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ISSUE **128**

Halt the "Political Circus"

Page 3



Tap the People for a Successful
Visit Perak Year 2012

Page 4



Hari Raya/Merdeka
Festivities

Page 6



Ipoh Needs A "Focus Plan"

Page 12

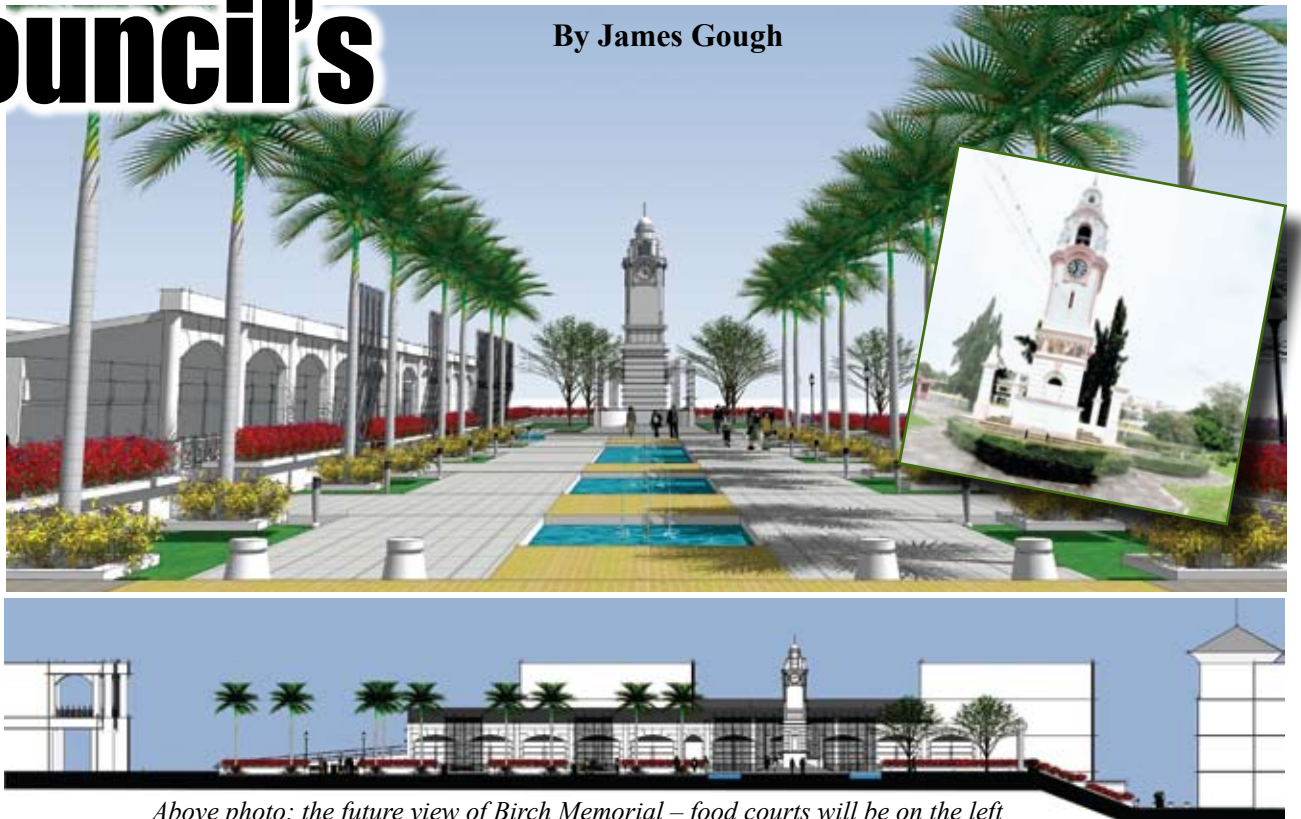


Ipoh City Council's Plans For VPY 2012

By James Gough



Current view looking East from Dato' Sagor Food Court



Above photo: the future view of Birch Memorial – food courts will be on the left

When Visit Perak Year was announced by State tourism chairman, Dato' Hamidah Othman and reported in the July 16 issue of Ipoh Echo, she said that locals must think Tourism and do Tourism. "Visit Perak Year 2012 will involve the whole state," stressed Hamidah. "We need to create awareness throughout the state and have the local residents as well as local councils to participate." So Ipoh Echo set out to investigate exactly what plans have been made by Ipoh city Council in anticipation of VPY 2012.

Continued on page 2

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Mayor Serious about Visit Perak Year 2012

At the last full Board Meeting of Ipoh City Council on August 26, Ipoh Mayor Datuk Roshidi Hashim stated it was serious about getting ready for Visit Perak year 2012. In this regard, he recently returned from a visit to Xiamen, Fujian and Shenyang China as part of a Ministry of Tourism's "Sales Mission to China" delegation led by Tourism Minister Dato' Seri Dr Ng Yen Yen. One of the products that Roshidi promoted about Ipoh was its food as part of Tourism Malaysia's "Fabulous Food 1 Malaysia" programme.

Roshidi also announced that the Tourism Ministry had provided Ipoh City Council a sum of RM3.8 million to upgrade its tourism related facilities around town though most of it was focused around Old Town specifically along the heritage trail as per Map 1.



Railway Station Park

The park at the Railway Station which is the start of the Heritage Trail has been proposed to be given a facelift by re-landscaping the garden area. The existing water fountain at the garden, which hasn't been working for a long time, will be upgraded. It was proposed that it be replaced with a musical fountain, but the decision is still pending.

Birch Memorial

The garden where the Birch Memorial is located has been proposed to be extended to the Old Post Office Building currently being repaired by Jabatan Warisan Negara. The food stalls collectively named "Medan Selera Dato Sagor" will be relocated to the area closer to the elevated car park. The elevated car park, which was the "First Elevated Car Park" in the country" will not be touched.

When the Old Post Office upgrade is completed together with the extended Birch Memorial garden, the road stretching from the Railway Station and Town Hall right down to the steps of Sheik Adam Lane after the Birch Memorial, will be an interesting gallery of history.

Panglima (Concubine) Lane

The plan for Concubine Lane was to upgrade the lane with granite cobblestones and install decorative lighting along the lane. Work was scheduled to start this month but due to the collapse of two shop lots in the lane earlier this month, work has been postponed pending a safety study by JKR.

Heritage Trail Upgrade

The sidewalk of the Heritage Trail has been proposed for an upgrade to "imprint tiles". This will be for the entire length per Heritage Trail Map 1. The sidewalk tiles will have a Heritage Trail logo imprinted at regular intervals. Each Heritage building along the trail will have its own plaque describing its history similar to the Heritage Map. The purpose for these upgrades is to enable visitors to walk the trail without the map.

Medan Kidd Upgrade

The MBI food stalls located at Medan Kidd will be upgraded. Currently the stalls offer only food. The plan after the upgrade is to introduce a touristy environment with souvenir shops as well as food.

Relaxing Rules for Budget Hotels

Roshidi stated that City Council is considering relaxing the rules for budget hotels in Old Town specifically for the number of car parks required per budget hotel. Old Town is within walking distance of Ipoh Central Bus Station and the Railway Station. His rationale is based on visitors arriving by train and bus who don't drive and therefore will not require a car park.

Roshidi also stated that an investor was committed to converting the 3 storey SPH De Silva Heritage Building, located in the centre of the Heritage Trail, into a budget cum boutique hotel.

Upgrading Water Fountains

Ipoh City Council will be upgrading three water fountains. One will be a musical fountain while two more will be upgraded with coloured lights. The fountains identified are at the Railway Station garden, Dataran MBI and Jalan Sultan Yussuf circus beside



The Heritage Trail logo will be imprinted on the upgraded sidewalks

the Menteri Besar's residence.

Hotels and Accommodation

Currently there are six 3- and 4-star hotels in Ipoh while there are 71 under 3-star hotels with a total room capacity of 2,591 rooms. Before the end of this year three more 3- and 4-star hotels will begin operations. These include MH Hotel along Tasek Road and Kinta Riverfront Hotel and Suites among the three.

Upgrades for Roundabouts

The roundabouts at Anderson Road, Silibin, Kampar Road (next to MGS School) and at Jalan Raja DiHilir have been identified for upgrading.

Entry Point Upgrades

The entry points into Ipoh at Simpang Pulau, Kuala Kangsar Road (next to Wing Onn Garden) and at Lahat-Lumut Highway have been identified for upgrading with a suggestion from the Menteri Besar that the first visual be a pleasant one.

