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ISSUE

151

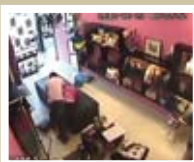
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Mayor Targets Ipoh to be

85% Clean in 1 Year

by James Gough

At Ipoh City Council's last full board meeting held in early September, Mayor Roshidi again raised the issue about Ipoh being recognised as one of the cleanest cities in the country during the '80s and added that Ipoh should work hard at trying to get back that status of the "cleanest city". At the press conference after the full board meeting, Roshidi, when pressed to share his plan on how to regain the 'cleanest' status, elaborated that "a 'makmal' (laboratory) committee would be set up to focus and identify all aspects of cleanliness from collection to removal and other details." Roshidi also confirmed that he would be sitting on the committee and tasked to oversee the cleanliness of the city for this year as well as the next.

Continued on page 2

Promises of Drastic Action: “Take my word” – Roshidi

Ipoh Echo has consistently been highlighting the importance of a clean Ipoh, a reputation we once had as the cleanest town in the country.

When asked what he thought was the current percentage of cleanliness of Ipoh, Roshidi could not respond but added that his immediate goal for a clean Ipoh was 85% which he intended to achieve in one year. Roshidi stated that he planned to “*turun padang* and go down to the ground” even at night together with his enforcement and community departments to check on offenders and where necessary “would resort to drastic action to summon the offenders, you can take my word on this”.

Cleanliness in Ipoh has always involved the three elements “*Sampah, Rumpit dan Longkang*” or “Rubbish, Grass and Drains”.

Rubbish

The collection of rubbish by outsourced contractors which is done three times per week “is good” said Roshidi adding that the city centre is generally clean. However, the problem is at the residential and suburban areas which involves the ‘*sampah haram*’ or illegal dump sites. Currently residents who request to clear illegal dump sites are subjected to a RM20 charge for the service. Roshidi also appealed to those who created ‘*sampah haram*’ sites to not complain about Ipoh being dirty.

Ipoh Echo then highlighted that the clearance of garden waste was the responsibility of MBI where their SOP (Standard Operating Procedure) states that the operation has to be done once a fortnight. However, this cannot be done efficiently currently as the majority of their existing lorries are not functioning.

Roshidi did not respond when asked if new lorries had been ordered for the fortnightly procedure but responded that he “had a good team to effectively deal with this problem. Residents can SMS me (019-5730333) about this problem even at 11pm at night and we will look into it.”

Roshidi highlighted that 90 of the green mild steel bins usually seen at back lanes had been purchased to replace the broken units for this year. In total the cost of rubbish collection services per year is RM11 million.

Grass Cutting and Drain Cleaning

In April this year MBI held a press conference to highlight the successful selection of 44 grass cutting contractors at landscaped areas with 33 contractors dedicated for mowing lawns and cleaning services and 11 maintenance and cleaning services.

According to Roshidi the services of the grass cutters has so far been satisfactory. Based on MBI’s grass cutters’ specifications the mowing at road shoulders and fields should be done twice a month. For government reserve land the work is to be carried out once a month.

MBI has recently erected signboards at the respective zones indicating the grass cutter’s contact details, the schedule to cut grass and includes MBI’s person-in-charge contact reference.

Scope of Work: Grass Cutting

Grass cutting refers to all types of grass, shrubs and wild plants found on roads, road shoulders, road reserves, open spaces, playgrounds, recreational parks, pedestrian walkways, concrete columns, the tarmac, ‘interlocking’, jogging tracks, and reflexology paths.

Other specifications state that **grass should be cut close and neat, 2-4 cm from ground level**, and the **cut grass removed on the same day**. Grass growing on pedestrian streets, concrete poles, fences and such are to be sprayed with herbicides. Grass cutting work is to be done up to the boundary of the premises, including the route between the premises. Grass that has fallen into the drain waste should be collected and gathered in a ‘culvert box’ and ‘main hole’. Finally all cut grass, plants and garbage must be dumped into landfills approved by the Council. Currently MBI’s performance score for the contractors is 95 per cent.

Drain Contractors

In mid July 2012, MBI appointed eight drain contractors for work to be done in four zones, Bercham, Canning, Buntong and Tambun. All drain works at the other zones are carried out by MBI’s workers. The reason to outsource this work to the four zones



is because their infrastructure is older and requires more effort to maintain.

According to Roshidi, of the eight contractors, only four are so far classified as “good” with two described as excellent and another two “on par”. The other four failed, with one contractor being terminated as of September 16. When enquired why it took so long to terminate a contractor especially since the service to the zone was not fulfilled for two months, Roshidi replied that a termination had to be done as per procedure.

Scope of Work of Drain Contractor

The scope of work included in this contract covers all monsoon drains, cement drains open/closed in residential areas or housing estates and drains on business premises measuring less than three (3) feet. The work also includes drains around golf courses and recreational parks.

Public drain channels should be washed and cleaned and be free from any obstruction. The rate of drain cleaning of monsoon drains is once every 30 days or if there is occurrence of clogged drains after heavy rain.

The rate of drain cleaning indoor/outdoor residential areas or housing estate is once within 21 days or if drains are clogged after heavy rain and on receiving complaints from the public. For business premises this should be done once every 14 days or if clogged after heavy rain or receiving complaints from the public or from the Council.

Cleaning work includes cutting grass (within 2 metres on both sides of the gutter), removing all additional rubbish such as bottles, plastic containers, timber, iron and stones, sand and soil in the drain. All waste should be placed in bags or containers and discarded to approved landfill by lorry.

Water in the drain should be smooth flowing to ensure public drains are free of solid waste including food scraps in the event of flash floods to prevent disease.

