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ISSUE **126**

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## Perak Fish Lands On US, Canada and European Tables

By James Gough

**F**ish bred in Temenggor Lake in Upper Perak have made their way to thousands of tables in the United States, Canada and soon into the European Union countries. Trapia Malaysia Sdn. Bhd. a subsidiary of GenoMar ASA of Norway, which holds 70% in a joint venture with Malaysian partner Dalefin Holding Sdn. Bhd., is exporting 400 tonnes of the fish per month to those countries.

Continued on page 2



Trapia Production Module on Temenggor Lake

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## Perak – Largest Producer of “Fish for Food” In Country

**P**erak is now the largest producer of ‘fish for food’ in the country. Its total output for last year was at 118,500 metric tons with a market value of RM603 million – contributing one third of the total national output at 359,000 metric tonnes.

Incidentally, the output was also 20% higher than 2009 which was 97,000 metric tonnes with a value of RM580 million.

Breakdown of the products for last year was freshwater fish: 70,310 metric tonnes, valued at RM333.9 million, seawater fish which includes cultured prawns 21,804 metric tonnes, valued at RM242.11million and cockles: 26,387 metric tonnes at a value of RM26.98 million.

According to Perak State Director for Fisheries, Hj Sani Mohd Isa, the state government has set a goal to raise the fish for food output to 150,000 metric tonnes by 2020 and is currently focusing on the breeding of Tilapia fish (*Tilapia cichlids*) which Sani says has a “huge global demand currently”.

### Technology Revolutionizing Aquaculture

Trapia Malaysia Sdn Bhd., which was set up in 2008 and operates within an Industrial Aquaculture Zone in Temenggor Lake, is an eco-friendly aquaculture farm, which produces traceable and DNA-verifiable Nile Tilapia (*Oreochromis niloticus*).

Mr. Lai Sead Ping, General Manager of Trapia Malaysia, said the company only produces black Tilapia and chose Temenggor Lake as it is a natural and sustainable site with good quality water and a pristine and pollution-free environment.

The fish are bred in modules of 20 floating circular cages per module on the lake. Each cage has a depth of 6 metres with a cone-shape entrapment below the cage for waste.

Trapia has its own hatchery in Bongor in Grik and cultivate their own fry. The fish are brought to the cage when they are about 40g in weight or three months old. The fish are ready for harvest after another five months when they weigh about 1kg each. The production capacity of each module is 2,500 tonnes per year.

Its fish are not sold whole but filleted. During harvest, the fish are pumped into a station and transported live to their filleting plant in Parit Buntar where the fish are stunned, bled, and gutted before skinning. The fish is then hand-filleted for maximum yield, and then individually quick frozen in a blast freezer before being packed for export.

### Quality Monitoring System

To ensure consistent water quality Trapia installed a quality monitoring system to monitor water quality parameters all around its production facility and also at important points in the lake, (such as rivers running into it) “to minimise the environmental impact on the whole lake if a problem develops.”

The company has received a certificate for Best Aquaculture Practices from global accreditation company Accreditation Certification Council (ACC). Additionally, the fish are fed only vegetable fish feed pellets and are classified by Jakim as *halal*.

Tilapia has “zero wastage”. Its wastage is classified as a “by product” whereby the waste is used for fertilizer by farmers, the bones are processed for fish meal and the skin for gelatine extraction. Trapia Malaysia states that its “egg to plate” tamper proof traceability system is the first of its kind in the world and “has set a new standard in food safety.”

### Revolutionising Aquaculture

Tilapia fish is regarded as the third most important fish in aquaculture. With characteristics like an omnivorous diet, tolerance of high stocking density and rapid growth and palatability, it is among the easiest and most profitable fish to farm. This accounts for the many other aquaculture projects in the state.

One other project in Perak is Flora Kancil Sdn. Bhd., located at Menglembu. It was recently awarded the Good Aquaculture Practice Certificate by the Perak Department of Fisheries. The company produces red Tilapia and produced over 86 metric tonnes of Tilapia last year valued at RM520,000.

While this figure may not appear to be significant, one needs to consider that the volume was produced on a three-acre farm of which the production area covered just two acres. Even more interesting is the fact that the fish are grown in polyurethane tanks instead of fish ponds as are commonly found around the Kinta Valley.

Flora Kancil Sdn. Bhd. was formed by a resident from Bukit Merah near Menglembu, Lee Chee Sing, who is the Managing Director. He initiated breeding red Tilapia in 72 Polyethylene tanks in 2009. Now, there are 144 tanks.

MD Lee Chee Sing (right) receiving his GAP certificate from Dato' Mohd Yusoff, Chairman of Farmers Development Council, Batu Gajah. On the left is Hj Sani Mohd Isa, Director, Perak Fisheries Department



### The Farm

According to the COO of its farm Phang Thin Yau, their production process is “simple”. Located on the two-acre area are the tanks and two ponds which form the production area, and on the one-acre area with 32 tanks as the trading area where fish, upon reaching marketable size, are transferred over.

Their production process consists of four components, a tank, filter, ventilator and a water pump system. Each tank has a capacity of 3,000 litres and consists of a 24-hour closed and circulating water flow system from the tank passing through a filtering process before being pumped back into the tank. Each tank can cultivate 300-400 fish and is considered high density.

The tank water is changed daily by draining the tank water to one third of its volume before being replaced with filtered water. Simultaneously, the dirt accumulated from the previous day is removed. Their fish are fed only fish pellets.

Sampling, grading and isolation of produce are done regularly in order to sort fish according to similar size. This is necessary to ensure uniform growth of the fish for marketing purposes. This process also allows for weak fish to be isolated and the individual tank treated. Phang's method of treating weak fish is by using vacuum dried salt.

Flora Kancil followed closely the advice from the state Fisheries Department in the development of this system. It has now been proven to be workable and capable of controlling the quantity and quality of the produce simply by controlling the production environment. “The produce using this system has over 90% survivability rate and a better yield compared to pond cultivation” said Phang.

### GAP Recognition

In 2009, in view of its consistent quality the company was granted bio-security certification for a year. However, the subsequent year their certification was approved for 2 years and this year they were presented with the SAAB “Good Aquaculture Practice” (GAP) certificate.

The fact that the company received the GAP award just 3 years after their production began is a statement of the potential of this production system.

For Lee, the benefits of using this system are numerous. “You don't need a big area or manpower, it's easy to maintain and gives quick results and has unlimited potential. The best part is everyday we have fish for sale” said a smiling Lee.

For the future, Lee stated that he had identified an area 100 acres in size around Tronoh which he intends to develop in a joint-venture exercise to create 36 integrated farms. With plans to become an Integrated Aquaculture Zone (IAZQ), he will cultivate red tilapia as well as prawns and cat fish using the same production system adding that “he was currently doing the research on these two products”.