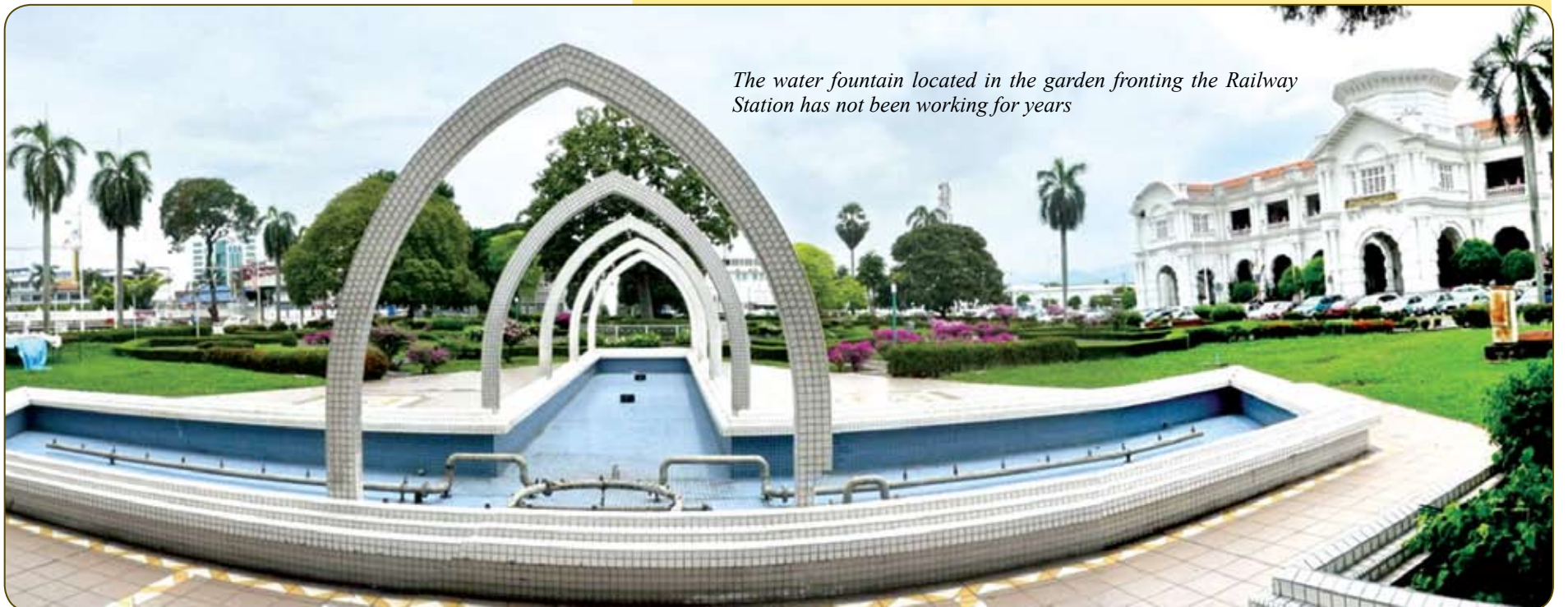
Clean Eateries

Tourism also involves a clean and healthy environment. City Hall has identified 1,500 eateries in Ipoh. Clean eateries that meet MBI's cleanliness standards are issued a Grade A certificate. Since the start of the grading exercise over a year ago, close to 10% of eateries have obtained the A certification. City Hall does not issue Grade B and C certificates.

Clean Drains

City Hall is currently planning to outsource its drain cleaning services.

If all the above initiatives are taken by City Council and conscientiously carried out, hopefully the rest of the stake holders and industry players will join in and are gearing up for VPY 2012. And may Perak achieve the ambitious target for three million tourist arrivals under its Visit Perak Year 2012. That should bring in much appreciated revenue to the State.



The water fountain located in the garden fronting the Railway Station has not been working for years

IPOH **echo**

From the Editor's Desk

by Fathol Zaman Bukhari

Halt the "Political Circus"

Malaysians generally are a forgiving lot. But can Perakeans continue to condone the idiosyncrasies of their elected representatives at their behest?

Nothing can be more disturbing than to see our august State Assembly turning into a house of ill repute. No, not in the true sense of the word but literally. That is what it implies if events unfolding, prior to and during a sitting, are anything to go by. Each sitting is being characterised by a shouting match between opposing benches which ultimately ends in a walkout by the Opposition. This has been the trend ever since Barisan Nasional wrested control from Pakatan Rakyat on February 6, 2009.

The latest sitting on Monday, August 15 was no exception. It started at 10.00 a.m. and ended at 12.30 p.m. – the shortest in the annals of the Perak State Assembly. Within a period of 150 minutes, the only issue of substance debated, which elicited some very heated exchanges of words and expletives, was the controversial RM5.8 billion Liquefied Natural Gas in Tanjung Hantu, Manjung.

The Opposition's ire was aroused over questions as to how a project of such magnitude is being awarded to a "company with no records of business dealings and no contact numbers". The company "with a paid-up capital of RM100 suddenly had RM5 million in its kitty when a report was lodged with the federal anti-corruption commission".

Nothing can be achieved if those we elect to office are only interested in going after each other's throat rather than debate on issues of common interest. Democratic principles are being subverted for reasons of incompatibility among the lawmakers. Malaysians generally are a forgiving lot. But can Perakeans continue to condone the idiosyncrasies of their elected representatives at their behest?

The supposedly two-day sitting ended abruptly when the Opposition walked out after protesting vehemently that Speaker Ganeson was biased. "Whenever it's our turn to speak our microphones are switched off but BN assemblymen are allowed to speak without disruption," said former Menteri Besar and Opposition Leader, Dato' Seri Muhammad Nizar Jamaluddin.

The walkout was prompted by the non-acceptance of a motion by Ganeson to recuse himself from the Speaker's chair. The issue which the Opposition found wanting was the suspension of Khalid Idham Lim Abdullah (Pas-Titi Serong) which, according to Ganeson, was debated and passed during the April 15 sitting.

Although many may question the sincerity of the opposite bench there is an element of complicity involved here. Barisan Nasional's propensity for rushing through an assembly sitting and blaming their opposite number, whenever the inevitable happens, only helps to accentuate the misery.



A compromise needs to be reached if our elected representatives have the interests of the *rakyat* at heart. But will such a situation occur when both sides are continually at logger heads?

There are many issues that need to be discussed and debated in a civilised manner. After all, this is to be expected of a civil society that upholds democratic values and principles.

Over a hundred and fifty questions, posed by all 59 representatives, were being slated for deliberation. Unfortunately, none saw the light of day. The questions ranged from the contentious to the absurd. Most had to do with developments and funding of projects in both rural and urban areas. One which I found amusing is, why two roads in Greentown Business Centre are being turned into a one-way thoroughfare.

The questions, simple though some may be, are indicative of the *rakyat*'s desire for answers and actions from the authorities. But this is not to be as the assembly, due to the insensitivity of some, is more apt to make a nuisance of matters relating to the *rakyat*'s welfare.

President Obama miffed by his opponents' attempt to derail his economic recovery plans, called on the Republicans in the US Congress to "halt the political circus". I feel the political circus in the Perak State Assembly should be halted as well.

Beyond Borders

by Peter Lee

Ten years ago, Jim, a Malaysian, purchased an apartment in central London for £500,000 because his two children were studying there. During that time he was advised to write a will in U.K. because it would be more expedient to have a U.K. will covering the assets there. His U.K. will specifies that he will give his property and money in his London bank accounts to his wife solely upon his demise. However, if common disaster occurs where his wife also passes away then these assets will be given to his two children equally who are now in their early thirties. Similarly, he had also written a will in Malaysia covering assets in Malaysia. The Executors/ Trustees for both the wills are his wife first, followed by his children. One year ago, he passed away and his wife applied for the Grant of Probate in Malaysia and in the UK using the wills from the respective countries. Upon obtaining the U.K. Probate, she discovered that she has to pay inheritance tax of 40% on anything above the threshold of £325,000 for the property and monies in the bank account in U.K. At that point of Jim's death, the value of the property had appreciated to £800,000 and his bank account had a balance of £200,000 totalling one million. So, very simply calculated, Jim's wife had to pay 40% tax on £675,000, which amounts to £270,000. In Malaysia, since estate duty has been abolished, his wife need not pay tax on the inheritance but she would have to settle Jim's personal income tax if there are any outstanding tax amount from his estate.



