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Julie Song does Perak proud



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Five Locations In Perak For World Heritage Sites



Coffee: Taking Ipoh to the World



Nam Heong Kopitiam...the start of Old Town White Coffee



Sin Yoon Loong coffee shop

Ipoh has always been known as a food haven. And for years outstation motorists would make a detour into the city just for a bite. A popular stopover would always be at Old Town and the reason was *pak-ko-pi*, the Cantonese name for white coffee, a type of coffee where no sugar is added during the roasting of beans. The typical cup of white coffee would be brewed in a cloth sieve or strainer placed in a tin cup after which it is poured out and mixed with a generous portion of condensed milk, evaporated milk and sugar before being served. *Continued on page 2*



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● By JAMES GOUGH

Kopitiams – The Birthplace of White Coffee

Ipoh white coffee specifically began at the kopitiams (or coffee shops) along Leech Street now renamed Jalan Bandar Timah. Since the 1950s it has been the only place which served white coffee in Ipoh.

Even though white coffee (roasted from 100% coffee bean with only margarine resulting in a lighter colour) is available everywhere in the country, these coffee-shops are still packed every day with people looking for a cup of hot or cold coffee and snacks.

One of the earliest kopitiam to serve white coffee was Sin Yoong Loong, opened over 70 years ago and is located at 15A Jalan Bandar Timah.

Senior citizens that

have been going to this shop for decades still insist that their flavour has not changed since those days. Taken with the cuppa would be *kaya* (a spread made with eggs, sugar and coconut milk) on toast or a host of other local snacks.

Family Recipe

In the fifties most of these shops had their handed down family recipe and processed their own coffee. They would buy the beans from Klang and process their own coffee powder for their own consumption. This is a reason customers loyal to one outlet will defend his outlet as the better coffee.

At the road behind Jalan Bandar Timah at No. 5 Jalan Sultan Yussuf (Belfield Street) lies Nam Wah & Co, a coffee bean roaster which has been supplying white coffee powder to many of the kopitiams in Old Town since the mid 50s.

Pioneer Supplier

According to Tan Ko Shuin, the ad-

viser for the Perak Coffee Shop Keepers Association, Nam Wah which markets their coffee powder under the Rose brand is a pioneer supplier of white coffee.

In 1998 as the popularity for white coffee grew Nam Wah moved their operations to Jelapang Light Industrial Zone but still maintained the original shop at Jalan Sultan Yussuf as a distribution centre for its long time customers.

Nam Wah, now a third generation family business was started in 1956 by a Hainanese Chinese migrant, Lim Ming Fong. It is still a family business where grandson Lim Say Seng is currently its manager and is assisted by his wife Cheong Sweet Fong who manages the quality control and production process.

On the day I visited their factory, Cheong was not in while Say Seng was outstation making deliveries. I was attended to by Say Seng's mother Mdm Foo Piak Har who showed me how white coffee is processed.

They currently purchase their coffee from Banting near Klang and also from Indonesia. The white coffee beans are first dried and subsequently coated with margarine and roasted after which the beans are ground and packed. No sugar is added for white coffee blends unlike black coffee where sugar is added during the roasting process.

Nam Wah which initially supplied their coffee to old town now supplies



Old Town Executive Director Goh Ching Mun

their product throughout Ipoh and the whole state. Occasionally tourists from China and Taiwan would come to their factory to purchase their coffee.

Old Town White Coffee

Another kopitiam that started from Jalan Bandar Timah 60 years ago is Nam Heong also a Hainanese coffee shop located at No. 2 Jalan Bandar Timah. Its business was similar to the next kopitiam except that 12 years ago it began marketing their white coffee under the brand name of Old Town White Coffee.

The company's breakthrough product in 1998 was their blended 3 in 1 instant white coffee. Their success is measured by the fact that their instant coffee mix is currently being sold at 3,000 outlets throughout Malaysia, Singapore and Hong Kong.

Café Outlets a Huge Success

However it was their venture into the food service sector in 2005 with the opening of their first 'OldTown White Coffee'

outlets in Ipoh that made an impact in the promotion of white coffee and the image of Ipoh Old Town.

The Executive Director of OldTown White Coffee is 39-year-old Goh Ching Mun who describes himself as a kampong boy. A student from Poi Lam Simpang Pulai, Goh used to help his father since age seven to make coffee at their shop.

His story is similar to the other outlets in Old Town i.e., their immigrant grandfather had a recipe and opened a coffee shop. However he theorised that his generation "did the right thing by improving on the product and marketed it with the right business acumen". He modestly attributes his company's success to 'luck' though.

Goh explained that the opening of the first outlet was to capitalise and reinforce the brand name of OldTown White Coffee. The subsequent opening of a chain of café outlets reflected the ambience of the traditional Ipoh coffee shop.

Mushrooming Chain

The success of the chain can be seen in the number of outlets that have mushroomed since 2005. There are now 175 outlets throughout Peninsula and East Malaysia and Singapore. Currently Goh has four factories in Ipoh carrying out roasting operations, a confectionary and a central kitchen preparing

items like curry paste and soups.

It now has a workforce of 4,000. Its net profit for financial year 2008 was RM20.57 million, double from its RM10.90 million a year earlier and has applied for listing on the KLSE.

Goh's plans for the future are to expand to new markets such as China and Australia and introduce new products such as instant tea.

Coffee Branding for Ipoh?

Uncannily the success of the Old Town White Coffee brand is also a promotion for Ipoh because whenever people ask where is this Old Town the conversation would ultimately lead to the area on the west bank of the Kinta River.

And has all this promotion of white coffee achieved any progress? According to Tan of the Perak Coffee Shop Keepers Association the figures for white coffee are up especially in the urban locations of Selangor.

Its success has inspired the Perak government to plan branding Ipoh as the 'City of White Coffee' to boost its tourism industry.

"It has the potential to be an icon of Perak, especially in promoting the tourism industry", State chairman for Industry, Investment, Industrial Development and Tourism, Dato' Hamidah Osman said, adding that, "white coffee is also well-known overseas especially in the United Kingdom".

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• by Fathol Zaman Bukhari

A Memorial Service to Last

Malayan Emergency

Although the Malayan Emergency was officially declared over on July 31, 1960 skirmishes and fire-fights occurred frequently throughout the country. The Communist insurgents continued to keep security forces on their toes. The 12-year conflict had been often described as a low-intensity warfare in contrast to the open warfare of the Vietnam War. It was primarily an individual battle involving sections and platoons where the skilful use of firearms and tactics was of far greater significance than overwhelming firepower. A nation which had suffered carnage caused by the Japanese Occupation had to contend with a Communist uprising. It was certainly a time of anxiety and uncertainty. Fortunately, Britain and members of the Commonwealth were quick to respond.

Australia's initial contribution was a squadron of Lincoln bombers and a squadron of C-47 transport planes which operated from Singapore in 1950. These aircrafts were used

to bomb terrorist camps in the jungles and to airdrop supplies to troops in forward bases. In 1955 its involvement went beyond air support. The first ground forces to partake in jungle operations were troops from the 2nd Battalion, Royal Australian Regiment (2 RAR), followed by 3 RAR and 1 RAR. Royal Australian Navy battle ships came on to the scene also in 1955 and remained till 1960. They were part of the Commonwealth Strategic Reserve based in Singapore. Destroyers from the navy fired on the communists from the Johor Strait.

Casualties

A total of 65 Australians died during the 12-year Malayan Emergency and out of that number 40 were laid to rest at the Kamunting Christian Cemetery, Taiping. The rest were buried in different parts of the country, including some in Singapore. Those interred at the Kamunting cemetery represent the largest number outside of Australia.

The National Malaya



and Borneo Veterans Association of Australia were instrumental in getting members and their families here to observe the 50th Anniversary of the cessation of hostilities. Steve Toon, the Liaison Officer for Malaysia, should be credited for making this happen. It was his untiring efforts that an event of such magnitude was possible.

Assistance

The Butterworth Rifle Company was again in action. The company provided the honour guards for the newly appointed High Commissioner, Mr. Miles Kupa who took over from Ms Penny Williams in May

of this year. The occasion was made more meaningful with the continued assistance from the Taiping resident battalion, 9th Royal Ranger Regiment, under the command of Lt-Col Z bin Zainuddin. The battalion second-in-command, Major Huzaini, was on hand to provide the logistics and administrative assistance required. All this was made possible by the unflinching support given by Commander 2 Brigade, Brig-Gen Dato' Pahlawan Zulkifli Mansor.

