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July 1-15, 2011

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## PCSH Comes Of Age

By James Gough



The original Perak Chinese Maternity Hospital.

**The** Perak Chinese Maternity Hospital which started 107 years ago has come a long way from its humble beginnings as a 6-bedded maternity home in a wooden house located at Chamberlain Road (now Jalan C.M. Yussuf) in 1904. It then shifted to a 3-storey hospital in 1938, at its current location in Jalan Raja Permaisuri Bainun (formerly Kampar Road). In 1968, it became a multi-disciplinary hospital and in 2003, changed its name to Perak Community Specialist Hospital ("PCSH").

Continued on page 2

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# Affordable Quality Healthcare

PCSH has changed and evolved its services through the years. However, there is one aspect of its original charter that has remained constant and that is “to provide affordable quality healthcare to the Perak community”.

## Background

The origin of PCSH is linked to the discovery of tin in the Kinta Valley in 1879, which resulted in the population of Kinta District growing tenfold from 5,500 to 60,000 by 1889. Ipoh was the largest settlement in Kinta and by 1893 was a town with road and rail links.

The authorities had built hospitals at Ipoh, Batu Gajah and Gopeng, with beriberi, dysentery and fever then being the common diseases. However, the immigrant Chinese mining community’s proclivity for larger families created a demand for maternity services such as delivery of babies, particularly for the poor amongst them.

## The Beginning

Thus in 1904 the Perak Chinese Maternity Hospital was established under the guidance by the then Protector of Chinese for Perak – Mr William Cowan, the District Surgeon – Dr. R.M. Connolly, and Community Leaders – Mr Foo Choo Choon and Mr Leong Fee.

The Chamberlain Road site for the original maternity home was donated by Mr Cheah Cheang Lim, J.P., a nephew of Mr Foo. Funding was entirely by public donations.

In 1923, the responsibility for running the hospital was taken up by the Perak Chinese Maternity Association, newly formed as a charitable association “to provide free and good services to the working class and the poor”, and one of its main functions then was to provide free maternity services and train midwives.

## Midwife Training

The training of midwives was an important function for the hospital. Due to the economic progress from the growth of the tin and rubber industries, rural communities began sprouting up around the state and a baby boom soon followed.

The limited number of qualified doctors made the role of the trained midwives critical in reaching out to the remote rural communities to provide safe delivery of babies and care to their mothers.

In 1937, the hospital’s Medical Superintendent, Dato’ Dr. Khong Kam Tak, with support from the public and NGOs, raised \$179,000 to build the main hospital building at its current site. This was officially opened in 1939 by the then High Commissioner of the Federated Malay States, Sir Thomas S.W. Thomas, G.C.M., O.B.E.

At its peak, the hospital delivered more than 3,300 babies annually. However as healthcare services in the state later improved, the hospital experienced reduced demand for maternity services and the training of midwives was discontinued in 1968. During all those years, the hospital had no resident doctors, but was run by a Matron with midwives, assisted by a panel of local volunteer doctors.

## Non-Profit Institution

PCSH, as a non for-profit institution, has been supported by charitable contributions from the community, philanthropists and its leaders. Its past Presidents have included Mr. Leong Sin Nam, Foo Choong Yit, Dato’ Seri Lau Pak Khuan, Dato’ Peh Seng Koon, Dato’ Chong Wai Weng, Tan Sri Dato’ Seri Lee Loy Seng and Dato’ Chin Pek Soo.

Over the next 40 years, the hospital gradually evolved from providing only maternity services to becoming a multi-disciplinary specialist hospital and this led to periodical upgrading and expansion of its facilities.

In 1987, an annexe building was constructed and a full scale X-ray department was set up. Its Haemodialysis Centre with 30 dialysis machines capable of servicing 1,000 patient sessions per month, was officially opened in 1994, and is managed by a full-time nephrologist and a



qualified team. In 1995 the hospital set up an intensive care unit and recruited its first full-time resident consultant.

## 2003: ISO Certification and Name Change

It was one of three hospitals to achieve ISO 9001/2001 Quality Management System Certification in 2003. That same year, it changed its name to Perak Community Specialist Hospital reflecting its evolution to a multidisciplinary hospital.

The hospital now offers several specialist services, including Orthopaedics, General Surgery, Cardiology, Urology, Paediatrics and Ear, Nose and Throat. It acquired the first Lithotripter machine in Perak to remove kidney stones non-invasively through shock-wave therapy.

According to Rajindar Singh, the hospital’s CEO, “upgrading work is still going on but on a prioritized basis”. A new liquefied oxygen system was recently installed to provide clean and quality oxygen for patients, with the old system being used as a backup.

The family of the late Dato’ K.K. Lim recently donated medical equipment, worth some RM300K, to help boost the level of patient care at the hospital.

Other new equipment ordered includes state-of-the-art endoscopy equipment costing RM300K and an anaesthesiologist work station for the operation theatre costing RM400K. The facility upgrades include their recently refurbished Ward 2 while renovations of the paediatric ward and maternity ward rooms are on-going.

“Our upgrades also include service process upgrades such as customer service and admission and discharge programmes,” added Rajindar. “Of our 110 nurses, some 25% have gone for skill upgrading programmes. Human equity is an important asset to a hospital”.

## Maintaining the Mission

Rajindar reiterated the hospital’s mission “to provide affordable health care to the Perak community”.

“Our room rates which start as low as RM35 per night are reasonable. Our patient breakdown is 10% rich and 20% well to do. The rest of our patients pay their bill

by cash with most of them not owning a medical card”.

“Overall our rates are closer to General Hospital’s rates. Hence we have become a general hospital for the community, for those who would like to have specialist medical services but cannot afford private hospital rates.”

One of PCSH’s attractiveness is its ability to provide a fixed-price quotation to patients for standard treatments. For example, providing a quote for a total knee replacement at RM16K all-in. Once they provide the quotation, they stick to it. “For a lot of our patients,



● Upgraded waiting room on Ward 2

a firm quotation is a point of comfort, a sort of budget which they will work towards and not have to worry about cost overruns,” explained Rajindar, who has a business management background and worked with a German medical company for 25 years.

## Hospital CSR Unchanged

PCSH carries its share of social responsibility, providing free medical services to the aged, orphans and deserving charity cases. Over three months of this year, it held medical camps, providing free consultation and treatment to 1,600 patients from low-income groups and Orang Asli communities.

The hospital is still managed by the Perak Chinese Maternity Association, whose current President is Dato’ Lee Hau Hian, and its directors include Dato’ Lim Si Boon and the current Medical Superintendent, Dato’ Dr Y.C. Lee of Lee Eye Centre.

Apparently the original good intention of the hospital “to provide affordable quality healthcare,” despite the current challenging environment of rising medical costs, is still being maintained. Now isn’t that a warming thought!



● Lithotripsy Machine



● Cheah Cheang Lim donated the land to build the first 6-bed Perak Chinese Maternity Hospital in 1904



● Haemodialysis section



IPOH **echo**

From the Editor's Desk

● by Fathol Zaman Bukhari

# Bracing For Tougher Times

**Bottom line is, inflation has affected us in more ways than ever. The government can no longer hide the truth from the public. Will a resource-rich country like ours go the way of Greece? The inevitable may happen...**

The impact brought about by the hike in electricity rates and the removal of diesel subsidies for hauliers and deep-sea fishing vessels effective June 1 is already being felt. The sudden rise in energy costs has caught many by surprise. Prices of fish and fast-moving-consumer goods have escalated beyond the 20-percent margin predicted by market analysts following the announcement. Goods with fewer substitutes and higher demand experience a faster price increase while those which could be substituted witness a slower increase. This phenomenon is happening right under our noses.

Although most would dismiss price increases as something normal apportioning the blame on crooked businessmen instead, the problem on the ground is real. Just pop into your preferred sundry shop in your neighbourhood or better still, drop by a hypermarket or supermarket closest to you. Instinctively, it will dawn on you that prices are not what they were a month ago.

The standard wholemeal bread produced by Gardenia and High Five costs an extra 20 sen compared to what it was pre-June 1. A carton of chicken eggs at Tesco, Giant and Jusco is now priced at RM3.90 when it was RM3.60 in May. Top-range 2kg bottled cooking oil (sunflower or

canola) has gone up by as much as RM5. It may not affect those in the upper-middle and higher-income brackets but it will certainly affect the working class, the lower and the middle-income groups.

The diesel subsidy removal for deep-sea fishing had owners up in arms. Their fleet of over 1,200 vessels nation-wide did not go to sea, as promised. The result was immediate. Fish became scarce; prices skyrocketed causing housewives to scout the markets for cheaper alternatives.

