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Michelle Yeoh

Ballet World's Loss is Moviedom's Gain



By See Foon Chan-Koppen

With 36 movies to her credit, asking Ipoh's own celebrity Superstar Michelle Yeoh which was her favourite role is like asking a mother which is her favourite child. "Each role is different, with its own set of challenges, its own unique set of circumstances, its own environment. It's like our circle of friends, some are more cheerful, others passionate, some pessimistic and some melodramatic. And yet we love them all don't we?" she said recently at her home in Ipoh.

Continued on page 2

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TASEK BOULEVARD DEVELOPMENT SDN BHD
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Michelle Yeoh did not grow up aspiring to become a martial arts master or a movie star. Instead, her dream was to become a part of the world of ballet.

I caught up with Michelle recently when she was home for the Chinese New Year celebrations. Warm, vivacious and without the slightest trace of haughtiness that one would expect of a celebrity of her fame and stature, we sat down to chat like childhood girlfriends.

Born to Dato' Yeoh Kian Teik (IE100 *Anak Perak*) and Datin Janet Yeoh in Ipoh in 1962, Michelle's childhood was spent swimming and diving with her friends at the Ipoh Swimming Club.

Michelle was a tomboy and loved many sports. As a teenager, she represented Malaysia at national level for swimming, diving, and squash. She was the Perak state representative for squash and once the Malaysian Junior Squash Champion.

However, her real passion was in dance, particularly – ballet. Her mother, Datin Janet, recalls that Michelle started to dance before she could even walk, and later from age 15, the London Royal Academy of Dance honed her talent.

Michelle's dream of being a prima ballerina was abruptly cut short by a spinal injury which she suffered at her college and consequently she had to switch her focus away from dance to choreography and other arts. In 1982, Michelle received a B.A. degree in Creative Arts with a minor in Drama and continued her graduate study in England.

Miss Malaysia and Movie Debut

When Datin Janet secretly entered her for the Miss Malaysia competition in 1983, Michelle complied to please her mother and the then still self-confessed tomboy went ahead with the rest of the competition. She was subsequently crowned Miss Malaysia at the age of 21.

Modelling and commercial contracts in Hong Kong followed at the end of her term as Miss Malaysia and a film contract by Dickson Poon in his newly founded film production company, D&B Films launched her film career.

Michelle's first movie role in Sammo Hung's action comedy, **The Owl vs Dumbo** (1984) marked her movie debut.

Birth of Action Star

A brief marriage to billionaire Dickson Poon in 1988 saw Michelle take a respite from acting but in 1992, she was warmly greeted by the Hong Kong film industry in her comeback role in the third instalment of Jackie Chan's Police

Story series, **Police Story III: Supercop**, where Michelle stole every scene she was in and easily matched him fight by fight, stunt by stunt. The film broke the box record in Asia and a female Action Star was born.

The High Price

But Action has its downsides and Michelle had to pay a high price in blood, sweat, tears and pain for the accolades as one of the highest paid actresses in Asia where she is known for doing her own fights and stunts. A dislocated shoulder, burns, and a ruptured artery in her leg were some of the injuries she collected along the way.

It was while in recuperation that Michelle decided to turn her talents to other roles which resulted in her nomination for Best Supporting Actress (Hong Kong Film Award) for her remarkable performance in Mabel Cheung's historic drama **The Soong Sisters** – her first non-action movie.

International Star

Of the handful of female action actresses who came to prominence in Hong Kong films, Michelle was the first to make significant inroads into the West. Her first American release was **Supercop**. Michelle's Colonel Wai Lin role in the 18th James Bond film **Tomorrow Never Dies** (1997) definitely put her in the global spotlight.

The rest as they say is history. She went on to win many awards including being named International Star of the Year at ShoWest, the world's largest motion picture industry convention. She has since become a film producer with her own film production company "Mythical Films" (Hong Kong) and launched, together with producer Terence Chang and Taiwanese journalist David Tang, a talent management company, "Stellar Entertainment Ltd.", in 2008.

Celebrity Philanthropist

Between films, Michelle keeps very busy with many charity projects to which she devotes her time and energy. "It is amazing how much clout celebrity status lends to a project. I am happiest when I am working for a good cause and if my star status can help to push the envelope then I give it my best effort," she says with enthusiasm.

Her devotion to innumerable causes is legendary as is her indefatigable energy. From Aids Research, to raising funds for Cancer, to helping kids in Inner Mongolia and the poor in India; from the plight of the orang-utans, to being Ambassador for Mercy Malaysia.

Since 2007, Michelle Yeoh has been the global ambassador for the Make Roads Safe



At Datin Janet Yeoh's 70th birthday bash in Ipoh last year, with friends and Datuk Jimmy Choo celebrity shoe designer

campaign. Her eyes light up as she describes the role she plays in this campaign. She has travelled to different regions in Asia, Africa and Latin America to promote global road safety in developing countries. **'Turning Point – A Journey on the World's Killer Roads'**, the documentary Michelle made for the campaign, premiered in Rome in May 2009, during the launch of the **'Make Roads Safe: A decade of Action for Road Safety'**. In June 2009, Michelle filmed a documentary on orang-utans rescue in Malaysia for the National Geographic Channel, **'Among the Great Apes with Michelle Yeoh'**. For all these projects, Michelle works for free, a reflection of the generous spirit she embodies. "I get such a sense of fulfilment and happiness working for causes," she modestly declares.

Weighty Question

Michelle's latest movie is a biopic on the Burmese democracy icon and Nobel Peace Prize laureate Aung San Suu Kyi. For this movie, **'The Lady'**, which will be released in the fall this year, Michelle had to get her weight down to 41kg from her usual 47kg. This meant cutting down on her meals from six to four. "Six meals a day?" I asked incredulous to which she replied, "Yes I have a very high metabolic rate plus I exercise every day. I love food especially the food here in Ipoh. So I am very diligent about my exercise. Even if I have to wake up at 4.30 to be ready for work at 6.30, I will factor in that minimum one hour for my workout."

Coming Home to Ipoh

So what's on the cards for Michelle? When I asked if marriage plans are imminent, Michelle who is engaged to Jean Todt, previous general manager and CEO of Ferrari and now president of the FIA, waved the question aside with a light-hearted, "Let's keep my private life aside shall we?"

As for the question of where her main home is, she replied with alacrity, "Ipoh is my main home. This house is where I come home to."

Come home often Michelle Yeoh – Ipoh is extremely proud of you!

Michelle Yeoh fans can get every bit of trivia, minutiae and details on her films, her life from any number of websites on the Internet. One of the most current and constantly updated is: <http://michellyeoh.info/>.



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(24765-P)



From the Editor's Desk

● by Fathol Zaman Bukhari

HASSLE OF MAKING A REPORT

Army Act 1972 contains all the laws governing good military behaviour. Unfortunately, the Act has no provisions for domestic violence...

It is no walk in the park when making a Police report, especially when the victim is a battered woman who has been treated as a punching bag by her abusive husband. The experience is definitely not for the faint hearted. I was privy to one such incident recently and can vouch for its authenticity.

The volunteer of an Ipoh-based NGO brought this Indian lady, who had suffered physical injuries as a result of beatings by her soldier husband, to the police station to lodge a report. The police officer on duty was helpful to an extent. As the recording progressed it took a different turn when he asked that the matter be referred to the military police, as the husband was a soldier.

Report to the Military Police? What a dumb suggestion. For a start, the Military Police (MP) is not in the business of policing soldiers who beat their wives. If he is referring to regimental police of army units they too are not tasked for such a job. The 2nd Infantry Brigade Headquarters, Ipoh has only a detachment of Military Police consisting of about 25 personnel led by a subaltern. They are part and parcel of the headquarters. The primary duty of this MP detachment is to enforce discipline on soldiers within the brigade. They, however, excel in one responsibility which is so often required of them – preparing road signs. You see these signs often at traffic junctions – black metal plates with white letterings on them with the distinctive arrow pointing up or sideways.