Team Effort

Keeping Ipoh clean is going to be a major team effort by Ipoh residents and the Ipoh City Council. Hopefully, with a common knowledge of the goals we can meet Mayor Roshidi’s 85 per cent cleanliness goal.

A list of Ipoh Councillors is shown on page 6 for residents to contact to highlight concerns about cleanliness.



MBI signboard indicating Grass Contractor’s contact information



MBI staff removing garden waste



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- 5:45 pm: Shoulder & Hand Home Massage Techniques
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IPOH echo

From the Editor's Desk

• by Fathol Zaman Bukhari

They say good or bad publicity is publicity nonetheless. Most prefer to stay on the right side and will give an arm and a leg to remain in the good books. If something bad is written or said about them they will go ballistic, threatening legal action as an immediate recourse. Being in the media business we are never short of these flare-ups. Putting up with these inconsistencies is a way of life for most of us in the media world. What is good for the goose is good for the gander too, goes another saying. How true can it be?

What happens if we are on the receiving end? Should we resort to the courts as well? Or should we settle it the old fashion way by drawing a line on the ground and challenging the opposite side to cross first before striking. That was how we old geezers settled scores those days when catching fish and birds was a pastime far better than surfing the Internet like kids do these days.

Since achieving Independence on August 31, 1957, the country celebrates the auspicious occasion by holding a parade. Each state will hold its own with one mammoth parade in Kuala Lumpur known as the National Parade or *Perbarisan Kebangsaan*. Today the grand occasion is being alternated with Putrajaya or is held at one of the capital cities in the country. Its significance is, however, not diminished by way of locality, as the host state will go out of its way to be on top.

The 55th National Day Parade was held in Kuala Lumpur. Perak marked the occasion by holding a similar parade in Ipoh. The site has always been along Jalan Panglima Bukit Gantang with the iconic Town Hall as a backdrop. The grand stand where VIPs sit is right in front of the Town Hall. It could not have been more suitably located. Once the participating contingents

Dato' KP, We Have A Job To Do Too!

Press photographers in the way of the marching contingents?



marched down the road press photographers would jockey for spots to take the best shots. This scene is repeated each year. Having been a member of the armed forces, parades are nothing strange to me. I was a detachment commander of the King's honour guards in 1972 and the parade adjutant the following year.

The last time I was involved, as an active player, was the state-level National Day parade in Seremban in 1997. I was a member of the organising committee and was responsible for security. I was privy to what took place on that fateful day. Fortunately, nothing untoward happened. The Yang DiPertuan Besar, the late Tuanku Ja'afar ibni Almarhum Tuanku Abdul Rahman and his consort were seen leaving the grand stand waving and smiling at the crowd. Chasing away 'unwelcomed' press photographers was not part of my job.

What took place on the morning of Saturday, August 31 at around 8am was truly uncalled for. Press photographers from the mainstream media and Ipoh Echo were shooed away by Police personnel. The reason – they were too close to the VIP stand and were in the way of the marching contingents. Press photographers in the way of the marching contingents? What utter bull!

Ipoh Echo's photographer, Muhd Shahir (Ed) tried to reason with the sergeant major who was leading him out of the area. He showed his press pass and asked why another casually clad photographer, who had no identification whatsoever, was not similarly treated? The terse answer he got was, "*Jangan pertikaikan kerja polis!*" (Don't question police's job!). How ironic could it be? Weren't the pressmen there to do a job too? Does it mean that when the Police are on the job no one else, media included, are allowed to do their job?

Dato' KP (Ketua Polis), we have our job too! Our job is to cover the National Day parade. Police keep the peace while the media keep the *rakyat* informed. There is a defined line between the two. Dato', it is not about who is going to cross the line first.

IN THE NAME OF MY FATHER'S ESTATE

• by Peter Lee

Episode 9

Since Dave (Lawyer) requested in the previous meeting that the Administrators of Lee Sr's (Deceased) estate list down all assets that belonged to Lee Sr, John and Michele being two of the three Administrators [the other one being Connie (2nd wife)] met up with their mum, Mrs Patricia Lee (1st Wife) and siblings (Nick, Steven, Sandy and Nancy) one week later. In the meeting, John said "I think all of you understood what Dave needs for the application for Letter of Administration (L.A). So mum, could you give me the name of the bank, branch and account number under father's sole name and those that are joint with you. Oh! I need the amount too. This applies to all of you if you have joint accounts with dad which are frozen." Mrs Patricia Lee's response was "I think I won't want to reveal all the joint bank accounts." Then John said "But this is what I need to give Dave (Lawyer) for the application of L.A. If you don't co-operate, then how are we going to begin this application." Mrs Patricia Lee then shouted "Son, don't you ever use the word co-operate. I am your mother and you better listen to me. Now, I will tell you what I am going to reveal."



"The first thing is, your father as far as I know, has six bank accounts under his sole name. Two are in Malaysia with a combined amount of RM5 million, one in Singapore having S\$2 million, one in Australia with a sum of A\$6 million and one in U.K. with a balance of £2 million. I have four bank accounts joint with him. Three of the accounts are here in Malaysia while the other one is in Singapore. Each of the accounts in Malaysia has roughly RM2 Million and the one in Singapore has S\$3 Million. As far as the joint accounts are concerned I have withdrawn most of the money from those accounts in Malaysia because either one of us can sign. The money in the rest of the accounts is still there as I could not withdraw from them."