A cursory look at the Ipoh central market underscores the perception that prices of fish today are beyond the reach of many. *Kembong*, a popular fish of the *rakyat*, costs between RM15 to RM18 a kilogram. Sardine, another popular staple, is priced at RM12 a kilogram while top-range *bawal tamban* goes for RM45 a kilogram. Such mind-boggling prices were unheard of a month ago. Fish have now become a pricey commodity accessible only to the rich.

To arrest the situation the government has increased fish imports from Thailand and Indonesia, exceeding the 30-percent permissible limit. Will this option be the solution? The government has taken such drastic measure before but it is only good in the short-term.

With many foreseen deficiencies and the lack of a long-term development strategy, the fisheries department is up to its neck with problems. Besides problems of its own making, the industry also faces issues such as intervention by foreign navies, threats from pirates, invasion by foreign trawlers and foremost, manpower shortage. The fuel issue will only hasten the demise of the industry.

Trawler owners complained that it would cost them an extra RM10,000 to go out to sea without subsidised diesel. If that is the case, why is it then that Thai and Indonesian trawlers can profit when the price of diesel is much higher in their countries? Our fishermen are one



pampered lot.

The government's subsidy-rationalisation programme is affecting another key player, the haulage industry. Transportation tariffs have risen by about 20 per cent since June 1. The operators, having little motivation to absorb the cost, have passed it on to the consumers. This accounts for the rise in prices of fast-moving consumer goods in the marketplace.

Like always, the poor and the marginalised will be the hardest hit. Since take-home pay has not risen in tandem with price increases, consumers' purchasing power plunges. A ringgit will not buy much. Malaysians' favourite food, *roti canai* and *teh tarik* cost a ringgit each or more. Eating out is not something to gloat at as prices have spiralled out of control. A large-size pizza now costs RM50 a piece.

Bottom line is inflation has affected us in more ways than ever. The government can no longer hide the truth from the public. Will a resource-rich country like ours go the way of Greece? Inflationary pressure has prompted India and China to curtail consumer spending by reducing money supply in the market. How will Bank Negara react should the inevitable happen? Hike interest rates or print more money? We have no way of telling. The worse has yet to come. Only time will tell!



## Romance of the Three Wills

● by Peter Lee

Lim is a Malaysian businessman with businesses in Malaysia and Singapore which results in frequent travels there. Looking at his hectic life, some of his close friends have advised him to prepare a will for his wife and his three school-going children. This has been on his mind for some time but whenever he decided to do it, some other pressing business matters always took precedence. Then during one of his usual trips to Singapore, he met with a car accident. Fortunately for him, he survived but was badly injured. While recuperating he came to realise just how fragile life can be and how lucky he was to be alive. It then became urgent for him to make a will for his family. He then had to decide how to distribute his movable and immovable assets like his bank accounts, listed shares, shares in his own Company, some properties, etc., in Malaysia as well as those in Singapore which he had accumulated over the years.



In his position, it is advisable for him to prepare two wills. One will should be drawn up mentioning only the assets in Malaysia and another one for assets in Singapore. He then has to appoint executors for the Malaysian and Singaporean wills. He could choose his family members such as his wife and relatives or a Trustee Company like Rockwills Trustee to be the Executors/Trustee. However, considering his assets which are in two countries and the size of his considerable estate, it is best he chooses Rockwills Trustee Bhd for the will covering Malaysian assets and Rockwills Trustee Limited which is based in Singapore for the will covering assets in Singapore. The next important appointment is the Guardian for his minor children if he and his wife pass away together. Their choice would depend very much on the relationship between the chosen Guardian and his children. Lastly, he must write down his wishes as to how to distribute to his wife and children. Since the children are still minor then it is important to set up a "Testamentary Trust" in the two wills specifying the payment for their monthly maintenance. In addition, he should also set up a "Living Trust" in both the countries to provide immediate funding for his estate. One may ask why he can't write a will in Malaysia covering assets in Malaysia and Singapore. If he has only one Will in Malaysia, he must first apply for a Grant of Probate in Malaysia and with this probate he can then only proceed with applying for a resealing order from Singapore to unlock all his movable assets there which may not be unlockable because land laws covering property differ in different countries. The other factor in favour of a separate will covering assets in Singapore is that he only needs to apply for the Grant of Probate with the Singapore lower courts instead of a resealing order with the Singapore High courts which is more costly.

While writing the two wills, it is of great importance for Lim to have a third will which is the will power to complete the two wills. Will power is like the romance that sustains and completes a relationship and this relationship is likened to the two wills.

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](mailto:excelsec@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](mailto:editorial@ipohecho.com.my)

## EDITORIAL

Fathol Zaman Bukhari  
G. Sivapragasam  
Jerry Francis

## REPORTER

James Gough

## GRAPHIC DESIGN

Rosli Mansor Ahd Razali  
Ed Shahir Noordin

## MARKETING &amp; DISTRIBUTION MANAGER

Ramesh Kumar

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Plot 78, Lebuhraya  
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Tel: (604) 644 7507

## USEFUL CONTACTS

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# Thinking ALLOWED • by Mariam Mokhtar

## Is Ipoh boring or is it all in the mind?

Would you live anywhere but in Ipoh? Would you swap Ipoh for the skyscrapers and shopping malls of Kuala Lumpur? Would you mind that journeys take ten times as long in Kuala Lumpur?

Many of our young people have decided to seek their fortune in bigger cities like Penang, Kuala Lumpur and Malacca. Others who left to study did not return and are now in Singapore or beyond.

Ask anyone why they left and the reasons are the same. There is nothing in Ipoh. No jobs. No opportunities. Nothing to do after work. There is nowhere to go to at the weekends. It is boring.

### Work and Leisure Balance in Ipoh

But are they right? As far as most of us can see, we have most things that we need here in Ipoh. Many of us have chosen to live here because Ipoh does give us the work-life balance that most of the bigger cities may not provide.

### Ipoh is cheaper and who says there is nothing to do here?

We may not have the beach at our doorstep as in Penang, but Lumut and Pangkor Island are both a short drive from Ipoh.

We have our rivers for adventures; our hill resorts and our jungles for more active recreation.

### Cultural Delights Aplenty

Those who think we lack more cultural pursuits have not searched hard enough.

The Perak Performing Arts Festival has a variety of activities lined up for Ipohites.

First, we were entertained by the *German Youth Choir* in June and the Kinta Valley Wind Orchestra has a programme in July, called *Around the World in 80 Minutes* (see page 6). There is the *Perak Dance Festival* which has activities lined up on two days in July. Lovers can be serenaded with a variety of romantic songs in an 'International Ensemble', in August. Later, in September, Perak's top marching bands will display their skills.

### Reading Pleasures

For those who like books and reading, we also have '*Northern Writers*' where writers from various disciplines; playwrights, scriptwriters and poets read to an audience and later, have an exchange of ideas with the assembled crowd.

The avid reader can follow his interest and develop his hobby or craft, in any way he pleases – be it for pleasure or for more serious pursuits. The venue is in Garden Villa in Jalan Gopeng. No experience is necessary, only an interest in books and reading.

### Learn Public Speaking

People who feel that they would like to improve their public-speaking have ample opportunity at one of two venues; the YMCA Ipoh Toastmasters Club in Jalan Anderson and the Ipoh Toastmasters Club in Jalan Chung Thye Phin.

Friends who have been to the Toastmasters Club say that they have renewed confidence and are better able to engage with others when in group discussions at school or at work. A few said they managed to overcome their shyness after going to a few of these sessions. And some say that they have managed to improve their career prospects whilst one lucky man, said that after going to Toastmasters International, he met his wife, after he plucked up the courage to speak to her. Perhaps Toastmasters did not envisage matchmaking to be one of its aims.



### Look Again

Ipoh may not have the gleaming skyscrapers of glass and concrete, or endless miles of clogged-up roads.

It is true that our kids are so used to the electronic nanny that they do not know how to interact with humans. Many would prefer to be entertained by computer games. Others would prefer to watch a film rather than read the book with the same title. And the handphone has made conversation a dying art. Text messaging means children cannot spell properly and isn't it sad when two people in a queue talk into the handphone instead of to each other?

So to the person who says that Ipoh is boring, we say, look again. If you search properly and are not afraid to ask around, you will find almost everything you want.

If you can't find what you want, why not gather a few of your friends together and start a club to pursue your interest.

Ipoh boring? Never.

## ANNOUNCEMENTS

Announcements must be sent by fax: **05-2552181**; or email: [announcements@ipohecho.com.my](mailto:announcements@ipohecho.com.my), by the 9<sup>th</sup> or 23<sup>rd</sup> 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.