One of the ways to overcome paying estate duty is to form an Offshore Company to hold the property and the bank account in London. With an Offshore Company, Jim could have avoided paying estate duties, inheritance tax and capital gains tax when he passed away. The property held in most offshore companies could be sold by just transferring its shares without paying any stamp duty. This kind of Company is usually incorporated in a tax haven jurisdiction like the British Virgin Islands ("BVI"), a British overseas protected territory in the Caribbean. There are more than 900,000 incorporations to date. To form an Offshore Company, you only need to have one Director and one Shareholder who could be an individual or a corporate entity. The details of Directors and shareholders are not on any public records so they provide high confidentiality in terms of ownership and control. They are not required to hold meetings but if they do, then it can be held anywhere in the world. The Directors may grant special and general powers of attorney to any person to manage the company's assets. The name of the company can also be in Chinese. There is no authorized capital required. Bearer shares are allowed but it must be held by an approved custodian. Lastly, there is no requirement to file in annual returns, audited accounts and tax returns. This makes the administration of the company relatively simple as compared to the requirements required for a Sdn Bhd. Hence, for ownership of foreign assets, it would be important to use an offshore company instead of owning it in the individual name for purposes of wealth succession and tax minimization.

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

PANGLIMA LANE is Falling Down

Last December, Ipoh Echo reported that the front upper floor and roof tiles of No. 5 Panglima (Concubine) Lane, fell to the lane below. No one was hurt although the incident occurred at 9.30 a.m. Earlier in June the back portion of an unoccupied unit collapsed. On September 7 at 10.45 p.m., the upper walls of another two units, Nos. 25 and 27, fell to the lane below. As luck would have it again no one was hurt although No. 27 is just a unit away from Yoon Wah Restaurant which serves the popular "snow beer" every evening.

The falling debris from No. 27 also damaged the building immediately opposite it and the column of the adjacent building, Yoon Wah Restaurant, damaging a total of four buildings.

Senior Exco for Local Government Dato' Dr. Mah Hang Soon chaired a meeting the next day with owners and residents of Panglima Lane. Later on the same day he announced that JKR, the State Works Department, had in its preliminary report carried out on the same day, declared "7 of 24 units" on Panglima Lane are "deemed dangerous".

Under the Street, Drainage and Building Act, owners of the units, upon being issued a notice



Dato' Hamidah talking to residents. On the right in blue shirt is Residents Committee Chairman Dr. Mike Gurmil

by Ipoh City Council, will have 14 days to repair or demolish their units, otherwise legal action will be taken on them. A detailed report is also being carried out and will be available in a month's time.

In the meantime, the Chairman of the just-

formed Panglima Lane Residents Committee, Dr 'Mike' Gurmil said that he would be calling a meeting with the owners and residents to determine their next course of action.

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Thinking ALLOWED • by Mariam Mokhtar

Tap the People for a Successful Visit Perak Year 2012

It is now mid-September 2011 and January 2012 is just around the corner. For those who are unaware, 2012 is Visit Perak Year. Some people may believe that Perak is geared up for this very important year but are they being realistic? How many people are aware that 2012 is Visit Perak Year?

Questions, Questions and more Questions

Last July, the Ipoh Echo published a report which said that the calendar of events would be ready by September. Why have the authorities not engaged the general public to suggest ideas for events or venues? What do the Perakians know about the events planned for 2012? What has been the public's participation in these?

How have the authorities presented the array of activities, venues or special exhibitions to showcase Perak to the whole world? The Ipoh Echo may be accessible locally and on-line but is this enough?

Who is the target audience for tourism Perak – the foreigners or local (Malaysian) tourists? Is the approach for each different?

Advance Planning

Everyone knows that the preparation and the promotional events for the Olympics are started well in advance and sponsorship obtained years before the site is ready.

In the schools our children attend, the school diary is prepared a year, or two, in advance; the schools know what events should be included in the academic year and it has a rough idea of who it plans to invite to give talks to the students.

Ideas from the People

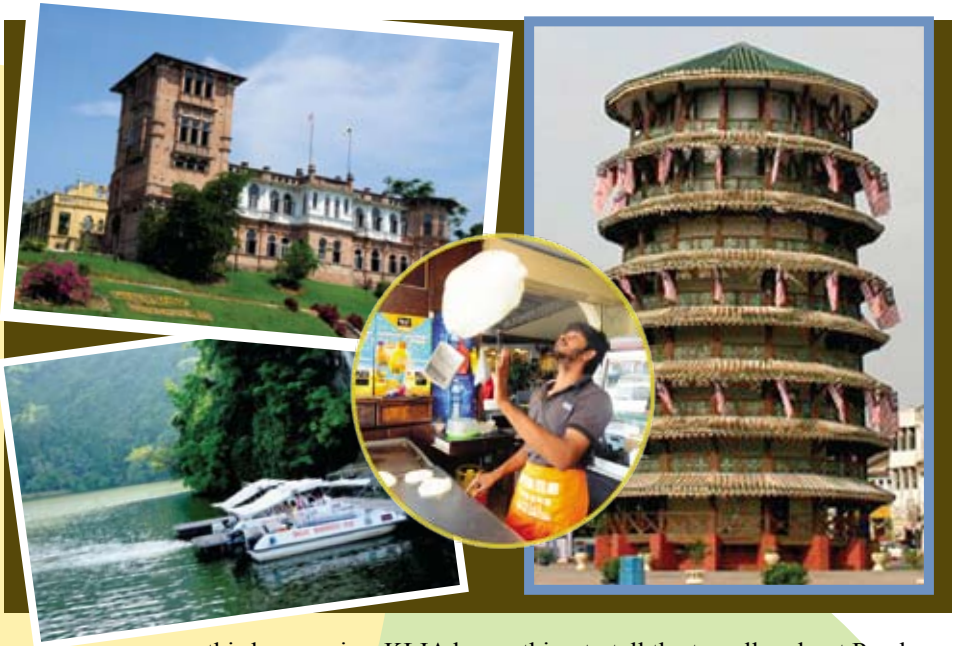
Perak is not short of people who have interesting ideas. Why is their creativity not being tapped? Why do we shy away from engaging the wider public to participate in an event which will ultimately benefit them?

Our youth know what is fun and would be enjoyed by their peers. Perhaps competitions to create advertising slogans could be organised in schools to tap these young minds. Perhaps the winning entrant could be rewarded with a package holiday for him and a friend at a 5-star resort of his choice, in Perak. This might be the chance to promote the 3D2N package that was mentioned in the July 16 issue of Ipoh Echo.

People flying by MAS into KLIA are normally treated to a tourism Malaysia promotional advert on the monitors, prior to landing. Why are they not told that it is Visit Perak Year in 2012? Where are the flyers, or to save costs, a notice on their screens to inform them about the event?

Why are Tourism Malaysia offices overseas not promoting Perak at all? Many people book their holidays well in advance. Can't we at least tempt them now, so they can include Perak as a possible destination?

We have a brilliant, direct bus service between KLIA and Ipoh, which very few people know about. There should be billboards as we arrive at KLIA showcasing Perak and telling them that they can go direct to Perak



on this bus service. KLIA has nothing to tell the traveller about Perak.

Why can't the authorities have adverts promoting Perak painted on the outside of buses and coaches outside of Perak? It is those people outside the state we need to entice.

In the run-up to the Royal Wedding of Prince William and Kate Middleton, the London Underground printed a photo of the royal couple on the reverse of the Oyster tickets. Millions of people bought these tickets, which would otherwise be free, to keep as souvenirs of the event. Perhaps transit passengers, who land in KLIA, on their way to Australia and beyond, could be given transit boarding passes with Visit Perak on the reverse?

In-House Preparation

The most important preparation we should make is in-house. It has to do with cleanliness, hygiene and communication. There is little headway with filth and litter. Our streets are dirty and our drains support more plant growth than is found in some of our gardens. The smells from rotting food waste and the vermin that thrive on waste, lie beside some of our best food stalls. Where are the health inspectors and why is there a lack of enforcement?

If we are really serious about welcoming these visitors, we need to improve our cleanliness. Impose a heavy fine on those who litter indiscriminately and close down the establishments which continually break the rules. Perhaps the people in charge have different standards of hygiene or have a higher tolerance of filth.

As always, our local government seems to do things in fits and starts, it shows enthusiasm only when a minister or exco member shows interest. Communication and education within our community is poor. It is time we addressed this common failing.

ANNOUNCEMENTS

Announcements must be sent by fax: 05-2552181; or email: announcements@ipohecho.com.my, by the 9th or 23rd of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

Second Annual 1 Malaysia "Kempen Berbasikal Bersama Rakyat 1313" jointly organized by Perak Cycling Association and MNM Success, Sunday **September 18** at 8.00 a.m. at Velodrom Rakyat Ipoh, Jalan Ghazali Jawi, Sport Complex Ipoh. Registration can be made at: Tesco Ipoh Garden, Giant Sunway City on September 10 & 11 at 10.00 a.m.-10.00 p.m., and MNM Success at 45A, Lorong Taman 9, Taman Pertama, Ipoh. For information visit: Malaysia1313.blogspot.com or call: Mr Chooi at **016-5013355**, Mr. Hiew at **013-5200710**, Miss Foong **016-5518361**, Mr Kenny Chin **012-5207326**.

