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**INSIDE !!**

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Supplement

## The Rising Cost Of Living

By Louise Sim & See Foon Chan-Koppen



*Ipoh, the city which tin built, has lost its lustre as a town with low cost of living. The price of everything, ranging from edibles to non-edibles, has gone up and appears to be on the increase. Gone are the days where one could get a decent meal at a low price here. Some even complain prices in Ipoh are on par with cities like Kuala Lumpur and Penang. So how do people cope?*

*Continued on page 2*



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# Eating out is oftentimes more economical than cooking at home

Retiree K.S. Lim, 70, said he spends about RM50 daily to buy meat and vegetables for his small family of seven. "Sometimes the RM50 is not enough for our lunch and dinner," said the grandfather of two. Lim said that due to supply and demand of foodstuff, some foods tend to be more expensive than other types of edibles during certain times.

Citing fish as an example, Lim said river fish will be highly sought after when fishermen don't go to sea due to bad weather. "Consumers can expect to pay a high price for river fish if they insist on eating fish during monsoon seasons," he explained. When such situations arise, Lim said he would change to other types of meat like poultry or pork. "But if on days all meats are expensive, we will have vegetarian meals," he quipped.

## Ipoh Not Cheaper than Penang

Private sector employee, who wished to be known as M. Kaur, 36, said she used to think cost of living was lower in Ipoh prior to her transfer from Penang. "So you can imagine my shock when I found out it was the opposite after I relocated here," she said. The mother of one said food formed a major part of her budget. "Due to my work schedule and having a toddler to take care of, I seldom cook and my husband and I normally eat out," she said.

"I can attest to you it is not cheap to eat out in Ipoh, contrary to claims by people otherwise," she added. Besides food, Madam Kaur also complained about the high cost of public transport within the city. "Recently my mother, who came to visit me from Penang, had to take a taxi from town to my house in Meru," she said. "Can you believe the taxi driver charged her RM18 for the journey?" she exclaimed. "And I thought it is more expensive to take taxis in cities like Kuala Lumpur," she smirked.

## High Cost of Taxis

Echoing Madam Kaur, her friend Reena Raj, 28, said a taxi ride from the railway station to her home at Taman Tinggi, which is next to First Garden, cost her RM13. "It is a mere 6 km drive but it cost me RM13 for the ride," she said. "I vowed never to take taxis after that expensive experience," she added.

Reena also noted that food costs are high in Ipoh. "I normally spend between RM20 and RM30 daily for my breakfast and lunch," said the Kuala Lumpur lass. "And mind you, those places where I eat are not high class places," she added.

Besides transport, Reena also complained about



Rosli and Sarah



Abdul Rahman Said Alli

the high price of houses in Ipoh. "Prior to moving to Ipoh, I thought I could get a double storey house for RM200,000," she said. "Imagine my shock when a 20' by 75' double storey house at First Garden is sold at RM330,000," she said.

## Homecooking for Jeyaraj

For Ipoh Echo's correspondent Jeyaraj, he says that home-cooked meals are his preference. "It must be noted that in home cooking, good grade rice is used, fresh and expensive vegetables are bought, expensive fish, good quality oil is used, ingredients are clean, masala may be homemade or bought from people making it at home, no colouring or preservatives are used and there is less salt. We can remove chicken skin and excessive fat from mutton and the food is cooked hygienically. Food is freshly cooked and stored properly. This for me is a healthy diet." With his wife making her own masalas and hand grinding some of the ingredients, Jeyaraj reckons that he spends an average of RM990 a month for his family of two.



Jeyaraj

## Other Family Food Expenditures

For Marketing Manager Ramesh Kumar, he and his family of four rely on eating out and takeaways. Spending an average of RM16 on breakfast, lunch and dinner,



his very conservative estimate is RM1,440 per month which allows for very little in the way of treats for his two children.

Leong feeds his family of four for about RM1,650, with no frills. This would include what he classifies as a normal breakfast for RM20 or RM5 per person; a normal lunch of economy rice at RM4 per person (without beverage) averaging about RM600 per month and the same for dinner. Special breakfasts of dim sum would bring it up to about RM15 per head. Lunch and dinner at a restaurant consisting of 2 meats, 2 vegetables and 1 soup would average about RM17 per person whereas a homecooked meal of 1 meat, 1 fish, 1 vegetable and 1 soup with meat works out to the same amount. By the time one factors in the time, labour and costs of gas or electricity, this means that it is oftentimes cheaper to eat out than to cook at home.

For newly-married couple Rosli Mansor and his wife, eating out is the main option which costs the couple about RM1,200 a month while single Ed Shahir, spends about RM500 for his meals.



Kumar family

## Perak Consumers Association

Perak Consumers Association president Abdul Rahman Said Alli when contacted, blamed the high cost of living in Ipoh on the Government's plans of wanting to turn Malaysia into a high-income nation by 2020.

"Why must we be so obsessed with becoming a high-income nation?" he questioned. He claimed that by pushing the country towards high-income, traders also push to have higher income by increasing their prices.

He said the problem is more evident during festive seasons when the price of everything skyrockets. "And I am not talking about the controlled price items," he said.

He said the association had been receiving calls from the concerned public daily, over difficulties in making ends meet. "Our advice to them is to try to look for alternatives," he said, adding that many people are working two jobs nowadays just to ensure there is enough income for the family.

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IPOH **echo**

From the Editor's Desk

• by Fathol Zaman Bukhari

# Will Food Poisoning Ever End?

*Is there a long-term solution to food poisoning in schools? If the reasons are poorly prepared food and ill-trained food handlers, why can't the problem be eradicated for good?*

Incidence of food poisoning in Perak schools is on the rise. Based on a Perak Health Department report given to Ipoh Echo recently, the trend is on an upward swing from 37 cases in 2008 dipping somewhat to 28 in 2009, 26 in 2010 and 30 cases in 2011. Until August 28, the number of reported cases stands at 29.

The latest involved students of **Sekolah Agama Bantuan Kerajaan Al-Imam Asy Syafiee** in Jelapang. Fifty seven students aged between 13 to 17 years old were treated at the school while a school warden was admitted to the Ipoh General Hospital for observation. The victims had diarrhoea and were vomiting uncontrollably after consuming food prepared at the hostel kitchen for their breaking of fast on the evening of Thursday, August 2.

The cause of the poisoning, according to a media report released by Dato' Dr Mah Hang Soon, Executive Councillor for Health, was chicken rice which was the main dish for the breaking of fast that fateful evening. The report says, "There are several contributing factors why the incidence occurred. The food was poorly stored. It was kept at room temperature and left uncovered for over 4 hours."

The affected premise was closed immediately by the state health department. The canteen operator was told to clean the kitchen and mess hall. He and his staff were given on-the-spot instructions on food safety by health officers.

Actions by the state health department were commendable, to say the least. The fact that its officers were on the site soon after a report was lodged by the assistant medical officer of the Manjoi Government Clinic shows the department's seriousness in addressing the problem head-on. However, one lingering question keeps bugging sceptics like me. Why does the menace continue to haunt our society, especially schoolchildren?