At this moment, the expression in all her children's faces were like saying "Oh Oh, I need to treat mum nicely from now on." Then Michele said "So, are you going to reveal the money withdrawn from the joint accounts to Dave because I think he would want us to be honest with him so that he can proceed the L.A. application smoothly". "In life it's good to be honest but at times you don't have to be dead honest" was Mrs. Patricia Lee's response. She continued "After all what makes you think Connie won't do it too." Michele then replied "In that case we have to ask Dave about this because you do realise, that ultimately three of us, that is me, John and Connie have to meet Dave to inform him of all the assets in father's estate and if both sides are not going to reveal everything then I wonder whether its going to defeat the purpose of fair distribution?" Mrs Patricia Lee retorted "Ask Dave why don't we leave aside all those joint bank accounts that are withdrawn and concentrate on those that are frozen." John then asked "Ok! do the rest of you have any joint bank accounts with dad?" All shook their heads and said "No".

To be continued...

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 excelsccms@gmail.com. Website: <http://www.wills-trust.com.my>.

EYE HEALTH – Nutrition and Your Eyes

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr. S.S. GILL talking to us about NUTRITION & VITAMINS for the eyes.

Eating the right foods that contain the right vitamins do help to keep the eyes healthy. Good nutrition is important for both your general and eye health. It helps our body to grow, repair the wear and tear, protect against infections and to function properly. Likewise, good nutrition with vitamins and minerals are important for the eyes to function normally.

The main vitamins that are essential for the eyes include:

- Vitamins A, C, E, B2
- Minerals Zinc and Selenium
- Antioxidants Lutein and Zeaxanthin – known as 'carotenoids'
- Omega-3 fatty acids DHA and EPA.

In this issue we will cover Vitamins A and C.

ANTIOXIDANT – VITAMIN A

Vitamin A is also known as retinol because it produces the pigments in the retina (nerve) of the eye. Vitamin A promotes good vision, especially in low light. Night blindness is therefore an early symptom of deficiency because there is damage to the retina (nerve at the back of the eye).

Vitamin A deficiency is a clear example of how the lack of this vitamin can cause serious eye problems resulting in a condition called *xerophthalmia*. It is a common cause of childhood blindness in developing countries especially in Africa and Latin America. It is caused by lack of Vitamin A in the child's diet. This is simply because the poor child does not get to eat fresh green leafy vegetables and proteins in the form of meat, eggs, cheese, fish, poultry, milk, yoghurt, dairy products, nuts and grains.

Vitamin A helps the surface of the eye form an effective barrier to bacteria and viruses, thereby reducing the risk of eye infections. The lack of vitamin A causes the cornea to become very dry, leading to clouding of the front of the eye, corneal ulcers and finally vision loss.

ANTIOXIDANT – VITAMIN C

Vitamin C is good for our whole body and particularly good for your eyes. The aqueous humor is the fluid that fills the space between the cornea and the iris in the eye and nourishes and protects the cornea and lens.

The aqueous humor has very high levels of Vitamin C, in fact much higher levels of Vitamin C than in our blood. Therefore, maintaining high levels of Vitamin C in the aqueous is essential to nourish the eyes and protect them from oxidative stress and to help maintain clarity of the lens of the eyes. So, make sure you eat diets rich in Vitamin C like citrus fruits, capsicum, broccoli and strawberries to maintain good eye health.

Generally, a good balanced diet that includes sufficient fresh fruits and vegetables should be adequate in providing all the vitamins and minerals that the eyes need in order to be healthy and function well. The problem lies in the fast-food diets that may lack the ingredients of a healthy meal. This is where vitamin supplements could help.

Dr Gill will talk more about other aspects of nutrition for the eyes in the next article.

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



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



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Should social networking sites be used to highlight domestic abuse?

It is not something many people would be prepared to do but Amanda Fong Kim Yen, who is 19-years old and two months pregnant posted three CCTV videos on social website Facebook to highlight the alleged assault by her husband.

People may wonder why she resorted to such drastic action – telling the whole world that she is a victim of domestic abuse. There are possibly many reasons for this.

Older women when contacted said that they would avoid bringing further shame onto themselves and their family, by using Facebook. Some compared it to bringing the whole world into the bedroom.

Most young people disagree. They believe in the power of the social media, to get the message across. Fong, unlike the older generation, knows how social networking sites work and how to use them to her advantage. Her mother's and grandmother's generations would not have been exposed to such sites and a resolution to such problems would have been sought differently.

Whilst many wives (and husbands) do not experience domestic abuse, a good number suffer in silence, at the hands of their spouse. A few have died from the abusive treatment.

There are occasions when the perpetrators of abuse have prevented victims from contacting outsiders. They have threatened more violence, reprisals, issued death threats or told victims that their children will be harmed or taken away from them.

Britain's Princess Diana was interviewed by the BBC's Martin Bashir for Panorama. She claimed to have been subjected to mental torment and was ignored by the royal family. She would have had the best experts at her disposal but they probably politely declined to highlight her suffering, so as not to upset the royal family. In the end, she was forced to breach the royal family's strict code of conduct, "Never complain. Never explain".

It is well known that the police are reluctant to help, neighbours are reluctant to get involved and family members are reluctant to tarnish the family name. Perhaps, social media sites remain one of the last avenues of help.

In the video clips, which Fong posted on August 30 and 31, on her Facebook page, she is seen being shoved around, being hit and making unsuccessful attempts to resist her husband's blows.

An online newspaper reported that she had said on her post: "As you can see in this video he wouldn't let me out from the shop even when I went to press the door access. He has put me under tremendous pressure, hurt, pain and & suffering. I cannot endure it anymore longer. I'm very tired of living this miserable life."

"I have been accused, suffered from humiliation, physically & mentally anguished."

Members of the public have expressed outrage. Both Fong and her husband, Calvin Chik Foo Keong, have since lodged police reports. Chik denies abusing Fong but alleged that it was she, who was the abuser, adding that he had been badly wounded.

Fong's father had apparently also lodged a police report on August 23, so that Chik would be issued with a police warning.