Public Forum on Eye Health – 'Masalah Mata Di Usia Emas' (in Malay), Saturday **September 24**, 2.30 p.m. at Lee Eye Centre, 44 -46 Persiaran Greenhill, Ipoh. Contact: **05-2540095/2544951** Ms Liza/Ms May. Website: www.lec.com.my.

MNS Perak birding cum leisure trip to Kinta Nature Park, Batu Gajah, Sunday **September 25**. Meet at Pomelo stalls along Jalan Gopeng, Ipoh near Perak Tong at 8.00 a.m. sharp. The Park is rich in flora and fauna with more than 140 species of birds recorded and is home to five breeding species of herons and egrets at its heronry within the Park Visitors' Centre. The heronry is regarded by many to be the largest in the country! Own transport. For details, contact the trip leader, Mr Ooi at **017-5082206**.

Perak Family Health Association (PFHA) Charity Fund Raising Dinner, Friday **September 30**, at the Restoran Seri Lido (formerly Florex Restaurant), Lot 34219, Jalan Dato' Onn Jaafar, Ipoh at 7.30 p.m. in aid of a proposed dialysis centre and family health programmes. For further details, contact Ms Kimberly Lee, Ms Angilin Charles or Mrs Chong at **05-5477849/5467633**.

Dementia Carers Training Workshop (English) organised by The Dementia Society, Perak. Trainer: Dr Ng Li-Ling. Thursday **October 13**, 8.00 a.m. to 1.00 p.m. at KPJ Ipoh Specialist Hospital, Conference Room (new wing). Free Admission. Who should attend: family members, health care workers, social workers, home assistants and those who are directly or indirectly involved in the care of dementia patients. Closing date: October 3. Enquires, call: April Loh at **019-5712 738**.

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<i>Tmn Ipoh Jaya:</i>	Rasu Enterprise, 271 Jalan Gunung Rapat.
<i>Tiger Lane:</i>	Perak Academy, 28 Jalan Sultan Azlan Shah.
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<i>Greentown:</i>	CIMB Securities, 8 Persiaran Greentown Business Centre, Tel. 05-2088688.
<i>Sitiawan</i>	SJBB Stop Shop, Maju 2 Perak, next to City 1 Kopitiam, Tel.: 05-692 9893.
<i>Seri Manjung</i>	Foos Steak House, Persiaran PM 2/3, Pst. Bdr. Sek. 2, Tel.: 05-688 1700.
<i>Lumut</i>	Super Clean/Holiday & Tour, 4152 Jalan Sultan Idris Shah, Tel.: 05-683 2222.



Musings on Food

seefoon@ipohecho.com.my

By See Foon Chan-Koppen

Photos by Christian DiGiovanna

SeeFoon goes 'grazing' in Chemor

"to graze – to eat a variety of appetizers as a full meal" (dictionary.com)

Food stalls all over Asia are a natural grazer's delight and particularly in Ipoh where there is a cornucopia of available outlets. All one needs to do is gather a group of friends, hop into the car and whizz off, not having to contend with stressful traffic jams, park with ease along the roadside and graze from outlet to outlet.

I did this recently with my usual group of Foodie friends led by the indomitable Ginla Foo who somehow manages to ferret out some of the most obscure but delectable places where hidden culinary treats await.

This time, the general locale chosen was Chemor. We began with Tanah Hitam, at Kampung Tersusun at a local coffee shop named **Chee Kong**. Tanah Hitam is well sign posted along the road leading from Chemor to Tanjung Rambutan. Coming from Chemor look for a large Chinese arch beside the Tanah Hitam Police Station and turn in. Follow that road and within less than one kilometre, the restaurant is on the right.



Chee Kong's confinement noodles

Confinement Noodles

The specialty of this outlet is its confinement or post-natal noodles. They also serve a variety of other noodle dishes but as we were grazing, we went only for the **Yuet Por Fun** or **confinement noodles**. This culinary tradition dates back to historical times when food was the only medicine and women who had just given birth required nourishing food to restore vitality. What sets this dish apart from regular noodle soup is the ingredients that go into it: oodles of fresh liver (full of vitamins and source of B12 and folic acid), small intestines (same), pork and fish slices, prawns and a minced pork omelette redolent with ginger (Chinese panacea for many things!). And I must not forget the key ingredient: a small bottle of Chinese **Shao Tsing rice wine** mixed with their home brew is placed on the table for you to help yourself. Although 11.30 a.m. was a tad too early to be imbibing, I nevertheless, in the name of research (sic) put in a splash and found it enhanced the taste of the soup to greater heights. RM5 per bowl with choice of noodles. Another outlet in Bercham run by the son also serves the same dish.

Kanthan Secrets

We then headed back towards Chemor turning right at the traffic lights when we hit the main road of Jalan Kuala Kangsar till we came to yet another Chinese arch right beside the Kanthan Baru Police Station when we turned right, then left and at the corner of Kanthan Baru 14, we came to **Restoran Chong Chew**.

We came here for their **Hakka Yeong Liu**, and as it was a Saturday, their **Lui Char** (available only



Weekend Lui Char

Next came the **Lui Char**, served only on weekends because of the very complicated preparation involved: rice topped with a mixture of chopped greens, peanuts, *choi po* (preserved radish) long beans, and served with a bowl of thick hot green 'tea' which



is a blend of basil, mint, sesame seeds, sweet potato leaves, dried shrimps and other secret ingredients known only to the Hakka Hor Por chefs who make this specialty – RM3.20; large RM4.00. Proprietor Chong Kee Kew swears that all the ingredients are completely natural and no MSG is used.

Disappearing Tsai Kwei

There were so many other temptations here that we ordered one of each to taste. The **Tsai Kwei**, glutinous-rice steamed dumpling, another of their specialties, comes in pink, stuffed with a choice of *ham choi* (preserved Chinese cabbage), *sengkuang* (yam bean, a kind of turnip), peanuts, (slightly sweet), garlic scallions and *kow choi* (chives) were all tasty, my favourites being the yam bean, preserved Chinese cabbage and the chives. Unlike other places where I've tried this fast disappearing delicacy, these were not dripping in oil and felt a lot healthier – RM0.70 each.

Next to come was the **Chee Cheong Fun** which came served with a choice of **curried pig skin with long bean**, RM2.60; their **mushroom sauce**, RM2.10; or the **Wild Boar curry**, RM3.80. Their homemade **Lo Mai Kai** (steamed glutinous rice with mushrooms and pork and chicken) is well worth tasting – RM2.40.

By this time, although we only ordered one portion of everything and shared amongst six people, we were stuffed to the gills and had to give up on our plans to graze a bit further so we abandoned plans for a third location which will be covered in the next issue.



• Kedai Makanan Chee Kong

(N 04 43.560 E 101 08.653)

201 Kampung Tersusun, Tanah Hitam

Tel: **016-5212649** (Mother, Kwai Lan)

6.00 a.m.-12.30 p.m.

Bercham Outlet: 89, Bercham Itaman Satu(From Tesco Express past the police station on right); Tel: **010-2205121** (Son, Kevin)

7.00 a.m.-1.30 p.m.

• Restoran Chong Chew

(N 04 44.538 E 101 07.173)

282 Kanthan Baru, 31200 Chemor

Tel: **05-2017616** 8.00 a.m.-6.00 p.m.

(most items are gone by 2.30 p.m.)



RECIPE

By Margarita Lee



Pan Fried Salmon in Homemade Teriyaki Sauce

Ingredients (A):

- 2 Salmon steaks
- Pinch of salt and pepper
- 3 tbsp cooking oil

Ingredients (B):

Homemade Teriyaki Sauce

- 3 tbsp Japanese soy sauce
- 3 tbsp *Mirin* (sweet Japanese rice wine)
- 1 tbsp grated ginger
- 1 tbsp chopped spring onion
- 1 tbsp sugar
- 1 tbsp *Sake* (Japanese rice wine)
- 1 tsp Japanese vinegar
- 2 tbsp lemon juice

Method:

1. Wash and pat dry Salmon, sprinkle salt and pepper on both sides of the fish.
2. Mix ingredients (B) in a bowl.
3. Heat pan with oil, pan fry both sides of the Salmon steak until golden brown. Dish out when colour is achieved.
4. Remove excessive cooking oil from pan; pour in ingredients (B).
5. Let it simmer until the sauce is bubbling, it should slightly thicken.
6. Put the Salmon back in the pan; to coat the fish with the sauce. Flip the salmon steak over to evenly distribute the sauce.