**Perak Dance Festival (July 1-2)**, at Dewan Bankuet, SUK, Ipoh. Dance festival on July 1, 8.00 p.m.; Workshop by ASWARA on July 2, 9.30-11.00 a.m./11.30 a.m.-1.00 p.m.; Performances on July 2, 2.30-5.00 p.m.; and Dance Gala on July 2, 8.00 p.m. For information, contact: Festival Hotline – **016-5334757** or Witzi Leong at **012-5088818**.

**Perak Academy's Perak Lectures, "Rabindranath Tagore's Visit to Malaya in 1927"** by Angela Faye Oon. Saturday, **July 2** commencing 12.30 p.m. at Moven Peak Restaurant, Jalan Chin Choon Sam, Greentown, Ipoh (next to Fook Loke Sau Nursery). For details and reservations call **05-5478949** or **016-5518172**. E-mail: [contact@perakacademy.com](mailto:contact@perakacademy.com).

**Northern Writers**, Saturday **July 2** at the Garden Villa, No. 5 Jalan Raja Dr. Nazrin Shah (Gopeng Road) from 10.30 a.m. onwards.

**Ipoh International Run 2011** (16<sup>th</sup> Edition), Sunday, **July 3** commencing at 6.45 a.m. (21 km & 10 km) and 7.05 a.m. (7km & 5km). Fee: RM20 (Open) & RM5 (Junior); RM5 for school children (registration at schools). Cash prizes of RM5,000-RM400. Cash awards (RM1,000, 750 & 500) for schools with the most student participants. Registration: shopping malls in Ipoh and MBI. Call: **05-2422743** for details. Websites: [www.mbi.gov.my/www.ipohrun.com](http://www.mbi.gov.my/www.ipohrun.com).

**Speakers' Forum 2011 on "Save Planet Earth"** by Y's Men's Club Ipoh. Saturday, **July 9** commencing 9.00 a.m. at YMCA Ipoh. Forum involves six secondary schools from Ipoh. Open to all. For details call: Chun Chee Chong at **012-518 8482**.

**Century Ride Malaysia 2011** organised by Kelab Road Runners Ipoh and sanctioned by Perak Triathlon Association. Sunday, **July 17**. Starting point: Dataran MBI at 7.00 a.m. Entry fee: RM150 after July 1. For details on registration call **016-542 1740** and **012-4621798**. Website: [www.centurymalaysia.blogspot.com](http://www.centurymalaysia.blogspot.com) E-mail: [kricycling@gmail.com](mailto:kricycling@gmail.com).

**'Cars 2' – Sponsor a Child From a Home to Watch the Movie**. A service project by Soroptimist International of Ipoh. **August 20**, 11.00 a.m., TGV (Hall 2) at Kinta City Ipoh. Contact: Kuan – **012-5019250** or Jean – **012-5882313**.

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<i>Simee:</i>	<b>Newsvendor</b> (morning), Opposite Simee Market.
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**Musings on Food**  
seefoon@ipohecho.com.my

By See Foon Chan-Koppen

Photos by Ginla Foo & Christine Kow

## SeeFoon Picks Up Steam in Two Places

I am often of two minds about steam boat: that throw-everything-except-the-kitchen-sink into a simmering broth and voila, a hearty meal that warrants whole restaurants dedicated to this form of dining. Throw in the conviviality of friends, jostling for who gets to fish out the best bit first, losing a choice morsel in the melee; and you have the makings of a wonderful evening of fun, food and feasting.

While I enjoy the former, it strikes me that our climate is not really suited to this form of dining and 'hot pot' or in Chinese the 'Fire Pot' as it is written, is really best enjoyed in colder climes. However in air-conditioned comfort, I rather like the huge variety of ingredients presented, the lack of oil and the general 'healthiness' of the meal...a low-fat experience where you're in control of what goes in and what is fished out.

### Chinese Restaurant Syndrome

The one major drawback is the after effects. I am very allergic to MSG and suffer from what is commonly called the 'Chinese Restaurant Syndrome'. Despite appeals made to the chefs, there have been many a time when I have left the table only to find myself dying of thirst an hour later and waking up the following morning with ankles swollen like tree trunks. Hence I generally avoid steam boat places where they are notoriously known for tarding up their stock with spoonfuls of this ubiquitous flavouring agent.

Complaining about this to my partner-in-foodie-ism Ginla Foo recently, she came up with the idea of pre-ordering a steam boat dinner at our current flavour-of-the-year restaurant, Wong Kok, from Chef/Owner Lum.

### No MSG at Wong Kok

This proved to be a brilliant move and Chef Lum rose to the occasion with his usual culinary aplomb. Given the brief to use no MSG, he had simmered the stock from scratch using only natural ingredients and what arrived at the table was a clear broth simmering away, accompanied by heaping plates of a few different greens, mushrooms and a humongous plate of freshly stuffed tofu, home-made dumplings, pork, fish and cuttlefish balls, stuffed shitake, ladies fingers, bitter melon and a plate of canned Chilean finger-long clams.

This was one of the few times when I helped myself to three helpings of the broth at the end of the meal, confident in the knowledge that I wasn't going to have my usual allergic reaction. Working out at RM28 person (we were a group of 10) I felt it was a reasonable price to pay for a most satisfying meal. Order 2-3 days in advance.

### Aroi

With my fears about steam boat assuaged, Ginla felt it was time for me to venture further afield into Bercham, to one of the older and more established dedicated steamboat restaurants. This time I was led to Restoran Steamboat Aroi (means delicious in Thai), where you sit at a counter and enjoy your own pot of stock and dip and fish at leisure, knowing that the person next to you is not going to snatch away your prize morsel.

Kelly Chong who owns and runs the restaurant has a pretty good system going. You can order one of the sets and add side orders on an individual basis or you can start with ordering everything à la carte.

There is a choice of clear soup or Tom Yam and a pot of



Wong Kok's steamboat

extra Tom Yam paste which is concocted by Kelly herself is put at your side to add extra pizzazz if so desired.

There is a dizzying choice of sets and we started with the basic

**Aroi Special** which consists of 2

prawns (very fresh), chicken, cuttlefish,

cockles, *Tsi Lor* or spiny sea snails, clams, jelly fish, fish slices, oyster mushrooms, dumplings, fish balls with dried cuttlefish and *Sang Kuang* (local turnip) fish balls (all homemade by Kelly), seaweed and a generous serving of greens – RM20. Upgrading from this is the **Special Choice** which comes with four prawns, small abalone, octopus and golden needle mushrooms – RM26. Further upscale is the **Special Choice at RM36** which includes a whole crab. Most of these sets can be shared between two people as they're quite generous.

For the meat lovers, they have an **Australian beef and lamb** set that comes with noodles and an egg which can be used either for dipping the meat or cooking in the broth – RM14 each. Side orders of beef and lamb can be ordered at RM7 each.

The dipping sauces at Aroi are interesting. One, a nutty textured sauce has its roots in the original hot pot sauce from Beijing. Additional pungency can be added for those with a taste for the fiery with the chilli sauce. When asked about the cooking broth, Kelly admitted to using a minimal amount of MSG but says that she uses soya beans and *Sang Kuang* to give the 'umami' feel. The next morning, my ankles proved that she was right as they were not the tree trunks I was expecting them to be. So the MSG was tolerable.

**Restoran Steamboat Aroi**  
305 Jalan Bercham,  
Taman Desa Kenchana,  
Bercham  
Tel: 016-5922967  
or 017-5788001

**Restoran Wong Kok**  
11 Persiaran Tokong,  
Pasir Pinji  
Tel: 05-2435431 or  
012-522 8380

## HAWKER FOOD Cendol



**G**ula Melaka (palm sugar) and coconut milk is a match made in heaven. Add to it strands of green-pea *pandan* vermicelli and shaved ice, and you have a delectably refreshing dessert. The more coconut milk added, the thicker the concoction and the creamier the flavour – much preferred. Roadside *cendol* stalls can still be found but the old-fashion way of shaving ice on a wooden ice shaver is gone.



