result in organ damage including eye damage.

More on steps that diabetics can take to help reduce their risk of developing retinopathy in the next issue of Ipoh Echo. For more information, contact Gill Eye Specialist Centre at 05-5455582, or email: gilleyecentre@dr.com.

community

Blue Moves to YMCA without Sunday



Issue 105 of Ipoh Echo highlighted the plight of a virtually-blind man George Ooi Ban Gua (popularly known by his nickname Blue) and his dog Sunday, who was living under a tree near the People's Progressive Party (PPP) pondok in Ipoh Garden. Not only was he subjected to the wiles of the weather but even his meagre belongings such as his tooth brush and toothpaste have been stolen by drug addicts.

Moved by his plight, Ipoh YMCA President, Dato' Daniel Tay, offered a room in the staff quarters of YMCA to Blue where he is now comfortably ensconced.

Prior to this move, good Samaritans around Ipoh had been busy in easing his suffering in other ways. A month ago, Blue went for an eye operation carried out by Dr. S. S. Gill, a resident consultant ophthalmologist in Fatimah Hospital. The operation which was performed for free by Dr. Gill has resulted in Blue recovering 80% of his sight. The rest of the hospital expenses were paid by Integrated Rubber Corporation as part of their corporate social responsibility (CSR) programme.

When Blue went for the operation his faithful

dog Sunday was handed over to a friend. He said that occasionally he misses his dog.

Blue is thankful to a Mrs. Woon who helped him while he was living under the tree. She still buys provisions and clothes for him and occasionally gives pocket money as well. Blue still does his own cooking and said that the staff of YMCA are kind to him.

He says the place is peaceful and quiet and likes his new 'home'. He is grateful to all those who helped him, particularly Dr Gill, who restored his sight.

A. Jeyaraj

Public Complaints Bureau

Poor service at government departments tops the list of grouses by the public said Encik Aziz Ismail, the director of complaints of the Public Complaints Bureau (PCB), Prime Minister's Department. He told reporters during a mobile counter programme jointly organised by PCB and MBI at Stadium Indera Mulia, Ipoh recently. "Calls to departments go unanswered and this has caused the ire of the public," said Aziz. "The use of voicemail and voice recording should be minimised and relegated to night time when traffic is low."

One other grouse which is also of major concern to PCB is follow-up action. "There seems to be no follow-up action after a complaint has been made," Aziz lamented. "The good name of the Establishment is tarnished as a result." Present at the programme was Dato' Abdul Rahim Mat Ariff, Secretary of MBI.

Aziz reminded the public to forward their complaints and grievances on public service delivery to www.pcb.gov. my or contact PCB at 03-88725777. For MBI services, complaints can be channelled to its hotline: 05-2551515 or via email to: aduan@mbi.gov.my RM

ARMED GANG BUSTED



n armed gang, active in Ipoh and Manjong District since August, has been busted with the arrest of Lits members. The Chief Police Officer of Perak, DCP Dato' Pahlawan Zulkifli Abdullah, revealed this to the media recently. "On the night of November 8 and 9, a police team from the contingent's Criminal Investigation Department (D9), raided a house in Kg Rapat and Taman Seri Berjaya, Ipoh and apprehended two suspects. This led to another two arrests in Ayer Tawar and Sitiawan," said the police chief. Police recovered a Remington Rand pistol, a loaded magazine filled with six 3.8mm bullets, 11 mobile phones, four laptops, two GPS, a Toyota Vios and some jewellery believed to be stolen. The four suspects, aged 31 to 42, are from Manjong District and Sungai Siput and have previous criminal records. They are being remanded for further investigation. Abdullah thanked the public for their cooperation.

my say



By Jerry Francis

A Humane Solution to Problem of Stray Dogs

yabas! Ipoh City Council for putting down guns in exchange for a humane solution to the problem of stray dogs in the city. The decision to immediately stop shooting stray dogs in the city is welcomed by various animal-welfare NGOs and concerned residents. To them it is a victory won after a long, long campaign against the city council's stubborn refusal to stop shooting.

City council's secretary Dato Hj. Abdul Rahim bin Mohd. Ariff issued the order to ban the shooting of stray dogs at a meeting with representatives of NGOs in Ipoh on November 16, exactly a month after Ipoh Echo highlighted the need to care for stray dogs in the city. We related the story of a six-month-old female dog, nicknamed Lucky, which survived a slug lodged centimetres from her heart after being shot along Jalan Kuala Kangsar in July.

Following the report, there were some reactions from NGOs and residents criticising the city council and urging it to adopt a more humane approach to the problem of stray dogs in the city.