(Note: Do not overcook the fish; it takes about 1 minute for each side of the fish.)



HAWKER FOOD

Dai Loke Meen



Known also as Mee Hailam or Hokkien Mee, *Dai Loke Meen* 'big fat noodles' is just that – yellow noodles that are fatter than normal and cooked in a thick dark sauce, and served with fantastic *sambal belacan*. Whether the noodles are round or angular does not make a difference to its taste. *Dai Loke Meen* is unique in its dark, sometimes almost black colour. It also has the added flavour of cooking with lard. Pork, chicken or prawns and vegetables may be added. Some like it wet whilst others prefer it dry; some may even regard Ipoh's light colour noodles as a sorry replica of the original.

1. **Restoran Sun Tuck Kee** (night)
65 Jalan Yau Tet Shin (New Town)
Nice smoky taste; sambal is a little watery and a bit sour. RM4.50.
2. **Kafe Sentosa (Ria)**
33 Tingkat Taman Ipoh, Ipoh Garden South.
RM3.70.
3. **Restoran Yin Fai Kee** (night)
2 Jalan Leong Sin Nam (New Town)
Sambal is thick. RM6.
4. **Hong Kong**
1 Lorong Taman 12, Taman Pertama. RM4.



News Roundup

Hari Raya/Merdeka Festivities

Royal Family Celebrates with Rakyat



For the first time the rakyat celebrated the first day of Hari Raya Aidil Fitri with the Perak Royal Family at the Menteri Besar's open house at his residence in Ipoh.

In the past, separate events for the royalty and state dignitaries were held. This Hari Raya, Sultan Azlan Shah consented to attend the open house with the rakyat.

The cloudy morning gave way to blue skies when Raja DiHilir, Raja Jaafar Raja Muda Musa, the first VIP, arrived. He was followed by Raja Muda Perak,

Raja Nazrin Shah. The Sultan of Perak, Sultan Azlan Shah arrived with Raja Permaisuri, Tuanku Bainun, followed by their children Raja Dato' Seri Azureen, Raja Dato' Seri Yong Sofia, their spouses, and Raja Dato' Seri Ashman Shah, and their grandchildren.

The presence of Perak Royalty gracing the open house reflected a wholesome solidarity with the rakyat. Sultan Azlan Shah later presented duit raya to orphans.

Raya Baby



The arrival, at 12.15 a.m., of a 3.4kg baby boy brought added joy to Anna Suhana binti Kamaruddin and her husband, at the Pantai Hospital Ipoh.

Mayor's Residence



At the Mayor's residence, city councillors and a big group of well-wishers joined Datuk Roshidi Hashim to celebrate Hari Raya Aidil Fitri.

Rotary 4-Way Test



The Rotary Club of Ipoh has printed 2,000 bookmarks bearing the message of the Rotary 4-way test for distribution to schools as part of its awareness programme.

The test is of the things we think, say or do. The four questions are:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?

It then goes on to elaborate in more depth further questioning of oneself.

The purpose of the 4-Way Test is to encourage youngsters to ask questions of themselves and by so doing to develop a higher level of ethics and morality in their daily lives.

JF

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05-2412827 / 2463827



Merdeka ..Hospital Permaisuri Bainun

State Dancers

Kumpulan Selendang Perak had a photo shoot for Hari Raya outside the entrance of the State Secretariat recently. Dressed in their *Baju Raya*, they spontaneously brought out the mood of the moment in anticipation of the Hari Raya celebration.

For those who are not familiar with Kumpulan Selendang Perak or more commonly referred to as KSP by the government staff, this is the dance troupe that always performs the traditional dances so gracefully at official government functions.

According to their Chief of Music, Abdul Razak Hamid, the troupe was formed in 1985 during the time of Menteri Besar then Tan Sri Ramli Ngah Talib before the installation of Sultan Azlan Shah with the purpose of promoting Perak culture and dance.

The troupe, consisting of 25 members government employees, practice daily at their office located within the State Secretariat.

JAG



Arts and Culture



K-Pop Concert

The Perak Society of Performing Arts (PSPA) K-Pop Concert which featured Korean pop music and songs was a refreshing change from the earlier performances in the festival which featured the classics of yesteryear.

K-Pop Concert was also the closing event of the Perak Performing Arts Festival 2011 which kicked off in March with Exploring Shakespeare, a community outreach programme which involved Ipoh Schools.

According to PSPA President, Datin Rosalina Ooi, the final event was to have been the "Perak Top 10 Marching Bands" slotted for September 16. However since many of the band members were preparing for their exams, it was postponed and replaced with the K-Pop Concert.

The K-Pop Concert was young and energetic and had the younger audience standing below the stage and moving to the beat of Korean singers and songwriters such as Daniel Kim, Cho Hye-Ri, Lee Yun-Hwa, Noh A-ram, and Nae Ri and accompanied by a band of energetic musicians.

The night was energized and "that was why we did it, to cater to a younger crowd instead of the earlier fare," said Rosalina.

The concert was also a fund raiser in aid of IpohBUG, an organisation dedicated to "Developing Youth through Sport". IpohBUG, started in 2008, is currently providing training programmes in football, Frisbee, basketball and badminton.

IpohBUG President William Chang stated that their "training programmes have grown and expanded and require a full time staff to co-ordinate their weekly programmes. Additionally, it is intending to set up an academy targeted for next year".

State Exco for Tourism, Dato' Hamidah Osman, officially closed the Festival that evening and gently reminded Rosalina to start preparing for "Perak Performing Arts Festival 2012".

JAG

LETTERS

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

Perak Tourism News

I went to the offices of the Ipoh Echo while on holiday last month so I brought back the full version of the paper. Firstly I was disappointed that some English street names were gone as I was hoping to get a photograph taken at Patrick street which is not far from the new Tourist office. I was shown where the street was and my visit overall was quite enjoyable. Ipoh is certainly my kind of town, compared to KL where it's a nightmare getting around in the many traffic pile ups. So looking forward to coming back to Ipoh, enjoying reading the Echo as it's very informative.

Patrick Parsons

Good Response

Thank you for the announcement printed in Ipoh Echo issue 126 (public talk "Be Inspired, Be Happy"). Many of our guests who attended the programme knew about it through the Ipoh Echo. The response was good and we appreciate all your efforts. Thank you once again – "Together We Create a Better World".

Santha

Persatuan Brahma Kumaris Ipoh

Skill Training FOR VOLUNTEERS

"Volunteers must possess communication skills if they're to be effective," said Dato' Saarani Mohamad, Chairman of Yayasan Bina Upaya (YBU) to reporters after breaking fast with media representatives and staff of YBU recently. The foundation will embark on a programme to improve these skills for the more than 1,600 volunteers registered with YBU.

"Their ability to communicate is essential, as they're our front-liners and are the ones to project a good image of YBU," Saarani added. Among the skills the volunteers need to master is the ability to be good listeners and motivators. "These skills are critical in YBU volunteers, as I expect the best out of them".

The breaking of fast was held at a government bungalow along Jalan Sultan Azlan Shah (Tiger Lane) and was attended by over a hundred guests, staff and volun-

teers of YBU. The bungalow is intended as a base for the volunteers and has been renovated for that purpose. Cost of renovation is almost RM45,000, according to the foundation chairman.

The volunteers need a firm base to operate from and the building fits the bill. "It's not fully equipped as yet but we'll make the necessary alterations soon to provide comforts for those wishing to stay overnight," said Saarani.

The bungalow will be opened based on needs only for the moment. "However, should there be a requirement for an extended usage it'll be opened for a much longer period," he added.

RM

Wellness

Cataracts

Ipoh Echo's eye health series continues with Consultant Eye Surgeon Dr. S.S. Gill talking to us about Cataracts.



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

Cataracts may cause a variety of symptoms. **Blurry vision** at any distance is the most common symptom of cataracts. Your vision may look **foggy**, filmy, or cloudy. Over time, as the lenses become more opaque or mature, less light reaches the retina. People with cataracts may have an especially **hard time seeing at night** making it difficult when driving. The lights from oncoming cars may scatter and cause **glare**.

A common complaint among housewives is that **colours seem washed-out** and dull. One patient who recently had her cataracts removed, actually asked her brother whether he had repainted his car white because she thought that his car colour was brown in the past! A maturing cataract makes it difficult to especially distinguish blue colours.