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IPOH **echo**

From the Editor's Desk

by Fathol Zaman Bukhari

## Ramadan – A Time to Reflect

*Some go silent on the prices while others make a mountain of it. But breaking fast for RM60 a person is not cheap by all reckonings.*

The holy month of Ramadan is already half way through and Hari Raya Puasa beckons. In spite of the many virtues attached to the month where fasting, prayers and abstinence predominate, the gullibility of humans is simply amazing. Are there too many distractions which cause the most pious among us to do the unthinkable or is it simply greed?

During my days in the kampong we were frequently reminded by our elders that Ramadan is a time for penance, a time for reflection and a time for forgiveness. This oft-quoted phrase reverberates in our youthful minds, 'hari baik bulan baik jangan buat dosa' ('it's a good day and month, don't commit sin').

And when the big day comes we kids would take turns to seek forgiveness from our parents by kneeling in front of them, clasping their palms in ours and saying, "minta maaf dzahir dan batin" while kissing their palms. This practice, fortunately, is still alive today despite attempts at demonising the tradition by disbelievers.

One rather remarkable development arising from this holy month is the advent of the Ramadan bazaar or *bazar ramadhan*, in the colloquial term. It is not a recent invention. In fact, it has been around since those hazy days. I will allude to my kampong days once more. Back then selling and buying of *kuih muih* (cookies) for *buka puasa* was never a riotous event like today. There would be the customary ice sellers selling ice cubes coated in saw dust on bicycles. They were such a welcome sight and we kids looked forward to seeing them come by. A small piece of ice cost 5 sen, at the very most. The ice was used to cool the rose syrup that we had for breaking fast. The ubiquitous *kuih* vendors were aplenty but were mostly confined to the towns. Neighbours prefer to exchange *kuih muih* as a form of bonding (*silaturahmi*) and to re-establish existing ties. You hardly see this happening today even in the most remote parts of the country.

Expecting a deluge of applications this Ramadan, MBI has identified 21 spots within the city for *bazar ramadhan*, including one at the most unlikely of places – the vacant land beside TM Point along Jalan Tasek. A total of 1,129 permits were issued. However, the Menteri Besar placed a damper on the mayor's quest for extra cash by declaring a rental-fee waiver a day prior to the start of the fasting month. The council has now to refund the RM90 rental fee that it has already collected.

This hiccup could have been avoided had the mayor sought the MB's advice prior to making his move. But coming at a time when the federal government is making one goof after another, people are beginning to question whether the gesture is truly genuine or is it just another public relations stunt?

But on a more serious note, is moderation, which is the hallmark of Ramadan, being



exercised to the fullest? From the outset it does not seem to be. Weeks before the fasting month, advertisements promoting sumptuous *buka puasa* spreads scream for attention. Banners on restaurants and hotel walls declare the authenticity of their *ayam panggang*, *ayam percik*, *gulai nangka* and *kuih muih*. Some go silent on the prices while others make a mountain of it. But breaking fast for RM60 a person is not cheap by all reckonings.

Moderation does not go down well with Malaysians. Just see what they buy at *bazar ramadhan*. Prophet Mohammad (pbuh) broke his fast with three dates and water and after *maghrib* prayers ate a simple dinner. How many of us can do so without resorting to a king's feast? No wonder our people are getting fatter by the day. With obesity, come diseases such as diabetes and hypertension. The only people who are laughing are those in the health business.

It is about time that we give *bazar ramadhan* a more serious look. Should we increase it and run the risk of more people falling sick or reduce it and run the risk of being castigated? Ramadan is indeed a time for reflection.

## Water, Water, Water

by Peter Lee

If President Obama was Chinese and you asked him what his problem was in the past few months, his reply would be "I need more water (money in Chinese)". The gist of the whole episode recently is the U.S. government needs to borrow at least US\$2.4 trillion to avoid default in payment of the country's debt, caused by spending beyond their means over the years. This is known as "raising the debt ceiling", failing which, the U.S. and the rest of the world will face an economic crisis. On August 2, the President finally obtained approval and signed legislation to increase the debt ceiling by at least US\$2.4 trillion and cut spending by at least US\$2.1 trillion over 10 years.

What this episode shows is that the most powerful country in the world with deep reserves can become vulnerable if they do not plan and manage their finances well. Taking this principle and applying it to most of our households, you would notice similarities. For instance, our monthly expenditures seem to be always chasing after our monthly income and if we cannot maintain these expenditures then a default in some of the payments is likely to happen. To cover the shortfall, some would pay by using their reserves. If this fails, then they will delay some of the payments especially credit cards.

Juggling these payments is still possible if we are still alive but have you paused for a moment to ask whether your family can maintain these expenditures if you pass away suddenly. Foreseeing this can be a problem; it is crucial you plan for them in terms of immediate funding as well as protecting the funds upon your demise. It is even more urgent if your children are still minors. One of the immediate funding that you don't need to borrow is an insurance coverage. This is a gift and a life saver to your family. If there are minor children involved, then it is very important you set up a "Living Trust" to protect these funds. The setting up involves you, as the "Settlor", giving the instructions to the "Trustee" on how to give the money progressively to your minor children. The Trustee can be a Trustee Company like Rockwills Trustee Bhd. Then, you have to appoint a "Protector" and "Guardian" for the Trust. The Protector acts as a watchdog on the Trustee and the Guardian take cares of the minor children if both parents are not around. Lastly, you name your "Beneficiaries". All of these including your instructions will be stated in a legal document called the "Trust Deed". To kick start the Trust, you must choose some of your insurance with sufficient funding and execute an absolute assignment to your Trust so that when you pass away the insurance money will immediately flow into the Trust for usage. In essence, its all about water, water, water.

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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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 & DISTRIBUTION MANAGER**

Ramesh Kumar

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**Wellness****Eye Chat – from a Retinal Surgeon's Perspective**

Welcome to the inaugural column on eye care from the perspective of Dr. Lee Mun Wai, Perak's only fellowship-trained retinal surgeon. This column will serve as a forum for the discussion of eye diseases with an emphasis on the impact and treatment of diseases of the retina.

**What is the Retina?**

The retina is a light-sensitive tissue lining the back of the eye and is responsible for converting light rays into electrical impulses which are then transmitted to the brain for interpretation as images. If you think of the eye as a camera and the retina as the film of a camera, you will understand how a healthy intact retina is vital for normal vision.

**What are floaters and what are their effects?**

Floaters are specks, clouds or cobwebs moving in your field of vision and most often seen when looking at a plain background like a wall or the sky.

While floaters look as if they are moving outside the eye, they are actually tiny clumps of vitreous (gel-like substance) inside the eye. As we age, the vitreous thins and shrinks forming clumps and pulling away from the back wall of the eye; this is called a posterior vitreous detachment. Sometimes, as the vitreous pulls on the retina, one may experience flashes of light as well.

**What causes a retinal detachment?**

In the vast majority of people with floaters, a posterior vitreous detachment is the cause and this is usually of no consequence. The floaters become less apparent with time and no treatment is usually necessary.

In some people, when the vitreous pulls on the retina, a tear can develop and this can eventually lead to a retinal detachment. This is the separation of the nerve layer of the retina from the wall of the eye. Somebody with a retinal detachment would also see floaters and flashes but in addition to that, there would be an initial partial loss of vision and if left untreated, this would progress to a total loss of vision.