This particular police officer's line of questioning made it obvious that he was still unfamiliar with the extent of the Domestic Violence Act 1994. The Act, passed by Parliament in 1994, is to provide protection to victims of domestic violence and is applicable to wives, hus-



bands and children below the age of 18. It is applicable to all Malaysians regardless of race, religion and gender. The Act is consistent with Article 8 of the Federal Constitution.

One other point I frequently harp on at public forums, is the role of the armed forces. Fair, the military is a discipline body, this is a fact. Needless to say, soldiers are being guided by a set of rules they have to obey. Otherwise, it makes a mockery of soldiering if the men in uniform are free to act on their own.

Army Act 1972, which replaced the antiquated Malay

Regiment Enactment 1948, contains all the laws governing good military behaviour. Unfortunately, the Act has no provisions for domestic violence. The military, therefore, cannot

act on personnel who beat up their spouses and children. The Military Police has no powers of arrest for such improprieties. However, the military can take action on soldiers who are being penalised by a civil court. If imprisoned, even for a day, they can be dishonourably discharged from service. This is an administrative action taken to keep the good name of the armed forces intact. Similarly, if the soldiers are involved in drugs, either as pushers or users, they can be discharged upon conviction in a civil court of law.

When a report is made or received from the Police or welfare officers, an Interim Protection Order (IPO) is issued by a civil court of

law. The order is to prevent the abuser from further harming the victim. IPO is valid for not more than 12 months from the date it is issued.

Before the victim can make the mandatory police report, one other indignity she has to suffer is at the Ipoh General Hospital. A medical report compliments a police report in order to make the case stick. This poor Indian lady had to wait over four hours at the emergency room for her turn to be called.

There is a system of check and balance, after all. BAKAT (Badan Kebajikan Angkatan Tentera) is a social club for military wives. Every military unit has a club which is helmed by the unit commander's wife. Had the lady made use of BAKAT to report her husband's violence, the matter would have been resolved a long time ago. Unfortunately, she has only a vague idea of its existence.

Looks Simple, Sounds Simple, but It's Not Simple

● by Peter Lee

A couple approached me and said they wanted to prepare a simple will. The next question was how much would it cost? My reply to them was "I don't know" because I need to check their family structure and how they would like to distribute their estate. The husband said, "Our distribution is very simple. What we want in our will is that half of my estate goes to my children equally and half to my wife. Vice versa, my wife will give half of her estate to me and half to the children equally. If both of us die, everything will be given to our four children equally." Their children are 5, 7, 8 and 10 years old. Furthermore, the youngest is mentally retarded. Based on this information, I told them that the most important thing is the appointment of Executors/Trustees whereby they can choose a minimum of 2 and maximum of 4 individuals. However, if the choice is to appoint a Trustee Company like Rockwills Trustee Bhd. as the main Executors/Trustee, then no further appointment is required. They further asked what is the role of Executors/Trustee. So I explained that they are individuals or a Trustee Company who will apply the Grant of Probate for the deceased, unlock the assets of the estate, settle debts and distribute the entire estate to the beneficiaries.

In their position, I pointed out that they would require a "Testamentary Trust" in which the duration of the "Trust" can be lengthy especially for the retarded child. Therefore, it is advisable to appoint Rockwills Trustee Bhd. to be the main Executors/Trustee. The couple looked at each other and said they needed to iron out this matter before giving a reply. Then I further discussed with them about choosing a Guardian for their children if both of them pass away together. I said that it is always best to speak to those whom they want to appoint as Guardian and obtain their consent for the appointment. The husband preferred his sister who has her own family while the wife preferred her sister who is still single. After some argument over their choice, they said that they have to revert to me on this.

When it came to distribution, I highlighted that since half of their entire estate was to be distributed to their minor children immediately after their demise, they must state the amount for each child's monthly living, medical and education expenses. In addition, they have to specify the duration of the Trust especially for the child who is retarded and if possible set up a Living Trust using insurance as funding for this child. With this explanation, they said they needed further discussion before deciding. So until they revert to me I still would not know the cost of their wills. My story is not to frighten anyone from writing their will but to highlight that if you want to prepare your will for the benefit of your family, please avoid thinking of just a simple will but instead focus on your wishes, giving some thought and plan with your spouse for the benefit of your family. This way your family will cherish you forever.

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 excels@streamyx.com. Website: <http://www.wills-trust.com.my>.



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No 1 Jalan Lasam
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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

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Thinking ALLOWED • by Mariam Mokhtar

Perak's Lack of Vision in Small and Medium Enterprises Precipitates Decline of State

I have long been an advocate of the sundry shop, the street vendor, the market trader and the small business. These establishments offer good quality and efficient, personal service. They may be slightly more expensive but they offer quality for money, and in the long run, work out cheaper.

The past two issues of the Ipoh Echo have highlighted the proliferation of supermarkets and hypermarkets. When they mushroom, whole shop lots are affected, with devastating effect on the surrounding communities.

Local sundry shops simply cannot survive.

Sundry Shops Demise

Like most Ipoh families, we do our major weekly shopping at the local *pasar* (market). In the past, various essentials may have been provided by the grocer-on-wheels (*cina-sayur*), and the *roti-man*. When we ran out of dried provisions like rice and sugar, a local sundry shop would deliver for a small fee. It was very convenient as we had no means to frequent the shops.

However, the proliferation of hypermarkets put an end to all these small businesses and we bade farewell to Ah Hong the grocer-on-wheels who was based in Pasir Puteh, Mutu who was contracted to a bakery in old town and Lian Fatt whose sundry shop was in Jalan Kampar.

Hypermarkets generate job opportunities, development and upgrading of infrastructure, like new roads, and they may help

regenerate an area. They are also convenient and may provide a one-stop shop for the busy mother or working individuals. Unlike the sundry shops, they open seven days a week and have longer opening hours.

Hypermarket's Detrimental Impact

I once did an investigative stint in a hypermarket and discovered that hypermarket chains often have a detrimental impact on the people and businesses they deal with.

Their success is at the expense of the local farmer, suppliers and small local shops. The working conditions of the hypermarket's own employees, the local community and the environment are all affected. These facts are well documented worldwide; unfortunately, not in Malaysia.

Typically, farmers do not receive a fair share of retail prices. For instance, if the price of chicken goes down, this saving is not passed to the shopper. The farmer is forced to sell his livestock to the supermarket at much reduced prices, but we never see a reduction in the price of chicken on the shelves.

No Benefit for Workers and Public

We assume that hypermarket workers enjoy the benefits of their employer's success. They don't.

Hypermarkets exert enormous buying power, that farms and clothes manufacturers are forced to lower their prices, deliver goods ever faster and at short notice. This pres-



sure is passed on to the hypermarket worker in the form of low wages, job insecurity and poor working conditions.

Roads leading to hypermarkets are often congested and polluted. Parking problems also exist.

The aim of hypermarkets to sell food cheaply means processed foods which are high in salt, fat and sugars, are frequently promoted. We are discouraged from inculcating healthy eating habits.

The dominance and sheer buying power of hypermarkets have already forced the closure of many small shopkeepers, local traders and specialist food shops such as bakers.

Protests

In 2007, local shopkeepers in Thailand protested against a foreign-owned hypermarket, whose rapid expansion caused the closure of several local shops and farms.

In the United Kingdom, many townships hold similar protests to protect their communi-

ties from the invasion of hyper/supermarkets. France fiercely preserves their small shops over the domineering hypermarkets.

Back home, our local sundry shops give their loyal and regular customers a highly personalised and more dedicated service; something that hypermarkets often disregard and cannot duplicate.

Our local shops only have a limited budget which means limited opening hours and a smaller workforce. But hypermarkets which open late are not doing you, the customer, a favour. They do it for one reason only – more profit.

Big Business Favoured Over SMEs

One major reason small businesses cannot thrive is because our state government lacks vision in promoting these small businesses.

In practically every country, Small and Medium Enterprises (SMEs) constitute almost 90% of all commercial business activity.

