

The Ipoh Echo in your e-mail box!



Sign up at: [www.ipohecho.com.my](http://www.ipohecho.com.my)

[www.ipohecho.com.my](http://www.ipohecho.com.my)

# IPOHecho

Your Community Newspaper

JUNE 1 - 15, 2009

PP 14252/10/2009(022651)

FREE for collection from our office and selected outlets, on 1st & 16th of the month. 30 sen for delivery to your house by news vendors within Perak. RM 1 prepaid postage for mailing within Malaysia, Singapore and Brunei.

ISSUE 75

## NEWS

ZAMBRY  
VS  
NIZAR  
4



BACK FROM  
THE STATES  
AND THEN  
INTO "COVENTRY"

6



THE RIVER  
OF SILT  
(Part 2)

11



## News Update



The inaugural Singapore-Ipoh flight by Firefly is scheduled to touchdown at Ipoh's Sultan Azlan Shah Airport on July 12, as we mentioned earlier (Ipoh Echo 72). This was confirmed by the state authorities and MD of Firefly, Eddy Leong, recently.

# PERAK NEWSMAKERS



*The Perak constitutional crisis has been brewing for almost four months without a solution in sight in spite of the Court of Appeal ruling on Friday, May 22. The impasse has revealed the many facets of leaders and men from both sides of the political divide.*

*Continued on page two*

### LINDEE BEAUTY CENTRE

HEALTH • BEAUTY • ANTI AGING • NON SURGICAL  
• CLINICALLY PROVEN

**50% Off 1st Trail**



**ENDERMOLOGIE**  
The only technique to treat women localized trapped fat resistant to diet and exercise



**DIAMOND TONE**  
Gives your skin the natural beauty and clarity of diamonds with the help of diamonds



Before After



**ACCENT**  
Ultimate skin tightening and body shaping




**Exuviance**

For more information call us at 05-545 5155 or 012-507 5202 or visit us at 63 A, Jalan Medan Ipoh 6, Bandar Baru Medan Ipoh, 31400 Ipoh, Perak.



## *Their contributions come at a time when Perak is facing political upheaval. This coupled with the global recession will mean tough times ahead...*

**I**t is during these difficult times that the best or the worse is seen in them, especially those in positions of authority. The one who can rally his followers under a single war-cry naturally stands tall while those who flatter are easily forgotten. They say leaders are born but leaders are made too. Environment and circumstances play a significant role in shaping a man. Who then from the legion of Perakians warrant a mention?

Ipo Echo has identified six newsmakers from the many. Their significance is based on their contributions and the frequency of their appearance in the news media either for the right or the wrong reasons. The list, however, is not exhaustive.

### **Dato' Seri Dr Mohd Zambrzy Abdul Kadir**

Dato' Seri Dr Zambrzy was dubbed 'Pangkor Pele' by online news portal, Malaysiakini, for his prowess on the football pitch. There have been several less than savoury nicknames but this outspoken, mild-mannered, articulate yet seasoned politician has remained unshaken and composed.

Despite his questionable tenure as the Menteri Besar of Perak, Zambrzy displays neither arrogance nor hostility towards Nizar and the elected Pakatan Rakyat leaders. He has taken all matters into his stride and has adjusted well to uncertainties surrounding him.

Zambrzy never demanded that Nizar vacate the Menteri Besar's residence after he was sworn in as the MB of Perak. Neither did he take possession of the Toyota Camrys belonging to Nizar and his executive councillors.

Although UMNO members almost dominated

the entire BN-led Perak Government, he assured all Perakians, especially the Chinese and Indians, that they will be partners in the administration of the state. This he did by appointing advisors with executive powers and creating a historic first with a non-elected Speaker's post given to an Indian. Something unthinkable had someone else been in his place.

He introduced a new trend in conducting the weekly executive council meetings by having them in different districts within the state.

The event on May 7 would not have been in the public domain had not Zambrzy revoked an earlier order to limit the number of reporters in the house to only those from the mainstream media. Bloggers and online news media were allowed to cover the state legislative assembly in spite of the obvious Public Relations backlash. In one single scoop, Pangkor Pele has created enough democratic space for Perakians to manoeuvre.

### **Dato' Seri Ir Mohamad Nizar Jamaluddin**

If there is one quote that had set many Malaysians abuzz it must be the now famous words uttered by Dato' Seri Ir Mohamad Nizar when he was asked to resign as the Menteri Besar of Perak. "Patik pohon sembah derhaka" is now so often heard that even those who have a poor grasp of the Malay language knows what it means. While Nizar maintains that it simply means "I beg to differ", others prefer to interpret it differently.

As a member of PAS, Nizar had achieved what others can only dream: a PAS leader winning the hearts and minds of Chinese and Indians.



*Zambrzy with Ganesan and Hee in jubiliant mood.*

Nizar's pleasant appearance and behaviour endear him to Perakians. He has shown that the Islamist Party, in spite of its sectarian ideologies, can appeal to all and sundry.

His determination to preserve the wishes of Perakians provides him the strength to continue his fight to reclaim his position as the rightful Menteri Besar of Perak.

### **V. Sivakumar**

Sivakumar is a political novice and a first-time state assemblyman from Tronoh. At the time of his appointment as the Speaker of the Perak Legislative Assembly, he was thought to be the one who would occupy the least significant office of the State Government. The seat of the Speaker was traditionally considered to be a rubber stamp position which entails the appointee to be a 'yes man' at the behest of the ruling party.

When the Constitutional crisis erupted, Sivakumar showed the rakyat how a true Speaker of the House should be. Malaysians will no longer perceive the Speaker as they have all these years. His reactions to the vagaries of politics and the idiosyncrasies of individuals show his maturity and tenacity.

Siva had to endure harassment and intimidation from both federal and state apparatchiks. He handled these inconveniences



*Sivakumar is dragged out of the august house.*

superbly, despite the odds.

Under pressure, Sivakumar stood his ground with dignity as befitting his position, until he was forcibly removed from the Speaker's chair and out of the august House. Those who witnessed the incident were mortified but to Siva it was simply a hazard that came with the job. Though humiliated, Siva held his head up high.

### **Datuk N.H. Chan**

He shot to fame when he remarked that there was something rotten in the state of Denmark: in apparent reference to the ongoing affairs of the High Court at Wisma Denmark in Kuala Lumpur.

A retired Court of Appeal judge, Chan was supposed to have landed a cushy job as legal advisor to a multi-national company, a consultant with a prominent legal firm or enjoy his retirement by holidaying around the world, as could have been the case. Such comforts, however, do not appeal to N.H. Chan.

Chan did something

suspension of Dato' Seri Dr Zambrzy and his six executive council members.

His bold comments in calling the judgment of the Federal Court as perverse may have raised several eyebrows but not among Perakians.

N.H. Chan's book 'Judging the Judges' will now be in high demand by those wishing to understand the constitutional duties of judges.

### **Augustine Anthony**

A prominent human rights lawyer and an Orang Asli rights activist, Augustine's views are much sought after by the state in its dealings with Orang Asli. The victory over native land

issues in Perak prompted MB Selangor, Tan Sri Khalid Ibrahim, to announce the withdrawal of the state's appeal against the Orang Asli in the landmark Sagong Tasi case.

Augustine is one of the first to state publicly that the Perak constitutional crisis requires a political solution and the best way

**continued on page 3**

## **ADVERTORIAL**

## **SPACE SHUTTLE TECHNOLOGY / THERMO-SHIELD CERAMIC ROOF AND WALL COATING FLUID**

by JAYAMERY PAUL

**S**pecialist contractor, LS Technology Sdn Bhd, has recently introduced a revolutionary new coating fluid which guarantees to shield homes with weather-beaten leaking roofs and hair-line-crack walls from further damage. The product named, Thermo-Shield, is a fluid applicator for external use on ceramic roofs and wall coatings. Thermo-Shield has been successfully introduced to end-users in East Malaysia by Per-

ritech Sdn Bhd.

"Thermo-Shield stabilises extreme temperature ranges, especially during the current hot spell", said Toh Seng Chee, the General Manager, at the product launch recently. Toh and his team demonstrated the effectiveness of the fluid to some 30 developers and contractors present. "The fluid", said Toh, "was used on ceramic tiles on NASA space shuttles".

During the demonstration a steel pipe was partially coated with Thermo-Shield fluid and then blow-

torched. The uncoated part zoomed to 276 degrees Celsius while the coated part remained at a cool 27.5 degrees Celsius, a difference of 250 degrees Celsius.

Thermo-Shield reduces accelerated ageing of conventional roofs which normally suffer from cracks, leaks and corrosion due to the elements. Coating a roof with the fluid will improve its resistance. A combination of fibre-reinforced polymers and epoxy adhesives in the fluid ensure the structure's

durability.

The polymers used in the Thermo-Shield expand when wet preventing moisture from penetrating. When dry, the polymers shrink allowing trapped moisture to escape. These instantaneous reactions help prevent blistering from occurring which is the primary cause of roof damage.

For details on this revolutionary new fluid, Thermo-Shield, please call: LS Technology System Sdn Bhd at 05-2913389/2923389.