Try these (expect to pay 20 sen more for takeaway):

- 1. Cendol Meru Special** (017-5635637)  
Jalan Bukit Meru (in front of the mosque), 10.30 a.m.-5.00 p.m.  
Basic - RM1.40; with *pulut* (sweetcorn) or kidney beans - RM1.70; with *pulut* & kidney beans - RM2. These prices are for takeaway.
- 2. Jaya Cendol** (016-5502558)  
Menglembu in front of Maybank; 10.30 a.m.-6.00 p.m. everyday.  
Regular - RM1.60; with *pulut* - RM1.90; with *pulut* & kidney beans – RM2; with sweet corn – RM1.90; and the Cendol Special – RM2.20.
- 3. C.T. Corner** (CT stands for cendol tulen)  
Along Jalan Raja Musa Aziz across from Kamdar, 10.30 a.m.-6.30 p.m.;  
Friday closed between 12.30-2.30 p.m.  
The friendly owner S.M. Shahul Hameed, sells his *cendol* for RM1.40. Extra if kidney beans, *pulut* or sweet corn is added. RM1.80 with one addition; RM2.20 for two; and RM2.60 for three.
- 4. Ais Cendol Kacang Sedap**  
Across from Maybank Ipoh Garden.  
A little bit more *lemak*. RM1.40 for a regular bowl and RM1.60 with *pulut*
- 5. Restoran Ansari Famous Cendol**  
92 Jalan Barrack, Taiping.  
There's always a crowd at Taiping's famous *cendol* shop. *Biasa* – RM1.10; RM1.20 with kidney beans; RM1.50 with *pulut*; with both – RM1.80.
- 6. Cendol Istimewa Murugan**  
Located at car park of Tesco Extra (formerly Makro), Bercham.  
Open daily between 1.00-5.00 p.m. RM2.50 a bowl with *pulut*/sweetcorn/kidney beans. Takeaway RM2.50 -RM3.00 depending on ingredients ordered.

## RECIPE By Margarita Lee Onde-Onde

### Ingredients:

250g glutinous rice flour  
50g tapioca flour  
200 ml *pandan* juice (chopped *pandan* leaves and blended with water, then strained)  
150g *gula melaka* (palm sugar), small diced  
100g grated coconut  
½ tsp salt  
A few drops of green food colouring – optional

### Method:

1. Combine the grated coconut with ½ tsp of salt and steam for 5 minutes. Leave aside to cool.
2. In a large bowl, combine the glutinous rice flour, tapioca flour with *pandan* juice and knead lightly.
3. Pinch a small piece of golf-ball-size dough and cook it in the boiling water. (Dough should "puff up" and float to the surface.)
4. Combine the cooked dough into the prepared dough and knead well to form a smooth dough. Cover the dough and set aside for about 10 minutes. (If dough is too soft, add a little glutinous flour; If dough is too stiff, add a little water.)
5. Divide dough into small pieces and form 1-inch-size balls. Fill the centre of the dough with palm sugar. Roll them in your palm to form a smooth ball.
6. Drop *onde-onde* in a pot of boiling water, cook with medium heat until dough floats to the surface.
7. Scoop up *onde-onde* with a perforated ladle and shake off the excess water.
8. Toss *onde-onde* with grated coconut.
9. Serve.



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## Arts & Culture

# Around The World In 80 Minutes



**P**erak's very own community wind orchestra, the Kinta Valley Wind Orchestra (KVWO) will be celebrating its second season with a concert performance on July 31 at the Ballroom of the Syuen Hotel.

The concert is part of the Perak Performing Arts Festival 2011. Titled

"Around the World in 80 minutes," the concert will take audiences on an international musical journey to countries such as Italy, Venice, Spain, Hungary, England, USA, China and Malaysia.

Some of the highlights of the concert include an appearance by well-known British conductor, educator and music arranger Keith Terrett who has been invited by KVWO to conduct a few pieces.

Eleven-year-old child prodigy violinist, Verena Koay from Penang will be the concert's featured artist for the night and will perform Jasmine Flower (China) and Czardas (Hungary) accompanied by KVWO. Koay has been playing the violin since three years old and last year had performed with the National Symphony Orchestra at Istana Budaya in Kuala Lumpur.

On the night, well-known Perak born composer Ken Hor will present an original composition fusing the Indian flute and Indian percussion to perform a piece representing the 1 Malaysia multi-cultural sounds and colours of the country.

Eugene Pook is the Music Director and Conductor of this 55-piece orchestra which is made up of music-loving musicians of different ages who participate in weekly rehearsals and get to perform at public concerts. What is most interesting is that the participants are not charged for this learning activity.

According to Pook, all of the guests have volunteered to perform which includes a bamboo flautist and percussionist, both from India. "This year we are featuring a violinist in the hope of stimulating interest of the instrument."

The KVWO is managed by the Kinta Valley Symphonic Society and was started in 2010 with funds from the SiWu Education Trust Fund. This annual fund-raising concert is to fund the expenses of the society's year-long programmes and in all likelihood, the creation of Perak's first Philharmonic Orchestra.

JAG

## news roundup

### Father's Day Karaoke



**F**ather's Day on Sunday, June 19, was celebrated in style by patrons and members of Ipoh City and Country Club. They were invited to put their singing talent to test in a karaoke competition. A total of 42 contestants took to the stage singing in front of a raucous audience consisting mostly of friends and family members. After the customary rounds, Su Young Chin was declared the champion beating four finalists for the coveted title. He received a cash award of RM200, a trophy and a hamper. Dato' Wan Azahari, the club's liaison committee president, gave away the prizes.

RM

## Rahim Visits Kg Tawas



**K**ampung Tawas, long regarded as Ipoh's backwater with its own characteristics and peculiarities, is now on city council's radar screen, thanks in part to Mayor Roshidi Hashim's ongoing ground visit (*turun padang*) programme. The mayor's periodic visits to various zones of the city enabled the council's top brass to engage residents at ground zero.

On Wednesday, June 15, Council Secretary, Dato' Abdul Rahim Md Ariff, standing-in for the mayor, visited Kg. Tawas with his entourage consisting of councillor of Zone 3, Dato' Francis Lee, senior officials from the council and representatives from the Police, Public Works Department, Tenaga Nasional Bhd and the Perak Water Board.

Kg. Tawas residents took the opportunity to voice their grievances. Some of the more pressing problems they face on a daily basis are mosquitoes and feral dogs. Another lingering problem, which is confined to the marketplace, is illegal traders. Their presence affects the livelihood of the genuine traders.

The proximity of the wet market to a pig farm raises the issue of hygiene. Effluents from the farm have contaminated the water system, complained the traders. This fear is real and requires immediate action from the council. Rahim promised to resolve the problems and find an effective solution to placate the long-suffering residents and traders.

Ed

## Perak Choral Festival

**T**he Perak Choral Festival, organised by the Perak Society for Performing Arts, was held in conjunction with the Perak Performing Arts Festival 2011 on June 18. It was designed to provide an essence of the choral art to Ipohites.

The 3-day event, started off with a workshop conducted by renowned choir instructors, Susanna Saw and Tracy Wong. Over a hundred participants

from various schools in Perak were shown the finer aspects of choral training. Susanna, the musical director of the Young Choral Academy in Kuala Lumpur, brought several young members of her academy to help her out.

The second day performances by choirs from Ave Marie Convent, Tarcisian Convent, Perak Girls' School and SMK Sam Tet caught the imagination of the audience who packed the Perak Girls' School Hall. Guest appearances by the Kuala Lumpur Children Choir, the M.I.A Ladies Chorus and the exciting quartet of Caipifruta were well received.

The third day, June 20, was a fitting finale to the festival, as Ipohites were presented with the world famous "Heidelberger Jugenchor" all the way from Germany. The group of 40 singers kept the audience at the Syuen Hotel banquet hall enthralled with its immaculate selection of songs, ranging from classic to contemporary. The highlight of the evening was the joint effort by the German choir and its SMJK Sam Tet counterpart. Their rendition of popular Malay and German songs captivated the audience and had them humming along.

The Perak Choral Festival was a huge success. It will be an exciting prelude to the Perak Dance Festival slated for July 1 and 2.

Keesh



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## wellness

### Nobody Wants To Live With A Pain In The Neck

Neck pain is one of the most common clinical problems that will affect 2 out of 3 of us at least once in our lives; but why suffer? There are many causes for this discomfort, but most are treatable.

**Causes of neck pain** include poor posture, whiplash, degeneration and bulging discs together with, pinched nerves, to name but a few. The most common cause or aggravation of neck pain is poor posture.

**How does poor posture result in neck pain?** By having poor head posture, your neck muscles become tired, weak and "hard" resulting in the all too common "knots" in the back of the neck. These may also result in headaches. Posture and ergonomics are vital to maintaining a healthy neck. Although sitting is not bad for you, sitting with poor posture for hours can be very painful.

**What do we mean by good ergonomics?** Good ergonomics includes a suitable workstation and correct desk and chair height. This applies to work, but at home, posture is also important. One should not "slouch" on the sofa or read a book at an awkward angle. Even the position you relax in is essential to good health. Breastfeeding or carrying baby also takes its toll if not done in the correct position.