This incident has again brought the issue of domestic abuse into the public domain. In a newspaper report, Perak CID chief Senior Assistant Commissioner Mohd Dzuraiddi Ibrahim confirmed that the incident was a family dispute which was being investigated under Section 323 of the Penal Code.

At a press conference, Fong said she disagreed with her husband over a decision to sell branded perfume in their shop. The argument quickly escalated into violence.

She also said: "I gave the CCTV footage to the police on August 29 at 7.40pm. I want the police to investigate as soon as possible and take action against him, because no woman should be treated like this."

Chik has related his version of events to *Malaysian Digest.com*. He alleges that his wife has had an affair with a married datuk who gave her a substantial allowance and that she suffers from bouts of depression, had suicidal tendencies, and has attacked him with a knife in the past. He also says that his mother-in-law interferes in the marriage.

Contrary to claims that he was trying to harm the unborn baby, Chik claimed that he was only trying to calm Fong down, in order to protect both baby and mother. Chik has apologised for the alleged assault on his wife, which he agreed was inexcusable but that "things got out of control". He said he was prepared to face the consequences of his actions.

Some people claim that social networking sites like



THINKING
ALLOWED

by Mariam Mokhtar

Twitter and Facebook may fuel further domestic violence. In Taiwan, a husband beat his wife up when a love rival posted flirty messages on his wife's Facebook page.

When Fong posted the video of her alleged assault on Facebook, was it a desperate cry for help or was she out for revenge, and to humiliate her husband?

Whatever the true reasons for this particular alleged assault in Ipoh, it is important to note that domestic violence can happen to both men and women. People should be educated and made to understand why it happens, what steps should be taken to stop it from happening again and that victims should be protected.

When people post their troubles on social networking sites, the normal channels of communication and resolving issues are forgotten. Do some of us treat other peoples' violence as a source of entertainment? Or, are social media sites powerful tools for highlighting domestic abuse?

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MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos by VWSL

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SeeFoon revels in Japanese Food Heaven in Ipoh

I rarely go to Japanese restaurants in Ipoh as I find them generally lacking in quality and I am always dubious about the freshness of the seafood served in sushi and sashimi which I have often found to be frozen and thawed.

Therefore when I finally asked a Japanese resident here which Japanese restaurant he frequented and can recommend to me, he said without hesitation, "Hokkaido". I filed that away in the recesses of my food memory bank and when the International Wine and Food Society, Ipoh (IWFS) sent a notice of a dinner being held there, I immediately signed up to attend.

Hokkaido certainly lived up to its reputation that evening as young co-owner and manager extraordinaire, Loke Mun Kit, excelled himself in putting together a most memorable menu, worthy of some of the best I've tasted when I lived in Japan many moons ago.

Working with his partner and food consultant for the Hokkaido restaurant, Chef Nobukawa Yoshiyuki, currently the head chef of Mikuni Restaurant in the Fairmont Hotel in Singapore, Kit, as he is called, combined typical Hokkaido cuisine with its artisanal touches, combining it with Fusion elements and produced a meal of sheer epicurean indulgence.

Beginning with homemade pumpkin bean curd, we moved forward with a platter of beautifully presented appetizers some traditional like the melt-in-mouth Kobe beef roll and others like the crab roe with cheese on biscuit, and the mini Hokkaido Pannini; pure fusion and all delectable morsels.

The next course of **sashimi** (raw fish slices) which included my favourite and rarely available **Toro** or Tuna belly tasting fresh caught, was flown in the night before. Dipped in soya sauce and wasabi (the green Japanese hot radish) freshly grated from root (a rare find today where they usually settle for the powdered or tube variety), I found myself revelling in Japanese food heaven, a sensation I have lost track of since I left Japan those many years ago.

All in all, the 11-course dinner left all of us members sated but promising to come back for more as I found myself doing so two weeks later and again recently. This last time though I had the guidance of Kit himself and not only did I enjoy a superlative meal, but I managed to learn a few tips about Japanese cuisine.

For example, Hokkaido only serves bluefin tuna, being the preferred kind that Japanese order. In the eyes of the Japanese, when a restaurant serves good tuna, the rest of the food is bound to be good. To this I can vouch for. In Hokkaido, all the fish for sushi is freshly flown in and never frozen, which is a sign of good quality.

On the day of my Japanese food 'education' I was first presented with a dish of **Potato Cheese Gratin**. I was truly surprised, expecting to find this more on the tables of Germany or Scandinavia but Kit explained that this was typical traditional Okinawa fare. The taste was hearty and would certainly appeal to those who are averse to raw fish. I being one of those who like my raw fish, was looking forward to other delectables.

This arrived in the form of an impressive **Sapporo Sashimi Moriawase**, a towering platter of three types of **sashimi** which included tuna belly, red tuna or **Maguro**, and **Mekajiki Toro** or swordfish belly, a white fish that was equally melt-in-mouth as the tuna belly, both with a buttery mouth feel leaving me craving for more; a generous bowl of **Ikura**, salted salmon roe that pop in the mouth, oozing its sweet gel on the tongue; small clusters of mixed seaweed called **Kaisou** (which Kit was proud to point out is the only restaurant to serve this where others only serve single types) dot the platter and provide various nuances in textures and tastes; and standing proud in the middle was the Hokkaido crab, and although pre-cooked and shipped frozen, the meat was still sweet and succulent – RM238 for the platter.

More Fusion dishes came in the form of a **Mexican Roll**, rice with fresh bluefin tuna and tempura crisps topped by slices of more tuna, the Mexican name coming from the salsa sauce that is served with it – RM18. The **German Roll** was even more unusual, a **sushi** roll with sausage, tempura crisps and topped with cheese. Not quite my cup of tea but may appeal to some palates – RM18.