The brigadier had never once failed to honour his promises when approached by the association's local chapter. "These young Australian soldiers died serving in a foreign land and fighting a battle they hardly know. The least we can do is to provide the support needed," he said when asked.

The service on

Thursday, June 10, would not have been sufficiently complete without a lecturer. When this was made known, Major Huzaini got his men to get one from the battalion. It came in time for the reciting of the Ode and the speech by the High Commissioner, Miles Kupa. This is the kind of rapport that has been established over time.

Acceptance

The success of this year's memorial service is not without its hiccups. The fact that the event has

gained acceptance from the authorities has ruffled some feathers over in Australia. The national association feels that the working committee should take charge rather than let a breakaway state affiliate run the show. The tiff, despite its intensity, has not marred the occasion but it is in bad taste. "We'll not take sides," said Lt-Col Yunus Ali (Rtd), a leading member of the local chapter. "Internal politics should be kept where they belong and not here in Ipoh," he enjoined.

ASKING THE PYTHON TO FEED THE CHICKEN

• by Peter Lee

Jane was diagnosed with leukaemia at its terminal stage and the doctor told her that she had roughly four months to live. She was devastated by the news but accepted it as part of one's life journey. She is single but has an adopted daughter aged 19 named Betty. She intends to give her entire estate to Betty when she passes away. Since Betty is still very young and immature, she wants someone to be Betty's guardian and manage her finances when she is not around. Jane knew that the only way to have this in place is to prepare a will and choosing the right Executors/Trustee and Guardian. After discussing with four of her surviving brothers and sisters, she finally decided to choose one sister to be the Executor and the other sister to be the Guardian of Betty. She provided some allowance for her sisters to act as executor and guardian. The instructions in her will says that the Executor must give Betty RM 1,000/- per month for her living expenses. A sum of money was also allocated for Betty's education and medical expenses as and when the need arises. The balance of the funds will all be passed to her when she reaches the age of 25.

When Jane passed away a few months later, her sister who is the Executor applied for the Grant of Probate to unlock her estate. Once the Probate was obtained she initially followed Jane's instruction in her will for 6 months. Then she started to give RM500/- per month to Betty and also reduced the allowance to her sister who is the Guardian. As a result, Betty quarrelled with her very often over this issue because she was not complying with Jane's instructions. Betty consulted with some of her relatives on this and their advice to her was to sue the Auntie. Betty was asking herself where she could possibly have the financial means to do that when she herself was barely surviving on her mother's estate. She was in a quandary over the money for her education and medical expenses. She felt that the appointment of her Auntie as executor was like asking the python to feed the chicken.

In addition to the above, I have also encountered many situations where the beneficiaries complained that the Executor tells them that he/she does not have time to apply for the Grant of Probate. Under these circumstances, one should look into the appointment of a trustee company like Rockwills Trustee Bhd., because it has the expertise, impartiality, professionalism and most importantly perpetual existence. Furthermore, it has to comply with various laws such as the Trustee Act 1949, Trust Companies Act 1949 and Probate and Administration Act 1959. Therefore, they have to always act according to the instruction of the will and report to the guardian and beneficiaries on the status of the estate's money. They also ensure smooth and fast distribution to the rightful beneficiaries without any hassle. So for peace of mind and avoiding the problem faced by Betty, consider seriously to choose Rockwills Trustee Bhd as your executor and trustee of your estate.

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He is based in Ipoh and can be reached at: 012-5078825/05-2554853 or excels@streamyx.com.



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

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam
Jerry Francis

REPORTER

James Gough

GRAPHIC DESIGN

Rosli Mansor Ahd Razali

MARKETING & DISTRIBUTION

MANAGER
Ramesh Kumar

WEB ADMINISTRATOR

Titus Raj

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Plot 78, Lebuhraya
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ANAK PERAK

By SeeFoon Chan-Koppen

Well she's done it again. Not one for resting on her laurels, Julie Song, Ipoh's own restaurateur/chef extraordinaire has once again helped put Ipoh on the culinary and tourist map. Known for scooping up culinary honours at the Hospitality Asia Platinum Awards (HAPA) one of Asia's most prestigious awards for the Food and Beverage Industry, Julie is now wowing Enrich Platinum passengers on board Malaysia Airlines around the world and hopefully have them burning up tyres in their haste to get to Ipoh for more of her Modern European cuisine for which her restaurant cum Boutique Hotel is famous.

Collaboration with MAS

Julie is known for her inno-



vative and highly creative dishes, serving posh nosh to Ipohites and visitors who come from all over the world to stay at her luxury boutique hotel with its seven themed rooms. This latest collaboration with Malaysian Airlines will be yet another feather in her culinary cap, a secret which she has cherished since the beginning of the year, travelling to Kuala Lumpur on a weekly basis

to work on the menu and train the chefs at both the Sky Chefs and Malaysian Airlines kitchens.

Julie, as a previous article in issue 65 has highlighted, is a self-made chef, whose passion for cooking has been honed to a fine art. An eclectic career saw her begin working life as a successful model, after having obtained a degree in mathematics. Marriage and three children later brought her often into the kitchen where she experimented and created her own unique dishes, fantasy concoctions that tease the eye and tantalise the palate.

Chef-On-Call Menu

Now that the Chef-On-Call menu with Julie Song is up and running, she is hoping that the resultant publicity and the taste and presenta-

JULIE SONG does Perak proud

● Lamb Loin with tomato-olive relish



● Avocado salad with caramelised pecans

tion of the various dishes will further heighten the curiosity of international gourmets the world over and nudge them to discover the culinary treasures of Ipoh and bring them here to taste not only Indulgence's food but also the huge variety of delectable fare for which Ipoh is famous.

Chef-on-Call as the service on Malaysian Airlines is called, is available to Enrich Platinum members flying Business and First Class between Kuala Lumpur and Europe and Australia. Passengers will have to call 24 hours before their flight to book their meal from a menu of 25 dishes. Top in her list of recommendations are the stuffed chicken roulade with caramelised onions, tender lamb loin with paprika-dusted pumpkin, and Miso soup with crab gnocchi and coriander. And of course there is a choice for different ethnic tastes as oriental dishes also feature significantly on the menu.

Being a perfectionist at heart, Julie goes to great lengths to ensure that the preparation of her dishes is executed perfectly by the chefs at the catering kitchens. Chefs have been flying in to Kuala Lumpur from all over the Malaysian Airlines network to learn some of the cooking techniques and presentation of the dishes. She introduced new cooking techniques like baking fish in parchment paper and wrapping rice in lotus leaves to ensure that food stays moist during the reheating proc-

ess on the plane. To this end, she has even flown many sectors just to check out the quality of her dishes when they are served to the passenger. Her other emphasis is on eye appeal of the dishes and she has also spent time working with the cabin crew who will be serving the dishes.

Creating Awareness for Ipoh

"I have often been asked why I haven't opened a branch of Indulgence in Kuala Lumpur. I am an Ipohite and this is my way of creating awareness for Ipoh. Most of the top restaurants in the world are seldom at one's doorstep. A little distance creates mystique, a frisson of adventure and a reason for an outing", she said. "The more awareness I create for Indulgence, the more international travellers will want to visit Ipoh."

She is correct in her assessment if we were to look at some of the Michelin-star restaurants scattered around the world. Build a reputation, serve superb food and the world's foodies will beat a path to your door. "Look at Heston Blumenthal whose restaurant the Fat Duck has been on the number 1 list in the world for the past three years. It's quite a drive to get out to Bray where the restaurant is situated and yet, the restaurant is booked out 3 months in advance", Julie added.

Ipoh is proud to have Julie Song as an Anak Perak.

YOUR VOICE, OUR CHOICE



A winning team (l-r) Cheng, Datin Rosalina, Thomas Low, Jerry Chan, Stephy Leow, Paul Tan and Yim

Sunway College Ipoh, a subsidiary of Sunway University College recently held a singing competition entitled "Sunway College Ipoh Idol 2010 - Your Voice Our Choice".