The major recipients of this gastro-intestinal scourge are students of the much-maligned religious schools, both government and private owned. Boarding schools, particularly, are on the extreme end of the health spectrum. Students from these schools bear the brunt of the bacteria known scientifically as "*Bacillus Cereus* and *Staphylococcus*". Some are afflicted not once but several times.

Is there a long-term solution to food poisoning in schools? If the reasons are poorly prepared food and ill-trained food handlers, why can't the problem be eradicated for good? I posed this question to the health department but no answers were forthcoming from the deputy director at the time of reporting.



For the first seven months of this year (January to July) a total of 10,837 premises were inspected in the state. They covered schools, restaurants, food courts, hawker stalls and factories. However, only two hundred and fifteen compound notices, with a face value of RM45,600, were issued. This amounts to barely 2 per cent of the number of inspections done.

What does this indicate? Has the department been thorough in its job? Is the standard of cleanliness above the mean point? Have stall and canteen operators become angels overnight? There are many unanswered questions looming ominously above us. Judging from what I have seen and experienced, the overall standards have remained stagnant for a long while. Just take a walk through some of Ipoh's famous food courts – Hollywood, Woolley and the Bercham Food Station. You will appreciate my concern.

Incidentally, there are enough laws available in the Local Government Act 1976, the Food Act 1983 and the Prevention and Control of Infectious Disease Act 1988 to ensure food safety and to keep culprits in check. Are the laws being sparingly enforced for reasons best known to the authorities? My guess is as good as yours.

## Property

### Kampar Residensi – A Sound Investment



Located just three minutes from Universiti Tunku Abdul Rahman (UTAR) in Kampar, Taman Mahsuri Impian or better known as Kampar Residensi, is a 25-acre modern integrated township connected to the North-South Expressway (PLUS).

Developed by Benua Tegas Sdn. Bhd., this new residential development offers two-storey and three-storey terrace houses. The two-storey houses, with a built-up area of 1980 sq ft (22 x 45 ft) and land area 1540 sq ft, are priced from RM328,800 onwards. The three-storey houses, priced from RM458,800, have a built-up area of 1000 sq ft (20 x 50 ft) and land area of 1400 sq ft. Each unit has got thirteen (13) bedrooms and bathrooms attached.

Amenities include 24-hour security services and free daily shuttle service to UTAR, which has an enrolment of some 15,000 students. Tesco hypermarket and fast food outlets are located nearby. Some other landmarks are the Grand Kampar Hotel, Tin Mine Museum, the proposed new hospital and an international school. Incidentally, Kolej Tunku Abdul Rahman (KTAR) is within walking distance. The college boasts about 3000 students.

There are a total of 205 units of double-storey and 62 units of triple-storey terrace houses. While the 2-storey houses are suitable for purchasers looking for their first home, the 3-storey houses, with 13 bedrooms per unit, make good rental properties to capitalise on the huge, and still growing, student population in Kampar. The estimated rental income per unit will not be less than RM4550 per month.

Kampar Residensi will be officially launched on-site on Sunday, September 2 from 10am till 1pm. There will be a lion dance performance and a calligraphy competition. Refreshments will be served. All are welcome to the launching ceremony and to view the show houses thereafter.

For more information, contact: Benua Tegas Sdn Bhd, No. 32, Jalan Siswa, Kampar Siswa, 31900 Kampar, Perak. Tel. no.: **05-4667788** or **05-4662788**.

Emily

## EYE HEALTH – More On Ocular Migraine

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us more about OCULAR MIGRAINES.

Ocular Migraine may be a terrifying experience when it happens to a person for the first time. The person may actually feel as if they are going blind. Some have described Ocular Migraine as a feeling similar to having a stroke. The visual symptoms can often be quite dramatic and frightening. The good thing is, it usually lasts for only a short while.

Most of the time, it starts as a small, enlarging dark area (scotoma) in your central vision. The dark central area then usually enlarges to move across the entire field of vision and the person feels like he or she is losing vision quickly in the eye.

Although symptoms are in the eye, the actual seat of the migraine activity is in the brain located at the back of the skull (visual cortex). The blood vessels here go into spasm thereby causing the symptoms and later begin dilating causing the blood vessels to over-fill and result in a throbbing or "pounding" headache.

#### Some common causes:

- Overtiredness, fatigue, lack of sleep, weather changes, stress and depression.
- Hormonal fluctuations as in menstruation.
- Some medications like oral contraceptives.
- Foods containing MSG, alcohol consumption, caffeinated beverages, cheese, tea, coffee, chocolates, artificial sweeteners, meats preserved in nitrates.

#### What to do for an Ocular Migraine

- WHEN DRIVING: If it occurs when you are driving, pull to the side until vision is clear.
- WHEN OPERATING MACHINERY: Always move away from the machine!

Generally, ocular migraines do not cause any harm like a permanent visual or brain damage. Hence, it usually requires no treatment. Nevertheless, always consult your eye doctor when you have unusual vision symptoms to make sure that it truly is Ocular Migraine and nothing else.

#### Some home remedies:

- Applying cold compresses over the head to relieve any nagging headache.
- Closing the eyes to rest.
- Retiring to a darkened room to relax and de-stress often helps.
- Sleep adequately for at least seven to eight hours every day.
- Hydrate well and drink plenty of water.
- Avoid alcohol and limit caffeine intake as well.
- Medication like analgesics may provide some relief should you have any headaches.
- Medication that have effects on blood vessels such as cafergot and ergotamine can also be used for migraine relief.

It is important to take medication only on the prescription of a doctor. Avoid self-medication beyond a simple analgesic or a cool compress.

Should you require further information, please contact Gill Eye Specialist Centre at Hospital Fatimah **05-5455582** or email: [gilleyecentre@dr.com](mailto:gilleyecentre@dr.com).



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





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## Horrific and Unforgivable: another child dies



On August 15, the mainstream papers reported the death of a four-year-old girl. She had allegedly died after being abused by her mother's boyfriend. The victim, J. Pavitra, had been brought by her 33-year-old mother to a Malaysia Klinik in Bercham, because she was ill. Clinicians confirmed that the child had died and subsequently contacted both the police and the Raja Permaisuri Bainun Hospital for a post-mortem to be conducted.

Tests confirmed that the cause of death was internal bleeding but her body bore evidence of constant abuse. At the time of her death, she also had fresh injuries on her chest, as well as many older bruises.

Pavitra's father had died two years ago and she was the youngest of four children. Her older brothers, aged 13 and 15 years, were placed in an orphanage in Taiping whilst her youngest brother aged six, had been adopted by a relative. Pavitra lived with her mother and the mother's boyfriend, a part-time security guard.

State Criminal Investigation Department chief, Senior Assistant Commissioner Mohd Dzuraiddi Ibrahim said that Pavitra's mother was arrested while waiting to claim her daughter's body from the hospital morgue whilst the boyfriend was detained at their home in Kampung Tawas, later that day. The case has been classified as murder and both people were remanded in custody, pending investigation. In a plea for witnesses to facilitate with inquiries, Dzuraiddi said, "We urge the neighbours, and others with information, to assist us."