The Foil Yaki or **Kajiki Toro** was much more to my taste: swordfish belly which Kit claims to be the only restaurant in Ipoh to serve this, cooked in a broth in a foil casing, with Shimeiji mushrooms and leeks; buttery fish, **umami** broth (no MSG), just heavenly – RM40. The next hot dish was equally delicate: **Hotate Katsuki** or scallop cooked in its shell, subtly flavoured and served on a miniature hibachi – RM40.

The creme de la creme for me was the last dish to be presented. **Unni** or sea urchin roe is now so exorbitant that most sushi restaurants don't even serve it. Those that do, buy them in boxes and most are frozen and thawed. My experience of Unni in Malaysia has always been disappointing. Not at Hokkaido however! Here one has a choice of the boxed variety either as **sashimi** or **sushi** or the absolutely-straight-from-the-sea-variety with its hard spines trimmed, the whole shell perched on a bed of ice laced with a lettuce garland, the roe sitting on a **Shiso** leaf and looking more like a piece of art than edible food. Putting a piece of the roe in my mouth, I was transported back to my days in Japan, when sea urchin was affordable and fresh and I could indulge myself. Today the fresh urchin costs RM40 each and as for its quality, this one is well worth paying for.

I have to admit that it is costly to dine delectably on Japanese cuisine, especially if one has a hankering for all the well known delicacies but as an occasional treat, Hokkaido is the place to go to for the freshest goodies. They do however have reasonably priced dishes



on their very extensive menu and also affordable **set lunches** (30 varieties) which are very popular with the local office crowd – RM18-RM60.

Kit taught me a Japanese style of ordering where you say to them that you want the **Omakase** menu at a preset price per person which you decide. The Chef then figures out what he can afford to give you at the price you set. Of course a **Kaiseki** (a meal with many small tastings like the western **Degustation**) menu similar to the one described earlier for the IWFS, is also available but this needs to be ordered well in advance.

All in all a heavenly treat for the taste buds.



Hokkaido Japanese Cuisine

7 & 9 Medan Ipoh 1D, Medan Ipoh Bistari

Tel: 05 545 9076; Loke Mun Kit: 012 503 5203 or Sabrina Soong: 012 503 5213.

RECIPE

By Pauline Chang

Fried Meaty Seafood Balls

Ingredients (A):

- 300g Minced pork/chicken
- 100g Prawns – shelled and chopped
- 50g Black Fungus (*mook yee*)
- 1 Carrot – finely shredded
- 1 Egg – beaten

Ingredients (B):

- Breadcrumbs for coating
- Oil for frying
- Chilli sauce for dipping

Method:

1. Mix (A) with 2 Tbsp starch flour and 1 Tbsp sesame oil till sticky.
2. Shape into round balls and coat with breadcrumbs.
3. When oil is hot, deep fry the meatballs till golden.
4. Place on absorbent paper to cool.
5. Serve with chilli sauce and cucumber rounds.



News Roundup

Four Merdeka Babies

KPJ Ipoh Specialist Hospital celebrated the arrival of four Merdeka babies at the Maternity Ward. A baby girl (3.93kg) was born to housewife Pn. Suraya Binti Baharani and a baby boy (3.15kg) to Planning Officer Pn. Nor Azimah Binti Jamaluddin. Housewife Pn. Ling Li Fung (pic) gave birth to a baby boy weighing 3.1kg and Pn. Heng, Soo Hui, an Ogawa Promoter, to a 3.12-kg baby girl. Congratulations to all the mothers (and fathers) and a big welcome to the four young Malaysians.



Mother Teresa's Reading Shelter Celebrates 3rd Anniversary

Mother Teresa's Reading Shelter celebrated its 3rd anniversary by launching a new programme on Vocational Training for children who cannot be enrolled in schools due to insufficient documentation. Two students from "My School" programme have started their sewing classes.

Dr J. Anantham, Director of the Shelter, said that with the limited funding available, they provide services within their means and feels sad that the facilities available are not being fully utilised. He added that the main obstacles to their efforts are the ignorance, selfishness misguided and meaningless 'pride' of some of the parents and guardians of the children who will not allow the children to make use of the facilities. They have place for ten students in their preschool programme, but have only been able to enrol

seven. The highlight of the year was a Telematch organised for non-school going children to give them a "feel" of sports which is an annual event in all schools. The Shelter has set up a Facebook account. The Shelter needs volunteers and sponsors. For further details call: Lucy at **016-5631439**.

AJ



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News Roundup

PCSH Oscar Night

At the annual dinner of *Perak Community Specialist Hospital* (PCSH) with the theme "Oscar Night", the Board of Directors, management, doctors, nurses and staff were dressed to impress. The dinner function held at Impiana Hotel Ipoh on Saturday, September 8 was to recognise the contributions of staff for the past year and to reward them.



In his opening address, Dato' Lee Hau Lian, President of The Perak Chinese Maternity Association which owns PCSH, shared with guests the challenges faced. As a non-profit community association, the hospital used to provide free medical healthcare but this is no longer possible today.

Therefore, the Board and management have to redefine their social mission and see what vision PCSH can carry for the next hundred years. In this journey of rediscovery, a new business model has to be adopted, but still with the aim of providing affordable, quality healthcare.

Dato' Lee believed PCSH would soon have a new concept and facilities in place, forging new alliances, to build the hospital as an ultimate medical institution.

Besides an eye hospital in the pipeline, PCSH aims to be a multi-functional and multi-disciplinary hospital. He also called upon PCSH committee members to take on leadership roles.

At the function, long serving employees with 10, 15 and 25 years behind them, were recognised and rewarded. Prizes were also presented to the best dressed male and female guests.

In line with the night's theme, a special comedy movie entitled "The Tale of Sinde Rella", was screened. It was a production by staff of PCSH. Guests were also entertained with music and energetic dance performances throughout the night, interspersed with games and lucky draws.