**Who is more likely to get retinal detachment?**

People aged over 50 are at increased risk of developing a retinal detachment. Other risk factors include very short-sighted people (more than 600 degrees), people who have had previous eye injury or eye surgery and people with certain inherited conditions (such as Stickler's or Marfan's syndrome).

**How is retinal detachment treated?**

Surgery is the mainstay of treatment for retinal detachment. The procedure is usually performed by a retinal specialist – an ophthalmologist who has undergone advanced training in medical and surgical treatment of retinal disorders.

Generally, the sooner the retina is reattached, the better the chances that vision can be restored. There are several procedures which can be used to treat a retinal detachment – pneumatic retinopexy, scleral buckling and vitrectomy. More will be covered in future when Surgical Management of Retinal Diseases will be discussed.

**Can you prevent a retinal detachment?**

Unfortunately, with age being a significant risk factor, it is impossible to prevent or predict who is going to develop a retinal detachment. It is important however, to recognise the warning signs of floaters and flashes as potential harbingers of a serious visually threatening disease. This is particularly true for individuals who are at increased risk such as highly short-sighted people or those who are involved in contact sports. Early presentation to a retinal specialist could be vital to prevent further visual loss and hopefully restore vision.



Floaters in field of vision



Dr Lee Mun Wai

**Arts & Culture****Eighty Minutes of Blissful Music**

The Perak Society of Performing Arts 2011 offering "Around the World in 80 minutes" was a delightful night of blissful music. Under the guidance of Eugene Pook, the Orchestra's Music Director, the audience was taken on a journey starting from England, then Scotland, onwards to "Oom Pah Pah" Germany and finally ending in Dixieland USA. Along the way we reminisced on the waltzes of Johann Strauss complete with a waltzing couple and ballerinas.

After the intermission guest conductor Keith Terrett took over the baton. Terrett is multi-talented. At 56, he is an internationally acclaimed composer, arranger conductor and multi-instrumentalist and writes in all genres from full orchestra to wind band.

The darling of the evening was violin soloist, 11-year-old Verena Koay, a student at SMJK (C) Union, George Town Penang. When she serenaded us with Czardas and Jasmine Flower we could feel her love of the music by viewing her facial expressions as she hit each note. She absolutely entranced the audience including the young violinists who waited to take a photo with her at the end of the show.

Guest conductor Keith Terret said it all when he described the orchestra as "fabulous" explaining that an orchestra made up of "volunteers that could play as well as they did, had to be good".

JAG

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**Surviving Breast and Lung Cancer: Case Studies in Spot Treatment by Dr. Xiaohuai Wang. A Perak Academy Lectures Series. Saturday, August 20, 2.30 p.m. at Syuen Hotel, Ipoh. For details and reservations call Perak Academy 05-5478949/016-5518172.**

**PSPA International Ensemble Butterfly Lovers & Love Songs Concert, Sunday August 21, 8.00 p.m., at Syuen Hotel, Ipoh. For further information, contact Witzi Leong at 012-5088818 or Festival Hotline – 016-5334757.**

**Persatuan Brahma Kumaris Ipoh Public Talk "Be Inspired, Be Happy", by B.K. Vedantiben from Africa, Wednesday August 24, 7.00 p.m., at No.1 Persiaran Kin Mee, Taman Kin Mee, Fair Park, Ipoh. Contact: Ms May – 016-5208810. Free Admission.**

**GenY EQ Camp for Youths, August 29 to 31 at Adeline's Rest House, Gopeng. For details and reservations call Mabel at 012-5340063 or See Hua at 016-5011956.**

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## Musings on Food

seefoon@ipohecho.com.my

By See Foon Chan-Koppen

Photos by Christian DiGiovanna

# SeeFoon chills out with Gourmet Pizzas and discovers other delectables

It began with a hankering for Pizza. Eschewing the ubiquitous fast-food joints, I was told by my son, who was visiting Ipoh and who's a bit of a 'night bird', that the pizzas at **barbeza**, which bills itself as a restaurant-bar-chill-out lounge, were some of the best he'd ever eaten. Being ever the sceptical foodie, and not one to rely on someone else's taste buds, I decided a foray into Ipoh Garden East (behind Tesco) was called for and therefore dropped in late one evening for a drink and snack supper.

### Specialty and Others

James Kennedy, describing himself as "chief bottle washer, stand-in-chef, deejay and sole proprietor", was there and suggested I try their specialty pizza of the house, the **smoked duck pizza** (not on the menu). Being ever the adventurous one, I opted for it with alacrity and was duly rewarded with a crispy, thin crusted, pizza topped with a generous helping of smoked duck, sauce and cheese, redolent with herbs. As I had already eaten earlier, I regretted not being able to handle more than two slices of the pizza. I made a promise to return with a group of friends to do justice to his menu. This I did with three other friends on another occasion; ready to eat our way through as many of the items as we could manage from his small but tempting selection of items.

We began with a **Beef Tortilla** (they have chicken for those who don't eat beef), a flatbread made of corn flour wrapped around a filling of minced beef and vegetables. This was cut already into finger-food portions that can be picked up and eaten with one's hands. Unlike a lot of other tortillas I've had, whether in Mexico (where this dish originates) or the US (popularized by Americans), this was not dripping with sauce and hence was easy to eat and enjoy its flavourful texture. Beef/Chicken – RM11.50.



Next to arrive on a sizzling platter was the **Cannelloni**, a large pasta roll, stuffed with minced chicken and spinach, herbs perfuming the meat, the melted cheese and *béchamel* sauce bubbling its way down the sides



oozing its red and white invitation around the platter. This with the **Lasagne** which followed was creamy smooth and simply irresistible. Both RM20.

### Pasta

Their regular pasta comes with a choice of spaghetti, penne, or fettuccine teamed with **Bolognese** (meat based with tomato) – RM16, **Carbonara** (cream, eggs, beef bacon and cheese) – RM18, **Primavera** (vegetables and tomato based) – RM14, **Aglia Olio** (olive oil and garlic served with sprinkled cheese) – RM12, and **Marinara** (seafood) – RM19.50. Although I only got to taste one spaghetti dish, I was impressed by its al dente texture and delectable sauce.

### Piece de Resistance

Next to arrive were the 'piece de resistance' of the house, their pizzas. The two that we had that evening were not on the menu but can be ordered ahead. The **Pizza Basila**, wild rocket, sweet basil, Feta cheese and cherry tomatoes, was crisp to the last bite, with the Feta cheese lending a creamier mouth feel to the topping and tempering the slight bitterness of the crunchy rocket. Next to arrive was their **Lamborghini** which as its name implies, is the top of the line in pizzas at **barbeza**. Oozing with onions, cherry tomatoes, mozzarella cheese and lamb goulash, this was a treat of a pizza, fit for the discerning pizza aficionado. Pizzas at **barbeza** have wonderful Italian Mafia associated names like *Godfather*: beef bacon, capsicum, onions and mushrooms; *Italian Job*: chicken, mushrooms and olives; *Al-Pacino*: beef, onions and black olives; *Gottis*: prawns, onions and squid; beef pepperoni, beef salami; and choice of seafood, lamb, beef or chicken calzone (a folded over pizza not unlike a giant curry puff). Prices for pizzas start from RM25 for the Al-Pacino and vegetarian to RM33 for the lamb, seafood, and calzone. Extra toppings are available for the pizzas – RM4-5. For a smallish eater (like myself) the most I can eat of their pizzas as a meal in itself is about 3-4 slices (about half the pizza) so as an accompaniment to other dishes, factor in one to two slices per person. That way, you can leave room to try a variety of the other items.