Cataract in one eye

"Second-Sight of Aging"

There is a phenomenon called "second sight of aging" in which paradoxically a person's reading vision suddenly improves as a result of their increased nearsightedness from swelling of the cataract. You may sometimes hear people actually boasting that they do not need reading glasses anymore to read their daily newspapers. Often this so called improved vision for nearsightedness is usually short-lived. It actually is a symptom of a maturing cataract.

Frequent Change of Spectacles

If you find that you have been needing to change prescription spectacles every few months, this too may be a symptom of cataracts. Essentially, the spectacle powers or contact **lens powers** will have to be **increased** in order to get acceptable vision to the patient.

The Unnoticed Blurring Vision

There are some patients who do not notice their blurring vision because the **cataract is more mature in only one eye**. This is because the **other eye compensates** for the vision requirement for their daily activity. The blurring vision is only noticed when they check the vision of each eye separately, only to be surprised that vision in one eye (with cataract) is so poor! Rarely do cataracts cause double vision (also known as diplopia). As the cataract becomes more mature, the double vision may go away.

Cataracts usually progress gradually and are not painful. They only become painful when they are extremely advanced or mature resulting in a condition called glaucoma where the eye pressure increases. Therefore it is important **not to wait for the cataract to be too mature** before seeking eye treatment. Rapid or painful changes in vision are suspicious of other eye diseases and should be evaluated by an ophthalmologist. Take note of any unusual eye symptoms and get your eyes checked annually if you are above 40 years of age.

Dr. Gill will discuss more on cataracts in the next issue.

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

Announcements

Chinese Primary Education Scholarship For Indian Children

A government Chinese primary school near Sg. Klang is offering a scholarship of full-term primary education to any Indian single-parent family with 4 children under the age of 10. Other single parent families with less than 4 children are also eligible to apply.

The scholarship includes a living allowance of RM600 or more, free tuition, free lodging, free uniform and shoes, free school books and free computer course.

For enquiries regarding application, contact Mdm Soo at **05-3214287/016-5686099**.

Students from Tamil schools or Sekolah Kebangsaan also eligible to apply as they can catch up in later time.



News Roundup

SMC Kalvi Yathirai 2011



Some four thousand students and parents participated in the Kalvi Yathirai 2011 (or Education Pilgrimage) organised by Sri Murugan Centre (SMC) in Sri Subramaniyar Temple, Gunung Cheroh. The function was held simultaneously in eleven centres throughout the country.

SMC Perak Co-ordinator, K. Nachemuthu explained that Yathirai brings parents and children together for education at a religious place. This has been an annual event since 1995. Prayers are conducted for students sitting for their UPSR, PMR, SPM and STPM to get good results. SMC gives students intensive coaching.

Nachemuthu made a request to Perak MB, Dato' Seri DiRaja Dr. Zambry Bin Abd. Kadir who was the Guest of Honour, that the State Government, who only give scholarships to students studying in Middle East countries, also give scholarships to students studying in Indonesia, Russia and other regional countries as well.

Zambry presented a mock land title for the 0.53 hectare of land behind the temple which has been given to SMC to put up their multi-purpose building. The MB had good news for the organisers and informed that the State Government would pay for the expenses of the event costing RM20,000.

Certificates were given to students who were offered places in public universities for 2011.

AJ

Toastmasters' Muhibbah Nite

The ballroom of Traders Hotel, Taiping was abuzz with activity recently presenting Muhibbah Nite. Division H Toastmasters rose to the occasion, arriving in elegant batik shirts, saris and *cheongsams*.

In July of each year, the Toastmasters community worldwide elect new leaders to chart the path for their respective clubs, divisions and districts. Division H, which spans most of Perak and Seberang Perai, had their various clubs' Joint Installation Dinner that evening with some 150 guests, from as far as Kuala Lumpur and Penang, in attendance.

Muslims and non-Muslims alike broke fast together in a true muhibbah spirit. The evening's agenda was peppered with interactive games and lucky draws. SMK Gunung Rapat Gavel Club kept the crowd entertained with the Muhibbah Guessing Game, which had guests scrambling to identify photos of local celebrities and landmarks.

SMK Gunung Rapat Gavel Club is part of an outreach



programme by the Perak Toastmasters community to affect good English communication and leadership skills among teenagers.

The highlight of the night was the installation ceremony, where club officers were sworn into office before their peers. Club presidents took their oaths of office while holding up a gavel, the Toastmasters' symbol of authority. The dinner ended on a high note, as office bearers returned home with a new found determination to lead their respective clubs to greater heights in the year ahead.

If you are interested in keeping up with future Toastmasters events in Division H or to find a club near you, please give Phang (012-5200399) or Mohan (012-9242740) a call.

Mohan

12th MATTA Fair Perak



The 12th Perak MATTA Fair held recently at the Perak Girls School recorded over 20,000 visitors and took in sales valued at over RM10 million.

Perak MATTA Chairman, Mr Ranjit said the popular destinations targeted were Korea, China and Hong Kong.

This year also saw interest in cruise destinations such as the Caribbean and Mediterranean.

The Fair this year was opened by Encik Syahrudin Abdul Hamid, the Director of Ministry of Tourism, Perak. In his speech Syahrudin acknowledged that travel fairs were an "important one stop platform to gather players and customers together." He also reminded the players "to help sell the state by promoting domestic tourism".

Over 60 booths were taken up for this Fair of which 8 were for promoting domestic tourism. Managing Director of ZUK Travel & Tours, Mohammad Zukni, Yusuf who was promoting domestic tourism, said the response at this fair "was marginally better than the last fair held earlier this year. It will get better but will need a lot of promotion." This was Zukni's second time participating in Perak's MATTA Fair.

JAG



Visitors' Book

Chairman of Yayasan Bina Upaya (YBU), Dato' Saarani Mohamad was the first to sign the visitors' book at the opening of the YBU's volunteers' headquarters building recently. The ceremony was held simultaneously with the breaking of fast with media representatives and staff of YBU. Over a hundred attended the function which was held at a government bungalow next to the Senior Police Officers' Mess along Jalan Sultan Azlan Shah, Ipoh. Present at the function was Dato' Zainal Abidin Omar, Chief Executive Officer of YBU and the Adun for Malim Nawar, Keshvinder Singh.

RM

Court Favours Haji Sultan



The Ipoh High Court's ruling naming Haji Sultan Abdul Kadir as the legitimate President of the Perak Indian Chamber of Commerce was hailed by its members. The court's decision was announced to the media at a Hari Raya open house hosted by the chamber and held at the Ipoh City and Country Club recently. "The high court's decision will remove all doubts regarding the legitimacy of my presidency and that of the Perak Indian Chamber of Commerce," he told reporters. It ended the long-drawn battle with another namesake which is being helmed by one B.K. Kumar. Haji Sultan will file a damage claim against plaintiffs B.K. Kumar and P.S. Archary amounting to RM500,000. "The court is calculating the cost incurred during the long trial," said Haji Sultan.

On the chamber's future plan, Haji Sultan alluded to the 30-acre site in Keramat Pulai given by the State Development Corporation. Shop and industrial lots will be built on the land. The chamber has purchased a building in Jalan Sultan Iskandar, Ipoh, at a cost of RM420,000. The building will house the chamber's headquarters and will be ready for occupation once renovation works are completed. Haji Sultan thanked the Menteri Besar for his assistance in acquiring the building and the vacant land.

RM

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News Roundup

Ghazali Calls On MB



The Perak Government is looking into steps to increase the state's revenue "without burdening the *rakyat*." Newly-appointed State Financial Officer (Safino), Dato' Mohd Ghazali Jalal, who replaced Dato' Jamaluddin Al Amin, has been tasked to look into it. Menteri Besar, Dato' Seri DiRaja Zambry Abd Kadir, stated this after meeting Dato' Mohd Ghazali in his office recently.

"There are other means of collecting revenue without burdening the *rakyat*," he told reporters. "I've directed Ghazali to explore ways to strengthen the state finances and to maintain the treasury's status as the best managed department in the state," he added. The department was given a four-star rating by federal auditors two years in a row – 2009 and 2010.

Ghazali responded by saying that his predecessor, Jamaluddin has set a high standard for him to emulate. Thus, maintaining the status quo will be his priority. One possible way of increasing state revenue, he said, is by taxing TNB for use of state land for its high-tension towers and water to run its hydro-powered turbines at dams within the state. Ghazali is mulling over efforts to elicit payments from stamp duties which currently are paid directly to Putrajaya. "These are some of the ways to get extra income without taxing the *rakyat*," he exclaimed.