### Undetected Abuse

When we read about Pavitra's death, were we numb with shock, or numbed with indifference because it is yet another case of a child being abused? The beating which Pavitra suffered, at the hands of people who should have cared and protected her, is shocking. Her death is not the first, nor will it be the last, but how did her continual abuse go undetected by family members, neighbours and friends?

There are services which the public can call to highlight their concerns about child abuse. One of them is Talian NUR, telephone 15999. Are people not aware that such hotlines exist? Are people too scared to complain in case they are dragged deeper into something with which they

and uncles, or the neighbours must have suspected something. If there had been early intervention to stop the beatings and the sustained abuse, Pavitra might still be alive today.

We may wonder why the mother did not do more to protect her child. Did she feel anger, frustration and sadness after the death of her husband and so could not cope? After her loss, her family was disbanded. Did this compound her sorrow?

Did she enter into an abusive relationship, with her boyfriend and became stuck in a vicious circle of hopelessness? As the country suffers an economic downturn, it is the women who suffer more, as there are fewer jobs on offer, the cost for child care increases and families have to tighten their belts further.

### Public Awareness

Malaysians must show more concern at the rise in cases of child abuse and more should be done to protect children. Public awareness needs to be increased, and people should be empowered and encouraged to become personally involved and support families and parents. Contrary to popular opinion, children suffer the most abuse from people they know, like parents, relatives and babysitters. Not strangers.

Child abuse is an offence in Malaysia and is punishable under the Child Act 2001 and the Penal Code 1997. Offenders may be liable for a maximum fine of RM50k and a prison term of 20 years, or both depending on the offence. Offenders may also be whipped.

Older children fear the threat of more severe 'punishment' by their abusers and so very few cases are reported. Younger children do not have the ability to say that they are abused and many cases remain undetected.

The "Talian NUR" hotline (15999) is the 24-hour helpline, which enables the authorities to intervene, for victims of domestic violence and child abuse. Last June, calls to NUR through public telephone booths in schools were made free. Calls are handled by trained people and in four languages; Bahasa Malaysia, English, Mandarin and Tamil.

No one will consider you a busybody or hold you responsible for the break-up of a family should you report a child who is being abused or neglected; but you could end up saving a life.



**THINKING  
ALLOWED**

• by **Mariam Mokhtar**

want no connection? Sometimes, the system of reporting causes paranoia in the people who try to report the abuses.

Are people afraid of reprisals from the perpetrators of the crime? Are people so preoccupied with their own lives, that they can ignore a child's screams? Were they so distressed by the pleas of the child that they shut out her cries for help? Were members of the family ashamed, so did not report the abuse?

A 4-year-old has died. Someone must have heard something or noticed something unusual.

A child who is repeatedly hit will show symptoms of abuse – physically, mentally and behaviourally. Unless she has been hidden away, family members like her grandparents or aunts

## Heritage

### Talk on Lenggong Valley

A talk on Lenggong Valley recently by Professor Dr Mokhtar Saidin, Director of the Centre for Global Archaeological Research, USM, received a very good response from government authorities and tourism stakeholders.

Lenggong Valley was declared a UNESCO World Heritage site in June this year for having evidence of human occupation from 1.83 million years to 1000 years ago, one of the longest prehistoric sequences in the world.

At the Q & A later Mokhtar stated that an integrated management plan for the preservation of Lenggong Valley has been initiated and has to be submitted to UNESCO by 2014.

A committee has been established to draft the plan headed by the National Heritage Department who is working together in close collaboration with the State, Lenggong District Council and Town and Country Planning Department.

The Management Plan will look into all aspects of managing Lenggong Valley such as conservation and preservation, the dos and don'ts about conducting tours at an archaeological site as well as tour packages. Failure to submit the plan can place Lenggong Valley in



danger of having its World Heritage Status revoked by UNESCO.

Currently the Lenggong Gallery is being renovated to house the World Heritage Office. Lenggong Gallery already has its gallery of up-to-date exhibits of the whole valley, a service counter, brochures and in time to come tour packages. A current concern is the lack of tourist guides. Currently 20 are being trained and are due to receive their badges later this year.

JAG



## MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos by VWSL & curtesy of Healy Mac's

seefoon@ipohecho.com.my

Sitting in the Ipoh Echo office in Greentown, I observed one day that a new sign was going up across the road with the name **Healy Mac's Irish Bar and Restaurant** emblazoned across its corner shop frontage. I dismissed it as yet another of the locally-run pubs masquerading as Irish or Scottish or English and serving the usual run-of-the-mill beer on tap with nondescript pub fare thrown in to fill ravenous beer bellies.

I was finally persuaded to hop across the road one lunchtime to sample their fare when Ramesh, our marketing manager, told me they had a coal fired pizza oven on the premises and that I had to try their pizzas.

### Cool Comfort

Floor Manager Kamal was on hand to greet us and immediately showed us to a table and handed us the menus. It was a scorching hot day and I was sure I was going to have a melt-down as the whole pub is open air but to my surprise, the air-conditioners were on and the bank of air-curtains surrounding the inside combined with the mist-blowing fans on the outside pavement, kept the place cool and comfortable.

Outside on the pavement, tall barrel tables with seats made to the right height for comfortable eating and drinking, provided a cocoon for the interior.

### 'Spirit of Ireland'

They had been opened for more than two months and business at lunchtime was not brisk. So I sat down at a big table on the inside section and looked around. If not for the heat outside, I could have been in Ireland! A large wooden board on the street front with the name Healy Mac's Irish Bar and Restaurant proclaiming Guinness as the 'Spirit of Ireland' beckons passersby while inside, at the long bar, a bank of long pull handles named with the particular draft beer each releases, provided more temptations of spirit to one's spirit. And I not being much of a beer drinker, preferring other libations, actually order a **Kilkenny**.

### 'Method in Magners'

Liam Healy the proprietor and an honest-to-goodness authentic Irishman happened to be there and sat down with us to talk about the Pub. He promptly persuaded me to try his Cider, a special brew which he imports directly himself called **Magners Original Irish Cider**.



# SeeFoon Goes Pubbing in Greentown



At RM29<sup>++</sup>, 'there's certainly method in the Magners' as its slogan proclaims. Made from Irish apples, the alcohol content is the same as beer and for cider lovers, this is one tippie worth forking out the money for. And it is only available here at Healy Mac's.

Special promotions are ongoing here for their beers, which they proclaim as Happy Hour "All Day, all Night, Everyday" with six draught beers of Tiger, Guinness, Heineken, Kilkenny, Paulaner and Strongbow and eight bottled beers including Corona, Hoegaarden, Budweiser and Victoria Bitter. The draught beers go from the lowest of RM18.50 for the Tiger to the highest of RM26 for the Paulaner and Strongbow and the bottled beers go from RM16 to RM22.

Wines too feature strongly here as Liam has also started to import some special reds and whites from a winery in Spain which is not available elsewhere.

### Food Glorious Food

But what about the food, you dear readers may ask. After all, this is a food column and why am I raving on about the beverages? Well, firstly, I am writing about a pub and most people go to pubs to drink. One seldom goes to a pub for food and that is where I had to be persuaded by Ramesh before I agreed to go, having always had the opinion that the usual pub fare tends to be mediocre at best and appalling at worst.