Emily

Thumbs Up

A. Jeyaraj

Security for Motorcycles Parked at Tun Razak Library



A number of motorcycles have been stolen from the parking lot in Tun Razak Library. There is a notice on the library door warning motorcyclists of this.

The library has come up with an ingenious way to prevent theft. They have installed a railing at the parking lot with chains. Motorcyclists can secure their bikes to the chains and prevent them from being stolen.

When I was at the library, three motorcycles were parked and only one driver had secured his bike with the chain. A fourth motorcyclist came and parked his bike, but did not chain it. The library can only provide the facility; it is up to the drivers to make use of it.

Other places can also implement this system to prevent bikes from being stolen from their premises.

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News Roundup

Attempted Robbery Foiled

Quick action by Rela members helped foiled a robbery from taking place. The incident, in front of the Hong Leong Bank in Sitiawan, took place at around 10.30am on Tuesday, September 4.

A businessman parked his car near the bank to deposit RM20,000. The man had yet to alight from his vehicle when a motorbike with two men, one armed with a machete, stopped next to the car. One of them shattered the side window and demanded that the cash be handed over. An alert motorist, sensing that a crime was being perpetrated, rammed his car into the robbers' motorbike. The duo were flung off their machine.

The commotion attracted passers-by. One of them, a Rela volunteer, notified the police and alerted other Rela members. The thieves dashed into the nearby wooded area and hid with angry residents in pursuit. They cordoned the area and some began to search the undergrowth for the culprits. Police then arrived and took charge.

One of the two men was discovered and apprehended, as he tried to escape. The other remained in the hedge and



would not come out. The police summoned the fire department. The hedge was set on fire. Still the man could not be located.

Finally, an excavator was driven in to clear the shrubbery to facilitate the search. As the excavator roared and moved into the greenery, the robber dashed into the

open right into the arms of the residents. The presence of police did not prevent the two robbers from getting the thrashing they deserved. The 100-odd residents who were at the scene vented their anger on the would-be robbers. It was poetic justice.

The quick action on the part of the Rela volunteers and the authorities saved the day. The Rela volunteers are determined to reduce the increasing crime rate in the district and have set up a citizen watch group of sorts.

According to reliable sources only part of the money was recovered after the incident, the remaining is still missing. OCPD Manjung, ACP Jaafar Baba would not comment much when contacted. He insisted that the case is still under investigation.

Sharm

Former Technician's House Guttled



Mohd Hatta Mohd Junaidi, 61, a retired technician and his wife, Norhani Samsuddin, 59, can only reflect on the good times they shared in the house they lived in for over 25 years.

Their family house in Taman Panglima Gunung Rapat was destroyed in a fire caused by an electrical circuit in August. "It happened around 7.45pm. I was at the *surau* performing my Maghrib prayers when I was alerted by my son," he told reporters. Mohd Hatta rushed home only to see the tail end of the fire. "It happened so fast. Luckily, none of my family members were hurt."

Hatta's daughter managed to pick up her infant child and escaped with her mother, Norhani in the nick of time. All of their belongings were destroyed. Damages were estimated at over RM100,000. Mohd Hatta had just finished paying the loan on the house.

"It's my destiny," Hatta lamented. "I am lucky my family is intact. I'll pick up the pieces from here," he said looking forlornly at his burned house.

Farid Zambri, an officer with Yayasan Bina Upaya Darul Ridzuan (YBU) was at the site upon receiving news of the tragedy. He gave RM500 to the victim. "Although Hatta doesn't fit into our list of recipients, the foundation donates, nonetheless," said Farid.

RM

Portraits of Malaysian Voters

For the upcoming election it is important to look at patterns of voting behaviour and voters to understand the election.

This was the remark made by Dr Bridget Welsh, Associate Professor at Singapore Management University, during her talk on "Portraits of Malaysian Voters" organised by Perak Academy in Syuen Hotel.

Welsh highlighted a variety of issues in understanding voting behaviour from gender to religion, pointing to the increasing complexity of voting. She said that these are fluid and have been changing over time. From her extensive fieldwork, survey and observation of past elections she said that based on ethnicity, voting behaviour of Malays is 48 per cent favour BN and 42 per cent favour the opposition. For the Chinese the figures are 20 per cent and 80 per cent and for the Indians 40 per cent and 60 per cent. She added that 49 per cent of voters are below 40 years and 25 per cent are below 30 years and these are the people who are going to determine the future of the country.

The household income inequality is widening and more households earn less than RM2,500.

The five most important issues in the forthcoming election are 1) Economy, which the people are worried about, 2) Corruption; 84 per cent believe the government is corrupted and 64 per cent feel the government is not abiding by the law, 3) Government responsiveness not fast, 4) Equality and 5) Urban/rural divide; crime is a main concern



in urban areas and services in rural areas. As the election has not happened yet, it cannot be said what will be important this time round.

The voters are polarised and fragmented and there is fear of violence after the elections. She answered a question saying that personal scandals are not that important, but scandals connected to corruption have become important such as the NFC.

In the forthcoming elections many seats are too close to call and it is not easy to predict the winner.

AJ

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.

Summoned for No Fault of Theirs

My relatives came down from KL during Merdeka Holidays and went for breakfast Saturday September 1 at 8.15am on Leech Street. Except for the restaurants, other shops were not opened and they looked around and did not find anyone selling parking coupons. After breakfast they found a parking ticket on their car. Being a Saturday they were not even able to pay their fine.

They feel that they were summoned wrongly. If the parking fee starts at 8am, then MBI must have booths selling coupons from that time. MBI cannot expect tourists from outstation to carry coupons in their cars. Leech Street is famous for food and MBI must station their staff there to sell coupons. Ipoh is a food haven and MBI must not frustrate the tourists. Tourists start their day early.