Held at the Heritage Hotel it had a total of 10 of its students participating in the event.

The mode of judging was similar to the American Idol series where three judges gave their comments after each contestant completed their performance.

The panel of judges was a prominent selection of individuals familiar with similar events. They consisted of Datin Rosalina Ooi, the President of the Perak Society of Performing Arts, music instructor Yim Kam Ling, Ms Novel Lim Siew Theng - the 2006 Miss Astro Chinese International Pageant who was also a former Sunway College Student and Ms Cheng Mien Wee the CEO of Sunway University.

The mode of competition saw the contestants first singing in English for the first round with some feeling nervous and hesitant.

It was clearly a different mood during round 2 when the contestants were allowed a free choice of songs. As the contestants belted out their songs with comfort and ease their fellow student's supported their performances by cheering them on. Indeed the choice of song and language had the audience sit up and take notice and contributed to the improvement of the contestants' performance.

The winner for the night was Thomas Low, an A Level student who sang the song Kiss-Kiss Bang-Bang a cabaret tempo piece which had him sashaying and slow cat-walking on stage. The 1st runner up was Jerry Chan (a student doing Business Information Systems) and 2nd runner up was Ms Stephy Leow (CAT/

Accounts).

Sunway College Director Mr Paul Tan said that the idea for the Idol Competition was "entirely the idea of the students themselves. Events such as these enable students to develop themselves in a more holistic way".

Indeed the college is committed to the education and learning of students and the rewards which will ultimately benefit the people and communities.

It is the college's belief that education is not just about gathering qualifications but should be a glorious adventure which exposes students to develop their talents to their highest potential.

The 'Sunway College Ipoh Idol' was one such event whose objective was to build up a student's all round characteristic and self esteem by exposing them to a new experience and possibly unveiling a new found talent.

JAMES GOUGH

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MUSINGS ON FOOD

SEEFOON FINDS Malay Gem In Kak Leha



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By See Foon Chan-Koppen

Well I finally managed to meet up with my 'Sir Galahad' of food tasters, Shaifuzan Baharil who had offered to take me on the Halal food trail after protesting that I was way too pork oriented in my reviews. I jumped at his offer to be my Halal food guide and being taken off the beaten trail to taste temptations hitherto hidden from my habitual nose and palate.

Our first experiment was lunch at Kak Leha's, an unprepossessing coffee shop in Bandar Ipoh Raya near the Menteri Besar's office. The easiest direction I could give is to drive past YMCA on your left, cross the Kinta River and immediately turn left into a non-signposted road which is Medan Istana 7 (or so I guessed as I couldn't see a sign at either end). Look for the sign Kak Leha in the middle of a row of shop houses on the left.

Kak Leha has quite a following I'm told. Formerly located in the Old Pasar Bulat (Yau Tet Shin



market) in town, Kak Leha had been moving around since the market was torn down, renting space from eateries within Ipoh City some of which were in



fact Chinese coffee shops. Considering the number of times she has moved, it is quite an accolade to her that her loyal customers always seem to find her and follow her wherever she goes. Now it looks like she is settled in Bandar Ipoh Raya to stay for quite awhile.

Kak Leha's food is quite original and typical of the Perak style. Similar in some aspects to the style of Tasek Raban, the touch is light and recipes not as complicated as the larger restaurant which essentially specializes in grilled fish (and much more pricey). Nor is the variety as large, which makes selection and ordering a cinch.

The coffee shop is bright and clean and overhead fans provided some relief from the unrelenting heat on the day I was there. I left the ordering to my 'guide' and settled back to enjoy the new taste discoveries. And order up a storm he did. As all the dishes had already been pre-cooked and as is typical of Malay cuisine, most of it accept for the rice, is eaten cold. The dishes arrived fast and furiously and we almost ran out of space on

our regular sized table for four. But we managed to find space for all ten plates of the various delectables and began tucking in with gusto.

My two companions ate with their hands but squeamish me settled for the spoon and fork, despite the availability of a wash basin with soap for washing one's hands. First on the table was the *Ikan Patin Gulai Tempoyak*, a river fish cooked in a light curried, turmeric sauce with the addition of *tempoyak* a fermented durian paste. The *tempoyak* flavour was exceedingly mild and not as I had expected – a highly pungent mouth feel that the unadulterated paste can sometimes provide. If not for the fact that the fish was not my favourite variety, this is a most unusual dish and one that is rarely found in many eateries. RM3 per piece of fish.

The *Beef Rendang* had a tasty thick gravy and was most reasonably priced at RM2.50 per piece. *Masak Lemak Rebung* is bamboo shoots cooked in coconut milk, a mild sauce with quite a pungent smell of the bamboo shoots which are lightly fermented. This dish reminds me of the fermented bamboo shoots which I used to see quite often in Bangkok; addictive for those who love it and an acquired taste for those who don't. Like durians.

The *Pineapple Pacari* was spicy in a red sauce, the sweetness of the pineapple contrasting nicely

with the fiery gravy. *Lala Masak Merah* or clams cooked in red sauce was good value at RM2.50 and the

fried fish *Ikan Keli* or catfish at RM3 each was very fresh. Although the *sambal belacan* (preserved prawn paste with chillies and shallots) dip was meant to go with the raw 'ulam' or local herbs and vegetables (we ordered a mixture of *kacang botol* or winged beans, daun ubi or potato leaves, ladies fingers and *daun silom* and *brinjal*) it made a beautiful sauce for the fish too.

An interesting side dish here at Kak Leha is their coconut sambal which can be eaten stand alone



or with the 'ulam'. This is not finely desiccated but rather a more chunky version with a spice mix, making it tangy and flavourful.

My favourite dish though was the *Tempeh Kacang Panjang*, or cultured soya bean cake, sliced and crisped and sautéed with long beans, crunchy and scrumptious.

Kak Leha is open from 7.00 a.m till 6.00 p.m and she does a roaring trade be it in the form of take out or eating in. At a total of RM31.60 for the whole lot of ten dishes which we

had, and there is still another 15 more which I never got around to tasting, I would say that Kak Leha serves a very reasonable and satisfying meal indeed.



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HAWKER FOOD



Dai Pau (Big Dumplings)



How big is big? The size of a Dai Pau can range from 11 cm to a whopping 14.5 cm. Prices vary from RM2.50 to RM5.70. So what's in it? Basically, marinated chicken pieces cooked with Chinese mushroom, *sengkuang* (yam bean) and sometimes cilantro for added flavour; a hard-boiled egg; and for some also Chinese sausage and roast or minced pork. This scrumptious filling is then wrapped in white fluffy dough, similar to regular paus except that this is humongous. Generally, not something that one would order with dim sum, but a meal in itself.

RECIPE



By MARGARITA LEE

Clay Pot Chicken Rice

Ingredients A:

- 2 cups rice, washed and soaked for 2-3 hours
- 2 cups chicken stock
- 2 chicken drumsticks cut into bite size
- 3 Chinese mushrooms, soaked, cut into half
- 1 Chinese sausage, sliced
- 3-4 pieces thinly sliced salted fish, fried till crispy
- 1 tbsp black soya sauce
- 4 tbsp garlic oil (fry chopped garlic in oil till just turning brown; discard garlic and retain oil)

Ingredients B:

- 2 tbsp light soy sauce
- 2 tbsp oyster sauce
- 1 tbsp dark soy sauce
- 1 tbsp Chinese cooking wine
- 1 tbsp sesame oil
- ½ tsp pepper
- ½ tsp sugar
- ½ tsp corn flour

Garnishing:

- Thinly sliced ginger soaked with 1 tbsp Chinese cooking wine
- Chopped spring onion

Method:

1. Marinate chicken, mushrooms with "Ingredients B" for 2 hours.
2. Put rice and chicken stock into a clay pot, cover and bring it to boil. Cook with low heat (about 8-10 minutes).
3. Add in well marinated chicken and mushrooms, arrange Chinese sausage on top, cover and cook with low heat till rice is dry and



- chicken pieces are cooked (about 10 minutes). Remove from fire.
4. Sprinkle the thinly sliced ginger and cooking wine, arrange salted fish on top, cover and leave to stand for 10 minutes till rice is dry and fluffy.
5. Sprinkle spring onion, black soya sauce and garlic oil before serving.