### Coal Fired Pizzas

I was delightfully surprised. Their on-premise coal fired pizza oven with the chef in a glass cage in full view, putting in and taking out the pizzas is a sight to behold and their choice of pizzas is impressive. The 12-inch pizzas come with a choice of thick or thin crust and more than ten options ranging in price from the simple **Margherita** of tomato sauce and mozzarella cheese at RM18 to the **'Create Your Own' pizza** with the same basic sauce and cheese plus three toppings of your choice. Other than asking for my pizza to be browned more, the **'Everything-on-It' pizza** that I tasted with thin crust was scrumptious and worth a revisit.

I asked Liam, who owns two bars and restaurants in Ireland, one in Alicante, Spain and four pubs in Malaysia, (2 in KL, 1 in Penang, Ipoh being his fourth), what his food philosophy was and how he maintains quality given that he is so spread out.

### Food Philosophy

"I have a head chef who travels around and spends two days in each location in Malaysia. He works with the head chef in the local kitchen and controls quality with them. We also have a menu where we have 20 fresh cooked dishes per day. Our ingredients are often imported directly for taste and authenticity, such as our mozzarella cheese and we have a strict policy on freshness of ingredients," he revealed.



I can certainly vouch for the freshness of the dishes as I tucked into the marinated **Organic Pork spare ribs**, sweet melt-in-mouth, served with truffle oil mashed potatoes, sweet corn and Guinness barbecue sauce – RM38; **Irish Beef or Lamb Stew** – RM33; **Shepherd's Pie** – RM28; **Chicken Panini** – RM24.

Brother Vincent Corkery, who happened to be there on the same day and a true blue Irishman if there ever was one, made the remark to me that it was one of the best Irish stews he had ever eaten.

### Pièce de Résistance

The pièce de résistance on the menu has to be the **Organic Pork Knuckle**. At 1.3 kilos for RM58 and 1.7 kilos for RM78, the pork knuckle is slow cooked, roasted in a special oven and served with sauerkraut and roasted potatoes, with a choice of black pepper, apple or red wine sauce. Our pork knuckle arrived with crisp crackling and meat falling off the bone. Just the smaller portion of 1.3 kilos was sufficient to feed two people and the large one definitely enough for four although on the menu it says enough for two. Especially when you combine it with the large selection of salads and other tasty treats on the menu.

### Extensive Menu

The menu at Healy Mac's is extensive and with enough variety to suit most palates from fish to meat to pasta and paninis. Of special mention is the **Spaghetti Bolognese** which arrived topped with a generous helping of Bolognese sauce. Having eaten spaghetti at many an establishment in Ipoh purporting to serve pasta



Italian style and being terribly disappointed, I found the spaghetti here done just right...al dente, each strand of pasta cooked to the perfect degree of resilience; pliant yet springy on the bite and not soft like other establishments catering to the local tastes. A hearty entrée – RM28.

### Immaculately Clean

The one thing that struck me about Healy Mac's was how immaculately clean the whole place was, from the bar counter to the glass shelves holding all the bottles. When I mentioned this to Liam, he was quick to point out that this is one factor he pays close attention to. He hires his friends from Ireland to manage all his pubs and he relies on them to ensure that cleanliness is top on the daily agenda. I verified this when I went to use the facilities and found them to be spotless. This being one of my 'horrors' when it comes to restaurants and pubs I found the attention to cleanliness a sign of good management.

Healy Mac's is certainly one pub that I'll be returning to in the future...both to quench my thirst as well as to assuage my appetite.

**Healy Mac's Irish Bar and Restaurant**  
#2 Ground Floor, Persiaran Greentown 4,  
Greentown Avenue, 30450 Ipoh.  
Tel: **05-2493627**

## RECIPE

By Pauline Chang

## Lenggong Kampong Chicken with Garlic Ginger Paste



1 Lenggong Kampong Chicken – 3kg  
Water – one pot just enough to cover chicken completely  
1 tbsp. Salt  
½ tbsp. Rock Sugar

### Ingredients (A):

1 pc (thumb size) Ginger – smashed  
1 stalk Spring Onions

### Garlic-Ginger Paste (B):

150g young Ginger  
15 pcs Garlic  
5 pcs Shallots  
½ tsp. Salt  
Some Cekor ('lesser galangal')  
1 tsp. Sesame Oil  
Blend (B) and fry with oil till aromatic.

### Chilli Sauce:

Blend together:  
10 pcs Red Chillies  
5 pcs Chili Padi  
3 inches young Ginger  
Lime Juice to taste  
Salt and Sugar to taste

### Method:

1. Put (A) inside cavity of chicken.
2. When water boils, add in chicken
3. Turn off heat and let chicken immerse in the water for 20-30 mins till cooked.
4. Place chicken in a pot of tap water to cool (10 mins). Drip dry.
5. Chop into pieces and place on plate.
6. Serve with soya sauce, onion/sesame oil, garlic-ginger paste (B) and chilli sauce.
7. Oyster sauce – 1 tbsp





## Art and Culture

### PPO's Superb Debut

The Perak Philharmonic Orchestra's (PPO) recent inaugural performance titled 'New World, New Beginnings' was a superb performance which received positive accolades from not just the members of the audience but also the guest players.

The PPO is made up of 57 musicians half of whom were guest players who hailed from the National Symphony Orchestras of Taiwan and Malaysia, RTM Orchestra, Malaysian Philharmonic Youth Orchestra (MPYO) as well as from the promoted members of the Kinta Valley Wind Orchestra. Helming the PPO was its Music Director and Conductor Mr Eugene Pook.

The programme offering that night featured Dvorak's Symphony No. 9, The New World followed by Vivaldi's Four Seasons Violin Concerto by violin soloist Fung Chern Hwei and Mozart's Marriage of Figaro Overture.

The programme selection was great and everyone loved the performance. Perak Society of Performing Arts (PSPA) President, Datin Rosalina Thong, described the performance as "excellent" and gave it a 5-star rating while music lover Dato' Dr Majumder described violin soloist Fung's rendition of Vivaldi's Four Seasons as "excellent" which 'brought tears' to her eyes.

Violin Soloist Fung in turn praised the members of the PPO describing them as "a new and wonderful group who had lots of positive energy and was hard working".

Fung was born and raised in KL but has established himself as a versatile violinist in New York, USA.

Despite rehearsing with the orchestra for just two days the performance was good which he attributed to the "positive energy exuded by the members of the orchestra".

Similarly, young violin prodigy Verena Koay, who was a guest player, said it was "great playing with the PPO" adding that they played so well.

However, PPO's Music Director Pook shrugged off any praise about the performance and just said, "well, we had one year to prepare for this performance".

Another good show by the PPO. Keep it up.

JAG



## Chinese Arts Exhibition

An art exhibition showcasing the works of Perak's well-known Chinese artists was held at the Sokkakai Association building at Jalan Pegoh on Saturday, August 25. Over 100 Chinese paintings and calligraphy were on show for the general public. The event was officially launched by Dato' Dr Mah Hang Soon, Executive Councillor for Non-Muslim Affairs. Mah donated RM5000 to the Sokkakai Association towards ensuring that the week-long exhibition was a success. The artworks of 20 local Chinese artists were on display in the building's makeshift gallery.