Even on weekdays, shops selling coupons are not opened early. I found that many tourists have been unjustly summoned. They feel it is a ploy by MBI to increase income. MBI should have their own booths in areas popular with tourists or consider re-introducing parking meters in tourist spots.

I feel MBI must refund the money for wrongly summoning innocent victims due to their inadequate system of selling coupons. MBI must come up with a solution for this.

A. Jeyaraj

"Baby Hatch for all Hospitals"

We refer to the Ipoh Echo Issue 149 dated August 16-31, 2012.

As stated in the article "Two have been sent to the state welfare department while the remaining four are still undergoing treatment at the hospital due to health complications."

Amendments are as follows:

All 6 babies were surrendered to the State Welfare Department, most of them within 2-3 days after they arrived at our Baby Hatch. All the babies were healthy except for the first baby who required a minor neurosurgical operation. Four babies have since been adopted by childless couples as arranged by the State Welfare Department.

Dato' Dr Hj Fadzli Cheah Abdullah
Medical Director
Ipoh Specialist Hospital

Perak – A Traveller's Review

After having spent time in Singapore and Kuala Lumpur, my mother and I decided to visit our friends in Ipoh. It was in mid-August of this year. My mother had been to Malaysia before but it was the first time for me. Upon arrival at the Medan Gopeng bus station, we were confronted with the first problem. Even though we had the address of our friend, none of the taxi drivers knew how to get there. Luckily, an English-speaking lady was kind enough to help us out.

We explored Ipoh the following day. The tourist information office gave us a small photocopied map, which obviously wasn't good enough. Upon inquiry, a regular map was given to us. Later we found out about the Ipoh Heritage Trail. Why didn't the tourist office inform us about this?

My mother remembered Cameron Highlands, she wanted to revisit it. Sadly, a large part of the once beautiful hill resort has been transformed into huge strawberry plantations covered with white plastic sheets. Nonetheless, we managed to catch a glimpse of some wonderful, not yet destroyed, tea plantations.

Relaxing at the beach and enjoying the sun is popular among European tourists and we were no exception. Pangkor certainly provided the aforementioned and we enjoyed being the only ones on the beach – something you cannot find in Europe. Unfortunately, many advertised tourist attractions weren't maintained. A trail in Telok Nipah led us into the jungle and became impassable after just a hundred metres. The Jambatan Gantung was closed for maintenance although no maintenance was apparent.

The buses were reliable and comfortable but we never envisaged that getting back to Ipoh was problematic. The staff at the bus counters in Lumut was either absent or asleep. None could speak English. Very surprising as Lumut is a tourist destination. We ended up riding the local bus instead.

Our friends in Ipoh went out of their way to show us everything that Perak has to offer, including Gua Tempurung, mangrove forests, temples and the Gopeng Heritage House. We would have missed many of these sights had we travelled on our own. The local tour agencies sure missed a golden opportunity.

Notwithstanding the hiccups, we had a wonderful time in Perak – a region with a bountiful potential.

Manuel Duenas
Stuttgart, Germany

News Roundup

Amicus Brief

A seminar on *amicus brief* was held at Heritage Hotel, Ipoh recently. Participants consisted of lawyers and members of non-governmental organisations. The objective was to discuss the purpose of an *amicus brief* – how those who are not directly involved in a legal case could hold the state accountable and force the courts to deliver justice to victims.

An *amicus brief* is a legal document filed in a court by a friendly party, either an individual or advocacy group, who has no direct involvement in the case in question.

In her opening address, President of *Perak Women For Women Society* (PWW), Dr Sharifah Halimah Jaafar, said a victim is greatly disadvantaged if the accused is able to hire the best legal mind to fight his or her case. It is, therefore, not surprising that the conviction rate, for rape cases, for example, is extremely low vis-à-vis the number of cases reported.

Participants were able to understand the purposes of the *amicus brief* and how the public can help the court to prevent errors in judgments. The session was conducted by Advocate and Solicitor of the High Court of Malaya and Human Rights lawyer, Zarizana Abdul Aziz, who is an expert on *amicus brief*.

She also discussed interventions by interest groups, presented a case study session and supervised a drafting exercise.

The second speaker was Dr Noraida Endut, a senior lecturer at the *Women's Development Research Centre* (KANITA) and Universiti Sains Malaysia (USM). Noraida's hour-long session was on Women's and Human Rights.

This first ever seminar on *amicus brief* in Perak was sponsored by PWW. It was well-attended by members of the Perak Bar Committee, Lembaga Penduduk dan Pembangunan Keluarga Negara (LPPKN), Ipoh City Watch, Women's Centre For Change, Amnesty International and Media Perak.

Emily



Eye Chat – From A Retinal Surgeon's Perspective

Eating for Diabetes

Diabetes is fast becoming an epidemic around the world and in Malaysia, an estimated 15 per cent of our population have diabetes!! This number is projected to continue on an upward trend and before we know it, 1 in 5 Malaysians could become diabetic! That is a scary statistic!

Our population really does not know very much at all about diabetes. This is a chronic disease with a whole plethora of life threatening complications not to mention sight threatening ones as well. What I have found with my patients is also their complete lack of knowledge about how to eat properly when they have been diagnosed with diabetes. It is very common to think that taking less sugar is good enough but in reality, there is a lot more to it.

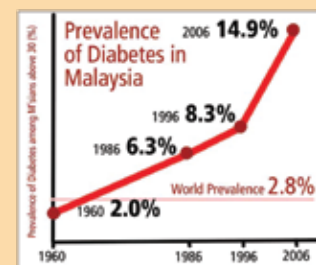


Dr Lee Mun Wai

Striking a Balance

Eating for diabetes isn't about going on a diet – it's about making changes to your eating habits to create a healthier balance. Diabetes doesn't change the kinds of food you can eat. The focus should be on making smart food choices to lead a healthier life; that is, eating less fat, less sugary foods, a variety of fresh fruits, vegetables, lean meats and fish. Basically, having a balanced diet.