Just when we thought that all the criticisms and calls would be in vain as in the past, a licensed therapy dog "Spunk" belonging to a retired female school teacher was shot dead by city council's enforcement officers at Merdeka Garden. The incident, which was posted on the Internet, created an outcry. Even the directorgeneral of veterinary services, Dato Dr. Abdul Aziz Jamaluddiin, described it as "an unfortunate accident that could easily have been avoided had the council adopted a less drastic approach."

This reignited the crusade for a ban on shooting of stray dogs. The various NGO's decided to jointly present a memorandum to the city council. Among those present at the meeting were Ipoh Society for the Prevention of Cruelty to Animals (ISPCA), Noah's Ark Ipoh, The Sanctuary Ipoh, SPCA Selangor and the Malaysian Animal-Assistant Therapy for Disabled and Elderly Association (Petpositive). Also present were officers from the State Veterinary Services Department.

The sub-committee formed by the city council following the meeting with the NGOs will now work very closely with the Veterinary Services Department and NGOs on how to handle stray dogs.

Some of the measures proposed were to establish a pound for animals that were caught as well as the methods to be used to capture the animals. The city council will also send a team to Petaling Jaya and Kuala Lumpur to study how the councils there catch dogs in a humane manner as well as its spay/neuter campaign.

"I'm delighted with the city council's decision," commented Noah's Ark Ipoh founder and Treasurer Dr Ranjit Kaur Mendhir. "It shows the city council's heart has finally melted," she added. On Noah Ark's next move, Dr. Ranjit said they would call for educating school children on pet responsibilities, to have all pets micro chipped, allow NGOs to have shelters for strays, and for cheaper neuter/spay services.

It is now left to be seen how well the city council can switch from shooting to capturing the stray dogs as most of its employees are Muslim. Will those involved in capturing show compassion to the dogs and carry out their duties in a humane manner? The Veterinary Services Department has recommended the use of food bait and trap, catch pole, netting and tranquilizer gun or blow-pipe as the methods of catching stray animals.

The department would provide training to dog-catchers on all aspect of stray animal control that include humane capture, management of animal pound, and treatment for injuries, humane destruction and disposal.

So Spunk did not die in vain. It died so that other dogs could have a better chance of survival.



CST Auto Sdn Bhd's 20th Anniversary was celebrated with a bang with the launching of Proton's latest saloon car, Inspira. The ceremony, held at CST's Fairpark showroom, was graced by Raja DiHilir Perak, DYAM Raja Ja'afar bin Raja Muda Musa. Present at the launch were CST's Executive Chairman, Datuk Seri Taalat Hussein, Proton Edar's General Manager (Marketing), Kamsani Hj Ahmad and the Chief Executive Officer of CST Auto Sdn Bhd, P.R. Chandhran.

The Inspira comes in three models, 1.8 MT, 1.8 CVT and 2.0 CVT. They are priced between RM79,000 to RM95,000. "Very affordable for the motoring public," Taalat told the media. The car, a variant of the popular Mitsubishi Lancer, has some modifications made by Proton to suit Malaysian drivers and roads.

Proton Edar is confident it will be a hit with enthusiasts. "We've received over 4,000 orders since its announcement recently," said Kamsani. Proton Edar's confidence in CST Auto is another feather in the cap for this Ipoh-based auto dealer.

Spritzer-KRI Annual Run brings the World to Perak



he highly-anticipated annual Spritzer-KRI 12-km Run to be held on December 12 promises to be an even more exciting event this year.

According to Mr Chong Him Shoong, President of Kelab Roadrunners Ipoh (KRI), which organises the annual event, this will be the first time that the route will take participants through a golf course nestled deep in the Perak hinterland.

"More than just another race or run, KRI prides itself on offering people an experience to cherish, when they participate in our events. Each year, the KRI committee scours the Perak countryside in search of unique and interesting routes for the benefit of our participants.

"We are thrilled to be able to offer a wonderful route this year that will flag off from Bukit Kinding Resort, a charming country retreat tucked between Chemor and Tanjong Rambutan, Perak, and home to a nine-hole golf course." he said.

Mr Chong said that KRI was particularly proud of this event as it traditionally attracts a large following of participants from outside Perak.

Dr. Teh Choong Hee, Group Human Resource Manager of Yee Lee Trading, said that Spritzer was proud to be the Title Sponsor this year.

"We will be providing participants with our health-giving and beneficial Spritzer Natural Mineral Water, which the University of London recently found to be naturally rich in orthosilicic acid (OSA), a trace mineral associated with numerous health benefits

For more information go to: www.kelabroadrunnersipoh.blogspot.com or call Ms Alice Chim at 012-5068369 for more details.