**For more information see page 10**



continued from page 2

is to seek the mandate of the people by a fresh poll.

Despite his deep involvement in the Perak constitutional crisis, Augustine's real strength lies in rendering unmitigated support for the marginalised, the dispossessed and the downtrodden with broad based activities that transcend race, religion and gender.

Among his notable achievements are leading a team of lawyers in the on-going Indira Gandhi child custody battle; defending PAS supporters charged with rioting at Istana Iskandariah, Kuala Kangsar; securing the release of those arrested during the infamous May 7 state legislative assembly sitting; leading a team of lawyers in the Buntong squatters' issue and offering legal advice to illegal hawkers in Menglembu and Jelapang.

#### The Police

The list is incomplete without reference to the Police.

#### Perak Newsmakers....



Being a federal agency, orders filter down from Putrajaya and Bukit Aman rather than emanate from the police contingent headquarters here in Ipoh.

The Federal Reserve Unit with its signature red water cannon would swing into action the moment it receives orders from the police chief.

The unit's standard operating procedures are common knowledge by now. All roads leading to the State Secretariat will be blocked. Police personnel will be deployed to guard the front and rear entrances to the building.

Road barriers or Road Control Points (RCP), in military parlance, are set up. Anti-riot squads are placed on immediate standby for action if need be. A court order to declare

the State Secretariat off-limits to the public may be acquired for effect.

RCPs are designed to channel vehicular and pedestrian traffics into a pre-designated spot so control can be affected. They are a nuisance, especially to office workers and school children who so often get ensnared in the mayhem.

But security, says DCP Dato' Zulkifli Abdullah, the state police chief, overrides other considerations.

Whenever the State Secretariat building is cordoned off, rest assured Jalan Panglima Bukit Gantang Wahab gets blocked too. The swiftness of the deployment is amazing, considering everything else.

How we wish the Police could be as responsive and as brutally efficient when dealing with rampant crime and the Mat Rempit menace afflicting the state.

FATHOL ZAMAN

#### HERITAGE

## GOPENG TAKES THE LEAD, CAN IPOH FOLLOW?

It was very pleasing to read about the April 18th opening of the Gopeng Museum, as described in the Ipoh Echo Issue 74. And even more thought provoking to address the idea of Gopeng as a potential Hometown Heritage Site, as featured on the front page of the same issue. What a wonderful step forward that would be for Gopeng which, if the residents will excuse the thought, is sinking into an ever increasing state of disrepair with some buildings literally falling apart.

Looking more deeply at the situation, however, there is no doubt that Gopeng does have a lot going for it with its long history, much of it now well documented through the privately funded Gopeng Museum and the efforts of Bernard Yaw and Phang Sai Hong. They both deserve our heartiest congratulations. Add to that the sterling effort of the Perak Heritage Society in producing a heritage walk map in support of the new museum. Undoubtedly, the town has taken a major step forward into the world of heritage conservation. But what is the next step? Well, there are already other, often unsung, efforts of local people along this line, only a few of which are featured in the Echo article and the idea of a Town Heritage Site does seem a possibility if the will of the people is there. Let us wish them

all well in their endeavours to put Gopeng truly back on the map.

But now let us turn to Ipoh, the Capital City of Perak and historically the

Ipoh grew with (for then) wide streets, fine mansions, world-class schools and a thriving community of businessmen, shopkeepers and supporting trades-



richest town in the state, if not the whole country, at one time. Yes, 'The Town that Tin Built' was famous for its riches with more millionaires and Mercedes than any other town in Malaya. That is a heritage to marvel at and one wonders how a few thousand Chinese coolies, scraping at the earth with *cangkuls* and picks could build such wealth for the people. But tin mining wasn't the whole story, for rubber and then other industries also came to Perak in support of the boom. And despite the stubbornness of the British Government, who could not see the advantages of Ipoh over Batu Gajah, the world followed. Great banks, trading houses, and all manner of commercial enterprises swooped on Ipoh to take a share of its riches from tin and the town thrived like none other. So

people. Surely this is also a heritage worth recording!

Well, here we have a point of apparent disagreement, for Ipoh already has a museum, the Darul Ridzuan Museum along Jalan Panglima Bukit Gantang Wahab, which is said to tell the story of our city. But the question is, does it really meet the requirement? Does it tell us about the mosques, temples, schools, banks, celebrations, floods, coolies, *towkays*, planters, barbers, shopkeepers or the hawkers, like the *roti bengali*, the *ting ting* man, the *ais potong* seller or the story teller in Old Town. Sadly it does not, but these things are all part of our heritage to be passed down to future generations, so why not?

The answer seems to be that the museum follows the traditional line of such institutions that has been

## ANNOUNCEMENTS

**Remembrance Day** ceremonies in recognition of those who died in the defence of Malaya during the Emergency at the following locations and dates: (1) Kamunting Christian Cemetery, Taiping on Thursday, June 11 commencing at 9 a.m.; (2) Ipoh Cenotaph (Ipoh Railway Station) on Friday, June 12 commencing at 9.30 a.m.; (3) God's Little Acre, Batu Gajah on Saturday, June 13 commencing at 8.30 a.m.; (4) Gurkha Cemetery, Kem Syed Putra, Jalan Raja DiHilir (Tambun Road) commencing at 12 noon. Call Rajeinderan Suppiah at **012-5038411** for details.

**Photographic Exhibition** on Sikh soldiers of the British Indian Army in Malaya during the Second World War. Venue: Tun Abdul Razak Library, Jalan Panglima Bukit Gantang Wahab. Date and Time: June 12 to 19 between 10 a.m. to 5 p.m. daily. Admission: Free. Call Harchand Singh Bedi, at **012-5159637** for details.

**Perak Theatre Festival 2009 and Merdeka Poetry Declamation 2009.** Two major events organised by the Perak Arts and Culture Department will be held at Taman Budaya Perak, Ipoh, on the following dates:

- a) Perak Theatre Festival – June 1 to 8. Shows start at 2 p.m. and at 8.30 p.m. daily.
- b) Merdeka Poetry Declamation – June 20 and 21. Recitals start from 8.30 a.m. to 5 p.m. and at 8.30 p.m. daily.

Come and witness our young talents at their best. Those interested in reciting their own poems may do so but you need to register first. Admission: Free. Please call: Encik Md Yusof Ali at **05-2537001** or **0197047955** or **019-5110728** for details.

**Teachers Wanted.** Ray of Hope, a non-profit and non-religious organisation dedicated to the caring and teaching of children with learning disabilities, seeks teachers to conduct its numerous outreach programmes. Candidates must be fluent in English, Bahasa Malaysia and or Mandarin, computer literate, with a minimum SPM grade and are passionate in teaching children. An attractive remuneration package awaits the successful candidates. Please call **05-5488796** for an appointment.

**The Emmanuel Assembly of God Church** at 127 Jalan Treacher Selatan, Ipoh, will be celebrating its 50th Anniversary on June 13 and 14. A celebration dinner will be held at Sun Lee How Fook Restaurant on Saturday, June 13 and a special celebration church service at 9 a.m. on Sunday, June 14. For details contact Sis Karen Kong / Rev. Christie Kuan at **05-243 7172** or e-mail **eaogipoh@yahoo.com.my**.

**Looking for a teacher** to teach 7 to 12 year-olds with special needs. English medium only. Prior experience is an advantage. Please call: **016-553 5803/ 016-5299328** for details.

with us since museums began. Internationally today, museums, or galleries, as they are often called, make use of modern technology, are interactive and interesting, as they do take in all the above subjects, as a trip to Singapore's museum will demonstrate. Of course these cost money which the authorities can ill afford. Perhaps private enterprises should step in with a gallery of their own, just like Gopeng. After all, we do still have more than a handful of millionaires in Ipoh, don't we?

WR

#### To Advertise

Call:

**Ramesh Kumar**  
Marketing Manager  
**016 5531092**

**PRESTAVEST** Crematorium & Memorial Park

PRESTAVEST BERHAD (249253-M)  
Lot 8517, Jalan Taman Semarak, Pokok Assam, 34000 Taiping, Perak.  
Tel: 05-807 6868 05-807 6888  
[www.prestavest.com.my](http://www.prestavest.com.my)



**PUBLISHER**

Ipoh Echo Sdn Bhd  
(Regd No 687483 T)

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

**EDITORIAL**

Fathol Zaman Bukhari  
Wern Sze Gill  
James Gough

**GRAPHIC DESIGN/  
PHOTOGRAPHY**

Rosli Mansor Ahd Razali

**MARKETING &  
DISTRIBUTION  
MANAGER**

Ramesh Kumar

**PERMISSION AND RE-  
PRINTS**

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

**PRINTER**

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

**USEFUL CONTACTS****Ibu Pejabat****Polis Daerah (IPD)**

05 2451 500

999 (emergency)

**Ipoh General Hospital**

05-253 3333

**Ipoh Ambulance**

05-522 2506

993 (emergency)

**Ipoh Fire Brigade**

05-547 4444/994

(emergency)

Perak Immigration Dept  
05-5017100

Perak Water Board  
05-254 6161

Ipoh City  
Council(Complaints)  
05-255 1515

Perak Anti-Corruption  
Agency  
05-253 1982

State Secretariat  
05-253 1957

Railway Station  
05-254 7987

Airport  
05-312 0848

Registration Department  
05-528 8805

Tenaga Nasional Berhad  
05-253 2000

Lembaga Air Perak  
1800-88-7788

Directory Service  
103

Rakan Cop  
05-240 1999

Perak Women for  
Women Society  
012-521 2480  
012-505 0547  
05-5469715 (office)

**THINKING ALOUD****Enough has been said . . .**

The Court of Appeal has declared Dato' Seri Dr Mohd Zambry Abdul Kadir the rightful Menteri Besar of Perak. Overturning the decision of the High Court, which had declared Dato' Seri Mohamad Nizar Jamaluddin the rightful Menteri Besar, the Court of Appeal also affirmed that the Sultan of Perak was right in not consenting to the dissolution of the Assembly and appointing Zambry as Perak MB. The battle however appears to be still not over. There have been expressions of intent to appeal against this decision to the Federal Court.