Some benefits of SME's are: contribution to the economy in terms of output of goods and services; creation of jobs at relatively low capital cost, especially in the fast growing service sector; they pro-

vide a vehicle for reducing income disparities; develop a pool of skilled and semi-skilled workers as a basis for the future industrial expansion; provide opportunities for developing and adapting appropriate technology; offer an excellent breeding ground for entrepreneurial and managerial talent. However, the Perak administration tends to favour big and/or international businesses over the SMEs.

Dealing with Challenges and Prejudice

Despite various governmental programmes in SMEs, the small trader in Perak still faces many challenges.

My own experience is the high level of bureaucracy in government agencies. My funding and business plan was all in order, the technical expertise had been sourced and the local labour arranged. But there was always something that prevented the agencies from awarding the appropriate licences/permits. What it boiled down to was that I did not dress conservatively enough for a Malay woman. Others will have their own horror stories.

But like them, I took my expertise and money elsewhere.

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By See Foon Chan-Koppen

Musings on Food

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SeeFoon gets 'grilled' at Ipoh's newest Korean Restaurant



I love Korean food: the barbecues, the selection of small appetisers, the various types of 'kimchi', the aroma of meats on the grill, the fire sizzling and searing the various meats on the myriad open grills around which sit eager diners, enjoying their green tea or 'Shochu' a strong white Korean liquor. The ambience is always one of total enjoyment, a let's-eat-drink-and-be-merry-tomorrow-is-another-day spirit of abandonment as people tuck in with gusto.

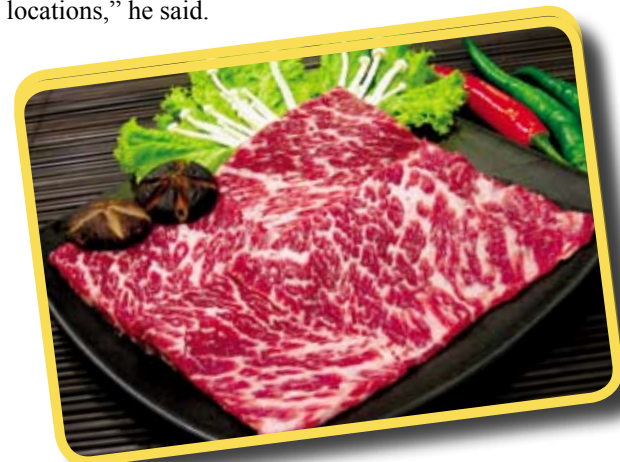
There are and have been Korean restaurants in Ipoh, some authentic, others middling, mostly small eateries which cater to about 20-30 diners. Some have come and gone and most that have closed down have not been missed or mourned. My complaint at most of them has been the sugariness (and I use this word deliberately) in their food...from the marinade of the meats to the little anchovies, to even the *kimchi* (raw cabbage and other vegetables pickled, using a special natural fermentation process that produces friendly bacteria which is good for the gut) which, if my memory serves me, in Korea, is pungent, tart, and distinctly 'un-sweet'.

The latest newcomer to the Korean food scene is right up there in matching my palate. *Daorae*, the newly opened restaurant in deGarden fronting Jalan Sultan Azlan Shah (Tasek Road) has been opened barely a month and is already packing them in and doing a roaring business.

'Everybody Welcome'

Daorae which in Korean means 'everybody welcome' is a largish restaurant with a seating capacity of 200. COO Steve Cho Seyon, a tall affable Korean, was on hand to introduce some of the restaurant's specialities and to highlight some of the salient points on Korean style dining.

"The main elements in a Korean meal revolve around soup and rice with many accompanying side dishes. In Korea, the restaurants tend to specialise while outside Korea we need to showcase our cuisine and therefore we are inclined to have a large menu as is the case with *Daorae*. This will be the 11th restaurant we have opened in Malaysia and we're still looking for more locations," he said.



On my first visit to *Daorae*, I was impressed by the lack of cooking smells, despite the fact that most tables were having barbecue – a sign that their exhaust system is working well. The tables are well spaced out and the exhaust funnels hanging over each table lent a festive air to the ambience. The food was impressive enough for me to warrant a return visit and to sample more dishes.

Generous Side Dishes

They were very generous with their side dishes, on average 9-10 per day. The constants here are the two types of homemade *kimchi*, the cabbage and the white radish; bean sprouts and greens. Other **side dishes** on the days I was there included zucchini with dried shrimp; crab sticks, cucumber & carrot wrapped in omelette roll; scallion salad; black beans; braised eggplant; *balitong* or tiny sea snails; and spinach.

For the mains, we started with the barbecue. Instead of LPG gas which is used often in other restaurants, the barbecue at *Daorae* is done over charcoal which the well-trained Nepalese waiters bring carefully to the table. A small steel tureen of sliced garlic in oil is set down to simmer gently away as the meat is cooked. For every different meat dish ordered, the grill plate is changed and the charcoal too if it has cooled down.

Delectable Barbecue

Saeng-dung-shim is their **special prime beef** without marinade served with seasoned sesame oil. This was a slab of very well marbled US beef that was cut into bite sized pieces after grilling and melt-in-mouth tender. We were encouraged to take pieces of beef, dip them in the seasoned sesame oil, add some of their Korean '*sambal*' if we so wished, and wrap the piece in a lettuce leaf which was supplied in abundance – RM75.

We followed this up with *Maeun Dweji Gal-bi* their **filleted choice pork** marinated in Korean spicy chilli sauce and again eaten the same way, this time with the addition of scallion salad to the lettuce parcel – RM28. On my previous visit I had sampled their **spicy pork belly** which was equally scrumptious.

Determined to sample as many dishes as we could handle, our group of four proceeded to do justice to

Pa-jeon, a delicate **savoury pancake** comprising fresh seafood in batter topped with spring onion – RM25; *Dolsot-bibim-bab*, a rich layering of **fresh and seasoned vegetables** served in steaming hot stone bowl over a bed of **steamed rice** topped with fried egg, served with Korean chilli paste – like a Korean claypot rice – RM20 (I particularly enjoyed the crusty bits of the rice at the bottom); *Kwen-jang-jjigae*, fresh seafood, tofu and fresh vegetables in a rich traditional Korean miso broth, served with rice – RM19; *O-jing-er-so-myun*, **sliced squid** with an assortment of vegetables stir-fried in spicy sauce served with noodles – RM35. This latter dish was the only one that didn't quite agree with my taste buds as it was rather sweet but my companions enjoyed it.

Daorae is definitely worth many return visits in the future.

Daorae Korean BBQ Restaurant

Lot L1-R-9, First Floor deGarden
No. 3 Persiaran Medan Ipoh, 31400 Ipoh.
Tel.: 05-5482616

HAWKER FOOD

Satay

By Rosli Mansor

Satay is marinated, skewered and grilled meat served with *kuah* (gravy) satay, a spicy sweet concoction made of mashed peanuts, coconut milk with a dash of sugar for taste. The meat comes in a variety of preference – chicken, beef, mutton and entrails (*perut*).

Skewers from the midrib of the coconut leaf are the favourite, although bamboo skewers are often used. The meat is grilled over a wood or charcoal fire. To add value, sliced cucumber and onions with *ketupat* (steamed rice encased in coconut leaves) are served as a package. The pulling factor of satay is its sauce. Lovers will swear by its taste.

Satay may have originated from Java, Indonesia but is found in most Southeast Asian countries, especially in Malaysia and Singapore.

Some of the more popular satay outlets here in Ipoh are:

Restoran Aspirasi Bonda

14, Jalan Sci 1/16, Dataran Sunway, 31150 Ulu Kinta.
Mon-Sat: 5.30 p.m. to 12 mid-night.
Chicken and beef at RM0.60 per stick. *Ketupat*: RM0.50 a piece.

Restoran Serai Sate Kajang

29, Medan Ipoh 1E, Medan Ipoh Bistari, 31400 Ipoh.
Mon-Sat: 11.00 a.m. to 12 mid-night. Sun: 2.00 p.m. to 12 mid-night.
Chicken, entrails (*perut*) and beef at RM0.70 a stick. Mutton at RM1 a stick. *Ketupat* at RM0.50 a piece. Marinated meat is rich in lemongrass.