NAME

WHERE

COMMENTS

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MING COURT

32-36 Jln Leong Sin Nam (New Town)

Dough is fluffy and filling is tasty with tender pieces of chicken, mushroom, etc. – a bit smaller than others (~12cm) but okay for the price

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51 Jln Leong Sin Nam (New Town)

Filling is very tasty, moist but not soggy & holds together quite nicely – may have a bit more MSG – dough is soft & fluffy but has a hint of ammonia

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PERSONALITY

'She is a master communicator, sharing their joys, commiserating in their grief and patiently journeying with them as they made their way to life's end' ~ Dr. Cynthia Goh, Head of Department of Palliative Medicine, National Cancer Centre Singapore.

By SeeFoon Chan-Koppen

"So tell me about yourself", Dr. Rosalie Shaw asked me at lunch, an instant verification of the statement above that she is a master communicator; in this case, an opening question to which even the most reticent would respond. This description which appeared in the Foreword of Rosalie's book 'Soft Sift in an Hourglass', stories of hope and resilience at the end of life, complements the answer she ironically gives to cardiologists when she's asked about her role in Palliative Care, which is "I fix hearts".

Ninth Malaysian Hospice Congress

Sharing this at her Keynote speech in May at



the 9th Malaysian Hospice Congress, which was held at the Impiana Hotel in Ipoh, Rosalie, who is a Palliative Care Physician and Consultant, formerly Executive Director of Asia Pacific Hospice Palliative Care Network, also went on to quote William Osler who said, "The good physician treats the disease;

the great physician treats the patient who has the disease."

'Fixing Hearts'

'Fixing Hearts' sums up Rosalie's approach to palliative care, a calling she's had since the 1960s when after receiving her first degree of a BA in Education, she found teaching not to her liking and after a year as a young 'Mary Poppins' looking after a family, she decided to go into nursing, much against the sentiments of her parents and the community. After all, in the early 1960s, even one degree qualification was a great thing and Rosalie was the first person to get a degree in the Shire where she came from in SW Victoria, Australia. Now she was throwing all that away to take up nursing which she did in Melbourne.

As usual, which will soon prove to be Rosalie's style, she moved up the nursing ladder and soon became nurse-tutor-cum-administrator, a job she worked in till she reached age 31, when again, her restlessness set in and she thought, 'Why not do medicine?'. With her mind set, but with no science and maths background, she enrolled for maths, physics and chemistry lessons and took two years to get up to scratch for University entrance exams. Meanwhile, this resolute young woman worked day nursing jobs, private nursing assignments and just about anything she could, including making dresses to help her pay her way through medical school. Eventually after 8 years in total at the age of 39, she came out with a first class honours medical degree and third in her whole class which consisted of students 15 years her junior.

Role Model

Thinking that she would end up being a country doctor making house calls on a bicycle, she was side tracked by a bereavement process which she went through after a significant person in her life passed away in her second year of medical school; a bereavement which shook her to her foundations. When Dr. Elisabeth Kubler-Ross, author and psychiatrist through whose groundbreaking research and writings helped revolutionize how the medical community cared for the terminally ill, came to town, Rosalie found her calling. It was to be hospice work but at that time, palliative care was an idea that was yet to take root in Australia.

Rosalie got her first big break in 1981 when she was given the opportunity to set up the first hospital-based palliative care unit in Perth. With no nurse, no

beds, and no equipment, she saw patients in their own wards and in their homes if she was called. Slowly and with her usual tenacity, Rosalie grew the unit by buying beds, mattresses, sofas at garage sales and any money donated to her would be kept in a fund which she would use to buy needed equipment. She did the best she could but still they were desperately short on funds.

One day a man with a cancerous lesion on his face walked in and asked for help. Rosalie, who never turns anyone away, decided to help him and got him some much needed surgery. This man who saw the plight of the Palliative Care Unit, decided to write to the State Minister who miraculously paid this man a visit in the hospital. On hearing the man's story and how he was being helped, the State Minister got a Federal grant of two million Australian dollars for the hospital and the Palliative Care Centre was born.

Singapore Invitation

The rest as they say is history. In 1992, Rosalie was invited to Singapore to set up their Home Care

Service by the Hospice Care Association (HCA), a position she held till 1999 when she became Medical Director of Dover Park Hospice. She was subsequently appointed as consultant to the Department of Palliative Care Medicine, a division of the National Cancer Centre in Singapore a post which she only relinquished early this year on her retirement. During her years in Singapore, Rosalie has been instrumental in galvanising the Palliative Care movement in Malaysia, providing consultancy services as well as training to the various organisations dotted around Malaysia.

Work with PPCS

The Perak Palliative Care Society (PPCS) is particularly indebted to Rosalie for her dedication and consultancy services and the training for its carers which she has unstintingly provided for the society.

When asked if she has ever found the work depressing, Rosalie said, "I have never found it to be so. Instead I have found it deeply moving, at times very sad, but always profoundly satisfying. I have loved my patients and have been loved by them."

Those wishing to read Rosalie's book 'Soft Sift in an Hourglass' are invited to purchase it at Perak Palliative Care Society, 14 Lebuhr Woods, Canning Gardens. PPCS is a non-governmental agency funded entirely by donations. Those wishing to contribute may do so by cash or cheque made out to: **Perak Palliative Care Society**. Contact: 05-5464732, Email: ppcs95@tm.net.my.

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COMMUNITY NEWS

ONE COURAGEOUS GIRL



and chemotherapy treatments at the Ipoh General Hospital every other day.

"I was diagnosed with cancer when still an infant.

When I was seven, the doctors told me that both my kidneys had malfunctioned. It was a double blow but life must go on. So here I am today," she told Ipoh Echo when met at the hospital recently.

Besides dialysis, she has to undergo water treatment four times a day for her failed kidneys. She has to do follow-up treatments in Kuala Lumpur once every three months. The time spent on the road and in the hospital is exacting a heavy toll on her body, mind and spirit.

For Nur A'in the pain is simply a necessity, one which she endures with much fortitude. Her never-say-die attitude keeps her going despite the hardships she endures.

And since her diseased colon is not functioning, she requires a tube and a bag to defecate. The contraption is an inconvenience, as she has to carry it around. But it doesn't seem to bother the plucky lass. She has taken things in her stride.

"The medication and

the radiation I have been exposed to over the years may have affected my growth hormones," she lamented, mindful of her small size and build.

Her doctors had advised her against moving too much. A home-based kidney machine, they reasoned, would be ideal, but at what cost? Her family could hardly afford one, not on her father's meagre income. He operates a canteen at Taman Budaya, Ipoh.

Nur A'in now pins her hopes on the generosity of Ipohites. It is time again to pool our resources for a good cause.

RN

Those wishing to help can contact Nur's sister, Fetty Maria (017-2240463) or her mother, Rosnah Idris (017-5736867/05-3131482); or you can bank-in your contributions into Maybank savings account No. 158172912380 under her sister, Fetty Maria's name.

Ecofieldtrips Hosts Old Folks



Interaction

Ecofieldtrips hosted an afternoon of story-telling, games, coffees and cakes for the residents of the Old Folks Home at Bahagia Hospital, recently. Taking

place at The Roots Resort, Tg. Rambutan, 25 students from a school in Hong Kong, served, played and even performed as part of this new community service programme. All

of the special guests thoroughly enjoyed their afternoon, as did the students and staff. Bridget Hedderman, CEO said she hoped that this enriching experience will be repeated in the future, with each visiting school group. She was grateful to Mr Zulkefli Bin Hj Mokhtar, superintendent of the home, for working closely with her to make this successful event the beginning of a long relationship between Ecofieldtrips and Rumah Seri Kenangan.

Looks can be deceiving, so they say. This is very evident with diminutive Nur A'in Raman who is eighteen. Her physical appearance belies her age and countenance. She can easily be passed for a child not yet pubescent. Nur suffers from kidney failure and colon cancer and requires constant medical treatment and supervision.