**Sleeping posture is also important.** Most of us sleep with a normal "fluffy" pillow, but for most of us this does not provide the support we need. Sleeping on an orthopaedic pillow will give the proper support for a neck that has lost its curve, and maintain a healthy neck posture.

**Trauma also plays a major role.** Whiplash is one of the most common causes of neck trauma. It does not even have to be severe to result in significant damage, and the effects of whiplash can often only show up many years later. These wear and tear changes include arthritis of the neck as well as the all too familiar "bulging disc" or "pinched nerve". Arthritis or bone changes are not the only changes that occur in the neck – the discs also wear out. Discs are the shock absorbing "cushions" between each bone. When these discs degenerate, they lose their shape and they bulge – this puts pressure on the nerves sitting next to them, causing a large amount of pain.

**That was the bad news; the good news is to follow.** Most neck conditions are manageable if not completely "fixable". The first thing we do is obtain the correct diagnosis. After this one can determine the prognosis and expected outcomes of treatment.

**Treating pain and degenerative changes** is done using: Chiropractic, Traction Therapy, Soft tissue massage, postural supports, postural correction and physical rehabilitation to strengthen and maintain improved posture, all planned individually according to the specific needs of each patient.

Most of us ignore pain as we are too busy not to, but remember that pain means there is underlying damage occurring.



#### The Spine and Joint Specialists – Ipoh

71 Medan Ipoh 1A, Medan Ipoh Bistari, Ipoh. Tel.: **05-5467670** Email: [drleigh@tonikasia.com](mailto:drleigh@tonikasia.com)  
Web: [www.spineandjoint.com.my](http://www.spineandjoint.com.my)

### When Something's Stuck in Your Eye

#### Help... Something's Stuck In My Eye!

It's not uncommon for the occasional eyelash or makeup to get in your eye. In these instances, the foreign body sits at the superficial layers of the eye and your eye's natural tears will usually wash the object out.

However, sometimes objects may scratch the surface of the cornea or may become embedded in the eye. Small objects travelling at high speed can cause serious injury to the eyeball. These injuries may cause bleeding, a change in the size or shape of the pupil, or a serious damage to the inside of the eyeball with the foreign body being retained in the eyeball resulting in vision loss.

**Symptoms for foreign bodies** (medical term) in the eye may include the following: sharp pain followed by burning, irritation, tearing, and redness in your eye; feeling that something is in your eye when moving your eye around while it is closed; scratching sensation over your eye when blinking; blurred vision or vision loss in the affected eye after doing any form of mechanical work; bleeding in your eye.

#### Self-Care at Home

For minor foreign bodies, home care should be adequate. But if you have trouble removing something in your eye or if a larger or sharper object is involved, you should seek medical attention. If you are wearing a contact lens, it should be removed prior to trying to remove the foreign body. Do not wear the contact lens until your eye is completely healed.

To remove minor debris, try rinsing your eye with a saline solution (the same solution used to rinse contact lenses). Tap water or distilled water may be used if no saline solution is available immediately.

If washing out your eye is not successful, the object can usually be removed with the tip of a sterile cotton swab. Do not rub your eye or to apply any pressure to your eye.

Seek professional medical attention immediately when: You feel something going into your eye after hitting something, such as hammering a nail; You have removed the foreign body from your eye and continue to have a sensation that something is in your eye, or you continue to have pain and tearing after removal of the object; You are unable to remove the foreign body from your eye; Your vision is blurry or otherwise compromised (e.g., blind spots, seeing "stars").

#### Prevention Is Better Than Cure

Eye protection is the best prevention. Always wear safety goggles, or face shields when working in an environment where flying debris is likely, for instance working with power tools or chemicals. Eye protection should cover not only the front but also the side of your eyes. Regular sunglasses are not sufficient eye protection when working in a high-risk environment. You should wear goggles or safety glasses with side shields.



Dr. S.S. Gill  
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For more information, contact **Gill Eye Specialist Centre** at  
**05-5455582**, email: [gilleycentre@dr.com](mailto:gilleycentre@dr.com) or visit [www.fatimah.com.my](http://www.fatimah.com.my).

## Perfect Pampering at Banyan Spa

By See Foon Chan-Koppen

Keeping my nails in perfect condition is one of the few pampering treats to which I religiously give myself. No chipped polish or overgrown cuticles for me. Hence when I discovered that the Banyan Spa also provides nail services, I was overjoyed.

Having already been there twice and checked out their facial and body treatments, I know what an oasis of calm it is in this newly-opened spa. As I was sitting in the palatial manicure room in solo splendour, attended to by two therapists, one for hands and the other for feet, I had the time to talk to Penny Lai Pooi Kwan and her husband Gary Soh Kam Thong on how and why they started the Banyan.

Penny who is the MD with Gary as Advisor began to relate the tale of the Banyan Spa. Penny had always nurtured the secret ambition to own and run a spa and had spent many hours over a period of years, searching for the ideal location. In her own words Penny describes her quest, "From shop lots to empty plots of land, I had left no stone unturned looking at site after site around Ipoh town, looking for the most intimate and architecturally appropriate surroundings I could find for my dream spa and one-stop beauty adventure. When I came across the abandoned colonial house which is a priceless place due to its rich history, I couldn't resist it. It was 'love at first sight' and I was instantly drawn to the setting. Now having spent more than RM2 million on building additional treatment rooms and refurbishment of the main mansion, I can be truly proud to welcome guests to Banyan Beauty, a world of wellness and beauty".

Together with three other partners, Foo Mei Yen, Chew Seu Mun, and Lai Lee Leng, they have transformed this once deserted acre of land into a manicured landscape of tropical palms, water fountains, surrounding the century-old colonial mansion that has since been refurbished into the Banyan Spa.

Penny who single-handedly made all the interior design decisions and selections, has had a field day bringing her dreams to fruition while husband Gary has been busily putting together plans and packages to draw and introduce their concept to customers.

Their Banyan membership programme is now ready to be launched. Priced at RM388, the membership is valid for one year and includes one complimentary Curative Facial Treatment worth RM238 and one complimentary 5 Element Rejuvenating and Relaxing spa treatment worth RM168.



Additional card benefits are a 10% discount on all Facial, Spa and Slimming treatments, a 30% discount on all of the same during Birthday month and 2 months unlimited Yoga Sessions from date of application of membership. For those hesitant to join, Banyan offers reasonably priced single treatments like the 5 Element Spa treatment beginning at RM168 for 80 minutes as well as Trauma (Tui Na) massage for RM98 and Reflexology beginning at RM58 for 50 minutes to Reflexology and Head Massage for RM68.

#### Banyan Beauty

40 Raja DiHilir, 30350 Ipoh. ♦ **05-2426866** or **012-5073866**  
Email: [customercare@banyanspa.com.my](mailto:customercare@banyanspa.com.my) ♦ Website: [www.banyanspa.com.my](http://www.banyanspa.com.my)

## news roundup

### Wedding *Ceramah*

Political members from the Pakatan Rakyat Party gathered in Ipoh on the evening of June 4 for a *ceramah* of a happy kind.

It was to attend the wedding dinner of State Assemblyman for Teja, Chang Lih Kang to his sweetheart of 12 years Chong Lai Chan. Chang and Chong both 31, have known each other since their Form 6 days at SMJK Sam Tet Ipoh.

Chong works in Kuala Lumpur while Chang spends most of his time in Ipoh at his constituency. Both of them state that they "live their own lives but get together every week" saying, "its normal by now".

Present for the dinner was Nurul Izzah Anwar the MP for Lembah Pantai, PKR Information Chief and MB for Batu, Tian Chua and PKR Vice President and MP for Gopeng Lee Boon Chye. Also present were Chang's buddies, State Assemblymen Thomas Su (Pasir Pinji) and Chan Ming Kai (Simpang Pulai).

For a change this '*ceramah*' was easy going and exuded joy and happiness. Congratulations to the newly-married couple.





## news roundup



### Do You Have the Skills to Survive?

In one way or another, everyone is affected by crime, either personally or through someone close. Even MB Dato' Seri Diraja Dr. Zambry Abd. Kadir, when opening the 'City Survival Skills' workshop in Ipoh recently, had a personal account of an incident involving a loved one.

He does not take this lightly especially when it involves women. "I want to see everyone move around without fear," he said, "and is entitled and subject to protection from the state." Hence the state's vision "Perak

Amanjaya".

The workshop was sponsored by Yayasan Bakti Nusa, an NGO which is the brainchild of former transport minister Dato' Sri Ong Tee Keat, and organised by Perak Women for Women (PWW) and 12 Perak Chinese Women NGOs with the support of the Ministry of Women, Family and Community Development.