Satay Endut

Stall #13, Taman Kanak-kanak, Ipoh; and Aneka Selera (a.k.a. Gluttons' Square), Ipoh Garden.
Mon to Sun: 10.00 a.m. to 12 mid-night (earlier if sold out). Chicken and beef RM0.60 a stick. *Ketupat* RM1 a piece. Ample size meat served with thick spicy and nutty *kuah* satay. Its aroma lingers in the air.

RECIPE

Thai Fried Egg Salad



By Margarita Lee

Ingredients:
4 eggs – beaten
½ cup of cooking oil

(A)
5 shallots, thinly sliced
½ onion, thinly sliced
2 small tomatoes cut into wedges
1 tbsp coriander leaves & stems, finely chopped

Dressing:
1 tsp finely grated raw garlic
4 tbsp fish sauce
4 tbsp fresh lime juice
4 tbsp palm sugar
2 small chopped fresh chillies (add more if required)

Method:

1. Heat oil in a pan until very hot, add in eggs. Fry till fluffy and crispy.
2. Cut eggs into rough chunks and toss with ingredients (A)
3. Combine dressing ingredients in a bowl
4. Before serving, pour dressing into egg salad and mix well.



Getting Your Facts Right about Acne



Dr. Yoonhee Park is a senior research fellow at the Center for Health Systems Research and Analysis, Health Services Research Division, National Cancer Institute. She is also an adjunct professor at the Department of Health, Behavior, and Society, Johns Hopkins University. Dr. Park has been involved in cancer control and population science research for over 20 years, with a focus on cancer prevention and early detection. She has led several large-scale population-based cancer prevention studies in Korea and is currently leading a large-scale cancer prevention study in the United States. Dr. Park has published over 50 peer-reviewed articles and has been a frequent speaker at national and international conferences. She is also a member of the American Cancer Society and the American Society of Cancer Epidemiology and Biostatistics.

Dr Agnes Heng is a consultant dermatologist in private practice. She can be reached at **05-2559992** or email: agnesheng@gmail.com.

- **“Seeds of Hope” Exhibition by Soka Gakkai Malaysia, Perak Branch**, March 4-6, 10.00 a.m. to 9.00 p.m. at Soka Gakkai Malaysia, Perak Culture Centre, 160 Jalan Pegoh, Taman Lapangan Terbang Ria, Ipoh. Free admission. Call: **05-3236588** for details.
- **International Piano Concert by Partners of Peace, Malaysia (PfPM), Taiping Tourist Association & Taiping Heritage Society**, hosted by Embassy of Poland, on Saturday March 5, 8.00 p.m. at Flemington Hotel, Taiping. Admission by invitation card only. Contact: **019-5503300/012-5382743**.
- **Ipoh City Watch AGM**. Saturday March 5 commencing 3.00 p.m. at Old Andersonian Club, Ipoh. Call the Secretary, Steven Lee, at **016-5052848** for details.
- **MATTA Fair Perak Chapter 2011**, March 11-13, 10.00 a.m. to 10.00 p.m. at Stadium Indera Mulia, Ipoh, 71 booths inside and 17 outside – great bargains for tour packages, tourist attractions will be showcased, lucky draws, quizzes, & entertainment.
- **Dementia Society AGM** on Saturday March 12 commencing 2.00 p.m. at No. 15, Jalan Foo Choong Nyit, Ipoh. The public are welcome to attend. For details, call: Ms April Loh at **019-5712738**.
- **Heel-A-Thon by Perak Women for Women & Sunway College Ipoh**, Sunday

- Pamphlets on “Perak Tour Package 2011” and “Ipoh Food Trail” are available for collection at Tourism Malaysia Perak, No. 12, Jalan Medan Istana 2, Bandar Ipoh Raya, Ipoh. Call: **05-2559962** for details. Pamphlets are also available at the Ipoh Echo office.

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Wellness

Health is Wealth

By Dr. Manuel K. Punnia Raj

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Regular physical activity using large muscle groups, such as walking, running, or swimming, produces cardiovascular adaptations that increase exercise capacity, endurance and skeletal muscle strength. Habitual physical activity also prevents the development of coronary artery disease and reduces symptoms in patients with established chronic systemic disease like diabetes, hypertension, osteoporosis, obesity, depression and many more.

Increase in human adaptation to the fast world, pollution, bad eating habits and stress affects the human body in a negative way increasing the risk of illness and disease.

The healthcare system in the world has grown rapidly but the demand for non-invasive medication still remains high among the public. The most popular and trusted non-invasive healthcare around the globe is physical therapy rehabilitation.

Physical Therapy Rehabilitation – The Key to Better Health

Physical Therapy Rehabilitation has evolved as a great alternative to surgery and medication.

Physical therapists are specialists in movement impairments and are effective in developing or designing programmes in the management of Orthopaedic, Geriatric, Neurological, Paediatric, Cardiovascular & Pulmonary disorders using physical methods of treatment to help alleviate pain and paralysis. This improves the person's quality of life and assists them in returning to their normal daily routine, pain free and deformity free.

Through physical therapy rehabilitation a variety of disorders & injuries of the musculoskeletal & neurological system like arthritis, low back pain, neck pain, spinal disc prolapse, spinal scoliosis, cerebral palsy, sports injuries, stroke and post-surgical rehab are treated with evaluation and diagnosis, determining the possible outcome of the patient and its improvement and creating an individualised treatment using various therapeutic modalities and protocols. Therapeutic exercises can truly help relieve and soothe the stress, as well as help the body function without pain and limitation.

Biomechanics and realignment of posture, exercises and ergonomics are important components of the physical therapy rehabilitation.

Physical therapy corrects & prevents movement disorders... problems that impair your ability to move and live your life.

Tips for general well being and lowering your risk of disease:

- * Drink 3 litres of water everyday
- * Have enough sleep and relaxation
- * Listen to your body
- * Avoid or reduce stress as best as you can
- * Eat well-balanced meals that are low in fat and cholesterol and include several daily servings of fruits and vegetables
- * Get regular exercise. If your weight is considered normal, get at least 30 minutes of exercise every day. If you are overweight or obese, you should get 60-90 minutes of exercise every day
- * Keep your blood pressure below 130/80 mmhg if you have diabetes or chronic kidney disease, and below 140/90 otherwise
- * Keep your cholesterol and blood sugar under control.



For pain free enjoyable life contact your health partner: Physio Beyond –
The Physical Therapy Specialist at **05-5478786**.

Eye Stress – Part 2

In our continuing series on Eye Health, Consultant Ophthalmologist Dr. S.S. Gill talks to us about Eye Stress.



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

People who are addicted to using their **smartphones** may be having fun with playing games or surfing the internet, but do not realise that their eyes are stressed by the hours of staring that they do. Our eyes are in actual fact biologically not designed to stare at a computer screen all day long. If we were out “hunting” and “gathering” as we were made out to be, our eyes would get their natural break from intensive close-range staring that many people do in today's modern age.

All the staring at computers and smartphones for long hours each time means “we are getting our eyes to do something they were not meant to do”! Unfortunately for our eyes, we do live in a world surrounded by gadgets that demand this kind of staring activity. We may be switching from using our smartphone to using the computer, and then to reading an e-book on our iPad, placing the same stressful demands on our eyes. The long hours spent using these gadgets do not help as well.

Interestingly, both men and women suffer from eye strain although **women are reporting more eye and vision problems** associated with their screen time than men. This is possibly because women are more prone to dry eyes than men.

It is not really known why women experience the **dry-eye** syndrome more than men do, but it has been speculated that **hormones** do play a part in tear production. The hormonal changes that occur in peri-menopausal (just around the time when menopause begins) and of course **menopause** itself can explain why older women are more susceptible to dry eyes, which is contributing factor towards eye strain.

Dry air in an air-conditioned environment also adds to symptoms of eye strain and fatigue. If you work in a place where the air-conditioning is extra efficient, for example in a deli or supermarket, or in a corporate office environment, the symptoms and **discomfort may worsen** if you suffer from dry eyes.