All in all I found the items on the menu well presented, seasoned and as close to authentic Italian as they come. When asked if all the recipes for the dishes came from him, James bashfully replied in the affirmative saying, "There have been times when I've had to man the kitchen by myself, so it's very useful to know the recipes by heart."

Be prepared though to dine sitting on high stools as most of the clientele stay on after their meal for the beer and interesting variety of cocktails. Takeaways on all their menu items and their pizzas are available for an additional RM1.50.

James also has an outlet in Lumut.



### barbeza

No. 5, Jalan Medan Ipoh Baru 4,  
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## HAWKER FOOD

### Nasi Kerabu



By Ed Shahir  
Rosli Mansor



**Nasi Kerabu** is blue rice served with fried salted fish or fried chicken, fried fish, barbecued meat, *keropok* (fish crackers), *budu* (fish sauce) and various *ulam* (raw local vegetable salad). The blue colour for the rice is derived from the Butterfly pea flower. **Nasi Kerabu** is very popular in the east coast that is, Kelantan and and fortunately for us, it can now be found throughout the country. It is often accompanied with *solok lada* (green chilli stuffed with a mix of grated coconut, fish and coconut cream) and *keropok goreng* (fried fish crackers).

**Nasi Kerabu** is sold widely during the fasting month. The large number of people crowding stalls selling *nasi kerabu* at Ramadan bazaars attests to its popularity.

These are among the best:

#### Bazar Ramadhan Stadium

They have a wide variety of accompanying dishes.  
Rice + fried fish + fried chicken + salted egg – RM6.00  
Rice + barbecued meat + salted egg – RM5.50  
Rice + *solok lada* + fish + salted egg – RM 5.00  
Rice + fried fish + salted egg – RM 3.50

#### Bazar Ramadhan Rapat Setia

Rice + salted egg + fried fish – RM3.50  
Rice + salted egg + barbecued meat – RM4.50  
Rice + salted egg + Ayam Masak Merah – RM4.50

#### Bazar Ramadhan Gunung Rapat

Rice + salted egg + fried fish – RM3.50  
Rice + salted egg + barbecued meat – RM4.50  
Rice + salted egg + Ayam Masak Merah – RM4.50

#### Bazar Ramadhan Taman Cempaka

Rice + salted egg + fried fish – RM3.50  
Rice + salted egg + barbecued meat – RM4.50  
Rice + salted egg + Ayam Masak Merah – RM4.50

## RECIPE

By Margarita Lee

### Ginger & Honey Chicken

#### Ingredients:

2 whole chicken thighs cut into bite size  
3" thick piece of ginger, sliced thinly  
3 cups of cooking oil for deep-frying

#### Marinade:

1 tbsp light soy sauce  
1 tbsp Shao Hsing wine (optional)  
1 tbsp oyster sauce  
2 tbsp corn flour  
1 tsp sesame oil  
1 tsp sugar

#### Sauce:

4 tbsp honey  
5 tbsp water

Salt to taste  
1 tbsp Shao Hsing wine (optional)

#### Method:

1. Combine chicken with marinade ingredients in a large bowl, cover, and leave to marinate for 2 hours.
2. Heat oil in a wok, deep fry chicken until golden brown. Dish out and drain.
3. Leave 2 tbsp of oil in the wok, sauté ginger until fragrant. Add in sauce and cook until thick.
4. Add in the fried chicken and stir well. Serve hot with rice.





## News Roundup

# Nilai 3 Coming To Seri Iskandar

Bandar Seri Iskandar is set to be a shoppers' paradise with the establishment of a wholesalers' market similar to the famous *Nilai 3* in Negeri Sembilan.

The realisation of this undertaking began with the signing of a memorandum of understanding between Setia Awan Holdings and Nilai 3 Business Association on Friday, August 5 at Syuen Hotel, Ipoh. The signing ceremony was witnessed by Menteri Besar, Dato' Seri DiRaja Zambry Abd Kadir.



The RM200-million project will be built on a 19.2-hectare site. It involves the building of 222 shop lots which will complement the on-going RM300-million Sri Iskandar Business Centre project, scheduled for completion in June 2012.

Setia Awan Holdings Director, Marcus Doh told reporters that the joint-venture is capable of attracting three million visitors and shoppers annually. It will create 5,000 job opportunities. Dr. Tee Boon Thiam, Chairman of Nilai 3 Business Association, responded by saying that the project will benefit people in the northern region, as they need not travel south to Nilai to get their household needs. "Goods on sale are sourced from Europe and China and they should meet buyers' expectations."

## Micro-Credit for Orang Asli



Andak Lembut was all smiles after receiving a RM6,000-micro-credit loan from Yayasan Bina Upaya Darul Ridzuan's (YBU) Chief Executive Officer, Dato' Zainal Abidin Omar at the foundation's office in Greentown recently.

Andak operates a sundry shop in Banun, Grik and has been in the business for over a year. "The loan comes at a most opportune moment," he told Ipoh Echo. The Orang Asli entrepreneur makes about RM200 daily from the sales of dry items. He plans to sell fresh goods using the loan he has acquired. "My business will flourish, as there is a demand for fresh goods," he quipped.

Two other Orang Asli, Ghani Uda and Halim Ngah, also received similar loans along with Andak. Ghani is a transport operator while Halim manages a sundry shop. Both are from Banun.

Dato' Zainal, in his brief to the media, said that the

YBU micro-credit scheme has benefitted 479 poor and marginalised Perakeans so far. Malays are the largest number with 355 recipients followed by Chinese and Indians at 58 each and Orang Asli, 11.

"The foundation has given out loans worth RM4 million to date. The objective is to help those at the lower end of the social spectrum to stand on their own two feet. That's why we encourage them to dabble in small businesses so they can be self-sufficient," he remarked.

Recipients too stand to gain from the scheme, as their progress is being constantly monitored. "YBU organises short courses and seminars to inculcate good entrepreneurial know-how and skills in them," said Zainal. The foundation sends them to trade expositions to get the kind of exposure needed and the networking required. These are value-added incentives which YBU provides for these fortunate people.

Perakeans who fall into this category are encouraged to apply for the scheme. Application is made easy by using the kiosk available at the foundation office in Greentown or the one at the State Secretariat building. "It's a lot easier to use the kiosk as it's there 24 hours a day, seven days a week," said the foundation's chief.