Capt. K. Balasupramaniam, a Safety Activist with 19 years experience in emergency search and rescue, began the all-women workshop akin to saying, 'I have something very important to tell you so you'd better listen'. It would be too simplistic to list the dos and don'ts for being safe without attending the workshop. The statistics and facts that Balasupramaniam lay before the audience were backed by case studies of real-life crimes which have, at one time or another, appeared in the news; needless to say, it was heart wrenching to watch.

He talked about how to be aware of the different safety level zones and how to diffuse a potential- or high-risk situation; what works and doesn't; how to be safe in the home, at petrol stations, in car parks, taking a taxi; spy cameras; date-rape drugs and how they are used; etc. By role playing, Balasupramaniam injected a lot of humour into an otherwise serious subject. But one thing was certain, he got his message across loud and clear.

One participant wanted her story of when she was molested, in broad daylight and at a public place, to be highlighted. She reported it and the perpetrator was caught. Even though she was not injured, she did not make light of it but thought of her daughter and 'fought back'. In a way, it showed the culprit (and others) that this sort of behaviour cannot and will not be tolerated. If left unchecked it, he would probably have gone on to worse crimes. The message was clear that when faced with a dangerous or uncomfortable situation, one must be prepared to use whatever means necessary, with whatever knowledge one has, to survive.

More than 300 women attended the workshop and took away with them invaluable information. Hopefully, there will be another workshop in the near future.

In closing, Dr. Sharifah Halimah Jaafar, President of Perak Women for Women (PWW), reiterated their stance in fighting any violence against women and thanked all the relevant NGOs and ministry. More workshops on this topic will certainly be most welcome.

**Perak Women for Women (PWW) can be contacted at:**  
52 Jalan Sultan Azlan Shah, 31400 Ipoh. Tel.: **05-5469715**.

WWSL

## young perak

### Newcomer Beats the Odds



A total of 13 secondary schools from Ipoh participated in the preliminary rounds of the Inter-School Quiz 2011 organised by the Rotary Club of Kinta. After a gruelling session of questions on current affairs, local and international sports, history, geography and English, SMK Tambun, SMK Methodist ACS, SMK Tarcisian Convent and SMK St Michael emerged as finalists. The four schools competed for the Challenge Trophy donated by Charter Member and Past President Eddy Chong, a sport enthusiast who was associated with the National Bowling Association.

The Organising Chairman, in his closing speech, encouraged students to broaden their knowledge by reading more and being aware of current affairs. "It is sad to know that many students are only examination oriented and haven't acquainted themselves with such interests as general knowledge and current affairs," he said. "Students should know the history of Ipoh City and how it became known internationally as the 'City That Tin Built' or the 'City of Millionaires'."

The winning team was newcomer SMK Tambun Ipoh, which consisted of Daniel Arul Nesan, Navitha Kuppusamy, Mohd, Izzuddin and Ganesh Thirumanran. Daniel was adjudged Outstanding Participant of the Quiz because he was able to answer all the questions with precision.

Prizes were presented by Dato' Dr. M. Subramainam, the President of the Rotary Club of Kinta.

LYW

## Update On Bus Services For Perak



Perak Menteri Besar Dato' Seri DiRaja Zambry Abdul Kadir gave an update on the progress of bus services in the state during the launch of "Ipoh City Tour", a new bus route to be introduced by bus service provider group Combined Bus Services Sdn. Bhd. (CBS).

The new route would ferry visitors and tourists to and from their hotels to popular places of interest, food courts and restaurants. The implementation of this new route will be operational once approval from SPAD (the Land Public Transport Authority) is received.

The CBS launch also took Zambry and its guests for a tour starting from Dataran MBI to Medan Kidd bus station and then to the Meru Raya Integrated bus terminal using its new blue Perak Transit buses.

Accompanying Zambry on the tour was the Managing Director of Perak Transit Bhd. Cheong Kong Fitt, State Exco for Transport Dato' Dr. Mah Hang Soon, Ipoh City Council Secretary Dato' Abdul Rahim Ariff, State Economic Planning Unit Director Dato' Abu Bakar and JKR State Director Dato' Ir Safry Kamal and Ipoh City Councillors. At Medan Kidd Bus Station, Zambry did a site walk-about to view the operations while at Ipoh Integrated Bus Terminal and Complex in Bandar Meru Raya he was given a progress update of ongoing works.

Later at a press conference Zambry replied to media on other bus related issues such as:

#### Medan Kidd/Ipoh Sentral

The development of Ipoh Sentral is a priority for the state government. According to Zambry although Ipoh is not in focus by SPAD for a public transport upgrade but the state has held two discussions with the Federal government to develop Ipoh Sentral and had requested an allocation of RM70 million for the project.

The vision for Ipoh Sentral involves linking the current Medan Kidd main bus station to Ipoh Railway Station approximately 300 metres away. The rationale for Ipoh Sentral is for it to be an integrated terminal to enable visitors arriving at Ipoh by train to access their final destination by using the bus.

The individual owners of Medan Kidd are agreeable to allow the state government to upgrade the terminal.

Zambry stated that Ipoh Sentral/Medan Kidd was an Intra-State bus terminal while Meru Raya would be an Inter-State bus terminal catering to the express buses. The two terminals would be linked by feeder and/or shuttle buses.

Regarding Meru Raya Terminal, Zambry said he was 'satisfied' with the progress of work at the site. The three-storey integrated complex is currently 38% completed and is on schedule for completion by June 2012.

#### Medan Gopeng

With regards to the Medan Gopeng bus station which is currently being used by the express bus operators, Zambry stated that negotiations are currently ongoing between the bus operators and the State Economic Development Corporation to relocate their services and hoped "an amicable solution would be forthcoming."

#### Clean Entry Points/Medan Gopeng

Zambry stated that all entry points into Perak "must be clean whether the entry point is at Lumut, Jelapang or Simpang Pulai. I will not condone any breach such as littering". Zambry also added a "tidy Medan Gopeng" was part of the discussion between PKNP and the bus operators in preparation for Visit Perak Year 2012 next year.

#### Resumption of Bus Services

On the bus route between Tanjung Rambutan onwards to Chemor which has been stopped for over 2 years Zambry announced that service would restart in another 3 months time when the mini buses for the route are delivered.

The lack of service had been highlighted by the state assemblyman for Hulu Kinta Dato' Rusnah Kassim and local councillor Shahul Hamid.

Later that evening State Exco for Transport Dato' Dr. Mah Hang Soon announced that another bus route to be revived, this time at Manjung, would be operational once it receives approval from the relevant authority SPAD. To be operated by Bas Rakyat Sdn. Bhd. it will have a fleet of 18 buses to service the district. The service will be subsidised by the state for a period of five years at a cost of RM4.3 million.

JAG



## news roundup

### NEW MARKET



**T**anjung Rambutan's long suffering residents will soon enjoy the comfort of a new wet market which will replace the old and over-used market currently in operation. Works on the new market and its adjoining food court will commence either in July or August of this year.

The project, estimated at RM5.8 million, will take over a year to complete and will be opened to the public in 2013.

"Funds are being provided by the Ministry of Housing and Local Government," said Mayor Roshidi Hashim to reporters when receiving a memorandum by representatives of the Tanjung Rambutan wet market traders at the council building recently.

The new structure, said Roshidi could accommodate all traders. "It'll have 232 trading lots and ample parking bays for cars, lorries and motorcycles." The market will be a welcome sight for Tanjung Rambutan, long regarded as a remote suburb of Ipoh due to its distance from the city centre. **RM**

## Toastmasters Can Help

**"E**Q (Emotional Intelligence) proves to be twice as important as those other qualities for jobs at all levels."

Since 1924, more than 8 million people around the world have become confident speakers and leaders because of their participation in Toastmasters. Toastmasters is a worldwide leader in communication and leadership development with a membership of 2.5 million.

Ipoh has two active Toastmasters Clubs and one Gavel club and membership offers solutions to improve EQ in learning by doing!

As a special initiative, the club is running a new awareness campaign called 'Education beyond the classroom' targeted at students, aged 18-25 who study

## Spreading the Goodwill



Isfarina Mohd Bali

**T**he state government, through Yayasan Bina Upaya Darul Ridzuan (YBU), has initiated a new programme aimed at helping the hardcore poor in the state. It is not in the form of financial aid but the distribution of foodstuff directly to deserving candidates.

Since the inception of this food-aid programme in April of last year some 45,000 recipients from all 59 constituencies in the state have benefited. It cost the government a hefty RM4 million.