I really did not want to write anymore on this dispute. Enough has been said and is continuing to being said both in the mainstream and alternative media. I would have thought that people have had their fill of this issue. However some of our readers have expressed disappointment that we as a local newspaper chose to ignore this subject in our last issue. I cannot speak on behalf of the paper but I will declare my stand.

In my previous articles I have stated my views and I do not wish to repeat them. I will make this article short and to the point.

To me in a parliamentary democratic system the electorate empowers its representatives in the assembly. The elected representatives elect the government which continues in power for so long as it

commands the confidence of the majority of the members. When it ceases to command the confidence of the majority it must resign. It is the right thing to do. It is not its prerogative to insist on dissolution of the assembly. The authority for this does not lie in the hands of those who do not command the majority.

There is a view that the government can only be dismissed by a vote of no confidence in the assembly. I do not wish to delve into the legal merit for this assertion. However my naïve question is if after a vote of no confidence can the government still refuse to resign and if so where do we go from there?

Secondly there is this call that the assembly must be dissolved and fresh elections held to obtain proper mandate. My next naïve question is what happens when after the government is formed a few of the legislators decide to change sides. After all there is already a track record of this happening. Do we need to dissolve the assembly and hold fresh elections?

The mischief is rooted in the allowing members elected as representatives of one party to jump to another. Jumping from one party to another is not only legal but is a policy of all the political parties. I think it is quite immoral that whilst on one hand this activity is supported there is attempt to get round it by getting undated resignation letters. Why not make



by G. SIVAPRAGASAM

party hopping illegal? It appears there is a desire by the political parties to take the benefit if results in their favour and condemn it when it acts to their detriment. Only anti-hopping legislation will justly give power to the people.

As for what happened at the last State Legislative assembly sitting, the speaker is supposed to be neutral. He was supposed to maintain order. Was he impartial or did he discharge his obligation to keep order? As for the assemblymen – is this the type of behaviour we expect from those whom we have entrusted our fate and future? I think that all who were participants in the episode need to really take a hard look at all

that happened on that day and consider if this is what they want to leave as their legacy.

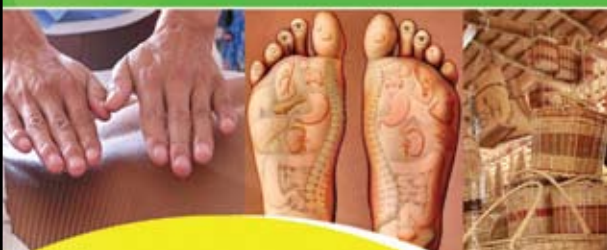
On a serious note – true democracy is a slow and measured process. It cannot be hurried. It is an evolution and hastening it may only result in consequences that may be surprising. We need to look at other countries for lessons. We are progressing in the right direction and we should be grateful. True democracy is achieved not in empowering one party or another but when the power has factually shifted from the government to the people. The government must need to depend on the people and not the people on the government. This can only be realised

when the masses of people are well informed and knowledgeable, able to be vocal and exercise genuine authority.

**You can have the Ipoh Echo mailed directly to your house or place of work. All you need to do is deposit RM24 with us and we will do the rest. The amount is postage fee for the delivery of 24 copies of Ipoh Echo for a year. Those interested please call our office at 05-2495936 or 016-553 1092 for more details. When posting a cheque, it should be made out to 'Ipoh Echo Sdn Bhd' and posted to No 1, Jalan Lasam, 30450 Ipoh, Perak, Malaysia.**

**KOPERASI ORANG KURANG UPAYA  
PENGLIHATAN PERAK BERHAD****Accupressure Body Massage Therapy &  
Reflexiology Foot Massage Therapy****FOR MEN AND WOMEN**

- Treatment room and waiting area fully air-con.
- Full body massage (1 hour) at only RM40.00.
- Foot Reflexology (45 min) at only RM25.00.
- Handicraft made by visually challenged people: Rattan Handicraft.



Please call:

En. Ahmad Nizar Bin Yeop Ahmad

012-525 1190 or visit us at:

Wisma Koperasi Orang Kurang Upaya  
Penglihatan Perak Berhad,  
87A, Jalan Wira Jaya,  
Taman Ipoh Jaya Timur 1,  
31350 Ipoh, Perak.

Tel : 05-312 8894

Open from  
Mon-Sun  
From  
10am-10pm

## KERIS VENTURES

Learn how to bake dream cakes and pastries from our professional chef...



- **BAKERY COURSE** Intake: 6/7/09  
Student will learn all kinds of breads, buns, toasts, doughnuts, cakes, cookies, tarts etc.  
Duration: 3 months (Part time)
- **CAKE BAKING & DECORATION** Intake: 9/7/09  
All kinds of Party and Continental cakes, Cheese Cakes Special, Wedding Cakes etc.  
Duration: 3 months (Part time)

**Turn Your Bakery Idea Into Reality 100% Hands-On**

- 100% of seeing, learning and hands-on approach. You can experience it for yourself.
- 100% taught professionally by Chef
- 100% delivery of the tricks of baking from the chef using the latest methods and techniques. No secret withheld...
- 100% of the baking materials and ingredients are provided.
- Everyone can join, 100% no age limit.
- 100% feel free to take home your completed masterpiece for your family and friends to savor at home.

Contact Us Now:  
Enquiry Office: **KERIS COLLEGE**  
No 27, Jalan Ali Pitchay,  
30250 Ipoh, Perak.

Tel: 05-241 6666



## MUSINGS ON FOOD

by See Foon Chan-Koppen

More pics at ipohecho on line ipohecho.sf@gmail.com



## SeeFoon goes halal in search of the perfect fish-head curry

Every once in a while, I find myself becoming 'porked' out and long for some hot spicy mutton and seafood taste treats to quell my craving for spices. That is when my thoughts turn to fish-head curry and Salim's.

My favourite Salim's (there are three branches), is in Jalan Bahru, off Jalan Tokong in Pasir Pinji. Tucked away in a quiet corner almost at the end of this short street, Salim's is almost quaint in its façade. Unlike most other curry houses in Ipoh where the modus operandi is based on the 'eat-and-run-and-forget-the-looks' operational philosophy, Salim's is a curry restaurant where an attempt has been made



to create some semblance of hospitality.

Occupying the entire ground floor of a stand-alone two storey house fronted by tall bushy palms and lined along its side by smaller ones, the restaurant is clean and airy and aided by adequate fans, the entire searing-hot curry experience in temperature-hot humid Ipoh becomes bearable and even enjoyable.

### Third Generation

Proprietor Mohamed

Salim is the third generation in a family of seasoned food service operators. He has been in the present premises for 20 years, having moved from Jalan Ali Pitchay where he first started in a coffee shop in 1985. By dint of sheer hard work, he has grown his chain of restaurants to three and judging by the crowd and high turnover of diners on the day I was there, I'll wager that before too long, Salim will be adding more restaurants

to his empire.

As is the custom of all these curry houses, the opening hours are long (6.30 a.m. - 10.00 p.m. at Salim's Jalan Bahru) and *thosai*, chapati, other breads and *roti canai* as well as *murtabak* are only available from 6.30 a.m.-11 a.m. and then from 3.00 p.m.-10 p.m. The rest of the day, rice is the main staple served, whether white or Briyani which happens to be one of Salim's signature dishes.

### Fish Head Specialty

Salim's is known for their fish-head curry. Depending on the catch of the day and availability in the markets, the type of fish head will vary from day to day. On lean days, they make do with the *ikan tenggiri* or local mackerel, which is priced the lowest in their range. Other fish varieties include the *mah yao* (threadfin), *sek pan* (garoupa) *hong chou* (grouper) and the *hong si* (red snapper) being the most expensive. This latter fish-head, which can be huge is usually served split in two to keep the price down. In general, the fish-head curry will vary in price from RM15-RM60 per portion. The platter portion I had the day I went was huge, with generous helpings of ladies fingers and *brinjal*. The fish head was caught-that-day fresh which meant that I could tuck into all the gelatinous bits behind the eye with gusto. The gravy was gutsy, tempered by the tomatoes which helped in the mellowing of the fiery chillies.