RM

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| Validity period      | 30/03/2011-29/03/2014    |
| Advertising permit   | 8456-23/14/2012/04       |
| Validity period      | 11/04/2011-10/04/2012    |
| Land encumbrances    | OCBC Bank (M) Bhd        |
| Total units          | 94                       |
| Exp. completion date | June 2013                |
| Land tenure          | Freehold                 |
| Price                | Min - RM 248,730         |
|                      | Max - RM 344,800         |
| Approved plan no.    | OSC015-A/L/8/1/27/496/10 |
| Approving Authority  | Majlis Bandaraya Ipoh    |



## News Roundup

### Warriors' Day

The 51<sup>st</sup> Warriors' Day was celebrated with much fanfare at the General Operations Force's Ulu Kinta camp on Sunday, July 31. Raja Muda Perak, Raja Dr. Nazrin Shah was the guest-of-honour. Also present were Raja DiHilir Perak, Raja Jaafar Raja Muda Musa, Menteri Besar, Dato' Seri DiRaja, Dr. Zambry Abd Kadir, senior army and police officers and serving and retired armed forces and police personnel. A 120-strong honour-guard, commanded by DSP Tuan Zainal bin Tuan Ahmad, greeted the Raja Muda upon his arrival. Raja Nazrin took the salute and inspected the honour-guard, as tradition requires.

The 1,000-odd crowd was then entertained to a sketch depicting a real-life incident that took place at Fort Tebing, Ulu Perak in the late 1970s when a detachment of VAT 69 commandos was ambushed by over 40 terrorists. In spite of their numerical advantage, the terrorists were forced to flee due to the tenacity of the police commandos. In the ensuing melee, ASP Zambry stepped on a booby trap and bled to death.

One of the men who was involved in the fire fight was at the parade. Ahmad Dahalal, 63, recalled the chilling moments vividly. "We walked unsuspectingly into the well-laid ambush position and would have been killed if not for our superior firepower and our determination to live," he told Ipoh Echo. He could not hold his tears when recounting how Zambry lost his life. "It's most unfortunate, as he could not be evacuated soon enough. He was a true leader right to the end," he remarked.

RM

## Wellness

### Stye in Your Eye – Prevention

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

As mentioned in the previous Ipoh Echo issue, a STYE is an infection of the hair follicle of an eye lash that presents as a small painful reddish lump on the eyelid – like a small abscess or pimple.



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

#### Is a stye contagious?

Everyone has the potential to develop a stye because we all have the stye-causing bacteria in high concentrations within the nose and therefore is easily transferred to the eyelids by our unwashed fingers!

Nevertheless, if you have a stye, you don't want the bacteria to come into contact with someone else's eye because it might indeed cause them to develop a stye or other infection as well. It would be best to avoid shaking hands during this time but if you must shake hands, then proper hand washing with soap is very essential.



#### Are there any complications that can result from a stye?

The stye infection may spread to other eyelash follicles, leading to multiple styes. The infection can also spread on the other areas of the eyelid making it more generalized resulting in a condition called cellulitis where the whole skin of the eyelid becomes red and hot. This may cause quite a bit of discomfort.

The infection from the stye can spread into the eye resulting in conjunctivitis or sore eyes. Also, if the stye does not settle or drain properly, it may lead to deformity or disruption of the growth of eyelashes in that area. The good news is that progression of a stye to become a generalised infection (spreading throughout the body) is extremely rare.

#### Can a stye be prevented?

Good hygienic practises can help prevent the development of a stye. By this I mean, proper hand washing, and washing of face with soaps or cleansers.

Other measures that can help prevent styes include:

- \* Never share cosmetic eye lash curlers or eyelash combs with others.
- \* Keeping all cosmetics clean.
- \* Not touching the eye and surrounding areas.
- \* Sharing eye cosmetics is a bad idea.
- \* Discarding old or contaminated eye makeup.
- \* Never use eye makeup when you have a stye.
- \* If you must pick your nose, (where there is a large reservoir of stye-producing bacteria), then you must wash your hands thoroughly.
- \* Do not touch your eyes when you are gardening or cooking.
- \* Never use contact lenses when you have a stye.

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

## Talented Writers Revealed



An essay writing competition held to honour the 83<sup>rd</sup> birthday anniversary of Perak's Sultan Azlan Shah, revealed talented writers from small town schools and rural areas.

Bagan Datoh's SK Selekoh student, Aina Athirah Mohammad Amin (pic left) who emerged top in the category A is ecstatic with her

win as she feels honoured to receive her prize from the Sultan's hands.

The winners received their prizes during a high-tea event at the Perak Royal Golf Club's Jubilee Hall in Ipoh recently.

The Essay writing competition was divided into four categories which were Primary Students category, Category B comprising lower secondary students, Category C for higher secondary students, and Category D for undergrads.

The main objective of the competition was to increase the understanding and awareness of the sultanate system in Perak.

RM

## Banjaran Muhibbah Dinner

Banjaran Hot Springs Retreat, Ipoh has concocted an appropriate dinner spread specially for its customers, ahead of Merdeka and Malaysia Day. It is a mixture of cuisines of the Malays, Chinese and Indians and is aptly named, Muhibbah Sunset Dinner Buffet. The highlights of the spread are the Perak-styled beef *rendang* of the Malays, the Indian traditional lamb *varuval* and the famous Chinese wok-fried Lumut flower crab. The menu comes with a good mix of local desserts which include *bubur kacang merah*, *lin chee kang* with lotus seed and Malay and *nonya kuih* and *keseri*. The dinner buffet is available at the Pomelo Restaurant from August 8 to September 16 between 7.00 to 9.00 p.m. Price RM85<sup>++</sup> (Adult) and RM42<sup>++</sup> (children 12 years and below). Call 05-2107777 for enquiries and reservations.



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## Young Perak

### Spreading the Word on Do's and Don'ts



**P**erak Women for Women Society (PWV) conducted another successful workshop for students in Taiping recently. The society's mission to teach youngsters on differentiating between appropriate and inappropriate behaviour was made easier when they were invited to speak to students of SMJK Hua Lian, Taiping.

The PWV team engaged the participants, which consisted of lower secondary students numbering some 130, at the school hall. Subjects on personal safety, respect and friendship were discussed. The objective was on creating awareness in youths, especially girls not to be too trusting and not to give in to sexual advances too easily.

To reinforce the lessons, a short film entitled, "Abang Angkatku" was screened. The film depicted some unsavoury situations which youths need to learn to avoid. Students' participation was active, proving once more that education is an effective tool to counter social ills.

The society is prepared to provide classes for free when requested. Call PWV at **05-5469715** for details.

FZB

### TAJ College launches its Racing Team



**T**AJ College officially launched its racing team with the motto 'Safety First, Last and Always'. Mohd Azad Jasmi, Executive Director of the College, said that the college does not only emphasise academic qualification but also provides practical experience. It is as an extension of the college's Automobile Engineering course. The drivers are trained in driving skills and practice in Kampong Gajah and Sepang tracks.