But in spite of all these shortcomings she still found the strength to sit for her SPM examination last year. Nur A'in, the fifth of seven siblings, is an ex-student of SMK Raja Perempuan Ipoh. While other teenagers her age are up and about, she has to undergo dialysis

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LETTERS

LIBRARIES IN DIRE STRAITS

Ipoh is one of the many cities in the country which is blessed with two libraries. You have the Tun Razak Library managed by City Council (MBI) and the Perpustakaan Awam Negeri Perak, which is managed by the state government. Regardless of their affiliations both are being funded by the rakyat's money. In spite of attempts at improving services, ill-placed at best, quality has nose-dived. I say this with much conviction, as seeing is believing. Staff attitude is to be blamed.

The emphasis at the MBI library is on reading, thus the vast open space

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.

available. At the state library the emphasis is on information technology. However, there is little to suggest that this is so as very few computers are accessible to the public. Those wishing to access the Internet have to pay a fee for power supply. Unfortunately, only a few dedicated power points are available for use. The computer room is on the first floor but the computers are no-go as they are meant for workshops only. They remain idle in the room.

One common problem found in both libraries is the quality and quantity of books available. Most

are outdated and in poor shape. There is a dearth of new books and publications.

Arrangement of books in the state library is poor as similar-subject books are found in different aisles and shelves. This is indicative of poor handling and supervision. The other problem is space at the children section of the state library. It has been taken up by staff.

I hope those in authority will take heed of these inconsistencies and make amends where possible. The sanctity of the libraries should be protected and not exposed.

Frustrated

SIGNBOARD

The signboard in Ipoh Garden East in Bahasa Malaysia "Taman Ipoh Timur" has been neglected for over 10 years or so. It has been an eyesore and the authorities concerned have no eyes for it. Is it so difficult to replace a new one?

Apart from this, whenever it rains heavily, Jalan Perajurit, at the junction is always flooded and traffic to Ipoh Garden East comes to a standstill. I believe it is due to the drainage system. Although



the authorities did try to remedy the situation, the problem is still there.

Motorists driving at night going towards Ipoh Garden East via the bypass at Jalan Perajurit will have to drive very slowly because it is dark.

To solve this, more lights have to be fixed. I hope the authorities will act fast before a tragedy happens.

Give the residents some peace!

**Resident of
Ipoh Garden East
1 June 2010**

RUTH IVERSEN
LAMENTS

Born in Ipoh a long time ago as the daughter of one of Ipoh's architects I am deeply saddened each time I return (last time in October 2009). What has gone wrong?

The town/city I dream of when far away in Europe is no longer there. Most of my father's beautiful houses have been demolished and the land stands empty – awaiting the fate of ghastly modern edifices to be erected. It breaks my heart. My childhood home has gone – after having been neglected for many years, fine buildings have been 'improved' and their soul has departed. The Geological Survey has been vandalised and the beautiful staff quarters behind are in total neglect. Radio Malaysia is still there, neat and tidy – I congratulate them – and the Veterinary Research Institute is still as beautiful

as ever and maintained with great pride. I congratulate the people in charge and know that my father would be delighted to see how they honour the talented man who served Ipoh with love for

almost 40 years! Ipoh – the beautiful city – is no longer beautiful and tourists will stay away – there is nothing for them, just chaos and filth. If I who loves Ipoh can say this – what would others say?

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WALLER COURT WOES

Residents of Waller Court recently approached BN Perak's National Public Service and Complaints Centre to complain that MBI was not maintaining its property, i.e., Waller Court.

The Waller Court flats located off Jalan Onn Jaafar (Cockman Street) and bordered within Jalan Lim Bo Seng, Taman DR and the Kinta River was built in 1962 to cater for the lower income group.

It is owned by the Ipoh City Council and houses 500 units of flats and 30 shop lots. The rental per unit ranges from RM70 to RM120 depending on the number of rooms per unit.

The Centre's Chief, Dato' Lee Kon Yin together with City Councillor, Lim Huey Shan subsequently visited the flats to check out the residents' grouses.

One of the residents, Nahaman bin Mydin provided a long list of complaints such as poor overall cleanliness around the flats, leaking pipes, clogged drains, broken drain covers or no drain covers.

The residents also complained that the rubbish is not collected on time



(L-R) A resident showing Dato Lee and Counsilar Lim a waste chute at Waller Court

and that the rubbish chute where the bin is located should be washed down 2 to 3 times per week as the smell from rotting rubbish was overwhelming. Indeed the stench emanating from a waste chute was stifling the media personnel present while a resident was explaining the problems to Lee and Lim.

Security was another issue of concern by residents with children returning from tuition at night. Other issues reported were drug addicts living in abandoned units and that of exposed electrical wires.

Overall the issues raised were about maintenance or rather non-maintenance. As Nahaman lamented, "I am sure MBI as

the owners can do something".

Dato' Lee stated that he would bring all these issues up with Datuk Bandar and the respective MBI officers immediately and would also follow up on them subsequently. Additionally Lee suggested organizing a gotong royong and initiating a dialogue with the residents as well as with the police on security issues.

For the future Lee advised the residents to call Councillor Lim Huey Shan (012-5127564) or Matthew from the Complaints Centre (017-5627594) whenever their complaints to MBI are not acted on after 2 weeks.

JAG



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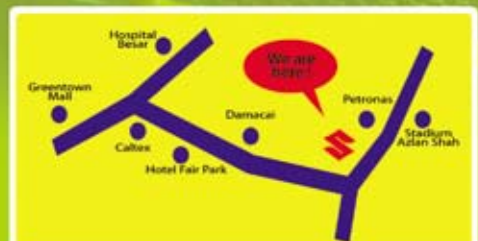
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ARTS AND CULTURE

PERAK'S FIRST AND ONLY WIND ORCHESTRA TO PERFORM INAUGURAL CONCERT ON JULY 4

Repertoire to include light classics, contemporary favourites, jazz and pop, accompanied by vocalists

The arrival of Kinta Valley Wind Orchestra (KVWO) will breathe new life into the Perak cultural scene!

Founded in January 2010 by Dato' KK Lim, who is a staunch supporter of the arts, KVWO is the first and only symphonic band of its kind in Perak, formed as a first step towards the creation of a formal chamber orchestra in Perak.

According to Mr Eugene Pook, Music Director and Conductor of KVWO, the idea of forming a chamber orchestra is one that has long been cherished by Dato' KK Lim, who also founded Perak Society of Performing Arts (PSPA) in the 1980's and was its patron until he retired last year.

"KVWO is a bold first move towards realising that dream", Pook says. "As a wind symphonic band, KVWO consists of all orchestral instruments except strings – so no violin, viola or cello – and



Eugene Pook seated 2nd from right with members of organising committee

players perform without making movements, unlike the more expressive string players. Wind players express their skills through proper breathing techniques that require rigorous practice and discipline", explains Pook.

Pook is excited about the potential of KVWO. The debut orchestra comprises a diverse and lively group of 45 members, who are from all strata of society, all age groups, from all across Perak, who share a deep commitment to excel in each of their respective wind instruments and who

are passionate about playing.

"The orchestra is not restricted to professional musicians either. As long as you play a wind instrument, are committed to regular practices, keen to improve your skills and to perform, it does not matter if you are ten years old or 70", Pook adds.

The response from the community has been overwhelming. The first audition alone yielded more than 65 people from all over Perak. This enthusiasm has not wavered, with the group meeting once a

week for rehearsals under the professional stewardship of Eugene Pook, himself an Anak Perak, who furthered his music career in New York for more than 8 years before coming home to Ipoh in 2009.

"It is this type of enthusiasm that we want to translate into our inaugural performance, to inspire our audiences and promote the potential of KVWO. At the same time, we hope to attract more amateur musicians from across society, who may have talent untapped thus far, to come forward and develop their

potential. This is part of the process of developing into a civilised society", says Pook.

Pook is also appealing for funds from corporations and individuals to promote the objectives of KVWO. "We hope to raise enough funds to make the Inaugural Concert a success; thereafter to be able to afford our own premises where we can conduct rehearsals, music seminars and activities. At the moment, our practice sessions are held at Creative Music Academy, thanks to the generosity of the proprietor, and for which we are most grateful; however this is not a solution for the long term", he laments.