### Other Dishes

Carnivore that I am, I ordered their mutton curry which came in a one portion size of a small shank on the bone. This was meltingly tender and the only regret I had when grappling with the bone was the lack of a long thin fork to extract the bone marrow, which to my chagrin, no amount of sucking would dislodge! Fresh local mutton is available on Wednesdays and Saturdays while imported frozen mutton is used on other days. RM3.50 for usual portion RM4.00 for shank.

Other dishes which came rapidly were the fried chicken which was succulent and very tasty, the kampong chicken curry which was mild and mellow (RM5.50), an unusual *sambal* (free) which is a specialty of Salim's which I found interesting and kept asking for more.... tangy, pungent, and added the right touch of piquancy to the other dishes.

Crab curry is available depending on market availability and on the day we were there, crab was available and we had one portion which consisted of a whole 'flower' crab - RM10.00. This came with its characteristic tangy gravy, with a hint of tamarrind.

The vegetables accompanying all these dishes vary from day to day and the three types we had were all pleasant and had enough of a variation in taste to make a vegetarian happy.

### Extensive

The menu at Salim's is extensive and thanks to Mohamed Salim's organisation (he's there every day to control quality and keeps a close watch on his kitchen), the quantity and quality of food is maintained throughout the day by him and his team of chefs and helpers from India.

In fact, his reputation for excellence has spread so far and wide that he has served royalty and catered to some very exclusive functions, a side of the business which he has been developing nicely.

I only hope that, as his catering business develops, he continues to maintain the quality of food in his outlets and continue pleasing his faithful customers who come from all over Ipoh to eat at his restaurant.

**Address: 75 Jln Bahru, Off Jln Tokong, 31650 Ipoh. Phone: 05-2555786. Opened 6.30 a.m.-10.00 p.m.**

## FOOD

## MURTABAK

Originating from India, *murtabak* is also found in Saudi Arabia and other Muslim Southeast Asian countries - brought over by traders between the 1200s and 1500s. We are not sure who exactly brought it over to Malaysia, but we are sure glad that they did! *Murtabak* is a minced meat filling wrapped in *roti canai*. The filling can be chicken, beef or mutton, cooked with onions, spices, curry and chilli powder, mixed in a batter of beaten eggs. The mixture is poured onto the cooking *roti canai* dough and the roti is folded in on four sides making a square. The name *mutabbaq* (or sometimes *mutabbag*) in Arabic means 'folded'. It is flipped over to cook evenly and served with curry gravy and pickled onions.



NAME	WHERE	COMMENTS	PRICE (RM)	
KAYU NASI KANDAR 8.00 a.m. - mid-night	Tesco Extra, Bercham	Comes with 3 very good and spicy curry gravies. <i>Murtabak</i> is tasty and has enough meat. A reader has also recommended the <i>roti canai</i> .	Beef & chicken: 6.00 Mutton: 8.00	★★★★
RESTORAN NASI KANDAR MAHAYUDIN (24 hrs) - <i>murtabak</i> avail. from 4 p.m.	149 IGB Industrial Centre, Off Jalan Kuala Kangsar	Comes with curry gravy. Filling is tasty & substantial. Covering roti not too thick.	4.50	★★★
RESTORAN GOODSHED 7 a.m.-9 p.m.	Lot 4901S Jalan St John, 30200	Comes with curry gravy & pickled onions. Filling has more egg in it.	Chicken: 3.50 Beef/Mutton: 4.00	★★
RDR RESTORAN DARUL RIDZUAN 7 a.m.-8.30p.m. - <i>murtabak</i> avail. fr 7 a.m.-12.30 p.m. & 3.30 p.m. onwards	30-32 Medan Istana, Bandar Ipoh Raya, 30000	Comes with curry gravy & pickled onions. Substantial filling with lots of onions.	Chicken: 3.00 Beef/Mutton: 3.50	★★

Our next food review will be about KOPITIAMS

Email your favourite recommendations to: [food@ipohecho.com.my](mailto:food@ipohecho.com.my)

## Recipe

by Carol Cheng

## WHITE POMFRET WITH PICKLED SALAD

Almost all-year round white pomfret (*ikan bawal putih* in Malay or *pak chong* in Cantonese) will make its appearance in the seafood section of the wet market, sometimes in abundance, during peak season. This recipe is east meeting west! 1 white pomfret (RM5) 400 gms, cleaned 1 finger length fresh ginger, finely sliced Seasoning for fish: 1 teaspoon each of salt and balsamic vinegar or lemon juice

### Salad Pickle:

1 rack celery, 4 inches required, shredded ¼ beetroot, shredded

4 inches from a whole cucumber, shredded (omit the centre)  
2 pickled onions (bottled type, from sundry shop), sliced finely  
1 teaspoon grated lemon peel (from ½ lemon)  
1 teaspoon lemon juice or more to taste  
1 teaspoon sugar or more for preferential taste  
Mix all these and keep in the fridge till required

### Method:

• In smoking wok, heat up 2 tablespoons oil, lay in fish, cover. Time for a minute or two. Uncover to turn over fish - if you push in the ladle underneath the fish and it refuses to budge,



it is not ready to move yet. Try again later, otherwise you will find the skin sticking to the wok. Be patient. Control and adjust the heat to get maximum result. As soon as the fish is flipped over, time it covered for ½ a minute, or until the fish is golden brown.

• Push aside fish. In remaining oil, crisp the ginger strips and stuff them into the stomach and over.  
• Dish up fish and surround it with the salad pickles just before serving.



## LETTER FROM ULU KINTA



Writer's email: [letterulukinta@yahoo.com](mailto:letterulukinta@yahoo.com)

## BACK FROM THE STATES AND THEN INTO "COVENTRY"

On Sunday May 16, Malaysia reported its second confirmed case of influenza A (H1N1) or 'swine flu', as it is commonly known. She hailed from Kerian, was a student in the United States and had been on flight MH091 from Newark, New Jersey. The same flight which had transported Malaysia's first swine flu case.

It is highly commendable that swift action was taken to contain the spread of this illness. In all, 22 were placed in quarantine in Perak – the original 'Perak five' on MH091, and their family members.

Simultaneously, the Crisis Preparedness and Response Centre maintained a 24-hour hotline (05-2433962). The student's co-passengers on MH091 and AirAsia AK5358 (which she used to fly from LCCT KL to Penang) were alerted, and quarantined.

In worrying times such as these, the main thing is to keep calm and be informed. By taking precau-

tions, we protect ourselves and others against flu. But we also need to be further prepared if, and when, swine flu becomes more widespread.

Of course people are worried. They are scared and when people are frightened, they will do silly things. However, panicking or resorting to drastic measures is pointless. I am ashamed to admit I felt jumpy and uneasy at the person who sneezed at the supermarket the other day.

So before we all panic and avoid all US-based Malaysian students returning for the holidays, or those who've returned from holiday or work from the US or Mexico or other country with confirmed cases of A(H1N1), it is best we arm ourselves with information.

Swine flu is a respiratory disease and contains elements of a virus found in pigs. By spreading from human-to-human, a pandemic flu outbreak is possible. This means that it is a new virus that appears in

humans and spreads very quickly from person to person worldwide. Being a new virus, no one will have immunity to it and so everyone is at risk. The most vulnerable being the elderly, young children and those with existing medical conditions.

If we cough or sneeze into our hands, the germs in these droplets spread from our hands to any hard surfaces that we touch, such as our handphones, door handles, lift buttons. When other people touch these surfaces, and then touch their faces, infections occur because the germs then enter their systems. That is how these viruses are spread. Although a swine flu vaccine is not yet available, the use of antiviral drugs such as Amantadine and Rimantadine, help assist recovery. It acts by relieving some of the symptoms, by reducing the length of time we are ill and by reducing the potential of serious complications, such as pneumonia.

When we practise

strict hygiene, we protect ourselves and others against flu and thus slow the spread of the virus. We should carry tissues on us all the time, use clean tissues to cover our mouths and nose when we cough or sneeze, discard the tissues after one use, and to wash our hands with soap and water, or an anti-bacterial gel, often. The simple message in one European country is encapsulated thus; 'Catch it, Bin It, Kill It'. We could adopt a similar Malaysian message *Tangkap, Buang, Bunuh* (*Tangkapkan titik ingus dalam tisu, buangkan tisu itu dan bunuhkan kuman di atas tangan dengan membasuh tangan dengan sabun dan air*).

The use of face mask is misleading as it provides a false sense of security. Moreover, it is an ineffective precautionary measure as the virus can still seep through.

If we experience flu-like symptoms, we should contact our healthcare facility rather than going into

our doctor's clinic, or local accident and emergency department, unless advised to do so. This will halt the spread of the illness.

Finally, the symptoms that we should look out for are the sudden onset of fever, cough or shortness of breath. Other symptoms include headache, sore throat, tiredness, aching muscles, chills, sneezing, runny nose or loss of appetite. Avoid crowds and stay at least one metre away from people with flu-like symptoms. Open windows to improve air-flow.