Mohd Ghazali has a degree in microbiology from Universiti Kebangsaan Malaysia. He joined the civil service in 1981 starting as an Administrative Officer at Universiti Pertanian Malaysia. His last post before taking on the appointment of Safino is as District Officer of Kuala Kangsar District.

RM

Wellness

Eye Chat

with Perak's Only Fellowship-Trained Retinal Surgeon, Dr. Lee Mun Wai

What you should know about "Eye Stroke"

Most people are familiar with the term "stroke" which refers to a blockage of blood vessel(s) in the brain resulting in partial paralysis, slurred speech and even death in the most severe cases. Not many people however, are aware that the eye itself can also have a "stroke". The eye is like a camera; light is focused by the cornea and lens onto the "film" of the eye – the retina. The retina is responsible for converting light energy into electrical impulses which are transmitted to the brain and interpreted as images. That is how we "see"!

Like any other tissue in the body, the retina is dependent on nutrients and oxygen from a series of blood vessels comprising of arteries and veins. When blockages (occlusions) occur in these blood vessels, the result is a "stroke of the eye".



Symptoms of Eye Stroke

People with eye stroke usually have little warning when it occurs. They could go to sleep with normal vision and wake up with loss of vision in one eye. There is no pain at all and some people notice a dark area or shadow which affects the upper or lower half of their vision.

Types of Eye Stroke

Blockages can occur in either the arteries or veins of the retina. The extent of visual loss depends on whether it is the central or branch artery (or vein) which gets blocked. Artery occlusions are usually caused by a clot or plaque (embolus) which breaks free from the major artery in the neck (carotid) or the valves or chambers in the heart. The embolus may be very small and not cause any significant interruption of blood flow in the larger arteries but when they reach the retina where the vessels are so fine, that's where the occlusion occurs.

Vein occlusions are caused by a localized clot (thrombus) which forms as a result of hardening of the artery adjacent to the vein. The arteries and veins of the retina are crossing over one another and it is at these crossings where vein occlusions can occur.

Treatment

The occurrence of an "eye stroke" is often an indication of more widespread vascular disease in the body. The major risk factors are age, high blood pressure, high cholesterol, diabetes and heart disease. A referral to the cardiologist to look for abnormalities in the heart as well as narrowing of the carotid arteries is often necessary. In vein occlusions however, raised pressure in the eye (glaucoma) can also be a risk factor. In artery occlusions, treatment in the acute stage may involve lowering the eye pressure with medication or sometimes by releasing fluid from inside the eye and ocular massage. This has limited success but may help to dislodge the clot and allow normal blood flow again.

In vein occlusions, depending on the amount of bleeding and swelling in the central retina (macula), laser treatment can be done. More commonly now, an injection of a medication which is an anti-VEGF, is given directly into the eye. VEGF is a growth factor which is found in abundance in a vein occlusion and is responsible for causing the retinal swelling and bleeding.

Prognosis

Eye stroke is a potentially devastating eye disease and is often related to other vascular problems in the body. It is therefore, very important that if you have any sudden vision loss, you should visit your ophthalmologist immediately. It is also vital that if you have any risk factors for eye stroke such as hypertension, diabetes or heart disease, that these conditions are well controlled.

For more information, contact: **Lee Eye Centre Ipoh**

Tel: 05-254 0095 or email: enquiry@lec.com.my. Website: www.lec.com.my

Jaipur National University Campus in Perak



Jaipur National University plans to build a campus here in Perak. This noble intention is being realised with the signing of a Memorandum of Understanding (MOU) with the university's local partner, Perak Educity. The signing ceremony was held at Syuen Hotel, Ipoh, recently and was witnessed by Menteri Besar, Dato' Seri DiRaja Dr. Zambry Abd Kadir.

Chairman of the Jaipur National University Board of Director and Chancellor, Sandeep Bakshi signed on behalf of the University while Perak Educity was represented by its Chairman, Dato' Abdul Rahman Ghani.

The campus will be built at a cost of USD50 million (RM150 million). A possible site is along the Ipoh-Seri Iskandar corridor. The signing of the MOU marks a watershed in the state government's drive to make Perak an educational hub of the country.

Institutions of higher learning which are in varying degrees of development are the Segi University College in

Menglembu and the Quest International University Perak in Gua Tempurong, Gopeng. "Education is set to enhance the economic development of Perak," said Zambry to reporters. "We can't be dependent on foreign direct investments alone to develop the state," he added.

The university is keen on expanding worldwide and has picked Perak as its first foray outside of India. Jaipur National University has had twinning programmes with established universities such as Lincoln University, University of Central Lancashire and London School of Business Management.

Before construction works begin, a temporary campus will be built in Ipoh and will start taking students in July 2012. "Our enrolment target is between 2,000 to 3,000 students, the majority being locals and the remaining foreigners," said Sandeep.

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Education Loan



The National Higher Education Foundation has disbursed loans to 3,314 students amounting to RM5 million in Perak for pursuing higher education at the various institutes of higher learning in the country this year.

A total of 152 students from Manjung District received their loan cheques from the Minister of Transport and MP for Lumut, Dato' Seri Kong Cho Ha. The money, about RM230,000 in total, was handed over to the successful applicants at a function held in Sitiawan recently.

The Minister told the recipients to value the assistance given by the government and to ensure that they complete their education with excellence. He reminded them not to shirk their responsibility of repaying the loan once they are employed and are in a position to do so. The money collected will be given out once more to other needy students. **SN**

Community

Mariah's KUIH BANGKIT AND BAHULU

Who would have thought that behind the mouth-watering *kuih bangkit* and *bahulu* is a story of hardship and struggle by one gutsy lady.

Mariah Dollah, 60, from Kampung Pulau Pisang in Malim Nawar became the sole breadwinner after the death of her dotting husband over a decade ago. Not wanting to trou-

Book Review

Ipoh, My Home Town: Reminiscences of Growing Up in Ipoh, in Pictures and Words

Penned by 47 different authors, all of whom spent some or all of their childhood days in Ipoh, this is a book like none other. Here they share their memories of their beloved "Home Town", good and bad, which together provide a rich tapestry of sights and sounds of days gone by. The writers have reminisced about growing up in Ipoh, in 64 different, heart-warming and absorbing tales, the earliest from a young man born on Market Street in 1920 and the youngest just turned 13.

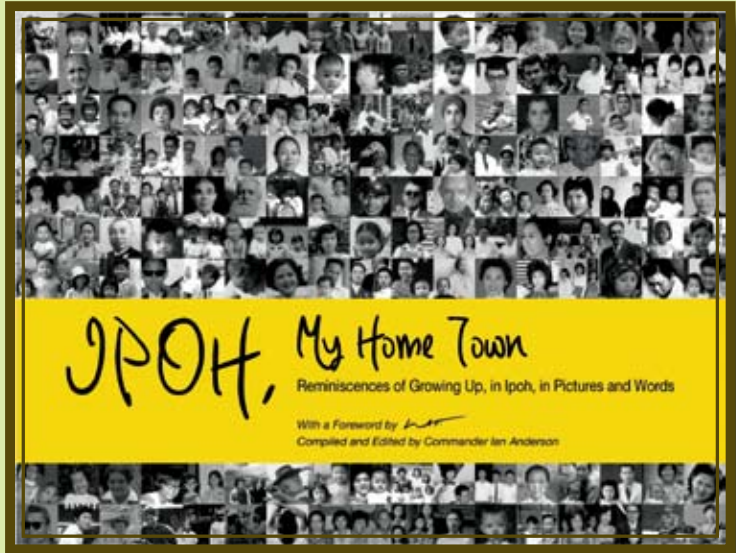
The stories range across a wide spectrum of subjects – from food to fashion, geese to girlfriends, opium to opera, schools to squalor, toilets to *Towkays* and rubber seeds to rocking horses. Indeed the book seems to cover every aspect of what growing up in Ipoh was all about and how life changed as the years rolled by.

The list of authors, many of whom live overseas, is also impressive for there are representatives from all the major races of Peninsula Malaysia, plus a couple of Europeans and even an Iban, born in Ipoh. Truly "Bangsa Malaysia", they come from all walks of life, Captain Ho Weng Toh, a "Flying Tiger", Professor Wang Gungwu, a Greentown boy before the war, Malaysia's most famous 'Kampung Boy' Lat (who has also written the Foreword), a famous *Towkay's* daughter, well-known representatives from stage, screen and radio and successful businessmen and women, housewives and mothers, but no politicians.