KVWO's Inaugural Concert will be performed on July 4th at the Syuen

Hotel Ballroom at 7:30 p.m. The programme will include contemporary favourites as well as light classics, jazz and pop songs. There will be a solo performance and several of the pieces will be accompanied by well-known Perak vocalists Miss Estee Pook and Mr Alan Low. In addition, soloists will also include Joost Flach, acclaimed co-principal oboist from the MPO, Philip Boey, GuZheng champion winner, and super saxophonist Mr. Foo Cheong Lin.

"It promises to be a night to remember, and we encourage the people of Ipoh to come and enjoy an evening of great entertainment and support our local musicians!" Pook adds.

For enquires contact: Ms Kum **012-5058466**, Ms. Leong **016-5442573**, Mr. Oong **016-4288328**.
Tickets are available from:
Creative Music (**05-5479828**), Yamaha Music School (**05-2413388; 05-5455071**), The Music Store (**05-5454111**), and PSPA (**05-5487814**).

IPOH IN BRIEF

Fusion Taro Welcomes You

Syuen Hotel hosted the opening of its new eatery, Fusion Taro Coffee House recently. Executive Councillor, Dato' Hamidah binti Osman, officiated at the launching. Hamidah hoped that the new coffee house would become popular with locals. She congratulated Fusion Taro directors, Maggie and Danny Loke, for a job well done. As the name suggests, Fusion Taro, combines elements of various culinary delicacies, both local and international, to suit the palates and wallets of discerning patrons. With a wide variety of cuisines, ranging from



fresh hand-rolled sushi to pizza and baked to perfection, this is a must place for buffet lovers. Located at the lobby of Syuen Hotel, overlooking a garden and adorned with colourful décor, dining at Fusion Taro is an

experience by itself. The cafe opens daily between 6.30 am till midnight. Fusion Taro is currently promoting its buffet lunch and dinner. For every 3 buffet sets ordered, one set will be given free.

DK

Young Ambassadors Of CHEMISTRY WORKSHOP



• By DINESH K

The Young Ambassadors of Chemistry is a two-day workshop organised jointly by the International Union of Pure and Applied Chemistry, Science Across the World and the Perak branch of Institut Kimia Malaysia. The event was hosted by SMJK Ave Maria Convent recently.

Its objective is to develop communication skills in youngsters and teach them to be young ambassadors of chemistry. Malaysia is the ninth venue of this global project. Fifteen schools participated with each sending a team of six consisting of two teachers and four students.

Over the 2-day period the participants were tutored by two professionals – Dr. Lida Schoen from the Netherlands and Prof Chiu Mei Hung from Taiwan. On the final day, the teams had to compete with one another to produce and market their finished products to the audience. Team SMK Methodist ACS Ipoh, with teachers Jocelyn Lazarus and Cik Jayanthi and students Ariveinthan Magesweran, Benjamin Ooi, Thevaasiinen and Sachin Rai, won top honours defeating rivals SMJK Ave Maria Convent and SMJK Shing Chung into second and third spots respectively.

COVERED WALKWAY FOR SK LA SALLE

Rotary Club of Ipoh sponsored the construction of a covered walkway for students of SK La Salle recently. The walkway, which extends from the school gates to the main building, is 140 feet long and costs RM11,000. The official handover ceremony was held on June 3 in conjunction with the school's Speech Day. Rotary Club President, Wu Chee Tutt, expressed his enthusiasm



in being able to contribute after being approached by the school principal, Lai Kum Ming. Shirley Yeoh, PTA chairperson, thanked members of Rotary Club of

Ipoh for their generosity. The Speech Day ended with a rousing Indian cultural dance performed by students of the school.

DK

Hip Hop Hits Ipoh

Mention the word hip hop and the things that come to mind are baggy clothes, break dance, graffiti on side-walks and a dude singing and gyrating to some loud music. Hip hop originates from South Bronx, New York in the 1970s and has become a culture embraced by youths worldwide.

It is difficult to trace the arrival of hip hop in Malaysia, let alone Ipoh. However the hip hop craze is slowly making its mark in the city, as more youths become hooked.



For awhile, the craze was confined to a small group of enthusiasts who kept the art much to themselves. But now studios are promoting the hip hop culture and the dance routines that fall under its category.

One such establishment is D' Artiz Studio

which was started in November 2009 by a group of young dancers Ally Ng, 22, Nicklaus Kok, 19, Yee Ling, 19, Ka Kin, 20 and Mervin Yong, 25. To Nicklaus, hip hop is not just a culture but an expression and a way of life.

Nicklaus conducts classes in Sitiawan, Sg. Siput, Kampar, Teluk Intan and wherever there are eager students. D' Artiz has participated in several competitions such as the Malaysia Street Dance Gala and I Dance Competition.

For details please call Nicklaus at **016-5612070**.

DK

SPORT

SUKMA: Perak Hopes To Bag 35 Golds



The Perak Contingent to the 13 SUKMA in Malacca from June 10 to 19 is expecting to rake in a haul of 35 gold medals.

However Perak Menteri Besar Dato' Seri Zambry Abdul Kadir wants more and as well as being the top five in the overall medal rankings. "I know you can do it", he told the contingent of athletes and officials during the flag hand-over ceremony at the State Secretariat recently.

The chief-de-mission for the team is Dato' Zainol Fadzi Paharuddin who is also Perak Art, Culture, Youth and Sports Committee chairman.

To entice the athletes to perform, Zambry also increased the cash rewards for the medal winners. The amount for Gold is RM3,000 (previously RM2,000) Silver RM2,000 (previously RM1,500) and Bronze RM1,500 (previously 1,000). The cash re-

wards for team events was similarly increased.

Perak will be participating in all the 33 events. Some of the events which are expected to bring in gold are athletics 5, swimming 4, shooting 3, petanque 3, archery 2 and martial arts 6 (karate, silat, silambam and wushu). Silambam, the Indian martial art is being introduced to the games for the first time this year.

JAG

Polo Tournament Returns after a Decade

Polo Iskandar Club in Tambun organised a polo tournament recently after a hiatus of over a decade. Raja Di-Hilir of Perak Raja Jaafar bin Raja Muda Musa graced the occasion along with former club president and current adviser, Tan Sri Dr M. Mahadevan. In his closing speech club president, Dato Radzi Manan, recounted the club's history and thanked everyone for their efforts in popularising the game of polo in Perak.

The 3-day tournament saw 13 teams participating. They were divided into four divisions – Junior, Ladies, C and D divisions. The last two divisions were slated for professional players.

In the Junior Division (primary schools), Polo Infinity defeated Arbolito to emerge champion while in the secondary schools, Young Riders beat Terengganu Kids to grab



Champions Kiara Polo

top honours. In the Ladies Division, Polo Infinity thrashed Wind Runners to come on top. In the C and D divisions, Kiara Polo and Head Hunters clinched the top two spots respectively.

Raja DiHilir presented prizes to all the winners. The mixed crowd of supporters was treated to a lavish hi-tea with live music provided by the Evergreen.

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BUSINESS

Direct Ipoh-Singapore Cargo Flight

The introduction of an all cargo airline, Asialink Cargo Express (ACE), servicing Ipoh-Singapore, has been described as of great benefit to manufacturers in Perak.

"It would especially benefit those with sensitive cargo," said Dato' Gan Tak Kong, chairman of the Federation of Malaysian Manufacturers (FMM), Perak branch, "and help electrical and electronic manufacturers to prevent crime, such as lorry hijackings." He added that the existence of an air-freight service will also enable Perak to promote manufacturing besides tourism.

Dato' Gan was commenting on the launching of the flight at the Sultan Azlan Shah Airport on June 16, which aimed at ultimately making Perak connected to regional hubs within a radius of two-hour flight time in South-East Asia.

The Indonesia-Singapore joint venture cargo airline started operations in November last year, and operates its hub from Batam. Currently it has a regular routing between Singapore and Indonesia.

Perak Exco Chairman for Industry, Investment, Industrial Development and Tourism, Datuk Hamidah Osman, who announced the launching, stated that the Ministry of Transport has given its approval for the airline to start the service.

Initially, the freight would be loose and time sen-



(l-r) Dato Hamidah and MITI Director, Perak Mohd Hafizz (extreme right)

sitive cargo. However after a few months the company plans to set up a temporary cold storage to store perishable cargo.