This swine flu will get worse, before it gets any better. Regrettably, there will be some deaths. So before we adopt a mob-mentality tactic and view our friend, family or stranger with fear or scorn and mistrust, we can fight this impending scare by remaining vigilant, by being sensible about personal hygiene and by applying common sense.

We need not have raised temperatures about this medical scare but in-

stead remain cool and stop feeling feverish about it.

YMM

### To Advertise

Call:

**Ramesh Kumar**

**Marketing Manager**

**016 5531092**

The Ipoh Echo in your  
**e-mail box!**

Sign up at:  
[www.ipohecho.com.my](http://www.ipohecho.com.my)





## Hospitality Success Begins Here



**Diploma in Hotel & Catering Management**



**Diploma in Chef Training**



**Courses Offered:**

- **Diploma Courses**
- **Certificate Courses**
- **Customised Short Courses**

**Level 3, Syuen Hotel,**  
88, Jalan Sultan Abdul Jalil, 30300 Ipoh, Perak.  
Tel: 605-254 8486 Fax: 605-254 2510  
E-mail: [kolejsyuen@yahoo.com](mailto:kolejsyuen@yahoo.com) website: [www.kolejsyuen.edu.my](http://www.kolejsyuen.edu.my)



## CREATIVE MUSIC ACADEMY




**We offer a team of qualified teachers to teach the following courses:**

Piano	Violin	Guitar	Keyboard	Adult Classes
Vocal	Chinese Instrument	Junior Music Course		



For more information call or visit us at:

72A-74A, Lebuhraya Medan Ipoh, Bandar Baru Medan,  
31400 Ipoh, (Behind Jusco) Tel: **05-547 9828** H/P: **012-518 3290**



## BENEFITS OF GOAT'S MILK

In many parts of the world, goat's milk is preferred to cow's milk as a source of nutrient. In this article, we take a look at the differences of both milks and at what goat's milk gives you that cow's milk doesn't.

For thousands of years, goats have been used for their milk, meat, hair, and skins over much of the world. Delicious with a slightly sweet and sometimes salty undertone, goat's milk is preferred to cow's milk as a source of nutrient in many parts of the world. Goat's milk is believed to be more easily digestible and less allergenic than cow's milk. Its nutrition value has been shown to be equivalent to or may be better than cow's milk.

It has been documented in Chinese Medical Encyclopaedia that goat's milk is good for lung, stomach & intestine. Western Clinical studies have also confirmed these beneficial effects in goat's milk.

Perhaps the greatest benefit of goat's milk is its easy digestibility. Scientific studies suggest that specific proteins known to cause allergic reactions which are present in cow's milk in significant quantities are largely absent in goat's milk.



**Different Fat**

The fat globules in goat's milk do not cluster together, making them easier to digest. While the fat globules in cow's milk tend to separate to the surface, the globules in goat's milk are much smaller and will remain suspended in solution. The average size of fat globule is only about 1/3 that of cow milk.

Like cow's milk, goat's milk is low in essential fatty acids. However, goat's milk is reported to contain more of the essential fatty acids linoleic and arachnoidonic acids, which help make digestion easier for intestinal enzymes.

### Different Protein

Goat milk protein forms a softer curd (the term given to the protein clumps that are formed by the action of your stomach acid on the protein), which makes the protein more easily and rapidly



digestible. Goat's milk may also have advantages when it comes to allergies. Goat's milk contains only trace amounts of a casein protein, alpha-S1, found in cow's milk which is known to cause allergies.

### Higher levels of Nucleotides

Goat's milk naturally contains much higher levels of bioactive components such as nucleotides compared to cow's milk. These bioactive components have important physiological functions and are thought to be beneficial to the gastrointestinal and immune system.

### Different Minerals

Although the mineral content of goat's milk and cow's milk is generally similar, goat's milk contains more calcium, vitamin B-6, vitamin A,

## NATURE'S SECRET FOR WOMEN

by V.Wong

It is seldom (if at all), that a beautician gives a beauty demonstration without selling a product. Hema (the name she prefers to be called), who runs her own beauty clinic, Sumasa Beauty Clinic, did just that for the Perak Women for Women (PWW) recently when she shared her beauty 'recipes' that she herself has been

using for the past 16 years. Her lovely skin which vouches for the efficacy of her recipes, all come from ingredients from one's own kitchen or bought from the supermarket, and are all available locally.

Hema talked about skin: how one should treat one's skin; why skin should be allowed to breathe and rest at night by not applying anything; and also the importance of drinking water to flush out toxins. She also talked about hair: how to test whether one's scalp is oily, dry or a combination; what causes grey hair; using lime juice for dandruff or using yoghurt; how to use olive/almond oil for falling hair; why you should change your shampoo every 3 months; using coconut milk ('santan') for dyed hair; and so on and so forth.

The handouts given out contained useful information on recipes for natural remedies for beauty and health, literally from head to toe. The concoctions consist of flowers, fruits, vegetables, yoghurt, oils, etc. Hema demonstrated two remedies: one for oily skin and the other for dry skin. These products are so natural that they can, not only be put on one's body, but also in one's mouth –



*Rema applying a mask for dry skin*

that's how safe it is! For instance, for a dry complexion, yoghurt mixed with chickpea flour was used as facial mask. Whereas, yoghurt, chickpea flour and ground nuts (almonds, pistachios and cashews), were used as a scrub for oily skin. Chickpea flour and tomatoes can be used as an antiseptic; papaya for protection from the sun; and teabags for tired puffy eyes.

Granted, natural beauty products are a bit messy and time consuming to put together but as Hema pointed out, "out of 24 hours can we not take a little time just for ourselves to feel and look good". The information that Hema gave was invaluable and she demonstrated that beauty products do not have to be harsh, can be absolutely safe to use, and do not have to cost a bomb!

**Hema's tel. no:**  
**012-3545452 / 5485686**



# Seeing is Believing!

Completed golf bungalows with CF





Limited Homes Available



Beautiful Landscape



Riverside Leisure Area

### Your Last Chance to Own a Golf Bungalow Home @ CNBC's Best Asia Pacific Golf Development 2008

#### • Award-winning Development

Meru Valley won the coveted title of Best Golf Development, Asia Pacific at the CNBC World's Best Property Awards Ceremony in USA, 2008

#### • Panoramic Views

Unrivalled views of the golf course & mountain ranges from the development

#### • Gated & guarded community

24-hour security for peace of mind

#### • Limited units

1, 2 & 2 1/2 storey homes available

\*A Special Easy Homeownership Package with savings of up to **RM80k** available **NOW** for a limited time only!

Meru Valley  
Winner of CNBC  
International Property Award 2008  
Best Golf Development, Asia Pacific  
5-Star Award- Best Golf Development, Malaysia



[www.meruvally.com.my](http://www.meruvally.com.my)  
**012-5008018 • 019-5133315**

A Prestigious Development by: **KINTA PROPERTIES** Developer: MERU VALLEY RESORT BHD

Sales & Advertising Permit: 5130-A/1099/2009/001 Developer License No: 5130-A/03/2009/079 Approved Building Plan No: OSC 1118/P147/1081/05 Expected Date of Completion: May 2009 Land Tenure: 99 years (exp: 29/03/2100) Land Encumbrance: - (DCCB) (Bank) Ltd



**YOUNG PERAK**

by PETER KHIEW

Teachers and students from schools are invited to write about their respective institutions of learning.

E-mail articles to:  
ipohecho.pk@gmail.com

**TRAINING LEADERS**

It is never too early to groom young leaders. Realising this, teachers from SK Simpang Pulai, Ipoh, organised a leadership workshop specifically for class monitors, librarians and prefects recently. The objective was a noble one – to instil leadership values in them.

Young leaders have to be decisive, committed in their respective roles and to possess qualities like integrity, self-discipline and team spirit. Some 120 participants took part in

the 2-hour workshop. A motivational talk entitled, 'Effective Leadership' by Lam Sook Heng, head prefectorial board adviser from SMK Pinji, Ipoh. She was assisted by members of the librarian, monitorial and prefectorial boards. SK Simpang Pulai prefect board adviser Puan Hasnita bt Hassan Basari, said, "The workshop had an impact on the students.

They seemed more confident and capable than before", she added.

**WELCOME TO ECHO'S 'YOUNG PERAK' FAMILY**

SMK Jati and SK Simpang Pulai have recently joined the family of schools, colleges and institutions of higher learning as members of Young Perak. Since this dedicated column was introduced in Ipoh Echo, the response from these educational establishments has been very encouraging, to say the least. Over a dozen schools have been submitting reports on a regular basis for publication in Ipoh's only community newspaper. We wish to thank the teachers and students for their literary contributions which have helped make Ipoh Echo more resourceful. And as the title suggests, this is indeed a column for young Perakians! Please make full use of it.

**REMEMBERING OUR SPORTS GREATS**

Students taking notes of the sportsmen.