Ed

### ANNOUNCEMENTS

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

### Special Announcement

## Perak Arts Festival Programme

Here is the tentative programme for the upcoming Perak Arts Festival slated for September 14 to 16. The venue of the festival will be at the MBI Square fronting the MBI Building.

- **Friday, September 14:** Beginning 5pm – graffiti, percussion, flash mob and dance. From 9.30 pm onwards – street festival showcasing the traditional dances of the Malay, Chinese, Indian and Orang Asli communities.
- **Saturday, September 15:** Exhibition pavilions open their doors for visitors at 12 noon. Exhibits such as wedding dresses, potteries, lanterns, paper cutting, etc., will be on display. Traditional games, equipment and accessories will also be on display for general viewing.
- **Sunday, September 16:** Exhibition pavilions will remain open till evening. Songs, music and dances will be performed for general viewing on a makeshift stage at the centre of the square. Street parades by army pipes and drums platoon, school brass bands and demonstration by Department of Civil Defence will begin at 5pm. The show will continue till 8 pm when it will make way for the Malaysia Day celebration.

Some events of general interest:

- Drawing of mural entitled "Hari Malaysia" beginning September 10 till 15.
- Batik drawing demonstration.
- Airbrushing demonstration.
- Drawing, colouring and photographic competitions.
- Chinese calligraphy and khat demonstrations.

A more comprehensive programme will be displayed on billboards in the city as the deadline approaches.



**Seminar on "It's All About Entrepreneurship" by MALAYSIA SME**, Thursday **September 6**, 2pm to 6pm at Ipoh Lost World Hotel, Ballroom Malayana 1 & 2 (Ground Floor). Free admission. Log on to [www.malaysiasme.com.my/bns/](http://www.malaysiasme.com.my/bns/) for registration or email [sanjay@eventsme.com.my](mailto:sanjay@eventsme.com.my) to reserve seats.

**Mind Science Association of Malaysia (Perak) 20th Anniversary Dinner and Dance**, Saturday **September 8**, commencing 7pm at Ipoh City and Country Club, Jalan Kampar, Ipoh. For details call Mr Hui Hong Guan **017-468 6136** or Ms Jennie Chew **012-588 6038**.

**Perak Nasyid Festival** organised by Perak Arts and Culture Department, Wednesday **September 12**, from 8am till 10pm at The Perak Arts and Culture Department Auditorium, Jalan Caldwell, Ipoh. Open to all Muslim students (secondary and primary) in Perak. For details call: Pn Nor Fairus Alias **05-2537001** or **013-9939091**.

**TAGS Seminar on "Understanding Back, Neck, Shoulder, Hip, Knee & Foot Pain"**, Friday **September 14**, 7.30pm to 9.30pm at Kinta Riverfront Hotel, 6th Floor, Menglembu Room, Jalan Lim Bo Seng, Ipoh. Free consultation. Limited seats. To book, call: **05-546 7670** or **017-253 1599**.

**NASAM Perak Charity Food & Fun Fair**, Sunday **September 23**, 9am to 2pm at 9 Lorong Pinji, Off Jalan Pasir Puteh, Ipoh. Contact: **05-3211089** or email: [nasamperak@nasam.org](mailto:nasamperak@nasam.org).

**Gopeng Old Iron Pipe Run** organised by Hash House Harriers Ipoh, Sunday **September 23**, 8.00am. Meet at Gopeng Market by 7.00am; carpark is available around the Market. Transport by van from the eco-tourism resorts to Gopeng Market at the end of the run; also a visit to a gaharu tea plantation 3 km away. More details are available online at: <http://ipohecho.com.my>; or contact: Mr Michael Phuah Kah An (Secretary) **016-5636336**, or e-mail: [ipohhhh@yahoo.com](mailto:ipohhhh@yahoo.com).





# Fire Guts Home



# Snakes Killed for Medicine

**AJ**

**Limited Units Available**

Located 3 mins away  
from UTAR  
at Bandar Baru Kampar



## TAMAN MAHSURI IMPIAN

KAMPAR RESIDENSI

金寶新豪城

# 3 Storey Terrace House

Land Area :	<b>20' x 70'</b>
Built Up Area :	<b>20' x 50'</b>
No of Rooms :	<b>13</b> with ensuite bathrooms
Selling Price :	<b>RM458,800</b>
Down Payment :	<b>RM45,880</b>
Max 90% loan available. <small>Terms and Conditions apply</small>	

### COST OF FURNISHING

	RM
Beds (RM650 x 13 units)	8,450
Wardrobe & Study Table etc.	19,500
Air Cond (3 units)	3,500
Instant Hot Water System	9,100
Other	3,000
<b>Total</b>	<b>43,550</b>

### 最佳产业投资



62  
units

Monthly Instalment	15 Years(RM)	20 Years(RM)	25 Years(RM)	30 Years(RM)
<b>Expected Monthly Rental Receivable</b>	4,550	4,550	4,550	4,550
<b>LESS :-</b>				
1. Monthly Installment	3,096	2,546	2,225	2,019
2. Maintenance & Security Charges	150	150	150	150
3. Management Fees (10% on monthly rental income)	455	455	455	455
<b>NET MONTHLY INCOME</b>	849	1,399	1,720	1,926
<b>NET ANNUAL INCOME</b> (Net Monthly Income x 12 mths)	10,188	16,788	20,640	23,112
<b>ANNUAL MARGIN OF INCOME ON CAPITAL</b> (Net Annual Income / Capital RM89,430*)	11.39%	18.77%	23.08%	25.84%

(\* 1st 10% payment + cost of furnishing - RM45,880 + RM43,550)

Developer:

## BENUA TEGAS SDN BHD

32, Jalan Siswa, Kamper Siswa, 31900 Kampar, Perak Darul Ridzuan. **FAX 05-455 7788**

Developer License No.: J11909-A11-2014-02-B (Bulan 12/12/2014) 23/12/2014

Advancing Permit No.: 11859-V/2014/1001-Bulan 09/2014/1001-B

Building Plan Approval No.: MB0386-MKAPR0000029/2014/09/MB11 - Land Encumbrance: Nil

Area of Land: 99 Yards - Building Plan Approved by: Majlis Daerah Kangar

Expected Date of Completion: January 2014

For viewing and inquiries:

**www.variqa.com**

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# Raya Roundup

By James Gough



## Dato' Hamidah Osman

On the first day, at the home of State Exco for Industry and Tourism, Dato' Hamidah Osman, at Batu Gajah it was a quiet yet warm gathering together with the members of the Osman family which included Dato' Hamidah's parents, sisters and brother together with their families.

Each family was dressed colourfully coded in their baju raya. Hamidah's family chose pink. Also present that morning was Gopeng MCA Chief Albert Chang and Ipoh Councillor Kok Pak Foo. I was privileged this year to be in time to view the family "bersalam and memohon ampun" from their parents after which the family allowed me to take their family photo.

The Raya lunch spread was delicious but Hamidah's signature laksa meal is something to look forward to at Raya.