The aim is to promote sports tourism and the team would be a Flagship of Perak. The team would participate in local tournaments as well as those organised in the Asia Pacific Region. Perak Tourism Board has agreed to promote the team and give it publicity.

Dato' Zainol Fadzi bin Haji Paharudin, chairman of state Arts, Culture, Youth and Sports, officially launched the team by unveiling the sports car. He added that the initiative by the college would be a catalyst for others in the state to promote sports tourism. His department would support the team and wished it success.

AJ

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## Community

### Motivating the Orang Asli

**Y**ayasan Bina Upaya Darul Ridzuan's (YBU) efforts in connecting with the Orang Asli community continues with yet another motivational course in Langkawi recently. This time around, the foundation has the tacit support of Yayasan Perak and the Perak Education Department. The 5-day course, held at a renowned resort in Kuah, Langkawi, was attended by 117 primary school students from the community. Dato' Zainal Abidin Omar, Chief Executive Officer of YBU, officiated at the opening ceremony. The reason for having the course in Langkawi said Dato' Zainal was to provide them the opportunity to see the country. The island resort was chosen for its popularity and appeal. Zainal stressed the importance of education and how it could ensure one's future. "You'll be looked upon by your community and be a role model for the rest to emulate," he reminded the young participants. He warned them regarding the dangers caused by truancy and how such negative behaviour would affect them. Present at the programme launch was the General Manager of Yayasan Perak, Dato' Jamil Mat Kasa. The participants were later taken on a sight-seeing tour of the island.

RM



### Ramadan Cheers

**W**ith the coming of Ramadan, the rich and healthy are duty bound to help the poor and the infirm. That, in a nutshell, is the bountiful spirit of Ramadan, as is practised by all good Muslims. Ahmad Idris, 80, a former City Council staff, who is bedridden, was beaming with joy when he received food aid and 'duit raya' from Pertubuhan Masyarakat Prihatin Perak (PMPP).

"Like previous years, donating to the poor and the less fortunate is our priority," said organisation president, Mohd Ravi Abdullah. "We want them to enjoy Ramadan as others do. The items such as canned food, biscuits, sugar, rice and other essentials are sufficient to see them through the fasting month," he added.

The organisation came to know of Ahmad Idris's plight from an article in Ipoh Echo. Ahmad Idris has been bedridden for over two years and has to depend on his wife, Mariam Putih Nikmat, 71, for his daily needs. The presentation was made at the couple's house in Taman Meru 2C, Jelapang recently.

"Our daily income is never enough and coupled with my husband's medical expenses, there is little left for us. We're fortunate to have good neighbours and



charitable organisations that are mindful of our predicament. I am thankful for all the aid and help given and thank the Ipoh Echo for making our plight known," said Mariam.

Present during the presentation were Ranjit Singh Randawa and Sunny Choo, the organisation's secretary and treasurer, respectively.

SH

### Yuk Choy's Annual Cultural Carnival



**S**MK Yuk Choy, Ipoh held its annual cultural carnival on July 23 at the school to raise funds for the maintenance of various facilities. The function was officiated by Mr. Leong Foh Sen, the Chairman of the Board of Governors. According to Mr. Leong, the carnival has bonded an *esprit de corps* and co-operation from the local business communities, Old Boys, Old Girls, parents, teachers and students to make SMJK Yuk Choy's various fund-raising projects a success. He also mentioned that the Board of Governors needs continuous support from the Federal government, Perak State government and local business communities, to improve various school facilities for the students.

The students had livened up the carnival atmosphere with a highly-spirited performance by the 24 Chinese Season Drums Club.

Various cultural performances were presented by the students which showed the creative and artistic side of SMJK Yuk Choy. Even the school bazaar, which apart from selling various foods from well-known shops in the city, also had game stalls that were a hit among students and the local communities.

### PUO Wins Gold Medal



**P**olyteknik Ungku Omar (PUO) created history by winning a gold medal in their first ever attempt at the annual Malaysian Nuclear Innovation Competition 2011 organised by the Malaysian Nuclear Agency held at the agency recently.

The four-day competition was aimed at procuring the most innovative invention pertaining to nuclear technology from participants. The polytechnic was represented by students of the Department of Mechanical Engineering.

Lecturer Zulkarnain Jamak said that his team had worked hard for the competition and was mentally prepared for the occasion.

"We gave our best shot. We're elated to know that we won the gold medal. This goes to prove that PUO has what it takes to be in the forefront of nuclear technology," he told Ipoh Echo when met.

Teams from Universiti Teknologi Malaysia, Universiti Kuala Lumpur, Universiti Sains Malaysia and some private institutions also took part.

SH



## News Roundup

### History Essay Writing



Jayakumary Marimuthu, a teacher in SK Sungai Perah, Parit, won the first prize for the History Essay Writing (national level) on July 3 organised by the Malaysia Historical Society. The prize, RM3,000, a set of books and a certificate for her essay, 'Perak During the Japanese Occupation, 1942-1945' was given by Lt. Jen. (B) Datuk Abdullah Samsudin, member of Majlis Persatuan Sejarah Malaysia at a ceremony in Kuala Lumpur. Jaya has just completed her studies in Southeast Asian History, USM, Penang last year and will begin her PHD next year. She is also a member of the Perak Heritage Society.

### QUEST International University Open Day



QUEST International University held its first Open Day in line with next month's intake. Academic Professor Emeritus Dato' Dr. V.G. Kumar Das, who launched the ceremony, said that since the university was new, it needs publicity. The aim of the university is to provide quality education at an affordable price.

Within three years the university will move to its own campus in Gua Tempurung from the present site at Plaza Teh Teng Seng on Kampar Road. The university will emphasise skills training and work closely with SMEs and local industries to produce graduates who can fulfil the requirements of employers.

Being an international university, it aims to have up to 40% overseas students. The medical faculty will be operational soon.

The university is offering scholarships worth RM1.5m for their foundation courses for Perak-born applicants. There is also a waiver of 50% on the fees for first-year students joining bachelor degree programmes for next month's intake.

AJ

### Charity Food Fair



The charity food fair held at the St John's Ambulance hall recently was a rousing success. It was organised by the Perak Society for the Promotion of Mental Health. The primary objective of the fair was to source for funds to build a multi-purpose hall at the society's premises in Ulu Kinta. The 34 stalls at the fair were well patronised by guests and visitors. Items on sale included foodstuffs, household goods, vegetables, handicrafts and bric-a-brac produced by the society.

A total of RM48,000 was collected, being proceeds from the sale of goods and donations from well-wishers. Datin Seri Saripah Zulkifli, wife of the Menteri Besar and President of BAIDURI, was the guest of honour. She donated RM2,000 to the society's kitty. The Ulu Kinta day care centre has over a hundred mentally-challenged people under its charge. Caring for these special people requires not only money but patience and tolerance. Dato' Dr. M. Majumder, the society's president, presented Saripah with a fitting gift for her patronage.