"The primary objective of the programme," said Isfarina Mohd Bali, YBU's Head of Management Services, "is to inculcate a feeling of empathy towards the poor and the marginalised among Perakeans." As it involves state assemblymen and village development committee heads, the programme helps cement the existing good ties between the two parties.

The basis for selection is contingent upon one's income and disposition. "A family of five or more with a combined monthly income of less than RM750 qualifies for the aid," said Isfarina to Ipoh Echo. To determine the validity of the recipients' background, the foundation enlists the assistance of the state welfare department, Kemas, Baitulmal and from the foundation's own database, *e-kaseh*. They are then shortlisted and forwarded to their respective state assemblymen for confirmation. Upon confirmation, they are returned to the foundation for action.

Only 80 are selected from each constituency. Once done, food items such as rice, cooking oil, sugar, flour, tea, etc. are purchased and given to them. "The handing-over is either done collectively at a central location or delivered door-to-door by their political representatives," Isfarina declared. **RM**



in institutes of higher learning.

YMCA of Ipoh TM Club meets every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday, contact Mr. Huan Chee Giap at **012-5581012** or email: [hcgiaip@gmail.com](mailto:hcgiaip@gmail.com).

Ipoh Toastmasters Club meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday, contact Mr. Gnana at **012-5162102** or email: [karmun0901@hotmail.com](mailto:karmun0901@hotmail.com).



## Library for Orphans

**L**ost World of Tambun furnished the library of Dar'us Salam Orphanage in Tambun with tables, chairs, racks, shelves, air conditioners, carpets, bicycles, computers and broadband service worth a total of over RM50,000 in all. The money was a gift from staff of the theme park sourced from the sale of recycled bags. It was part of the initiative to give back to the underprivileged through education said Calvin Ho, the General Manager to Ipoh Echo. Calvin was at the Tambun orphanage recently to hand over the items on behalf of the Lost World of Tambun. **RM**

## A Trip of a Lifetime



**I**t was a trip of a lifetime for 120 Orang Asli kids from Perak who were picked to attend a motivational course organised by Yayasan Bina Upaya Darul Ridzuan in early June. The 3-day course was unique for one simple

reason – it was held at the country's oldest institution of higher learning, University Malaya.

The entourage, consisting of 37 male and 83 female students and their guardians, left Ipoh for Kuala Lumpur in four buses. The two-hour journey was over in a jiffy, as the excited passengers were more focused on what awaited them at the end of the journey. They stopped by the National Museum and the National Science Centre for a look into the country's past, present and future before making their way to College 11 where they were accommodated.

The students were selected based on their academic performance. They have potential to excel in the coming PMR and SPM examinations. The course, conducted by Orang Asli academician, Adam Zaidi, was an attraction in itself. Adam, an economist, is being highly regarded by the Orang Asli community. The foundation believes his presence and persona will make a difference. **RM**



## Buddhist Relics Draw 40,000 Visitors

**T**he Millennium Secrets: Buddha Relics and Tibetan Antiques Exhibition was held at the Ipoh Kadhampa Buddhist Centre.

Among the relics on show were articles belonging to Buddha including (as it was claimed) his bones. Tibetan decorations were on display.

The seven-day exhibition was organised by the Malaysia Kadhampa Buddhist Association. The highlight was the maha yoga fire puja on the last day. Organising committee chairman Steven Chen said the exhibition attracted over 40,000 devotees and visitors.

In conjunction with the exhibition, scholarships were given to 18 top secondary school students, while 600 senior citizens were given cash and food hampers. **AJ**



## Community

# Walkie-Talkies for Crime Prevention

A neighbourhood watch, which started as a crime preventive measure, has now grown into a community service group.

The *Pasukan Keselamatan Sukarela Kampung Bercham* (Safety Voluntary Group) was formed in March, last year, when the crime rate in the housing area was mounting.

"Its aim then was to alert neighbours about strangers and suspicious vehicles in their neighbourhood through the use of walkie-talkies," explained the chairman, Tan Swee Kong.



"Now, we're receiving all sorts of calls, such as snake in the house, accident and other calamities, including car tyres punctured at night," added the businessman.

Participating residents need to purchase a walkie-talkie set and register with the group. They must fill a form and submit a photo with a copy of Identity Card.

Each walkie-talkie is issued with an ID of the owner so that whenever the group receives a call, his/her ID would be displayed on the screen.

Tan said they have a dedicated frequency with the built-in security to prevent outsiders from getting access. He got the idea of using walkie-talkies to reduce crime from one of his overseas friends.

This technology gives everyone the peace of mind that they can alert their neighbours if there is a problem. The system does not replace the 999 emergency calls, but it does mean that neighbours can be alerted immediately and can also offer their assistance and support.

Tan said that they have a response team and when a call is received, the members assemble at four dedicated locations. The relevant authorities are informed of the situation.

The system is also operational in Ampang, Tasek, Klebang, Chemor and Kanthan. It is being implemented in Sungai Siput. The satellite towns have their own frequencies, but if required they can also call Bercham.

For his efforts, Tan was awarded the Ipoh Rotary Club's Pride of Workmanship Award 2011 recently.

AJ

## Heritage

# Heritage Walk and Health Talk with New Hope Children's Home



Faces Youth Society, Lim Kopi and Tobacco-Free World (TFW) jointly organised a heritage trail walking tour of the old town of Ipoh with 20 orphans from New Hope Children's Home recently.

More than 20 volunteers turned up and assumed the role of guide and nanny and covered prominent heritage sites such as the Railway station, War Memorial, Ipoh Tree, City Hall, Birch Memorial Clock Tower, High Court, Han Chin Pet Soo and ended at Panglima Lane or Concubine Lane.

Each child was given a Passport specially handmade by volunteers from Faces.

On arrival at each designated site, a sticker was pasted on a page of the passport relating the history of the site for them to learn about the glorious past of Ipoh and the importance of conservation for our future generations. (Maps courtesy of Kinta Heritage Group).

Despite the hot afternoon, the children had a great time exploring the old town while listening to interesting stories associated with the buildings.

Thereafter, an anti-smoking talk was conducted by Mr. Adrian Fu (TFW of Kinta Medical Centre) and the kids (aged 7 to 17) witnessed a smoking puppet which demonstrated the hazardous effects of smoking.

Refreshments were provided courtesy of Lim Ko Pi and the children were entertained with songs and music and four June babies cut a birthday cake, courtesy of TFW.

Adrian Fu

# Impiana Delivers Pledge

Impiana Hotel Ipoh presented a donation of RM2,600 to the Home for the Aged (CWS) in Kg. Simee recently.

The amount represents the RM3.00 for each room reservation confirmed from May 16 till May 31 pledged by the hotel to the Home.

Ms. Jocelynn Lee, Impiana's Sales and Marketing Director, presented the cheque to the Home's Manager Vincent Lee at its premises.

Lee thanked Impiana Hotel for the donation explaining that the Home was dependent on charitable funding as the average cost for each resident is RM500 per month.

Lee added that the Home had an "Adopt A Resident Programme" and welcomed other organisations and corporations to adopt their residents for a period of 6 months. All contributions to the Home are tax exempt.

The Simee Home for the Aged currently has 52 residents. It has a capacity for 90.

JAG



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## Anak Perak

By See Foon Chan-Koppen

# Prodigal Son's Return Set To Make Waves

Perhaps it is no coincidence that the Lee Eye Centre's newly acquired Wavelight Refractive Suite, a state-of-the-art laser vision-correction platform and the first of its kind in Asia, is putting Ipoh on the map for eye care and vision correction. The person behind this move has been quietly making waves (forgive the pun) in the ophthalmology scene since his return to Perak two years ago.

Dr. Lee Mun Wai, scion of renowned Dato' Dr. Lee Yooi Chyun who started the Lee Eye Centre 37 years ago, has come home to roost and is bringing his expertise in retinal surgery to the people of Perak. As the only Fellowship-trained retinal surgeon in Perak, Dr. Lee has gone to great lengths to acquire his expertise in this very specialised area of eye care.

His medical training has been long and arduous, graduating from the University of Manchester with an MBChB in 1998, accepted by the Royal college of Ophthalmologists, UK with an MRCOphth in 2003; the Royal College of Physicians and Surgeons of Glasgow (FRCS) in the same year and by the Royal College of Surgeons of Edinburgh in 2009 (FRCSEd Ophth).

Various positions in the UK eventually led him to the Singapore National Eye Centre where he was Resident in Ophthalmology for three years.

Not one to rest on his laurels, Dr. Lee decided to further his in-depth study on his favourite subspecialty, retinal surgery, and spent a year in Perth, Australia in a Clinical Vitreoretinal Fellowship under the mentorship of the world-renowned retinal expert, Professor Ian Constable at the Lions Eye Institute.