## Dato' Seri Ahmad Husni Mohamad Hanadzlah



The Hari Raya open house by Dato' Seri Ahmad Husni Mohamad Hanadzlah, the MP for Tambun and the country's Second Minister of Finance was held at the idyllic village setting of Kg Sungai Rokam. Held on the second day of Raya from 10am, the event saw a steady stream of citizens said to number close to 10,000, city councillors, and community leaders arriving to greet Husni and his wife.

Notable visitors included Datuk Nadzri Ismail, the State Representative for Manjoi and Ipoh City Councillor for Kuala Kuang, Shahul Hamid Mydin Shah.

# MB's Open House



The annual Hari Raya crowd numbering over 15,000 thronged Perak MB Dato Seri DiRaja Zambry Abdul Kadir's and Datin Seri Saripah Zulkifli's state level open house celebration on the first day of Syawal.

The usual Raya delicacies were available as were the usual long queues for their plates to be filled.

And, as in previous years the warm smiles and joys of the event overcame the humidity and the heat of the afternoon with most visitors possibly distracted by the delicious spread of Raya delicacies, interesting events and shows put up by the organisers such as the joy of meeting 'Upin and Ipin' that evening for the younger rakyat.

VVIP's Raja Muda of Perak Raja Dr Nazrin Shah and Raja Puan Besar Tuanku Zara Salim were in attendance.

Also present was Raja DiHilir Raja Jaafar and Raja Puan Muda Raja Nor Mahani, State Secretary Datuk Abdul Puhat Mat Noyant, State Exco members and Ipoh City Councillors.

During the event Raja Nazrin presented duit raya to orphans from three orphanages.

## Datuk Abdul Rahim Mohd Ariff



Ipoh City Council Secretary Datuk Abdul Rahim Mohd Ariff's open house saw Ipoh City Councillors, his hockey fraternity and council staff gracing his open house on the second day of Raya. Delicious menu but the cooling *cendol* was my favourite of the day.

## LETTERS

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

## Public Transport – Has it Improved?

The Government Transformation Programme to improve public transport system in the country does not seem to meet the aspirations of the rakyat. For the past two years I have done some informal studies of my own on public transport system, especially on buses in Perak. One major flaw I find most wanting is the lack of bus stops along bus routes. Commuters are forced to fend for themselves in the event of inclement weather.

A year ago I approached the Teluk Intan Municipal Council to request for a bus stop in front of the district

hospital. This is to enable visitors and the sick to take the bus outside of the hospital rather than walking over 300 metres to the present site. My pleas, however, fell on deaf ears.

The Perak Transit buses plying the Ipoh-Kuala Kangsar-Ipoh route are no better. The other day while waiting for the bus in front of the LaFarge Cement Factory Chemor to take me to Ipoh, two buses went past me without stopping. Luckily, the third bus stopped.

I lodged a complaint with the company the following day. After an inquiry the management said that the non-

existence of a bus stop was the reason why the drivers did not stop to pick me. I later found out that the existing bus stops are located at Ladang Dovenby and Kantan Baru – over 3 km apart. The drivers, therefore, have a good excuse not to stop to pick passengers although the cement factory employs many from outside of Chemor.

I hope the authorities acknowledge this deficiency and take remedial measures to resolve the problem. It is pointless to talk of transformation on a grand scale when nothing has transformed on the ground.

Chris Ng  
Chemor



## News Roundup



### COGA (Convent Girls Alumni) Turns 55

They were school-girls again – the ceaseless chatter, the squeals of laughter, the bear hugs... That was the 55th Reunion of the Convent Girls Alumni held at the Royal Perak Golf Club recently. With girls (and women) coming home from across the globe, teachers who hailed from as far back as the '60s, ex- Principals and Holy Infant Jesus nuns, the celebration took on a heightened spirit of camaraderie and connectivity.

A touch of glamour and elegance was added to the occasion with the presence of DYTM Raja Puan Besar Perak Darul Ridzuan Tuanku Zara Salim, Royal Patron of the Convent Girls Alumni and ex-student of Main Convent, Ipoh.

Also present were representatives from the Parents-

Teachers' Association, SMJK Sam Tet Alumni, SMJK Ave Maria Alumni, and Chairman of the S.M. Convent Board of Governors, Fr. Michael Cheah.

The evening's gala was alive with superb performances from the highly acclaimed singer, Estee Pok and her troupe of three nine-year-olds who captured the hearts of the diners. What finally did rock the dinner party was the captivating showmanship of "Helmi and the Gimmicks". Guests arriving at the ballroom were greeted and ushered by "macho-men" dressed in dark suits. The multi-talented comedian, Helmi brought laughter and revelry, with his special flair for engaging the crowd in participation.

High on the agenda and on a serious note was the



declared objective of the Annual Reunion – the raising of funds "for the love of the Main Convent". According to the President of COGA, Ms Terezinha Gonsalves, the Alma mater was in dire need of funds for the purpose of upgrading and refurbishing. The 105-year-old Grand Lady was determined to meet the challenge of the 21st century as long as her "children" young and old will respond generously.

The Committee thanked those who had forwarded donations and welcomed contributions at all times.

### '30 Hour -Famine' Event in Ipoh



Three hundred young adults and students participated in World Vision's annual 30-Hour Famine which was held at St Michael's Church Hall on August 4 and 5 recently.

The 30-Hour Famine is a global movement against hunger and poverty where participants go without food for 30 hours to experience the dire conditions that children and families endure every day. Their experience also raises funds to care for the needy both locally and globally.

The participants 'famine' started in Ipoh at 10am on Saturday and ended at 4pm at Stadium Melawati Shah Alam the next day where close to 17,000 Malaysians had gathered for the countdown to break their fast.

This year's 30-hour famine event in Ipoh was jointly organised by Persatuan Belia Faces and Malaysia Fenion Chinese Club. The event was officiated by former MCA President Dato' Seri Ong Tee Keat.

Co-organiser Patrick Ng of Persatuan Belia Faces said the Ipoh camp collected RM24,000 from the event. One of the beneficiaries of the fund is Yayasan Sin Chew Retirement Village which is open to homeless seniors and self-sponsored seniors.

JAG

### Charity Musical Concert

Veteran singer and actor, Ho Fung, and his artiste friends from Malaysia and Singapore, took some one thousand guests down memory lane in a charity musical concert at the Kinta Riverfront Hotel recently. The event, which was organised by Perak Society for the Promotion of Mental Health, successfully raised over one hundred thousand Ringgit, which will go towards the society's fund to build a multipurpose hall. Construction cost is estimated at RM200,000.

The hall will be available for rent for social functions in order to generate income for the society, which currently runs a halfway house in Tambun. It is home to a hundred psycho-social disabled women. Mental illnesses come in many forms like depression, anxiety and suicidal tendencies and could afflict anyone at any time.

At the function, Ipoh City Councillor Ir. Lai Kong Phooi, who represented Executive Councillor, Dato' Dr Mah Hang Soon, announced an allocation of RM3000 to the society as a token of appreciation. Lai personally pledged his one-month councillor's allowance to the society.