This cold storage facility is particularly beneficial for the farm traders from Cameron Highlands and also the produce from FAMA's National Food Terminal located at Simpang Pulai which will then be able to be delivered directly to Singapore through Ipoh Airport.

Besides the agriculture industry, the aquaculture and ornamental fish industries will find this service beneficial, added Hamidah and she hoped these industries would make use of this new service.

Director of MITI Perak Regional Office Encik Mohd Hafizzuddin Md Damiri, in a separate interview, said "ul-

timately the goal is to ensure that Perak is well connected to air, sea and land links offering total logistic solutions for its industries".

He added that Singapore was the first such air link and MITI and the State Government will further explore other links to major regional and international hubs at Jakarta, Bangkok and Manila.

He stated that MITI Perak, in assistance with MIDA Perak and FMM Perak, had approached several industries in Perak and found that the electrical and electronics sector whose "products were time sensitive and of high-value" had urgent need for this service. Should there be a demand for this service ACE had indicated that they would have the capacity to increase the frequency of flights to Ipoh.

"The selection of ACE was at the recommendation of the Airfreight Forwarders Association of Malaysia (AFAM) and was in line with the Malaysia Inc. concept of the Government working with the private sector to ensure efficient and reliable services for industries in general."

Meantime ACE Country Manager for Malaysia, Mr Benjamin Abdullah said that the flight scheduled to fly into Ipoh's Sultan Azlan Shah Airport effective 16 June is 2 times per week on days Wednesday and Friday. ACE uses Fokker F27-500 aircraft and has a payload of six tons.

JAG

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.

Perak Society of Performing Arts Junior Associate Conference 2010. Workshop Programme Exploring Stage & Theatre (12 years and above) on 19 June (9.30 am - 4.30 pm) & 20 June (9.30 am - 6.00 pm) at Taman Budaya Ipoh. Contact: PSPA Tel. & Fax: 05-5487814 Email: pspaipoh@gmail.com. To download registration form, go to Announcements at: www.ipohecho.com.my.

01 Kinta Scouts of SMK Methodist (ACS) Ipoh 90th Anniversary Celebrations. June 19, 8 am to 10 pm (Opening Ceremony) at SMK Methodist (ACS) Ipoh. Members of the public are welcome to join in the Scout Nite Concert from 6 pm to 10 pm. A token entrance fee will be charged to help offset the cost of organizing the celebrations. Contact: Woo Cheng Fei – **016-5056445** or Arunkumar – **014-3069961**.

Kinta Medical Centre "Understanding Menopause" Talk conducted by Dr (Mrs) Dharmini Prushothaman, Dr. Suresh Sammanthamurthy, Dr Amy Chong and Madam Rajes. Saturday 26 June, 2.00-4.00 pm. Free admission with attractive gifts. Light refreshments will be provided. Contact **05-2439590** for registration.

Y's Men's Club of Ipoh "Speaker's Forum 2010" entitled, "To Achieve 1Malaysia". June 26 (Saturday) at 8.00 am to 1.00 pm at the YMCA Ipoh. Seven secondary schools have confirmed participation for the Dato' Dr M. Majumder Challenge Trophy. All are welcome! For details, call: Y's Man Chun Chee Chong **012-5188482**.

Perak Academy's Perak Lectures, "How to Read and Write Novels & Short Stories" by Ms Chuah Guat Eng. Saturday July 3 at 11 am. Neptune Room, Ipoh Swimming Club, Ipoh. For reservations call: **05-5478949/016-5518172**. Email: contact@perakacademy.com.

KAMI Forum (English) "Understanding Depression". Wednesday July 7, 2.00 pm - 5.00 pm, KAMI Wellness Centre, 4A Lebuhr Perajurit 3/2, Taman Ipoh Boulevard Timur, Ipoh. Free admission – refreshments will be served. Call: Su – **016-5468003**.

Taman Merdeka Rukun Tetangga Medical Camp. Sunday July 18, 9.00 am at Sekolah Menengah Dr Hj Megat Khas. All are welcome. For further information, contact: Mr Tamelarsan at **012-5196949** or Mr Narenthra Rao at **016-5506215**.

IPOH IN BRIEF

MARA to Sponsor Studies Overseas



Majlis Amanah Rakyat (MARA) will sponsor students who are offered places in prestigious universities abroad beginning next year. Universities on its list include Cambridge, Oxford, Harvard, London School of Economics, Imperial College and Monash. However, for post-graduate studies, scholarships will be given for selected courses only.

"We don't want to send students to universities which are of the similar standards as our local institutions," said Dato' Seri Mohd Shafie Apdal, the Minister of Rural and Regional Development, to reporters in Ipoh recently. "The government wants to reduce costs and spend only on deserving cases. After all many of our local universities offer courses that are sought by students," he added.

Mohd Shafie was present to witness the signing of a twinning agreement between UniKL Royal College of Medicine Perak, which is managed by MARA, and Vinayaka Mission University (VMU), Tamil Nadu, India. The formalisation of this undertaking means students from UniKL Royal College of Medicine Perak can do their initial 26 months training in Ipoh and complete their final two and half years at VMU, India. The programme is cost effective as it helps reduce time spent by students abroad.

Signing of this agreement was done by Datuk Dr Zamani, the Chairman of the Board of Directors of the Royal College of Medicine Perak and VMU's Pro-Chancellor, Dato' Dr S. Sharavanan.

Community Clinic LAUNCHED



Collaboration between City Council and Pantai Hospital has resulted in the establishment of Ipoh's first community clinic located at the lobby of MBI's main building. The clinic was officially opened on Thursday, June 3 by Mayor Dato Roshidi Hashim and Pantai Hospital CEO, Dr. Dilshaad Ali. Roshidi thanked Pantai Hospital for its commitment in ensuring the success of the clinic, a project under the hospital's Corporate Social Responsibility programme and in line with MBI's Local Agenda 21. The clinic is the first to be established at a local council in the country. Its primary objective is to provide free medical service to members of the community and to raise the level of awareness on healthcare. It operates every Wednesday between 9 am to 1 pm and is managed by Pantai Hospital's medical staff. Each week the clinic will focus on a different theme. The staff present will provide consultation and treatment based on the assigned theme. Some of the themes projected are general wellness, healthcare and healthy lifestyle.

Canning Anti-Crime CAMPAIGN



A three-month "Free Canning from Crime" campaign to fight for a safer community was launched in the Canning State Constituency in Ipoh recently.

The activities for the campaign include a signature campaign, dialogue with Police and a crime perception survey whereby residents will be asked about crime in their community. Residents will also be given a name card with the names of their Police Stations, the stations hot-line numbers and the hand phone numbers of the respective officer in-charge of the station.

State Assemblyman for Canning Wong Kah Woh said that the anti-crime campaign was launched following complaints received by his service centre from the residents of an increase in crimes in the neighbourhood and they felt insecure at home and on the street.

Wong in his address called on the police to 'step up their actions against crime so that residents can feel secure again'.

Ipoh Timur Member of Parliament Lim Kit Siang, who was present for the launch, said that the presence of more gated and guarded communities in the city was an indicator that the government had failed in its crime prevention efforts.

The launch which lasted for two hours netted over a total of 180 survey forms. The responses from the survey will be compiled and subsequently handed to the police at the end of the campaign period.

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STAR WALK Ipoh 2010



Star Walk Ipoh returns for the 7th consecutive time since its inception in 2003. Over 12,000 participants took part in this highly popular event jointly organised by Star Publications (M) Bhd and Ipoh City Council with the collaboration of the Perak Government, Perak AAA and the state education department. The 10-km walk was flagged off by the MB, Dato' Seri Dr Zambry Abdul Kadir, at Stadium Indera Mulia on the morning of Sunday, June 6.

The competition was divided into nine categories which include boys, girls, men junior veterans, men senior veterans, women open and others. Other sponsors on the list were Salonpas, Breathe Right and Masterskill Education Group Bhd alongside Magnum, Modenas, Milo, 100 Plus, Digi, Pallas and Spritzer. There was an array of prizes for 100 lucky-draw winners ranging from Blackberry handphones and GPS navigators to Modenas motorcycles.