This is why some women develop **bloodshot eyes** after spending some time in a supermarket and may even look like they have had a few shots of alcohol!

It is good to remember that our eyes are in their most relaxed state when **looking into the distance**. This is where the **20-20-20 rule** is helpful when practised. For **every 20 minutes** of doing concentrated near-work, look **20 feet** into distance for at least **20 seconds**. This deliberate activity relaxes the ciliary muscles used for near accommodation, thus reducing eye stress.

Remember to consciously take quick and **regular breaks** to relax your eyes whenever you are going to be working long hours on concentrated near-work. You can also shut your eyes for about 20 seconds every now and again (that is if your boss allows you!)

For more information on Eye Health, contact Gill Eye Specialist Centre at **05-5455582**, email: gilleyecentre@dr.com or visit www.fatimah.com.my.

Matters of the Heart

By SeeFoon Chan-Koppen

When one considers that heart attacks are the number 1 cause of death in Malaysia, the IE Wellness section felt that it was important to talk about matters of the heart – the physical kind. We sought out Consultant Cardiologist Dr. Chan Chong Guan at Pantai Hospital to share his thoughts and expertise on prevention and management of heart attacks.

IE: What is a heart attack?

Dr. Chan: A heart attack occurs when the supply of blood and oxygen to an area of heart muscle is blocked, usually by a blood clot in a coronary artery. Often, this blockage leads to arrhythmias (irregular heartbeat or rhythm) that cause a severe decrease in the pumping function of the heart and may bring about sudden death. If the blockage is not treated within a few hours, the affected heart muscle will die and be replaced by scar tissue.

A heart attack is a life-threatening event. Everyone should know the warning signs of a heart attack and how to get emergency help. Many people suffer permanent damage to their hearts or die because they do not get help immediately. Without immediate medical attention, about half of them die. About one-half of those who die do so within the first few hours of the start of symptoms and before reaching the hospital.

Emergency personnel can often stop arrhythmias with emergency CPR (cardiopulmonary resuscitation), defibrillation (electrical shock), and prompt advanced cardiac life support procedures. If care is sought soon enough, blood flow in the blocked artery can be restored in time to prevent permanent damage to the heart. Yet, most people do not seek medical care for 2 hours or more after symptoms begin. Many people wait 12 hours or longer.

IE: What are the signs and symptoms of a heart attack?

Dr. Chan: Not all heart attacks begin with a sudden, crushing pain that is often shown on TV or in the movies. The warning signs and symptoms of a heart attack aren't the same for everyone. Many heart attacks start slowly



Dr. Chan Chong Guan
Consultant Cardiologist, Pantai Hospital Ipoh

as mild pain or discomfort. Some people don't have symptoms at all (this is called a silent heart attack).

Chest pain or discomfort

The most common symptom of heart attack is chest pain or discomfort. Most heart attacks involve discomfort in the centre of the chest that lasts for more than a few minutes or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain. It can be mild or severe. Heart attack pain can sometimes feel like indigestion or heartburn.

Other common signs and symptoms that a person can have during a heart attack include:

- **Upper body discomfort** in one or both arms, the back, neck, jaw, or stomach
- **Shortness of breath** may often occur with or before chest discomfort
- **Nausea** (feeling sick to your stomach), **vomiting**, **light-headedness** or fainting, or **breaking out in a cold sweat**

The more signs and symptoms you have, the more likely it is that you're having a heart attack.

IE: What are the risk factors for heart attack?

Dr. Chan: If someone is diabetic, overweight, has high

cholesterol, smokes, has high blood pressure, and there is a family history of heart attack, then we'd classify this person as high risk even if no symptoms are present.

There is a standard chart that we use for estimating the risks of 10-year coronary heart disease (CHD) risk for both men and women. Called the Framingham Point Score, this chart takes into account the age, total cholesterol, smoker/non-smoker, HDL cholesterol, systolic blood pressure and assigns points to all these factors to come out with a total score with percentage points for 10-year risk. While this is not 100% accurate, it does help us cardiologists to plan treatment options with the patient if the risk is found to be high.

Studies in the US have shown that deaths from CHD have dropped by 50% over a 20-year period from 1980 to 2000, 44% of which is attributed to changes in lifestyle which reduced the risk factors, while 47% was due to active treatment.

It is important to point out that when one has an artery blockage of less than 70%, there are no symptoms. It is only when the blockage is more than 90% that a patient will exhibit chest pains on minimal exertion. This is when aggressive treatment is necessary either with blood thinning drugs to prevent blood clots or with angioplasty (when they insert a catheter into the area of the blockage and treat in a variety of ways – to be covered in part 2 next issue).

IE: So what is your final advice on matters of the heart-the physical kind?

Dr. Chan: First it's the matter of time; if you think you may be having a heart attack, get yourself as quickly as possible to a hospital with Emergency Medical Services and describe your symptoms. The Gold standard for treatment is within 90 minutes for achieving reperfusion (re-opening of a blocked artery).

Secondly, change your lifestyle if you have some of the risk factors mentioned earlier. It could save your life.

Dr. Chan Chong Guan at Chan Cardiovascular
Specialist Clinic, Pantai Hospital Ipoh.
Tel.: **05-5405522**.

news roundup

IMPROVE IMAGE SAYS POLICE CHIEF

Perak Police Chief, DCP Dato' Mohd Shukri Dahlan, reminded his men to be mindful of public perception and take measures to improve themselves. "You should focus on improving your ethics and working culture and to accept that training is a life-long process," he told his men during his monthly parade at the contingent headquarters on February 16. Besides negative perception, his other worry was the growing number of disciplinary cases involving police personnel in the state. A total of 426 personnel – 72 officers and 354 rank-and-file – were being investigated for breach of discipline. Twenty-five for drug abuse, 15 for criminal activities, 17 for khalwat (close proximity), 10 for corruption and the remaining for abuse of power based on written complaints from the public. Out of this number, 326 were repeat offenders. This is a worrying development considering that the force is constantly under public scrutiny, said the police chief.

Last January, the contingent witnessed a surge in criminal activities. A total of 896 cases were reported, 196 of which were classified as serious crimes while the remaining 700 were those relating to theft of properties. Of the number, 400 cases had been resolved. Road crime too had escalated. There were 193 cases, an increase of 56 over the corresponding period in December 2010. "Only 75 or 39 per cent of this number were resolved," said Shukri. "More could be done to improve the success rate and our image," he remarked.

Ed

Anniversary Dinner



The Rotary Club of Greentown took to fine dining at Indulgence Restaurant, Ipoh recently to celebrate its formation. The club played host to five members of the Makatiedsa Rotary Club from the Philippines. Newly elected President, Francis Vijayaselman, started the evening with a cheery welcoming speech. "It's a good way to relax and to exchange ideas, especially with our Filipino guests," he told the 70-odd crowd. The evening ended with a cake-cutting ceremony by 17 past presidents, a symbolic gesture to denote the club's 17th anniversary.

Ed

Chap Goh Meh – First Full Moon or Chinese Valentine's Day



Chap Goh Meh is the fifteenth and final day of the Lunar New Year. The term is Hokkien and this day will also see the first full moon of the year.

This is also the day that single ladies would toss mandarin oranges into the river in the hope of meeting up with their future spouse. Apparently this custom originated from Penang.

Nevertheless this custom has caught on in Ipoh too whereby several thousand believers packed the Kuan Yin (Goddess of Mercy) Temple at 4.5 mile Jalan Raja Dr. Nazrin Shah for prayers and to wish for a romantic union.

The evening at the temple was festive and carnival-like and with the throng of families, single men and ladies, couples holding hands. The ambiance was one of romance

and gaiety and as the song suggests "Love is in the air".

At a pond beside of the temple, single girls released oranges with their names and phone numbers written on them, into the water. Around the pond, young men were seen fishing out the oranges and making calls immediately.

In the centre of the temple grounds stands a Wishing Tree. The belief is that a Tibetan deity lives in the tree and grants the wishes requested for. Individuals and couples would write their wishes on joss-paper after which it is tied to a Mandarin orange with a red string and thrown onto the 12-metre high tree. The belief is the higher up the tree the orange lands the better the chances of the wish being granted.