"Ho Fung and his Troupe", including charity queen Datin Maylene Yong, Choy Weng, Helen Lim, Fong Choi Yan, Chu Ai Fong, Yip Yoke Heng, Phan Mei Yuen and Mary Fong rendered oldies in English, Mandarin and Cantonese. Even Ipoh socialite Datin Janet Yeoh, one of the advisers of the organising committee, was not left out of the action. She delivered two songs, one of them a duet with Ho Fung, to the delight of the guests.

Emily



### Meeting of Perak's Local Governments

At the recent meeting of the 15 local authorities in Perak chaired by Dato' Dr Mah Hang Soon at the State Secretariat Building, Mah reported that at midyear, Perak's aggregate income is RM222.16 million. Expenditure at midyear stands at RM175.72 million. Compared to the same period last year, this year registered an income surplus of 8.75 percent.

One major issue brought up at the meeting was regarding stray animals on roads. Some local authorities had been active in advising and issuing compounds where needed. Mah asked the public to work closely with local authorities to keep their livestock safe. Local authorities are only authorised to shoot animals with tranquillisers not live bullets. As the tranquillisers are supplied by veterinarians, a discount is given thus making them affordable. Previously, a single dose for dogs and cats was priced at RM200. It now costs RM12 a dose.

The issue of illegal gambling sites, especially usage of slot machines, was also brought up. It was recommended that licences of premises where illegal gambling takes place be cancelled. This is one effective way to resolve the problem. The Police and local authorities will work together to stop the menace from spreading.

Mah encouraged the public to get to know their councillors through the respective local authority website. Councillors' phone numbers and emails are provided for general viewing. Local authorities' websites can be accessed at <http://www2.epbt.gov.my/portal>.

Tiffany





## News Roundup

## Constitution is for Everyone

The Federal Constitution, although extensively amended, is still the supreme law and is, arguably, the most important document in the day-to-day administration of the country.

Constitutional expert, Chan Kok Keong spoke at the Kinta Rotary Club recently and said the Federal Constitution embodied the ideals of the nation as exhorted by first Prime Minister Tunku Abdul Rahman, namely Malaysia as a Constitutional Monarchy, practising parliamentary democracy and protection of fundamental liberties such as life, equality, religion and liberty.

The Proclamation of Independence on August 31, 1957 gave the Constitution its legitimacy, said, Chan. Therefore, the Constitution should be taught to schoolchildren, as they have to swear allegiance to the Constitution when they grow up.

"It is an invaluable working document and should be understood by one and all, young and old. It



should not be the property of lawyers, politicians or government ministries only. It's for everyone," said Chan. Unfortunately, there is no text book on the constitution for secondary school students.

"Although drafted by foreign experts, namely, Sir Ivor Jennings, there was considerable input given to the making of the Constitution by the Alliance Party, led by Tunku Abdul Rahman," Chan added. "The drafters of the document adopted a balance formula."

Among the articles in the Constitution which adopted the balance formula is the one on freedom of worship even though Islam is the official religion.

"Malay as the national language of the country but statutory recognition was given to other languages by prescribing that Malaysians, whatever race or creed, have a legitimate and fundamental right to preserve their own language script and culture," Chan remarked.

Ed

## Lack of Drain Maintenance



Residents of Jalan Sitiawan, Lim Garden invited the media to air their complaints. They said that the drains in their area are not cleaned regularly and are overgrown with grass preventing flow of water. During rain, the drains overflow and flood their compounds.

A resident who did not want to be named said that she has lived in her house since it was built in the sixties and the damaged drains have never been repaired or upgraded. This is a breeding ground for mosquitoes and a few cases of dengue have been reported.

M. Rani who has been staying there for more than 20 years said that MBI has no schedule for cleaning drains. The residents have to complain a few times before the men come to clean. The grass cutting contractor does not remove the grass that fall into the drain, saying it is not part of his job. Photos have been taken of mosquito larva breeding in the stagnant water of the drain. She does not know whether they are aedes mosquitoes. She added that enforcement officers inspect the house compounds for stagnant water and fine residents, but are not bothered about stagnant water in the drain.

The residents pay their assessment promptly and expect better service from MBI. The residents are of the opinion that if their problems are published in the papers, MBI would take action.

AJ

## Empowering Women Through Education

Some 50 participants at the Women's Health and Wellness Seminar held at St Mike's Bistro Restaurant, Ipoh took home some invaluable tips on ways to stay healthy and young. The seminar was organised by Perak Women For Women Society (PWW) as part of its effort to help and empower women through education.

The three topics covered were "Skin & Photo-Aging", "Breast Cancer" and "Botox and Fillers". President of PWW, Dr Sharifah Halimah Jaafar delivered the first and third topics while Dr Sumithra Sivasuntharam covered the second.

Dr Sharifah explained the functions of our skin, the largest organ in a human body. It was then followed by definition of Photo-Aging. It means to look older than one's actual biological age. There are many causes which lead to this but in Malaysia the main culprit is the harmful effects of ultraviolet rays from the sun. Fortunately, most of these could be prevented, like using suitable skincare products, appropriate sunscreen and external sun block apparatus like a hat and an umbrella. Dr Sharifah also taught us the beneficial ingredients that we should look out for in skincare products available in the market.

Dr Sumithra shared her experience as a Consultant General Surgeon and the breast cancer cases that she has handled. Unfortunately, there are no preventive measures to take to stop breast cancer from afflicting us, but early detection is the key to surviving this debilitating disease. It is the most common form of cancer in women in Malaysia. It even affects men. However, the two major risks are age and being of the feminine gender.

Dr Sumithra stressed the importance of self examination and the need to see a doctor should physical changes happen to the breast. Breast cancer is a "silent killer" as sufferers do not experience pain or symptoms.

The third and final topic on Botox and Fillers by Dr Sharifah was just as interesting. In layman's language, she unraveled the differences between Botox and Fillers commonly used in aesthetic medicine, and the uses of Botox or Fillers in the different parts of our face. In her slide show, she also presented 'Before and After' photos of celebrities who underwent Botox treatments. She, however, cautioned that some people may experience complications which would worsen one's looks.

Emily



## Transformation Centre of Ipoh

If plans by the Finance Ministry come through, Ipoh will be the third city in the country to have an urban transformation centre. Similar in concept to the ones in Kuala Lumpur and Malacca, it will be a one-stop centre for dealings involving the business community and government agencies. The benefits are obvious – to enhance interactions and reduce bureaucracy.

"I am glad that Ipoh has been chosen as the site for the centre. It'll definitely have an impact on the growth of the city," said Dato' Roshidi Hashim to reporters. The mayor was on a site tour of the proposed centre, the Super Kinta shopping mall in downtown Ipoh recently. He was accompanied by a senior official from the Finance Ministry, Bukhari Hassan.

"The Federal Government is serious in implementing this project considering the economic vibrancy of Ipoh," said Bukhari. He gave his assurance that the centre would not affect the running of the wet market presently in operation at this once popular shopping mall. "The size of the complex is most appropriate. Its location at the centre of the city is ideal," Bukhari added.

The Finance Ministry will consider all factors, costs being a major consideration before embarking on the project. The centre, once completed, will not only benefit Ipohites but all Perakeans and those who come to do business in the capital city.