Ed

### Moved By Generosity



To these fortunate 49 Perakeans, the month of Ramadan heralds a new beginning for them. They are now proud house-owners; something beyond their wildest dreams awhile ago. The recipients include single mothers, the aged and infirm and the physically handicapped. They are from among the poor and the marginalized group in the state as per listed on Yayasan Bina Upaya Darul Ridzuan's (YBU) e-kasih database.

Adun for Sungai Manik, Executive Councillor Dato' Fadzi Paharuddin, handed the house keys to the recipients at a simple ceremony held at the community hall in Chikus, Langkap recently. Present at the ceremony was YBU's

### Ipoh's Police Air Training Base – First in the Country



The Police Air Training Base in Ipoh is the first training centre of the Royal Malaysia Police in the country. The base located next to the Sultan Azlan Shah Airport is spread over 16 hectares and was built at a cost of RM106m.

The base consists of a hangar, apron and taxiway. The complex has an administrative building, classrooms, hostel, auditorium and staff quarters.

Inspector General of Police, Tan Sri Ismail Omar, said that the base would provide basic and advanced flying training to police pilots as well as to provide air surveillance. Training would be provided to obtain Private Pilots Licence (PPL).

The police need support and co-operation from the air unit to carry out its responsibility more effectively especially in crime prevention operations and national border control. Other than for security, the unit is also involved in humanitarian operation such as transporting food to flood victims in isolated areas.

Opening the base, the Sultan of Perak, Sultan Azlan Shah said that the police are now in an era that requires wisdom to balance between the task of enforcing the law with the demands of the public who believe they have certain rights under the Constitution and laws of the country.

Society is changing very fast and requests for making improvements are common, especially when society is literate, educated, developed and exposed.

He added that people in the current era are different from the community of pre and post-independence eras.

AJ

Chief Executive Officer, Dato' Zainal Abidin Omar.

The 49 houses cost the government RM1.33 million to build and will be completed in full before Hari Raya Puasa. "Political affiliation is not a consideration when short-listing the candidates," said Dato Fadzi. "They're given on the basis of an individual's needs," he added.

Hamsiah Ahmad, 48, a single mother from Kampong Gajah, was visibly moved by the generosity. "This is totally unexpected. I never dreamed that I would own a house one day," she said in between sobs. Satiyah Osman, 58, from Kampong Teluk was similarly moved by the gesture. "Who'd believe that a man with physical disabilities like me would get a house?" he remarked.

RM

### Corporate Luncheon



The Perak state government through Perak think-tank Institute Darul Ridzuan (IDR) recently organised a corporate sector luncheon where it brought together CEOs of local and national companies to discuss the state's development blueprints as well as on-going and up-coming projects and programmes.

The state government had highlighted 84 potential and relevant Entry Point Projects (EPPs) identified by the Federal Government (PEMANDU) that would benefit Perak industries. Some of the identified EPPs include Education, Agriculture, Financial Services and Oil and Gas to name a few.

Menteri Besar, Dato' Seri DiRaja Zambry Abdul

Kadir did the presentation saying that, "we have brought the best minds in the state to present opportunities for the realisation of setting up smart partnerships between the private sector and the state to achieve the one goal – 'Perak Amanjaya'. The concept of Perak Amanjaya refers to the blueprint created by IDR for the socioeconomic transformation of Perak towards developing Quality Opportunity, Quality Income and Quality Living by the year 2020."

Some noted attendants at the luncheon included officials from the Malay and Chinese Chambers, MICCI, FMM as well as CEOs from Sunway, Vale and Proton.

JAG

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## LETTERS

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## A Good Samaritan

I am in every way an old-fashioned man and hold strongly to my religious beliefs. Kindness will be rewarded with kindness and evil with evil, for it is predestined. After being around for three scores and a half and having seen how modernity affects the way we live and interact, I tend to be a little sceptical of people, no matter how well-meaning they may be. But one event, which happened recently, where I was an unwilling participant, has impacted my feelings for my fellow human beings.

I was about to leave for work from my house in First Garden one morning when the house bell rang. I wasn't expecting anyone, not early in the morning. I opened the door and saw a Malay couple in front of my gate. The wife was in a white nurse's uniform. Obviously, she must be a nurse attached to the General Hospital. The husband, in a brownish outfit, introduced himself as Wan, an officer with a state-linked company.

In the man's palm was a black leather wallet. It looked familiar. After ascertaining the identity of the owner, Wan handed the wallet to me. It belonged to my son, Jake. Wan found the wallet on the pavement along Jalan Sultan Idris Shah in downtown Ipoh. I checked the contents, all his personal documents, credit cards and RM500 in cash were intact.

I was lost for words. Never in my wildest dream would someone return a lost wallet, let alone trace the owner to his house. I thanked Wan profusely, took a RM50 note from my son's wallet and offered him a reward. Wan refused it flatly insisting that it was his moral duty to return something which was not his. The couple were soon gone.

It took me awhile to regain my composure. How much have I underestimated the magnanimity and generosity of human beings, especially of Malaysians? In moments of angst there are still people who would walk the extra mile for the well being of others. It is totally unexpected.

Encik Wan, whoever you are, you made my day.

Ah Chin  
Ipoh

## Business

## Meru Desa Park Offers Good Investment

How would you like to own a property just a stone's throw away from the modern and efficient township of Meru Raya – the "Mini Putrajaya of Ipoh"?

Meru Properties Sdn. Bhd. is embarking on a mixed development of commercial shop-houses and residences on its Meru Desa Park, which is within the vicinity of 22 government departments, central bus terminal, Mydin hypermarket, hotels and Tenby International School, which will start construction in early 2012.

It is also easy access to the North-South Highway, Meru Valley Golf & Country Club, Chemor and Sungai Siput (N).

At its 1 Avenue site, there will be three types of shop-houses, totalling 92 units. The 3-storey shops, facing frontage – costing RM788,800 onwards; 2-storey shops, facing commercial complex – costing RM688,800



onwards and 3-storey dual frontage shops with covered pedestrian walkway – costing RM788,800 onwards.

Also at the Meru Desa Park, the company will develop gated and guarded residences with club-house facilities and 24-hour security with CCTV cameras on every street. This residential project consists of super size Double Storey Terrace Houses of 24' x 90', costing RM308,800 onwards and 80 units double-storey semi-detached and 24 units detached houses.

Buyers for terrace houses only pay 10% and the balance by VP. Terms and conditions apply. All legal fees and disbursement on SPA and Loan will be borne by the developer and zero interest during the construction period.

Jerry Francis

## Sport

## MBI Wins Hockey League



The Ipoh Hockey League Championship 2011 ended on an awesome note, thanks to the brilliant performance of the finalists in both the divisions at the Azlan Shah Hockey Stadium on Sunday, July 31.

The final in Division One between MBI and Perak Sikh Union (PSU) ended with a 2-2 draw at full time. However, MBI became champion with a golden goal scored during extra time.

"After five long years of trying we finally won. Hopefully, we can maintain this form for next year's championship," said MBI coach, Dalbir Singh.

In Division Two, the final between Teachers' Team and Tsuyoi Club ended in a 2-2 deadlock at full time. The match was similarly decided by a golden goal during extra time in favour of the Teachers' Team.