Returning to the Singapore National Eye Centre after his retinal fellowship and a short stint as Associate Consultant, the yearning for his roots became too strong and he finally moved back to Ipoh to join his father in the now flourishing Lee Eye Centre in Persiaran Greentown.

Singapore's loss is Perak's gain as Dr. Lee settled back in his hometown after an absence of 23 years. "I've been away since the age of 12, first schooling in Singapore and medical training in the UK. I have always loved my visits back home to Ipoh which was at least twice a year



and it feels really good to be back here," said Dr. Lee.

What he was too modest to add was that being the only Fellowship-trained retinal surgeon in Perak, he is providing an invaluable service for people here with eye emergencies like retinal detachment, age-related macular degeneration, diabetic eye disease and other eye diseases requiring specialist intervention.

"The retina is one the most important area of what

comprises the eye. I liken it to film in the camera, without which even the best lenses in the world cannot develop the picture. A common affliction that I see often is diabetic eye disease. It is the leading cause of blindness in the working-age group in Malaysia."

"The macula is part of the retina and is the most important part. A part of my mission is to teach people to go to their eye doctor for a check up regularly especially as they reach their forties. Public Education is poor about the far reaching consequences of uncontrolled diabetes and diabetic eye disease; the sooner caught, the better the chances for halting its progress as unchecked, it can lead to blindness."

"So what persuaded you to return to Ipoh where most young people shun it, instead of opting for the bright lights of the big cities?" I asked. "Well the Lee Eye Centre set up by my father was certainly a big lure. We are a fully-equipped and fully-staffed eye hospital where we can deal with medical eye emergencies as efficiently as any of the big ones. In fact our equipment is highly sophisticated, on par with some of the best in Asia. The recent acquisition of the Wavelight Refractive Suite is a case in point. This platform is streets ahead of the game in terms of speed, accuracy and versatility. When I came back here I saw that more and more people especially the Baby Boomers, wanted to be free of wearing glasses and so we're catering to this niche. However, on the more serious diseases of the eye, I felt that I could make a difference by bringing my training and expertise back here to assist the people of Perak."

And what of your vision for the future? "I used to do a lot of research work and have been widely published in prestigious medical journals but since my return I have been totally caught up in clinical work. However, I'm still compiling data and documenting our work so that in the future I see Ipoh being a hub for eye health where we can share our experience, not only in clinical services but as a centre for research," he replied.

Ipoh Echo welcomes this *Anak Perak* back to its fold and may more people here benefit from his return.

A&amp;P2001

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# History



## How Tambun Got Its Name



Sometime around circa 1885, a local Malay chieftain by the name of Tok Panjang Osman (Tok Noman) was given permission by the Sultan to mine for tin in the Ulu Kenta (Hulu Kinta) region. Mining activities soon began at the foot of Gunung Layang Layang.

The majority of Tok Noman's workers were Orang Aslis from the aboriginal settlements nearby. The aborigines were the workers of choice before the introduction of Chinese labourers in Kinta Valley by the British colonials in the 1890s.

The habit of these Orang Asli workers who liked to "tambun" (heap) the ore they mined at a peculiar spot or spots prompted Tok Noman to name his tin mine as "Tambun Hulu". That was how Tambun got its name. The spot(s) where the workers heaped the tin is where Bandar Baru Putra is today.

From Tambun Hulu, Tok Noman moved his mining activities to Tambun Tengah (5th milestone Tambun-Tg Rambutan Road) and then to Tambun Hilir, where Tambun Town is now located.

Two of Tambun's famous landmarks, the police station and the mosque were built in 1905 and 1910, respectively. Tambun was originally known as Kampung Rotan Segar.

Amy

## Advertorial

### How to Choose Your Interior Designer?

By Lynn Marie Eunisius & Naveen Sundra – Design Directors of NL Innovations

Interior Designers are creating an "Echo" in Ipoh nowadays. However, choosing the right Interior Designer is important. Here are the key issues to think through and apply when you are choosing between candidates for interior design and renovation.

**"Help me see what I actually want."**

Designers should have the ability to listen to your concerns about building your business look or making your family or guests welcome and comfortable in your new home. Pick who can help you picture what you're looking for and share your vision. This is where the Designer's portfolio and their consultation are important. You may choose them because you want something similar to their work they've done or because they responded best to your need during your consultation.

**"I don't know anything about design."** Have them explain the steps and stages. If they disagree with your ideas or your input, ask them why. But in the end, the final decision should reflect your choice. **This is why a contract is important.** A contract protects your interests as a client in receiving work that meets your specific scope and terms.

**"Where is the value for your pricing?"** Get explanations of what value you get from their services. Price isn't the only measure that matters. They must clearly show why their services are better than their competitors for the outcome you seek. Their pricing should be in line with their creativity and the practical work they take on to build, install and deliver the changes you are making. This is where their relevance to your benefit kicks in. They should explain the benefits of their work in terms that are relevant to your life, values, and situation. Maybe through 3D designs, layout plans, etc.

**"I need to be able to talk to you."** See if they check in with you. **Follow up** with you. If they go the extra mile to resolve small issues before they become big ones. You need to get along in a friendly way. Yet you should look for a 'good vibe'; some affinity between the both of you. If you like each other, this will emerge in the work you take on together. If you don't like each other, that will almost certainly cause problems.

**"You can make a great choice even if you may not think like a designer!"** Everyone has the ability to choose wisely and choose well. Check their website or portfolio to see the type of clients they have and the quality that they use.

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## My Say

By Jerry Francis



### Old Does Not Equal Heritage

● Condemned building at the junction of Jalan Sultan Idris Shah and Jalan Raja Musa Aziz



Recently, when I wrote about condemned and dilapidated buildings in the city centre being left to rot as "eyesores", I drew some flak from readers. It shows there are a lot of people here who are enthusiastic about preserving heritage buildings and thought I was advocating that such buildings be demolished.

I had highlighted those "eyesores" with an intention to draw the attention of the city council to get the owners to do something as the buildings, which have been left abandoned and condemned for years, are posing a danger to motorists and pedestrians. If they could be restored well and good, but if not what do we do? Do we allow the buildings to rot and collapse on their own?

Many readers appear to be very emotional where heritage buildings are concerned and prefer that such buildings be left alone with the hope that they would be eventually restored. They do not seem to be concerned that those ruins along main streets are dangerous to motorists and passers-by.

An example was the building at the junction of Jalan Sultan Idris Shah and Jalan Raja Musa Aziz, which was left in a dilapidated condition after a fire damaged it some years ago. The building has since been demolished after I highlighted it a couple of times.

In a city such as Ipoh, that was built over a century ago, many of its buildings are bound to be old. Is just being old of heritage value?

Whenever some of these old buildings are torn down, there is much hue and cry that heritage is not being preserved; for example, the demolishing of a block of double-storey residences along Jalan Chung On and more recently, five pre-war shophouses at the corner of Jalan Sultan Abdul Jalil and Jalan Lau Ek Ching for redevelopment. There also have been other old buildings in the city, which have faced the same fate.

We need to look from the point of view of the owners of such properties. What can they gain from preserving their buildings as heritage? Certainly they would prefer to redevelop their prime land for a greater economic return.

Of course, heritage needs to be preserved. In the case of our city, who is responsible for preserving heritage and to what extent are we willing to take it? There are not many owners of old buildings who can afford to restore their condemned and dilapidated buildings to their original forms.

Can they sustain, like the owner of the well-known FMS Bar & Restaurant, slowly restoring the building? Unless they have deep pockets, they will want to see their investments bear dividends quickly.

Therefore, if we are really serious about preserving heritage buildings in our city, we need to take stock of all the old buildings and decide which of them are of heritage value and gazette them as heritage sites, and what kind of enforcement will be in place before property owners are allowed to demolish their buildings. Also what financial incentives are there for the owners to restore the buildings to their original splendour?

The city council has taken the right step, though long overdue, by carrying out an extensive programme to identify old and heritage buildings around Ipoh and will ask the Heritage Department to gazette those heritage buildings. It has identified 120 buildings for the purpose.

Buildings which are of significant architecture and have stories to tell should be taken into consideration, not just because they are old. It is better to have a few heritage sites than not at all.

Otherwise, we can go on protesting and yet we will continue to see buildings which we consider as heritage being torn down periodically.

When even preserving a unique mining heritage – the only tin dredge, which I have been advocating for over two decades, has yet to be achieved, what chance do we have to preserve all the old buildings in the city?

And finally is the Heritage Department willing to put their money where their mouth is?



● Flatten