Wearing face masks to avoid accumulated dust

RM

## State Corporation Record Profits



Perbadanan Pembangunan Pertanian Negeri Perak (PPNP), the state agricultural development corporation has acquired a record RM16.7 million in profits this fiscal year. The profits are from the management of estates and farms owned by Perakeans. The bountiful returns have prompted the agency to donate RM5.2 million in the form of *zakat* (tithe) to *Majlis Agama Islam Perak* (Perak Religious Council) this year.

"This is the largest amount of *zakat* the agency has ever paid to the religious council," said Dato' Saarani Mohamad, Chairman of Yayasan Bina Upaya Darul Ridzuan (YBU) and Executive Councillor for Rural Development. He said this at a breaking of fast for participants of a basic agricultural course held at a community hall in Ladang Lambor, Bota Kiri recently.

After dinner, Saarani disbursed profits to 91 workers of the Lambor, Ladang Pulau Tiga and Kampung Gajah plantations which are managed by the corporation. He also gave duit raya to 91 orphans from three orphanages in the district and the 42 course participants.

The state-linked company donates a huge sum of money earned from its profits to Yayasan Perak and Yayasan Bina Upaya annually. This year the beneficiaries received RM10 million and RM20 million respectively to run their programmes.

RM



# MBI Must Get Date Right



The signboard in front of the passenger pick-up area giving particulars of the project being carried out in the field opposite the station states that the completion date

## Huge Demand for Hospitality Staff

## New training facility to meet demand for hospitality staff

**“T**he cruise lines are crying out for more hospitality staff and Malaysians are wanted,” says Crew Skills’s CEO, Mr O’Dee. “Malaysians looking for a career on an International Cruise Ship should contact us immediately.”

The demand for kitchen hands and junior cooks is extremely high on cruise ships. They make over USD625 (RM1900) and USD675 (RM2050) per month, respectively on Royal Caribbean. If you have a qualification or have worked in a professional kitchen for more than 12 months then a career at sea could just be for you.

Royal Caribbean is bringing two new ships into Asia to service the Chinese market. Anyone who can speak fluent Mandarin and English and has experience in any “front” hospitality positions, like reception, housekeeping, waiting, bar tending, etc., should call Crew Skills now. Most of these jobs get over USD1200 (RM3700) per month.

Working on cruise ships has many advantages. You get food, accommodation and medical cover. You also get to cruise to different parts of the world for free. “One Ipoh lad saved enough in a few years to buy his own house and at the same time got to see the world!” said Mr O’Dee.

Crew Skills is a vocational training company that offers a guaranteed job offer to all its graduates. Its latest facility in Bercham Light Industrial Estate, Ipoh was initially focused on training non-Malaysian candidates for jobs in the international hospitality industry. However, Crew Skills has now realised that a major resource was literally at its doorsteps.

“Malaysians are hard working; most have a desire to improve themselves professionally and possess a good command of English. If they want to work or improve their position within the hospitality industry, we can help them”, says Mr O’Dee.

In the past, Crew Skills was geared on training candidates for jobs outside of Malaysia. However, it has now decided to train Malaysians for local jobs, as well. For example, if you have 12 months experience in F&B you can join the Crew Skills Butler programme and you will go from making a salary of RM700 in F&B to as high as RM1500 a month as a butler!"

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Passengers waiting for transport have nothing to do and read the signboard which is in front of them. I also read it while waiting for transport and another passenger standing beside me pointed out the error as well.

This error may be considered insignificant, but

it gives a bad impression of MBI to tourists and visitors on how they manage their projects. It shows the calibre of people they employ. The error should be corrected immediately and the correct completion date given. MBI staff must be more alert and prevent embarrassments like this.

I feel bad when outsiders point out these things to me.

A. Jeyaraj



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## Sport

## Seladangs Share Spoils

The inability to convert clear-cut chances into goals was the apparent drawback of Jang Jung's Perak, as they opened their Malaysia Cup campaign with an exciting 1-1 draw with FA Cup finalist, Sime Darby. Raingo's goal gave the host the lead in the 64th minute but Fahrul Razi netted the equaliser for Perak in the 89th minute. Both teams ended the play with a point each.

The weight of expectations was definitely on Perak's shoulders despite them being visitors for this opening game. Sime Darby's reputation as a mere Premier League side barely justified them as favourites thus Perak went of the offensive right from the beginning.

Jang Jung's men could have even taken the lead as early as the 5th minute. But Fazrul Hazli's speculative shot was tipped away brilliantly by the Sime Darby goalkeeper. Five minutes later, Michal Kubala came within inches of drawing first blood but his well executed free-kick hit



the bar instead.

The brand of football employed by Perak was definitely a sight to behold but their poor finishing was proving to be a menace. Nevertheless, Sime Darby had their fair share of chances as well and goalkeeper Kamarul Affendi had to be on his toes throughout the match.

Both sides fought hard on the pitch but it took until the 64th minute for one of them to break the deadlock. Sime Darby import, Raingo slammed in a brilliant free-kick from the edge of the box to give his side the lead.

Jang Jung responded by bringing on experienced forward Akhmal Rizal Rakhli and President Cup sensation, Kenny Pallraj in a bid to induce a revival. The Seladangs fought hard and their efforts were rewarded when Fahrul Razi restored parity with a well-taken volley from outside the box.

The score remained tied until the end and both sides shared spoils. However, Perak will be disappointed to have not snatched a victory, for their domination was evident throughout the match. Their midfield in particular, showed tremendous grit and determination to contain the highly versatile Sime Darby attackers. Their poor finishing is a cause for concern. The problem needs to be addressed if they want to advance further in the tournament.

Regardless, the fans and management have definitely seen glimpses of this squad's capabilities and due credit must be given to Jang Jung. His tactics and methods seem to be doing the trick. Hopefully, it will continue.

Keesh

## Young Perak

## UTAR Student Receives Murata Scholarship Award

Universiti Tunku Abdul Rahman (UTAR) Faculty of Engineering and Green Technology (FEGT) student Lim Boon Kiat (pic, fourth from left) received the Murata Scholarship Award at an award presentation ceremony held in Batu Gajah, Perak.

Lim, a second year Bachelor of Engineering (Hons) Industrial Engineering student, received a scholarship award of RM30,000 from Murata Electronics (Malaysia) Sdn Bhd Managing Director, Mr Yoshihiro Tanaka (pic, left). The award presentation ceremony was witnessed by UTAR Vice President (R&D Commercialization) Professor Dr Lee Sze Wei, Dean of FEGT Dr Yap Vooi Voon, Head of Department of Industrial Engineering Mr Yang Chuan Choong, staff of Murata Electronics (Malaysia) Sdn Bhd and Lim's family members.

According to Lim, who hails from Sungai Siput, Perak, the scholarship will greatly reduce his financial constraints. "Having gone through two stringent rounds of selection process, I am on cloud nine knowing that I am a recipient of this prestigious award," rejoiced Lim, who will be bonded to Murata for three years upon graduation. Excited at the opportunity to serve a large, diversified conglomerate, Lim pledged to give his utmost dedication to the remaining years of his tertiary education.

Mr Tanaka congratulated Lim and hoped that the scholarship will drive more students to take up industrial engineering. He expressed hope to see more innovative ventures between UTAR and Murata in future.

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