At 10.30 p.m. when Senior State Exco Dato' Dr. Mah Hang Soon paid a visit, the 'party' was in full swing.

While Mah was reading his speech, a visitor Stevant Chong was in the car park area proposing to Sandy Chia his girlfriend for 12 years. Taken up by the mood of the night, Stevant, with a bouquet of flowers in hand, knelt and asked Sandy to marry him. Sandy shyly accepted and they kissed under the first full moon of the year. Their date of marriage "should be by July" said Stevant.

Apparently wishes do come true for some or maybe it was just the magic of the night.

JAG

CHEERS FOR TAMBUN'S POMELO GROWERS



The long, long wait of the pomelo growers in Tambun for land will soon end with a cheerful note. The Land Office will distribute the land grants to them early next month.

The move will ensure the survival of the locally grown pomelo, which has become synonymous with Ipoh for decades. The growers, cultivating the land on Temporary Occupation Licence (TOL), have been facing an uncertain future for years as they have no control over the land.

In fact, many growers had been forced to vacate their orchards to make way for other projects, including the North-South Expressway. Recently, one of the last patches of orchards was under threat of being taken over for housing development but the state government had wisely revoked the order and promised to allocate the land to the growers.

The good news was announced by MP for Tambun Dato' Seri Ahmad Husny Hanadziah, who has been working behind the scene to achieve this, during a Chinese New Year luncheon organised by the Persekutuan Pekebun-Pekkebun Tambun recently.

Ahmad Husny said the Land Office was completing

the preparation of the grants and the official handover "should be around 5 or 6 March." Seventy-seven owners covering a total area of 107 acres will receive their 99-year lease grants.

He also announced plans to package Limau Tambun together with promotion tours to Banjaran Hot Springs and Lost World of Tambun as "a prime tourist destination". He specified that the area "from Tambun going towards Ampang would be upgraded, on both sides of the road, with fencing, parking facilities and toilets to accommodate tourists."

The Association's adviser Pan Kam Sing said that the growers were eagerly awaiting the grants saying they "had been applying for the grant since the 70s".

Known commonly as 'Limau Bali', pomelo has been grown around Tambun and neighbouring Ampang for over two generations. Due to the quality of the fruit it has become well-known throughout the country and abroad.

The soils of the orchards, which are surrounded by limestone hills, are rich in minerals such as calcium for the tree to thrive and produce the best of the fruits.

JAG

Charged For Shooting Tiger

Four Orang Asli men are in the dock for allegedly shooting dead a tiger with a borrowed shotgun belonging to a Rela friend.

The four are being charged for an offence under the Wildlife Protection Act 1972 which carries a maximum sentence of 5 years imprisonment or a fine of RM15,000 or both. The four are being tried at the Tapah Magistrate Court.

On February 7, 2010, Malay daily, *Kosmo*, reported a case of a tiger attack on an Orang Asli man who was on his way to collect *petai*. A dead tiger was later found by an officer from the Department of Wild Life and National Parks sent to investigate the incident. The dead animal was shot in the head and caught in a snare in the

Bukit Tapah Forest Reserve.

The accused are being represented by Augustine Anthony and Amani Williams-Hunt (Bah Tony). The prosecution team is led by Puan Natrah.

During cross-examination on Thursday, February 24, a witness from the Department of Wildlife and National Parks created a furore when he could not locate the serial number of the shotgun used. Someone from the gallery, through a court official, helped him by unlocking the barrel. The defence counsel protested, as this was a breach in court proceedings. The infringement was placed on records by the magistrate after some heated exchanges between



Augustine and Natrah.

Magistrate, Mohd. Fairus Ismail, adjourned the hearing to April 6 and 7.

LYW

news roundup

Organic is the Way to Go



The Malaysian Nature Society (MNS) organised a trip to an organic farm at Chenderiang, on the way to Lata Kinjang, called Hebron. The farm has been operating for 28 years and consists of two parcels of land; 20 acres at the foot of the hill and 50 acres at the peak. A group of about 40 was led by Mr Tan (pic) on a tour of the farm where plump chickens (broilers and layers) are reared free-range – all fed with the farm's own mix of organic feed. There were also scattered trees of: avocado, starfruit, *murungai* (drumstick tree), papaya, and the delectable durian, which just happened to be in season. It was pointed out that, not only is the *murungai*'s green pods delicious for cooking, but the young leaves are also highly nutritious. It was interesting, and unusual, to find dried noodles made with these leaves, sold at the farm's store. The group also saw how soya sauce is made the old-fashioned way, by the sun, which takes about 5 to 6 months; a fish pond of tilapia; a compost shed; and companion planting of vegetables, legumes and flowers, to replenish the soil and keep pests at bay. The trip ended with an organic lunch of noodles and garden fresh vegetables.

Organic products are sold at Lifecare Medical Supplies, 521 Jalan Pasir Putih, Ipoh, and at the pasar malam on Mondays (Gunung Rapat) and Fridays (First Garden).

Hebron is run by the New Testament Church. To arrange for a visit, contact: Mr Tan – 012-5026924 or Shuzhen – 012-5153160.

VWSL

young perak

Dancing Their Hearts Out



Polytechnik Premier Ungku Omar (PPUO), Ipoh has ventured where no other polytechnics have dared. It has, as of this year, incorporated cultural training as part of the poly's discipline. The objective, according to Puan Hafizah Ahmad Abbas, the head of newly formed Department of Culture, Sports and Co-Curriculum, is to fulfil the poly's new Key Performance Index set by the Ministry of Higher Education. Since being classified a premier technical college in 2010, it has set its own goals, which are higher than what was previously designated.

To get the ball rolling, PPUO's cultural team, consisting of 20 students and 4 staff members, led by Puan Hafizah (pic), went to the renowned Bandung Institute of Technology (BIT) in Indonesia recently to strut their stuff. The dancers, together with a similar team from Kumpulan Pendidikan Aceh, Indonesia put up a sterling performance at Sangkuriang Club, Bandung for the benefit of students and staff of BIT.

Their Indonesian counterparts were captivated by the show. "They're surprised by our students' ability and queried how they had achieved such remarkable standards," said Hafizah to Ipoh Echo. Since they were not trained dancers and were pursuing technical disciplines, their achievement was extraordinary. It was a feather in PPUO's cap.

Nur Berlian Sharudin, 21, a final-year accounting student from Ipoh said that it was a once in a lifetime opportunity. "I am proud to be selected and to perform in front of a foreign audience." Mohd Wali-yan Din Shah, 20, another final-year banking student from Bintulu, Sarawak, was pleased with his effort. "I get to learn Malay cultural dances besides my own," he quipped.

The students' trip was fully sponsored by the college while the staff paid for their fares. "It is our commitment towards making this new programme a reality," said Hafizah. The visit ended on a high note with the students donating Rp5,000,000 (RM1,710), out of their own pockets, to a Bandung orphanage.

RM

Fellowship Ride



Canning Garden Methodist Church held a first-of-its-kind Bicycle Fellowship Ride on February 15. It was a day of fun and fellowship for the members of the church to foster stronger relationships. Decked in full gear, the 51 participants, started off from McDonald's in Pengkalan weaving their way through a network of houses with the guidance of several Kelab Road Runners Ipoh members. They were treated to a picturesque view of rural Ipoh, as the 10-km ride took them along the bank of Kinta River and past rustic Malay villages. The trail ended at Clearwater Sanctuary but the more youthful riders continued pedalling back to Pengkalan. The participants indulged in a hearty lunch back at the church and had several rounds of games before calling it a day. Winners were awarded prizes.