In the Boys' category, national walker, Jayseelans, 19, took top spot with a time of 51:21. Edmund Sim from Singapore took the Men's Open Category title. In the Girls' Category, 18-year-old Y. Deepa won first place while Kwan Sook Mie defended her title for the second time in the Women's Open Category.

Three schools with the highest number of participants were awarded book vouchers. Ave Maria Convent with 1,065 participants got RM1,000 in book vouchers. During the variety show, which was hosted by emcee extraordinaire, K.T. Pillai his partner Logen, three lucky winners Chang Lin Faan, S. Chantirigaa and Chong Pok Ching won themselves a Modenas CT 100 motorcycle each.

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NEW MAN At The Helm



The new director of the Department of Culture and Arts Perak, Encik Abdul Mutalib Abdul Rahman, plans to introduce programmes to rekindle interests in culture and arts among Perakans.

He outlined his intentions at a meet-the-media session at Heritage Hotel, Ipoh, recently. "The media can help promote my plan," he implored. Mutalib will establish a one-stop centre for cultural excellence called the Cultural Hot Spot. The Centre will showcase the cultures of the various communities in the state, including their handicrafts and products. The other programme he has in mind is Senaman Seni 1Malaysia. "As the name suggests, it's a physical workout employing a mix of cultural dances and the art of self-defence such as silat, tai chi and silamban," he remarked. The one-stop centre will be held at the weekly night market in the city while Senaman Seni 1Malaysia workouts will be conducted at Taman Budaya Ipoh every Wednesday at 5.30 p.m. Mutalib took the opportunity to introduce the department's new PRO, Nor Fairus Alias, to the media representatives.

Tadika KinderJoy's 5-STAR RATING



Four hundred and fifty children of Tadika KinderJoy participated in a 1Malaysia Mini Sports and Open Day 2010 held recently. Deputy Director of Perak Education Department's Private Education Unit Encik Zambhuri Bin Ahmad, in his speech, said that Tadika KinderJoy's achievements, standards, environment and the holistic programmes put in place for the children, have all contributed to the Perak Education Department's recognition of Tadika KinderJoy as a model kindergarten achieving 5-star rating.

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HERITAGE

Five Locations In Perak For World Heritage Sites

Perak is preparing the nomination dossier for five locations to be presented to UNESCO to list them as World Heritage Sites.

State chairman for Industry, Investment, Industrial Development and Tourism, Datuk Hamidah Osman, said a committee had been formed comprising of the National Heritage Department, Tourism Perak, Ipoh, and Taiping local councils, district offices, related government agencies together with the heritage societies to prepare the nomination dossier.

She stated this before flagging off a Saturday morning "Heritage Walk" at the Ipoh Railway Station recently. The committee, she said, had held initial meetings with the National Heritage Department.

Under the nature category, the sites are Royal Belum (Tropical Rainforest and Biodiversity Heritage) and Gua Tempurung (Limestone Heritage), and under the Nature and Culture Category the locations identified are Taiping (Heritage Town), Kinta (Tin Heritage and encompassing the area between Ipoh, Batu Gajah and Kampar) and Ipoh City (Cultural Heritage).



On the Heritage Walk, she said it would be held every Saturday for members of public to participate. It is the first part of the state government's strategy at creating heritage awareness and promoting the heritage Panglima Core area in the city.

Datuk Hamidah said an allocation of RM450,000 has been approved to upgrade Panglima Lane, better known as Concubine Lane. And if all goes well, Tourism Perak will open a Tourist Information Centre in the lane.

The walk is organised by the Tourism Perak office and Kinta Heritage Group and starts at 8 a.m. from the Railway Station. The route recently named the Panglima Core will proceed to City Hall, the High Court and going east, passes St Michael's School and heads towards the commercial area to Han Chin Pet Soo Building and back through Concubine Lane to the Clock Tower

and Railway Station.

The tour is conducted by a licensed tour guide who will elaborate on the historical background of the various heritage buildings throughout the walk. To create more awareness, a forum to discuss heritage issues will be held towards the end of July where experts on the topic will be invited. Heritage agencies and members of the public are also invited to attend.

Datuk Hamidah said to ensure that the unique characteristics of Old Town Sector is not lost, the state has proposed that all future development plans specifically for Old Town must follow the guidelines as set down by the Ipoh City Council.

Besides Datuk Hamidah, Ipoh Mayor Dato' Roshidi Hashim and Perak Tourism CEO Zameema Banu, present at the last walk were students from St Michael's School.

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IPOH'S "HIDDEN" Old Architectural Buildings

by JERRY FRANCIS

Just like any other century-old city, Ipoh has its share of old architectural buildings constructed to the norms of various era and cultures.

Some of these buildings may be near where we are staying or where we would pass daily on our way to the markets or work. But, most of us are taking them for granted and fail to notice them.

It is not until some owners decided to demolish their buildings that we begin to realise and appreciate them and make an outcry over their demolition.

"Despite many being demolished to make way for redevelopment, there are still over 100 of such beautiful buildings in the city," said Ang Heng Swan, who has compiled a collection of photographs of the old architectural buildings. Apart from Railway Station, Town Hall, Hongkong & Shanghai Bank and High Court, which are well-known landmarks of the city, there are other notable architectural buildings. Among them are mosques, churches, temples, schools, commercial buildings, mansions and residential houses.

They include Straits Trading Building, St Andrew Presbyterian

Church, Darul Ridzuan Museum, Dato Panglima Kinta Mosque, Old Fire Station, Old State Secretariat Building, Perak River Hydro Building, Perak Chinese Mining Association, Foong Seong Building and shops and residential houses along Jalan Bijih Timah, Jalan Dato Cheang Lee, Jalan Raja Ekram and Jalan Lau Ek Ching.

Ang feels that such buildings need to be highlighted and to get the authorities and owners interested in preserving them.

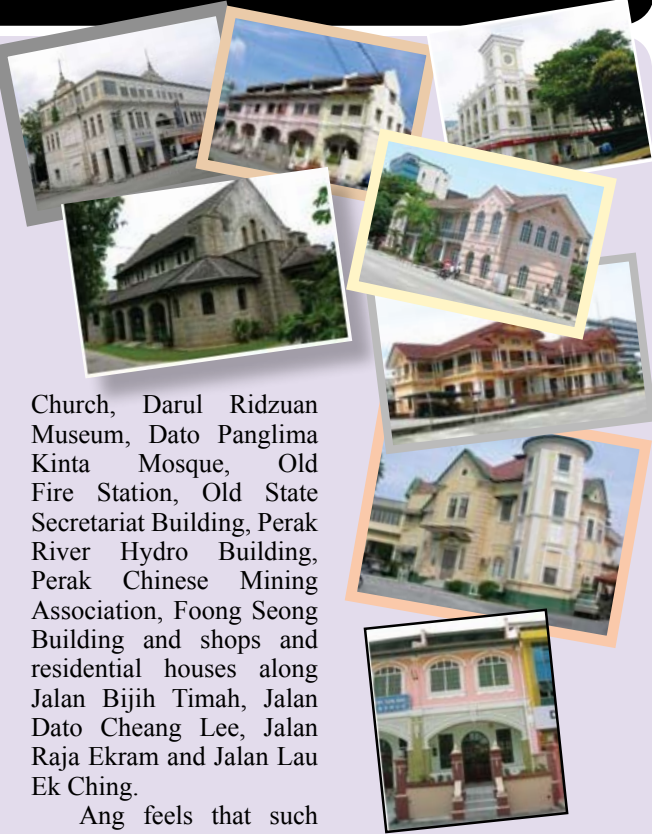
"They are our heritage and need to be spruced up as part of the beautification of the city," he added.

In an effort to get the residents of Ipoh to be aware of such buildings, the Ipoh Barat MCA Youth together with Gerakan Belia Bersatu Malaysia and Pertubuhan Foto Imej Perak is organising "1Malaysia Perak Heritage Buildings Photography Contest 2010" opened to all photography enthusiasts.

"We feel the best way to get Ipoh residents to notice these beautiful buildings in their midst is to publicise them, perhaps even publish the photographs in a book," added Ang, a committee member of the competition.

Prize presentation and exhibition will be held at Glamour Square in Bercham on August 31.

Closing date is August 14. Entries to be sent to: Poon Foto, 26 Jln Laxamana
Tel.: 05-2559491.



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