Obviously a book like this needs an editor and compiler and here is another surprise for no one would guess that this exceptional book is the work of an expatriate, Commander Ian Anderson, who has adopted Ipoh as his "Home Town". But then again, Anderson is an exceptional person who plays a greater part in Ipoh than many locals. He is the man behind www.ipohworld.org, Tenby Schools Ipoh's history project. He is clearly dedicated to Ipoh and its history, as this book demonstrates.

But this is not just a collection of stories for each one is backed up by photographs, many never seen before. Around 450 in all and there is an added bonus for Lat's own story which has original cartoons to illustrate his piece.

Hard bound, with 276 pages, beautifully laid out with



tasteful pastel colours that enhance the overall feeling of enjoyment, the book sells in all the normal outlets for the surprisingly economical price of RM100. Worthy of a price tag significantly higher, the publisher has set this on a "Non Profit" basis in the hope that this will allow more people to enjoy this unique venture.

I thoroughly recommend this book as an important and significant work, a book for all ages, even if you do not come from Ipoh. It is for those who have already grown up and love to look back to their happy days when a cardboard box, home-made toys, a few rubber seeds or a matchbox and a spider could become the nucleus in the making of a champion. But it is also for those who are still growing up to find out that walking an hour to school and back was quite normal, 5-cents pocket money was enough to survive on and girls were just for looking at.

Published by Media Masters Publishing Sdn Bhd, based in Ipoh. Available at major bookstores, online at www.ipohworld.org and Ipoh Echo. Tel: 05-2495938 or e-mail: info@mediamasters.com.my.

SFCK

ble her relatives with her problems, she struggled alone without much help from anyone. "I decided to eke out an honest living to raise my three daughters," she told Ipoh Echo.

Mariah's forte is baking Malay cookies the traditional way, a talent she acquired from her late grandmother. The income she obtained from the sale of her cookies has enabled her not only to put food on the table but to educate her

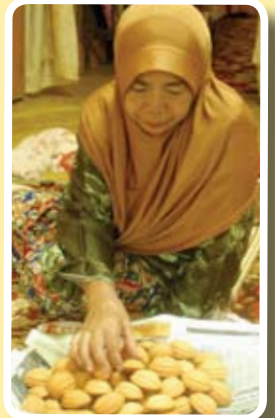
three daughters until they were capable of standing on their own two feet.

Mariah has carved a niche for herself, as her cookies are being sought after by those in the know. She receives orders from near and far. Mariah bakes her cookies all year round to keep a constant supply in the market.

"The demand is greater during Hari Raya, weddings and on special occasions." In spite of her tight schedule she man-

ages herself wonderfully. She employs two helpers whenever the going gets tough. Otherwise, she is all by herself. "I work better alone," she quipped.

Her white fluffy *kuih bangkit* is made from flour that has been fried with-out oil. The dough is then mixed with coconut milk and sugar before being baked. Her *bahulu* is golden and spongy but crispy when eaten. A container of 50 *bahulu* and *kuih bangkit* is sold for RM11 each.



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SH



Thumbs Down

PEDESTRIAN CROSSING More Hindrance than Help



Imagine using a pedestrian crossing along a busy road and coming up to a wall of railings. A nifty quick step to look for a gap and squeeze between the railings to get on to the pavement is needed before the impatient traffic zooms by. And judging by the width of the gaps, it's a feat only managed by the anorexic.

This is the situation at the Jalan Hospital-Fair Park traffic-light junction beside the mosque. The question to be asked is this: are these railings more of a hindrance than help for pedestrians? It also shows that the pavements and crossings in the city are not pedestrian friendly.

Ipoh City Council needs to explain how this could have happened without any of its officials taking note of the situation, or have they chosen to ignore it? Where is the commonsense that there should be an opening at both ends of a pedestrians' crossing?

The city council is currently erecting railings in various parts of the city in an effort to beautify the city and for the safety of pedestrians. These particular railings (see pic) need to be modified for the safety of those using the pedestrians' crossing.

Jerry Francis



The situation at time of printing

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My Say

By Jerry Francis



Ipoh Needs A "Focus Plan"



Some of the old buildings, which have been repaired and repainted

It is very obvious that preserving the buildings in the old city centre is one of the most sensitive issues in Ipoh today. Each time Ipoh Echo highlights it, there are vociferous comments from local residents as well as from Malaysians living abroad. The general consensus among them is to preserve the old buildings. They share the view that simply demanding for the old buildings in the city to be preserved as heritage will not be enough; a plan must be put in place to induce their owners to preserve the buildings.

Expecting building owners to spend large sums of money to repair without any hope of recouping their expenditures will not work. Not only does the old city centre need sprucing up, but it should be rejuvenated to promote economic activities by providing various incentives to the building owners.

Lack of such incentives have caused some owners to hang on to their dilapidated buildings in the hope that there would be an opportune time to repair them. This has resulted in the buildings becoming "eyesores" and some collapsing like those in Panglima Lane – along the city's heritage trail, last week.

In view of the enthusiasm on preservation shown by the readers, I am reproducing some excerpts from their comments and suggestions, which were posted on our website.

According to a regular reader Steven Lee, Ipoh City Council needs to have a "focus plan" on how to develop the city and not to continue growing haphazardly. He said new developments in Ipoh don't create new businesses but cannibalize from other parts of the city. "This creates a scenario where new developments are busy but old parts of Ipoh are slowly dying off. Yet MBI (city council) has not come up with plans to rejuvenate these parts of the city," said Lee.

Lee added that asking building owners to spend a lot of money to repair/renovate their buildings with the uncertainty of recouping their costs will not work. The city council must provide more concrete plans on what is needed to be done in the area, as well as providing incentives such as grants, and waiver of assessment fees

and quit rent.

Another reader Papan Jones thanked Ipoh Echo for igniting the fuse to such a provocative subject. "The comments thus far support the concerns for regaining the glories of Ipoh," he said. According to him, there is no lack of love for the city, only the lack of political will and cohesive action to make Ipoh the unique city that tin built, a living testimony of the country's wealth and modern development.

"Congratulations Ipoh Echo," said Mohd. Hassan. "Your story appears to be a 'wake-up' call for the Ipoh City Council to take a serious look at the old city centre. It has drawn the personal attention of Datuk Bandar. However, instead of looking at it as feedback, Dato' Roshidi claimed it as giving a negative perception of Ipoh City Council. Let us hope the special committee formed can come up with a master plan to deal with the 'lingering problems' in the old city centre."

A former resident Ken Chan said: "I strongly feel that our beloved hometown still has its innate charm intact even though the general condition of the city has degenerated substantially over the years. Instead of indulging in finger-pointing and be conveniently carried away by the blame game, the political bigwigs in the city should take the initiative to establish a special commission to draw a master plan for Ipoh's future growth and development into the next century."

"It takes someone with leadership, foresight and a deep sense of commitment to start the ball rolling and the plan should be fine-tuned when there is a need to do so," added Ken.

"Heritage is important. Tourists are important as they put money in the coffers. When all the old buildings are demolished and brand new monsters replace them, no one is going to visit Ipoh when it looks just like any other town. Buildings need to be maintained and not left to rot," according to Ruth Iversen Rollitt, daughter of a well-known local architect.

Quoting Superyusrie, "Heritage preservation issues should be dealt with on a case by case basis. Assuming that each and every building in the city has heritage value and needs to be saved by the authorities and not by the owners themselves is terribly flawed and such an irresponsible attitude! If you value your old properties so much, why not stay back and take care of them yourselves instead of burdening others unnecessarily with the responsibilities, heritage or not!"

The above responses and many others from the readers are very heartening to me as it uplifted my enthusiasm to call for more efforts to induce economic development in the old city centre.

The old city centre must be given a new lease on life if we hope to successfully preserve the old heritage buildings. Can the Ipoh City Council do something about it?

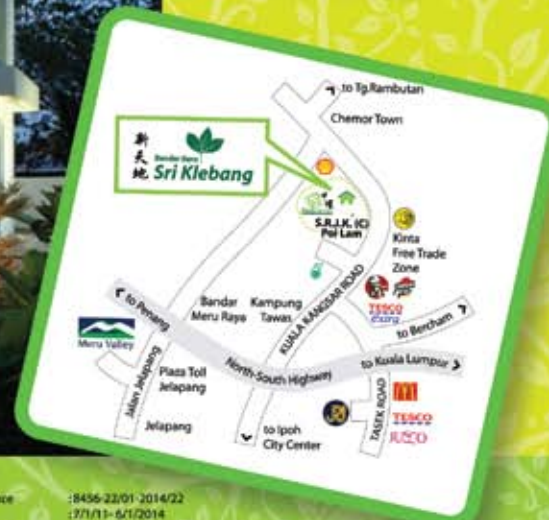
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