LYW

Beach Cleaning for Camfilcairing Week



Today, sustainability is a dominating debate in our society and is a challenge that cannot be taken lightly. Camfil Farr's goal is to be recognised as a sustainable leader in the air filtration industry by their customers, their partners and the markets where they compete. As part of the sustainability journey, started since 2009, the group celebrates sustainability week in January every year. In the Camfil Farr group it is known as "Camfilcairing Week" and this year, the "beach cleaning activity" was one of the programmes which saw 44 participants, including managers, assistant managers and office staff gathered for a beach cleaning activity in Teluk Batik. Teluk Batik Beach is located on the west coast of the state of Perak, about 6.5 km away from the town of Lumut. This beach is one of the most popular beaches among the locals as it is accessible by car.

This half-day programme was organised by the Camfilcairing committee to create awareness to the public to be good stewards. Fine weather made the activity fun and challenging for everyone. Within three hours the teams collected more than 50 bags of debris, including glass, plastic, Styrofoam, cloth and countless cigarette butts.

SMI CROSS COUNTRY



St Michael's Institution Ipoh held its annual cross country run recently. A group of Form Six students led the eager participants in a short warm-up session before they were flagged off by the school

principal. The race, which took participants along the scenic banks of the Kinta River and the busy Jalan Panglima Bukit Gantang Wahab, covered a distance of 3.8 km. Needless to say, the students ran with much

enthusiasm to garner points for their respective sports houses. Yoharam Kumaran described the race as enjoyable because it was competitive and also healthy. Principal Phoon Chong Chee, expressed his hopes that students, parents and teachers would continue to give their support in future sports events in line with the "1 Student 1 Sport" policy put in place by the school's elders. U Paul Sports House took top honours amassing an impressive 213-point tally.

LYW

LETTERS

The Passing of Icon Dato' K.K. Lim

The passing away of Dato' Lim Keng Kay (fondly known as Dato' K.K. Lim), a renowned developer, mining engineer and a philanthropist in January is a bitter pill to swallow for us. He had been ill for quite some time but he never showed this to anyone who visited him except his family members and dear wife, Datin Stella Lau Kam Voon. I have known him for over 20 years and he was a man with an "iron fist", however, with a heart of gold. Whenever anyone approached him for his help, he would never turn down the person. On the other hand, he had to be convinced that it was a genuine case. Similarly, he has gone the extra mile to assist other organisations, NGOs including the Y's Men's Club of Ipoh. We are ever grateful for his financial support for the needy and unfortunate people.

When I moved into a new house way back in 1989,

he gave me a present – pewter-orchid flowers – which is hung majestically in my house to this day. My family and I treasure this gift very much because in spite of his very busy schedule, he found time to send this great gift.

When we received the news about his death, I was one of the very first persons to go to his residence to pay my last respects. When I looked at his face he appeared like having a good sleep. Datin Stella, his son Mr Lim Si Boon and other family members were seen busy making all the funeral arrangements.

Dato' K.K. Lim was a firm believer in education and understanding of all cultures, religions and differences as vital. His dedication and sacrifices to society will be remembered by all for a long, long time. He was a man of distinction and his demise is a great loss to all of us in this country. May his soul rest in peace!

K. Letchimanan
Ipoh

Need to Revamp Ipoh Bus Routes

Although old buses are gradually replaced by those new hard wooden seat buses, there needs to be proper planning so that seniors or children will be benefited. I noticed that the Short bus registered by Perak Transit (blue colour) runs until Kanthan Baru. Why are there now four bus companies using the Jalan Kuala Kangsar Road to Ipoh from Tasek, but none plying from Tasek to Bercham? Of course it will be better as people can save time going from Tasek to Tesco or Jaya Jusco. Later when The Giant comes up bus services here will be a necessity. I hope the authorities will look into it.

Chris Ng Chong Phee
Taman Mewah, Ipoh.

heritage

Preserving Old Town

Over the last year there has been a lot of talk about keeping Old Town preserved as a heritage enclave. However till today, there are little concrete initiatives seen to ensure that heritage preservation becomes a reality.

Nevertheless, a group of individuals have taken the initiative by purchasing a prime heritage property in Old Town no less, for the sole purpose of preserving it.

The property, consisting of six shop lots, of which only three are currently occupied (Star Barber, Star Optical and Choon & Co.), is bordered by Jalan Sultan Yussuf (Belfield Street) on the West, Jalan Bandar Timah (Leech Street) on the East (currently occupied by Kong Heng, Dramatist Hostel and a former furniture store), Panglima Street on the North and the lane shared by Thean Chun and Kong Heng on the South.

When asked the reason for purchasing the property, one of the group of co-owners, who requested anonymity, said "Ipoh was a good place to grow up and felt that it should be preserved for the next generation".

At this present time the group has no specific plan for the area other than to upgrade the structures of the property and clean up the area to make it more presentable. "We want to keep the atmosphere of the place the way it is except that we want to upgrade it to be neat and tidy, for people to appreciate it as is."

The group has informed the food stall operators at Kong Heng of their intentions



and has extended the offer to the business premises on Jalan Sultan Yussuf. The property will undergo six months of upgrading work.

Again, the goal of maintaining the existing operators is to keep that heritage feel of a fading trade like the barber shop, with its existing interior decor capturing a bygone era. Unfortunately, despite the 'favourable terms' for continuing to operate, only Mr Thirunavukarasu, 71, a barber for over 50 years is considering continuing. The optician will be shifting permanently while the picture frame operator 'might' come back.

Incidentally, Star Barber has a long social history. One of the property owners was a Michaelian who used to be "hailed into the barber shop by St Michael's School's discipline master" for keeping long hair which fortunately has left an impression on him to preserve the premises.

Whatever the outcome of the upgrading work, Ipohites can be assured that part of their history will be around for another generation.

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CSR at
KPJ Ipoh Specialist

The management of KPJ Ipoh Specialist Hospital took advantage of Chinese New Year to organise a *gotong-royong* with Rumah Sejahtera, Council of Voluntary Welfare Association of Peninsular Malaysia (MPKSM) Jelapang, Ipoh recently. The home is occupied by 41 occupants ranging in age from 60 years and above. Thirty staff and nurses from various departments, led by Mr. Ng Chee Hoong, the Asst. Operations Manager and Ms. Phoo Siew Kwok, the Chief Nursing Officer, teamed up for this good cause. The *gotong-royong* saw ISH's Housekeeping Services clean the home as Engineering Services carried out a full inspection of the electrical circuitry and changed faulty light bulbs. Meanwhile, Nursing Services provided a free health screening on blood pressure and glucose for the residents, led by Medical Officer, Dr. Sumathi. Recreational activities such as "poco-poco" dance and "chicken dance" were enjoyed by all residents followed by a lunch. On closing, each and everyone from the home received a hamper and Red Packet from the management.



Artist impression

The 'Low Yat Plaza' of Ipoh

● by James Gough

Yik Foong Complex located at the intersection of Jalan Laxamana and Jalan Sultan Idris Shah (Brewster Road) is set to be given a facelift to turn it into the 'Low Yat Plaza' of Ipoh.

When it first opened its doors in 1983, Glory Supermarket was its anchor tenant. Its competitors then were Super Kinta, Perak Emporium, Crescendo and the round market, Yau Tet Shin. However, as of today Yik Foong is the only one remaining and is planning to rebrand itself by being the 'Low Yat Plaza' of Ipoh, specialising in electronic and IT products.

Yik Foong Complex is currently managed by Kompleks Yik Foong Management Corp helmed by its corporate manager Mr Chen Tin Gan. Chen was originally a tenant at Yik Foong. When Glory Supermarket ceased operation in 1996 Chen stepped in

to helm the management of the complex.

In the beginning the tenants were varied, being made up of hair dressers, fashion shops and tailors which Chen described as generally catering to the young crowd. It was also the place where young entrepreneurs with shop names such as Viva and Tony & Guy made a name for themselves.

According to Chen the apparel brand SUB fashion apparel which first started at the complex now has 30 outlets throughout the country's major shopping malls as well as exporting internationally. It still maintains an outlet at the complex.

The complex has an occupancy rate of 90% with over 50% of its tenants being there for 20 years. Chen described the rental at the complex as being reasonable and stable explaining that rates stay unchanged for a ten-year period.

Chen rates maintenance and security as priorities that his tenants expect.