For the past week, the atmosphere at SMK Jati was somewhat different. On other days, students would discuss grammar, ways to solve mathematical problems or memorizing equations. Things took a turn when some 80 pictorial boards depicting Perak's sports greats arrived

at the school. Displayed neatly along the school corridor where hundreds of students would pass daily, the boards served as a valuable resource for these youngsters to know who their sporting heroes were. Impressed with the achievements of these seasoned athletes, the students came up with their own scrapbooks for future reference. Now the topic of conversation has centred on sports!

Personalities highlighted were Teoh Seng Khoon, one of the double players who won the All-England Badminton crown in 1949. He was also a member of the winning Thomas Cup team the

**COMMUNITY NEWS****THAMILAR THIRUNAL CELEBRATION**

More than a thousand people gathered at the Town Hall to celebrate Thamar Thirunal or Tamils Festival. This event is celebrated in conjunction with the Tamil New Year by Tamils of all faiths, Hindu, Muslim, Christian, Buddhist and others. The guest of honour was Professor Dr Ulaganayagi Pazani, Head, Department of Tamil, Stella Maries College, Chennai.

Being a cultural festival all the events were related to Tamil culture. The ceremony started with the nathaswaram instrumental performance followed by traditional dances, including bharathanatyam, koolattam (stick dance), peacock dance, karagaattam (dancing with a pot on the head), puraviyaattam (horse dance), urimi melam (traditional drums) and classical songs.

Children paraded in attire representing prominent Tamils. There was a display of traditional dress

worn by women of different ages, namely pavadai sattai by children, pavadai thavani by teenagers and sari by grown ups. There was a debate by secondary school students on the negativities of Tamil movies on youths.

Prizes were presented to winners of competitions held for students of primary and secondary schools. Tamils who had distinguished themselves in various fields were honoured. The recipients were S.T. Bala for drama, R. Balakrishnan for Tamil broadcasting, P.K. Malaiyarsan for literary works and M.S. Mayathevan for social services. Those present pledged to uphold and promote Tamil language and culture.

The highlight of the day was the speech given by Dr Ulaganayagi on the relevance of the Tamil language and culture in the modern world.

JEYARAJ

same year. The other was Dato' R. Yogeswaran who represented Malaysia in hockey at the Jakarta Asia Games (1962), the Tokyo Olympics (1964) and was also a member of the 'Asian All-Stars' hockey team (1966).

"The pictorial

display", said Senior Assistant V. Sugumaran, "has helped promote these sporting personalities to the students. They had brought much glory to the country and to Perak, in particular, and therefore, it was only proper that their efforts be recognised", he added.



الجامعة الإسلامية العالمية ماليزيا  
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA  
يُؤْتِي بَرَكَاتِهِ إِسْلَامًا أَنْبَاءًا بِغَيْرِ خِلَافٍ



IIUM Centre for Continuing Education (ICCE)

### Part-time degree for working adults Executive Bachelor In Business Management (EBBM)

**Advantages of EBBM**

- Professional Lecturers
- Recognized by Jabatan Perkhidmatan Awam (JPA).
- PTPTN/ MARA loans and EPF withdrawal.
- Flexible time (Tutorial : 1st and 3rd weekend every month)
- Suitable for working adults who want to enhance knowledge.
- To gain University qualification
- Convocation : At IIUM Main Campus

**Entry requirement**

- \* SPM or similarly recognized qualifications with three (3) credits (Pass in English and Mathematics) and five years of relevant working experience, OR
- \* STPM or GCE 'A' Level, with at least three (3) principal passes obtained in one sitting and two years working experience, OR
- \* Matriculation Certificate/ Diploma from University/ College recognized by IIUM.

For further information contact us at our Ipoh Learning Centre:



KOLEJ ITMN  
3B, Persiaran Greentown 9,  
Greentown Business Centre,  
31450 Ipoh, Perak  
Tel no : 05 - 249 7500 / 01 - VIJAY  
: 012 - 502 3340 - MANNAN

**JUNE INTAKE - OPEN NOW!**

**ANNOUNCEMENT**

All are welcome to:

## A showcase of Luxury & Living



Come and join us for a weekend of luxury and living, where you will get to view 3 show homes for the recently launched Hill Top Residences development and test drive the latest BMW models. Light refreshments will be served.

Date : 6 and 7 June 2009 (Saturday & Sunday)

Time : 10 a.m. - 5 p.m.

Venue : Hill Top Residences, Meru Valley Resort





## IPOH IN BRIEF

More pics at ipohecho on line

## MALAYSIAN DANCE FESTIVAL 2009



Perak hosted the central zone Malaysian Dance Festival 2009. The one-day event was held at Taman Budaya Perak on May 16 under the auspices of the Ministry of Information, Communications and Culture and organised by the Department of Culture and Arts Perak. Selangor, Federal Territory Kuala Lumpur and Perak participated. The primary objective was to inculcate interest and awareness of our rich cultural heritage. This on-going programme is also aimed at bringing Malaysians of all races together as one.

## SQUASH IN THE 2016 OLYMPICS



SRAP Chairman Loke (back row, 4th from the right) posing with young 'squashers'

The game of squash made a bid to be included in the 2016 Olympics, held World Squash Day awareness programmes throughout the world recently. In Ipoh it was held at the MBI Sports Complex. According to the Chairman for the Squash Racquets Association of Perak, Mr Loke Kah Voon, the day was organised as a family day gathering which saw a turnout of over 200 members and friends. All were wearing Olympic 2016 tee shirts and participated in friendly matches and other family oriented events. Besides the MBI Complex, awareness programmes were also held at Ipoh Swimming Club, MCKK, PCRC and Taiping New Club. It is hoped that the recent function will eventuate in the inclusion of a Perakian in the Malaysian squad in the coming years.

## FAMILY DAY



Puteri Umno Ipoh Timur held its long-awaited family day at Taman D.R Seenivasagam on May 17. All 18 sub-divisions of the branch took part by sending five families each. The event was officiated by Rosniza Ismail, the branch head who is also Puteri Umno Perak deputy chief. A number of events were held among them balancing the hockey ball, water in the balloons, three-legged race, gunny sack race and others. According to Maizatul Hj Idris, the branch's information chief, the event was aimed at fostering a closer relationship among members and their families. The telematches not only brought the best out of the participants but they were also hilarious, judging from the antics of some diehards. Members thoroughly enjoyed the games and looked forward to a repeat performance soon.

## MAPEX 2009



MB Zambry launching the expo

The Perak branch of the Real Estate and Housing Developers Association held their annual Malaysia Property Exposition at the Stadium Indera Mulia on May 22-25. Thirty developers and industry support businesses participated in the event. 1,063 units of mixed properties consisting mainly of terraced houses were offered during the period. In line with the economic environment the number of units displayed reflected a 25% lower number from that of last year. But all is not gloom. According to REHDA Perak Chairman, Dato' Francis Lee, "developers and banks alike have come out with attractive and flexible packages to entice buyers". These include all-time low interest rates and a package that allows you to put a 5% down payment and the balance 95% after one year. Hence he encouraged potential house buyers to view the various offers now. They might just get the bargain of their lifetime.

## NEW IPOH COUNCILLORS



Twenty-two Ipoh City Councillors were sworn in on May 15 and MBI held their first full board meeting a week later. The late swearing-in was due to the change of government in early February. Although the 22 councillors have been sworn in, they have not been assigned their zone of responsibility, as yet. "The Zone List will be finalised in June", said mayor, Dato' Roshidi Hashim, at a press conference after the board meeting. Six of the 22 councillors are representatives of NGOs, the rest being members of BN component parties.

## PSPA MOONLIGHT SERENADE



The PSPA Committee with President Datin Rosalina Thong (seated left)

The Perak Society of Performing Arts (PSPA) International Ensemble is back. Led by Music Director Mr Eugene Pook, 'Moonlight Serenade' will be held on Thursday, June 4 at 8.00 p.m. at the Syuen Hotel Ballroom and will feature seven young international musicians from Japan, USA, London, Malaysia, Singapore, and Macau. This time round, the ensemble will include a soprano vocalist, and music from the piano, flute, cello, violin, clarinet and viola. This ensemble is also presented as a tribute of love to Dato' K.K. Lim; founding President and retiring patron of PSPA, for his support and dedication to the performing arts in our community.

There will be a 'meet the musician' event where the musicians will give some personal insight on their lives, their love for music, and pursuing music as a career. Workshops to help already practising musicians will also be held on the June 2.

Tickets for 'Moonlight Serenade' are by donation only. For enquires please call Sara at 05-5487814, Witzzi at 012-5088818 or Pak Peter at 019-5743572.

## ENGLISH CHANNEL SWIM



L-R: Dr Zambry, Zahra, Araf, Salman Ali and parents

Dato' Seri Dr Zambry Abdul Kadir met up with Zahra Masoumah bt Abdul Halim, 18, recently. Zahra is attempting to swim across the English Channel in early July. The swim, between Dover on the English shore and Calais on the French side, covers a distance of 38 km. If she succeeds she will be the first Malaysian woman to achieve such a feat. Zahra, a Perakian, is neither afraid of the choppy sea nor the cold water. The water temperature, at around 15 degrees Celsius, is considered cold although it is summertime in England. Accompanying her will be her trainer, Araf bin Omar, Mohd Muqhararrabin, President of Club KE7B and brother, Salman Ali, an accomplished swimmer himself. According to Araf, Zahra is mentally prepared for the challenge and has vowed to do her best. Zambry donated RM30,000 as a gift from the state government towards her expenses.