"I'm satisfied with the team's performance and hope the victory will spur the players to greater heights," said the team's coach to Ipoh Echo.

A total of 15 teams took part in this year's league, which stretched for a period of a month. Prof. Dato' Dr. Gurdeep Perkash Singh, Patron of PSU and President of Old Andersonian Club, Dato' Anuar Hassan, gave away the prizes.

SH

## Honouring Foo Yet Kai

Family members, friends and community leaders gathered at Lee Garden in Ipoh recently to honour the memory of well-known local businessman philanthropist Foo Yet Kai who was killed in his house during a robbery fifty years ago.

At the ceremony Dato' Foo Wan Kien related in moving language how as a teenager in London he was rushed back to Ipoh with the message that his father had been shot. He described making the long journey back not knowing whether his father was dead or alive. Narrating the values his father lived by, he said that these values still continue to live in the family which remains totally united.

The tribute paid to Foo Yet Kai by the many who spoke during the ceremony bore testimony to the greatness of this man. Considering that his life was cut short at the early age of 55 it is truly remarkable how much he managed to achieve.

The story of Foo Yet Kai is an inspiring story of from rags to riches. Born in Batu Gajah in 1907, when his father died when he was three, he moved to Yunting village in Fujian, China, with his mother. He spent the next 15 years in the village in abject poverty. Even then he is said to have demonstrated boldness and leadership earning the title 'big brother' amongst his peers. There is the story of him during the civil war,

when only 11, confronting soldiers attempting to pillage his house, earning their respect and saving his home.

In 1924, at the age of 18, he returned to Malaya and began working in a tin mine under his uncle. With the experience he had acquired he began his own mines. An entrepreneur at heart, soon after achieving success in mining he ventured into other businesses ending with significant investments in finance, property, timber and plantations.

He took great interest in the community, holding important positions in several associations. He was the first president of the Perak Yunting Association formed in 1947 and was the president of the Perak Kheh Association in 1955.

But most of all he was a philanthropist. He bought the Chung Thye Phin Villa and allowed the Sisters of the Franciscan Missionaries of the Divine Motherhood to convert and run it as a hospital. Known as Our Lady's hospital it operated between 1964 and 1983. It is now known as the Kinta Medical Centre.

In the field of education, in addition to making generous donations to several educational institutions in 1958, he led the setting up of Shen Jai High School.



Dato' Foo Wan Kien

## World Hepatitis Day

Over 250 people turned up for the Hepatitis B and C testing at Hospital Raja Permaisuri Bainun in Ipoh recently. It was held in conjunction with 'World Hepatitis Day – Malaysia Campaign' organised in co-operation with the World Health Organisation, University of Malaya, National Cancer Society of Malaysia (Perak Branch), and Hospital Raja Permaisuri Bainun.

The theme of the campaign is, 'Know your liver, B aware, C a doctor'. It is headed by Dr. Fauziah binti Jaya of the hospital. Those who came for the testing were assisted by volunteers of the National Cancer Society and staff of the hospital.

The campaign is being supported by hospitals across the country to ensure that the message about hepatitis is brought to all sections of the population. Other activities included counselling on vaccination and treatment for viral hepatitis, vaccination for Hepatitis B, public forums, television and radio talks, photo exhibition, distribution of materials on Hepatitis B and C, Hepatitis awareness at the workplace/parks, and referral support for newly-diagnosed patients with viral hepatitis.



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Land Encumbrances : Nil Tenure of Land : Freehold Building Plan Approval by : Majlis Perbandaran Ipoh Expected Date of Completion : January 2014

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FAX 05-242 3399 kinta.re@gmail.com



# My Say

By Jerry Francis



## Local Authorities, Do Your Bit for VPY

The success of the "Visit Perak Year 2012", which has been slotted for next year in the country's tourism calendar, can only be achieved with the full support of all local authorities in the state.

Each and every one of the local authorities must take stock of the tourist attractions available in their respective area and ensure that they are not only properly spruced up but also well maintained.

All entry points into the various districts, such as airports, railway stations and bus terminals, need to be kept clean and efficient, to make a good impression on visitors.

It is therefore seen as appropriate for the chairman of state tourism committee, Dato' Hamidah Othman, to have recently hit out at the local authorities in Perak for not contributing to the improvement of the tourism industry.

"Only two local authorities, Taiping and Manjong, have made the effort to develop their tourist industry," she declared. According to her even Kampar and Grik which have strong tourism potential, are not doing enough to tap the tourist value.

Hamidah gave the example of Grik which had excellent tourist products, Belum Rainforest and Temenggor Lake, but poor logistics made it difficult for tourists to access the products. Hamidah also commented that Ipoh City Council too could do more to improve its tourism sector.

However, we cannot expect much from the local authorities as they have their own priorities – which are to provide efficient service and good infrastructure to their residents.

Local authorities in Perak are not rich and rely largely on federal grants. They barely have sufficient funds to carry out minor development projects to the expectation of the residents in their respective districts.

The best they can do towards promoting tourism is to keep the areas under their jurisdiction beautiful and clean. But, sad to say, most of them cannot even provide this, let alone devote their attention to tourism development.

On the other hand, the state tourism committee was set up with the specific purpose of developing tourism in the state. With a state executive councillor in charge of tourism, the tourism committee certainly has the backing of the state government.

Therefore, it is essential for the state to have a dynamic and effective tourism committee to identify tourism potentials for development in the various districts. Only the tourism committee can co-ordinate the local authorities and private sector to develop and promote tourist attractions in the state.

Having just an aggressive publicity drive will not be sufficient. The state needs to carry out some 'spring cleaning' as well, before presenting itself for the Visit Perak Year 2012, themed "Green Tourism, Yours To Discover – Nature and Heritage". The ground work in making the various tourist sites available and ready should be completed before the year end.

We need to upgrade all tourism facilities and attractions in the state. Every aspect of tourism, including the human factor, must be geared towards making the visitors' stay in the state a pleasant and memorable one.



As the state is endowed with many seaside and island resorts, lakes, limestone hills and cave temples, archaeological sites, and nature parks among them, various attractive tour packages, encouraging tourists to spend more time in the state, must be made available and promoted. The tour packages can include stays in the seaside resorts in Lumut and Pangkor Island, in the Belum rainforest resorts, and adventure with nature involving caving, white-water rafting, river cruises to traditional fishing villages and abseiling at a waterfall.

Well, with Tourism Perak Management Bhd. already being revamped and tasked to spearhead the tourism promotion drive with an experienced general manager, Mohamed Hisam bin Mohamad Yusof, I am confident that the long neglected tourism industry in Perak will now be able to move ahead.

All players in the tourism industry in the state, including those who had in the past been only interested in outbound tours, could work closely to promote Perak within the country and abroad.

The Visit Perak Year is not just about a "one-off" campaign; it should be treated as the start of a long drawn major effort to lure tourists to the state. Its success can then be measured by the number of tourists coming into the state in subsequent years, after next year's Visit Perak Year.

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