Last month, City Council allocated a taxi lane at the entrance of the complex. According to Chen he had assisted the taxi operators to apply for a permanent taxi lane for the convenience of his customers, adding that its location was ideal in the centre of town.

Currently 30% of his tenants are marketing hand phones, computers, computer hardware, software and accessories. Indeed, as you enter the complex you are greeted by hand phone and computer outlets all manned by young personnel.

More of these electronic outlets can be found on the second and third floors which market a vast variety of computer accessories and the complex has now earned the reputation of being the one-stop shop for anything to do with computers.

Chen plans to build on this earned reputation by modernizing and restructuring the image of the complex to one associated with being an IT centre. An interesting concept indeed as it is centrally located and is convenient to service the surrounding schools and offices nearby.

Undoubtedly, Yik Foong Complex with its balanced mix of electronic shops, hair dressers, gift and shoe shops and cafes, is definitely contributing a positive service to Ipoh shoppers.

community

Kak Imah's Curry Puff



Waking up early in the morning is a regular routine for Fatimah (Kak Imah to her friends and customers), 51. This gritty granny, whose soldier husband died in a nasty motorcycle accident along the Plus Expressway 11 years ago, makes and sells curry puffs for a living. The loss of her husband dealt a huge blow to her self esteem as she had little money to feed her family of three. But that is behind her now. "I tried several jobs but none was satisfying enough as the pay was small and the demands too high", she told Ipoh Echo recently. But things changed

for the better when she joined Nur Kasih, a charity body dedicated to the care of Muslim single mothers. "I was encouraged to venture into business and was taught the skills," she recounted. "That's how I got involved in the

curry puff business."

Kak Limah's curry puff is unique as its taste is different from others. Her Malaysia curry puff's skin is made of dough mixed with *rempah ratus*, a spicy ingredient which is the origin of its spicy aroma. The filling is a mixture of anchovies and potatoes blended together to give that tangy taste that refuses to leave the tongue. "I don't add meat to avoid religious taboos," she said.

Kak Imah's medium-size curry puff is sold at three a ringgit while the smaller one at four a ringgit. She receives orders from supermarkets, individuals and government departments. "I make about 500 curry puffs a day. But when orders are huge, I'll get my friends to help out," she said.

Fatimah operates from her Ashby Road flat, Ipoh. She has been tending to her food business since 2007 and has recently joined the small group of enterprising single mothers at the Uptown Ipoh night bazaar. For those keen on trying her curry puffs you can call Kak Imah at **013-418 0116**.

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My Say



• By **Jerry Francis**

Our recent front page report “Reduced Crime Rate – Reality or Perception?” has revealed some disturbing facts about the attitude of the residents towards the police force in the city.

Firstly, the residents refused to accept the claim by the police that the crime rate in the city had been reduced. They dismiss the claim as “mere statistics”. On the contrary, they said, there has been a spate of street robberies, snatch-thefts and house break-ins, resulting in the womenfolk in housing estates being afraid to come out of their gates.

However, the city police chief Assistant Commissioner Azisman Alias stressed that there was no manipulation of figures; they were based on the reports lodged at police stations. “If, no report was made then it would not be taken into account,” he said.

Taking both views into account, I can only come to a conclusion that many of the crimes committed in the city were not reported. This was even admitted by many victims of petty crimes.

Why is this so? Have residents lost their confidence in the police force to the extent of not reporting any occurrence of crimes? I hope not.

The police force is a necessity in a civil society as it is the guardian of law and order. Without it, we will be subjected to the ‘law of the jungle’.

Therefore, despite some incidents in the past few years that had tarnished the image of the police force, we need to give them our full confidence. Let us not allow a few bad apples in the police force to spoil the relationship between the public and the police.

In general it is fair to say that most police personnel are dedicated to their responsibilities, as they too have family members and relatives who

NEED TO REBUILD PUBLIC-POLICE CONFIDENCE

need the police to safeguard them.

But recent interviews with residents have shown that some had refused to lodge crime reports, while others are reluctant to pass on information. Their excuses are the waste of time as they need to take leave from work and go through the hassles to lodge a report, or as in the case of passing on information, there is fear of confidentiality leakage.

“I telephoned the police one night when there was a group of youths at the play-ground drinking alcohol and making a nuisance of themselves,” said a resident in Silibin. “After much persuasion, a police patrol car finally came. Peeping from my window, I noticed that the two policemen, instead of directing the youths to disperse, behaved like old friends. After the patrol car left, the youths continued with their activities. Luckily, I did not give my name when I rang the police. Had I done so, the youths would very probably know who had reported,” he added.

Our report has also drawn various adverse comments of the police from residents. Among their allegations are the lack of police mobile and foot patrols and failure to take prompt crime preventive actions.

This shows that there is a serious need for the police to win the “hearts and minds” of the residents to intensify efforts against criminals. Police need help from the public to provide them information, and based on the information the police can increase surveillance on crime prone areas.

Therefore, the launching of the Convoy Community Oriented Policing (CCOP) programme by the city police is very commendable. Under this programme the police would meet the public over breakfast for a chat with the objective to break the barriers between police officers and the public. The meetings are held regularly in various housing estates.

Apart from this, the city police chief had directed his men to step up the SWAT (Stop Walk and Talk) programme, whereby policemen would chat with the

people and discuss their problems.

Azisman had also directed the frontline’s personnel in the police stations to be courteous to the public and attend to their needs fast. The public must not be made to wait to see a staff or make a police report. While those in the patrol cars are to be sensitive to the needs of the people and situation.

The CCOP is similar to the Salleh System, which was named after the Inspector-General of Police, the late Tun Salleh Ismail, introduced to all police contingents in 1968.

The main purpose of this system was to train police officers to be more responsible and acceptable by the public as a partner in combating crime. However, like all good moves, the Salleh System was gradually forgotten.

Let us hope that CCOP can sustain and help to rebuild the rapport between the public and police, so that neighbourhood watches would emerge all over the city to reduce crime and safeguard the security of the residents.

SYUEN HOTEL PROMOTIONS



Syuen Hotel, Ipoh is celebrating its 18th Anniversary in a big way. And to honour its legion of loyal supporters, the hotel management has lined up a slew of surprises for the benefit of its guests. Standard rooms are going for RM99 nett a night. There are 57 such rooms on offer. Garden View Café is promoting its “Little Ipoh” buffet lunch at RM12.99 a person. It consists of a cross section of some of the best hawker food found in the city – Malay, Chinese and Indian. Buffet dinner at the same café is another giveaway. Priced at RM38.80 a person, patrons can also participate in “Idol Syuen 2011” karaoke competition. The winners are set to win cash rewards. “Our objective is not to make profits but to return a favour to our supporters who have been with us for the last 18 years,” said Ivy Chang, CEO of the Syuen Group, at the launching ceremony recently. The promotion period is for an indefinite period, according to the hotel’s source. This is one golden opportunity for visitors coming to Ipoh.

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Sport

Promoting Ipoh through Polo

Iskandar Polo Club Tournament 2011 is the second in a series of invitational tournaments organised by the club after an absence of 8 years. The event, held over three days from Feb 10 till 13, witnessed some exciting matches between nine teams from Terengganu, Federal Territory and Perak. Some 60 participants and 110 horses were involved in the sport.

“The tournament is a fine way to promote Ipoh to the sporting public, especially the polo enthusiasts,” said Dato’ Radzi Manan, the club president, to Ipoh Echo. The teams were divided into divisions based on their handicaps. And since response was encouraging, the club contemplated having the tournament on a regular basis. One eager participant was



Tengku Zira Tengku Uzir, 19, from Perak. “I’ve been playing the sport for over two years. It’s a good way to keep fit and occupied especially during my free time,” she said when approached. “Hopefully, I’ll be a well-known player one day.”

T. Satrias from Terengganu Polo Club was the Division One champion. The Polo Captain Invitation Trophy was won by Kiara Polo Club of Federal Territory. Another team from the Terengganu Polo Club took the Division Three title. YTM Tengku Sri Panglima of Terengganu gave away the prizes.

Ed



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