## HEALTHY CHILDREN



An outreach programme on healthy children sponsored by the State Health Department was held at the Youth and Sports multi-purpose hall on May 23. The event was officiated by Datin Dr Ranjit Kaur, Deputy Director of Health (Public Health) Perak. In her opening remarks, Ranjit stressed the importance of cleanliness in preparing food and the benefits of a balanced diet for children. A number of activities were incorporated to make the event more meaningful. They included free medical examinations, a health food exhibition and quizzes on calorie intake. Since the emphasis was on children, the participants consisted mainly of kids from kindergartens and pupils of primary schools in Ipoh.





# THERMO-SHIELD®

## FLUID APPLIED CERAMIC ROOF AND WALL COATINGS



### THERMO-SHIELD

Fluid Applied Ceramic Roof and Wall Coatings

"THERMO-SHIELD coatings are specifically designed to solve all the problems found in common paint and roofing systems. With THERMO-SHIELD coatings, your roof & walls will last a very long time, even in the harshest climates and conditions, and saves energy."

THERMO-SHIELD products were developed in America by General Industries Corp, a chemical specialty company with over 25 years of experience. The company spent seven years developing THERMO-SHIELD into a roof coating that could solve all the problems common to roofing systems.

The roofing system is designed for a tougher kind of environment and is suitable for use in Metal Roofing, RC Roof, Exterior Wall and water proofing.

This innovative roofing technology is considered a Space Shuttle technology. It combines strength, lightweight protection and integral insulation.

The THERMO-SHIELD Roof System when in place becomes a seamless, continuous smooth surface that is able to withstand bad weather conditions, airborne contaminants and extreme temperature fluctuations.

### OTHER IMPORTANT THERMO-SHIELD ROOF SYSTEM BENEFITS INCLUDE:

*Waterproofs roofs, even low sloped*

*A high degree of puncture-resistance due to its outstanding tensile strength*

*Exceptional elongation characteristics*

*Absolute bond ability to a wide variety of substrates*

*Stability under an extreme range of temperature fluctuations*

*High resistance to atmospheric pollution*

*High resistance to UV degradation*



THERMO-SHIELD Roof System is considered a Space Age technology, in its own class. The materials used are similar to those applied in the insulating and reflective tiles found on the NASA space shuttle. It functions to effectively dissipate and reflect solar radiation back into the atmosphere.

The polymers used expand when wet, offering protection against damaging moisture penetration and shrink when dry, facilitating moisture evaporation that helps prevent blistering.

THERMO-SHIELD Roof System also helps lower the temperature under the roof by as much as 25 C which translates to value for money. Besides saving energy, THERMO-SHIELD Roofing System has been tested and proven to reduce air conditioning costs, considerably.

### OTHER BENEFITS OF THERMO-SHIELD INCLUDE

- Labour savings. Notably it's one of the easiest and most cost-effective to apply. Besides, the installation only requires a small crew. All these advantages translate to more time and labour savings.
- Noise reduction. The materials used make for a reduction of noise from outside, especially on metal buildings.
- Lightweight. The weight factor on a new roof design is minimized. Apparently, the THERMO-SHIELD Roofing System eliminates the need for ballast which significantly reduces structural deflection.
- Superior flexibility at extremely low temperatures. Its ability to retain its properties at extreme temperatures.
- Excellent elongation and recovery properties. THERMO-SHIELD Roof System creates a protective barrier with proven high resistance to extreme weather conditions. The elastic coating also seals hairline cracks and prevents new cracks. Assembly and installation are professionally conducted by certified and trained THERMO-SHIELD experts. Other THERMO-SHIELD Products available include
- THERMO-SHIELD Liquid Exterior Wall Coating which is water based for much longer lasting finish on all types of surfaces. Its insulating properties are designed for energy savings.

- THERMO-SHIELD Interior Wall Coatings dry to satin finish that changes tones with change of light. It seals hairline cracks and helps prevent new ones. It also reduces echoes and sound between rooms. The Ceramics also reduce heat loss, and keeps temperature balanced.
- THERMO-SHIELD STUCCO is easy to apply, and resists cracking, while providing energy savings.

- All THERMO-SHIELD coatings are available in a wide range of colours.
- THERMO-SHIELD has an impressive track record of successfully solving customer's roofing problems, on a long term basis, in all types of climate, around the world.
- Technical Support – various lab tests have been conducted to prove that THERMO-SHIELD is superior through evidential data;



For more information call **05-291 3389 / 05-292 3389**  
or e-mail : **lstech@pd.jaring.my**

83, Persiaran Klebang 1, Kawasan Perindustrian IGB,  
Off Jalan Tunku Abdul Rahman, 31200 Ipoh Perak.

**THERMO-SHIELD®**  
FLUID APPLIED CERAMIC ROOF AND WALL COATINGS



## IPOH FACT AND FANCIES

# THE RIVER OF SILT (Part 2)

## The Great Flood Of 1926

by HO TAK MING

The wet season of 1925, which started in September, was continuously 'wet'. The Kinta River was more often overflowing its banks than otherwise. Its water overflowed into the nearby streets as far as Belfield Street, forming one continuous sheet over the whole of Old Town. The Times of Malaya called Ipoh, the Malayan Venice. As the year approached its end, the rains increased in intensity. One day in October, Ipohites were startled to see a sampan bearing four Malays coming up from the Kinta River into Belfield Street, passing Oldfield's Dispensary and going back to the river over Market Street.

When the wet season finally came to an end in early January 1926, everybody breathed a sigh of relief. However, 1926 turned out to be an exceedingly 'dry' year. Could Ipoh be spared its annual inundation?

At 9 a.m. on December 23, 1926, the columnist who called himself 'The Egoist' was sitting at his desk at home penning his regular column for the town's newspaper. He wrote: "The year 1926, which is now so rapidly drawing to a close, has been one of the driest years the country has experienced for many a long day - some say it has been the driest year for the past forty years. Be that as it may, the drought has saved Ipoh from floods so far. The hope is that by the time



Hugh Low Street

the rainy season arrives next year, the Government would have got well ahead in its long delayed scheme to prevent the Kinta River flooding Ipoh."

He looked out of his window. It had been raining heavily all of the previous night and, except for a short break early in the morning, was still pouring. "In this matter of no big floods in Ipoh this year, we in Ipoh must not, however, believe we are out of the woods yet."

After breakfast, 'The Egoist' made his way to office. As he passed the Kinta River he saw that it was now definitely taking the second course. The river was a raging torrent and its banks were no longer to be seen. The water was well into the People's Park and the low land off Brewster Road near the Fire Station, and was steadily making its way towards Old Town. He sat down at his office desk and continued his column pessimistically: "For Ipoh at least to escape one big flood this year appears too good to be true, and, taken all round, my merchant friends of Station

Road will do well to see their flood barriers are in position tomorrow night before they close shop for the Christmas holidays."

Did his merchant friends have the time to do that? By noon a torrent of water began pouring down Station Road, and the ground floors of all the shops and offices in Ipoh's main thoroughfare were under water. Lahat Road was flooded to four feet, with water also coming from the swollen Sungai Pari, a tributary of the Kinta River. Almost a hundred cars were held up there - some stuck in the middle of the road due to engine failure.

At 2 p.m. the flood was still rising and it was becoming evident that it was going to be the biggest Ipoh had yet experienced. All the shophouses bounded by Panglima Street, Belfield Street and Hale Street were under more than three feet of water. The FMS Hotel was under a foot of water. The kampongs on either side of the river bank from Birch Bridge to the Cave Temple in Anderson Road were flooded to such an extent



Leech Street

that the residents found it unsafe to remain in their flimsy wooden houses and had to flee to New Town for safety.

There was a brief respite from the rain on Christmas Eve, but the downpour then resumed with a vengeance. If Ipohites thought such buckets of water from heaven would soon be emptied, they were sadly mistaken. It continued raining on Boxing Day, and the following day. On December 28th, the flood level was higher than the highest level on Thursday, December 23rd. The whole of Station Road was a raging torrent. Round by the FMS Hotel, the water was four feet deep and it took two rickshaw coolies to pull a rickshaw through - one pulling and the other pushing from behind. Anyone who wanted to get to town from Gopeng or Tambun Road had to hire two rickshaw coolies, and pay the extortionate fare of \$1 for a one-way trip.

At noon, Whiteaway Laidlaw's glass plate windows burst, letting a torrent of water into the company's premises. The water

was within an inch of the barricades of the 'Times of Malaya's' engine room, and if it breached the top, the day's edition could not be printed. The whole of the Ipoh Padang was a sea of water. So was Old Town, where the water blocked all avenues of access.

Those houses on the streets nearest the Kinta River fared the worst. The Indian rice and provision shops, goldsmiths' and tin-smiths' shops, cloth shops, Chinese coffee shops and provision shops along Treacher Street were all submerged to a depth of six feet. Half the working people of Old Town took their meals in the various eating stalls there, which were all washed out, and they would have to go hungry. Leech Street was shoulder deep in water. Nobody dared to cross the street due to the swift current. The main market was unapproachable. In Hugh Low Street, the 'High Street' of Ipoh, all the shops were closed and barricaded with several feet of water inside. All business was at a standstill.

The records at the Ipoh District Hospital showed

that nearly five inches of rain had fallen over a 24-hour period, from 6 a.m. on December 28th to 6 a.m. the following day. The flood level exceeded by five inches the previous record height during the great flood of 1919. After an absence of five days, the sun shone again at 3.30 p.m. on December 30th. The temperature had been in the low 70's all this while, and at 1.30 p.m. on December 30th, it shot to 80°F. Everybody began to hum the song 'It Ain't Gonna Rain No More.'

According to an old-timer, Rev. W.E. Horley, who came to Ipoh in 1895, Old Town was not much flooded in 1897 when large parts of the country were inundated. The so-called 'flood channel' was good dry land where the Government built the markets and encouraged house owners to build shophouses.

The Kinta River was twelve to fifteen feet deep then. Big boats, heavily laden with rice and tools for the Chinese miners, anchored by the dozens near where the Birch Bridge was to be built. In the thirty years since, the Kinta River had risen by some eight to ten feet due to silt accumulation.

By 1926, except when there was a flood, the river was so shallow that a matchbox could scarcely float down it. It was sad what thirty years of mining (and later rubber planting) had done to silt up the Kinta River.

### FASHION BOUTIQUE ELPIA

Serving Community (M) Sdn Bhd

Reebok

Hurley

FILA

BONIA

Valentino Pecky

GREG NORMAN COLLECTION

Pierre Cardin

OLD NAVY

SALE

50 %  
70 %

**Closed On Tuesday**

**Open From: 1.00pm - 9.00 pm**

No. 95, Medan Station 19/3, Station 18, Ipoh

(Behind Tesco Station 18)

Where the legend begins

**BUFFALO**

牛頭牌

**Prestige Package**

**Function Series Package**

**Essence Extractor**

**Inner Rice Bowl**

**Smart Cooker**

**SERENA GOH SAW CHAN**

39, Jalan Medan Ipoh 6,  
Bandar Baru Medan Ipoh,  
31400 Ipoh, Perak.

TEL: **05-5499909** H/P: **012-5380522**



## LEISURE



## HOME STAY FAMILIARISATION TOUR

*Homestay facilities in rustic Sg Klah up for grabs...*

**T**ourism Malaysia organised a three-day home-stay familiarisation tour specifically for foreign diplomats, embassy staffs and the local media representatives recently. The foreigners involved were from the embassies of Fiji, Azerbaijan, the Netherlands, Laos, Cambodia, Colombia, Poland and France. The visitors, numbering over 40, were taken to Sungai Klah, Sungkai, to witness the home stay programme and facilities available at this rustic rural hideaway. Oil palm cultivation is the mainstay of the area.

**Day One.** The visitors met with their adoptive families and had lunch at their homes before

departing for the Felda Residence Hot Springs, a Felda-owned holiday resort nearby. The well-kept hot springs were a sight to behold. One attraction which caught the visitors' eyes was the resort's tastefully landscaped swimming pool. The guest rooms are luxurious but moderately priced. Facilities available are aplenty including a spa for the discerning. It is a perfect retreat for nature lovers and those who pine for solitude.

**Day Two.** The guests were transported to the Felda Sungkai oil palm mill to see how palm oil is processed. They were briefed on the processing

methods. The visitors' next stop was a *kuih* (cookie) factory where traditional Malay cookies like *bahulu*, *kuih bangkit*, *tempeyek* and others are made and packed for sale. And this was followed by stopovers at a guava and dragon fruit plantation, a mushroom nursery and a goat farm. They then settled for a sumptuous Malay dinner held at the Sg Klah community hall. While dining the guests were entertained to *ghazal* music and popular Malay songs of the pop yeah-yeah genre. Some took to the floor to dance the *joget* and *zapin* accompanied by dancers from Tourism Malaysia.



**Final Day.** The visitors were given gifts and certificates courtesy of their host, Tourism Malaysia. Before the presentation ceremony they were shown

traditional Malay games such as *congkak* and *gas-ing* (top spinning).

It was one eventful experience for the visitors, especially the foreigners.

Most were impressed by what they saw and would recommend the home-stay programme to their folks back home.

ROSLI MANSOR

## COMMUNITY NEWS

## HONESTY PAYS

*Form 4 student returns money found outside school*

**F**ourth former Voo Vui Ken is a quiet and reserved schoolboy. One fine morning Voo and his team mates were waiting to board a bus to take them to a school in Menglembu for an inter-school basketball tournament when he noticed a brown object, near the school's main gate.

It was an expensive-looking leather pouch. "How can someone throw away a still-in-good-condition pouch?" Voo thought. "Or perhaps, it's been dropped accidentally?" The 17-year-old opened it and was dumbstruck. He found a stack of money, mostly in RM50 notes tucked neatly inside the pouch. Instinctively, he called out his team mate, Chong Chi Lam who was about to

board the bus. She too was dumbfounded on seeing the big sum of money. After signalling to the bus driver to wait, Chong and Voo, holding tightly to the pouch, ran towards the office.

After handing over the pouch to the senior assistant in charge of student affairs, Goh Che Seng, both Voo and Chong were greatly relieved and then joined their team members and left for Menglembu. Voo did not think much about the lost pouch as the impending basketball match was more important to him.

Back at the office, Goh laid the contents of the pouch on his table. He counted RM1,742, mostly in RM50 and RM10 notes. There were three cheques worth RM3,430, a bunch

of keys, some coins and two bank books. Goh did not find any identification papers. Flipping through the bank books he identified the account holder who could also be the owner of the pouch. Goh rang the bank and informed a bank officer of the find.

The next day, Captain Chan Weng Kwai principal of the school, received two visitors – Tang Ah Ling, 61, and his wife, Tang Ah Lek, 60. The couple had little hope of recovering the pouch and the contents. The most attractive item was the bunch of keys. They were keys to their shop, a pottery factory in Jalan Kuala Kangsar.

A press conference was arranged by Captain Chan, as Tang insisted that he wanted to tell "the world" of the good deed

by two upright kids with outstanding integrity from SMJK Yuk Choy.

It was a momentous day for Voo and Chong when a senior official from the Northern Kinta District Education Office, Puan Noriha bt Nawawi, turned up to witness the presentation of certificates of commendation to Voo and Chong.

In his speech, the principal praised the students for their remarkable action in returning the items without hesitation. "This outstanding quality of our students brings great pride to our school. Their actions should be emulated by everyone," Chan told Ipoh Echo after the event.

Tang and his wife expressed deep gratitude to both Voo and Chong



Above: The Tangs thanking Voo for his honesty.

Inset (L-R): Chong, Capt. Chan, Pn Noriha and Voo

by presenting the students an angpow each. He gave them a tight hug. "It is not so much about the money but their act of honesty that amazed me. It has renewed my faith in people, in this time and age," he said.

"To have made two people happy makes me

feel very pleased with my action. What's more, to have my principal, my teachers and an officer from the district education office here to thank me and my friend has made my day," remarked a beaming Voo to Ipoh Echo.

PETER KHIEW

## GIVING BACK TO THE COMMUNITY

**W**esak day is celebrated by Buddhists throughout Malaysia to commemorate the birth, enlightenment and achievement of Nirvana by Lord Buddha. On this day, devotees visit temples at dawn to meditate and provide offerings and donations of charity to the needy.

Buddhist devotee, Alfred Perera who runs the only Singalese Bar in the country, closes his watering hole one day of each year on Wesak Day to give "something back to the community". This he does by serving lunch to an av-



erage of 1,200 persons in a tent adjoining the bar. All are welcomed irrespective of race, religion or status. An annual affair on Wesak day for the past 25 years, Alfred pushes chairs and tables in the bar to the side to make space for huge pots filled with tomato rice and

vegetarian dishes. In the centre of the hall is an altar of Lord Buddha which is brought down from his upstairs quarters.

This Wesak, after Alfred said his prayers, lunch was served at a lunch table which can accommodate 80 diners at one

sitting. Besides rice and vegetables there was *tairu* or yoghurt and, *payasam* and ice-cream were served for dessert.

JAMES GOUGH

email: james@ipohecho.com.my



Since 1985

### OXYGEN PLUS

**OXYGENATED WATER SYSTEM**  
Enriched with 300% more Oxygen than regular water  
**Water no one has experienced before**



20-30 ppm



100-120 ppm



2

**Get Energized**

Hurley Marketing Sdn Bhd  
(148706-K)  
47 Jalan Medan Ipoh 2  
Bandar Baru Medan Ipoh  
31400 Ipoh, Perak  
Tel : 605 5466 568  
Fax : 605 5496 968  
Email: hurleysb@streamyx.com

**Hot and Cold**