Diabetics should work closely with their physician and dietitian to come up with meal plans. There is no one special diabetic diet – the meal plan has to be personalised to meet the unique requirements of each diabetic individual. The meal plan should aim at keeping the blood glucose levels as near to normal levels as possible – it is those large swings in blood glucose levels which do the most damage to the organs. I have lost count of the number of times I have heard my patients tell me that the reason their sugar levels have been so high is because they just had something to eat! If eating properly, the levels should not fluctuate so wildly. It is therefore, important to monitor your own blood glucose levels as well.



The Food Groups

Protein – A healthy diet should consist of 10-20% of calories from protein and sources of protein include poultry, fish, dairy and vegetable sources.

Fat – A healthy intake of fat should be less than 30% of daily calories. You should take less of saturated fats (meat and dairy products) and more of polyunsaturated fats (fish and other seafood).

Carbohydrates – the remainder of daily calories should come from carbohydrates (fruits, vegetables, beans, rice, noodles, etc.).

Steps to Eating Well

1. Eat regular meals at consistent times. Consider having smaller meals more frequently.
2. Cut down on the fat you eat (especially saturated fats).
3. Eat more fruit and vegetables – at least 5 servings a day.
4. Aim for at least 2 servings of fish a week. Omega 3 fatty acids in oily fish are good for the heart and eyes.
5. Limit sugar and sugary drinks.
6. Reduce salt in your diet – limit the amount of processed foods.
7. Drink alcohol in moderation.
8. Don't be tempted by diabetic foods or drinks – they are often expensive with no added benefit and will still affect blood glucose levels.

Staying healthy with diabetes is a challenge but not totally unachievable. Eating right is but one aspect of living with diabetes; it is important to maintain a healthy weight and to exercise regularly as well. It is vital that you set health goals for yourself and work together with your health-care professionals to achieve these goals. Eating a balanced diet, managing your weight, and following a healthy lifestyle, together with taking any prescribed medication and monitoring where appropriate will ensure that you can prevent or delay the side effects of diabetes!

For more information about this topic or other eye health subjects, call Lee Eye Centre: 05-254 0095.

Travel Bazaar

Some 26 organisations from the Sabah and Labuan hotel, travel and trade fraternity, led by the Chairman of Sabah Tourism Board, Dato' Seri Tengku Dr Zainal Adlin Tengku Mahamood, were in Ipoh recently to participate in the *Sabah Labuan Corporate Travel Bazaar* (SLCTB).

The bazaar consisted of two sessions; a video presentation by Sabah Tourism Board, followed by a travel mart, where delegates from Sabah and Labuan had the opportunity to promote their products to more than a hundred corporate and government representatives from Perak, Penang and Selangor.

As a continuation to their successful SLCTB road shows in the past two years, Sabah Tourism Board decided to make a stop in Perak this year for the first time. Sabah, geographically in the centre of ASEAN and known as the *Land Below the Wind*, offers outstanding living heritage holiday packages. However, the objective of this road show was to push for a bigger domestic tourist market, particularly in business tourism.

This collaborative effort between Tourism Malaysia (Sabah), its Perak counterpart and the Sabah Tourism Board was aimed at promoting Sabah and Labuan as the preferred value destination for *Meetings, Incentives, Conventions and Exhibitions* (MICE).

During their short stay in Ipoh the delegates were taken to various places of interest in Perak. They will recommend them to their clients back home.

Emily



Crime Prevention Forum

In view of the almost daily house break-ins and thefts, Gerakan Ipoh Timur Division organised a crime prevention solution forum in Ipoh Garden East and Kg Simee recently. This community service programme was in collaboration with *Persatuan Keselamatan Sukarela Kawasan Bercham* (PKSKB), a voluntary organisation registered with the Registrar of Societies.

With the motto, "You for all, all for you", PKSKB, which is run solely by volunteers with generous donations from the public, strives to reduce crime and create a more harmonious community through education. At the forum, members of the society shared their experiences in handling not only criminal cases but also accidents, fire and other emergencies.

During the case study session, participants were shown ways to avert crime in various situations. It is said that 80 per cent of crime cases could be prevented. With the knowledge acquired, participants would be more sensitive of their surroundings and stop falling victims to crime.

Ipoh City Councillor, Ceylyn Tay, urged residents to report all crime cases to the Police so that they could compile more accurate crime statistics and would be pressured to act on solving the cases. However, she stressed that residents have to work together and help each other rather than rely solely on the Police. "The safety of the community is the responsibility of everyone," she said.

The forum wrapped up with a question and answer session with Corporal Zulkefli Idris from the Kg Simee Police Station answering questions posed by participants.

Emily



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.

Drawing and Colouring Class organised by Tun Razak Library and Persatuan Angkatan Pelukis Perak. Class is strictly for children between the ages of 5 to 15 years old. Date and Time: Every Saturday from 3 pm to 5 pm beginning Saturday, **September 8**. Call Tun Razak Library, Ipoh at **05-255 8073** for details and registration.

Public Forum on Brain Cancer by Dato' Dr Fadzli Cheah Abdullah and NPC: The Silent Killer by Dr Lum Wan Wei. Sunday, **September 22** from 2.30pm to 5pm at Dewan Anugerah (5th Floor) KPJ Ipoh Specialist Hospital. Call Pn Aziera or Ms Sarah Toh at **05-240 8722** ext 811 for details and registration.

Launching of Dementia Day Care in Ipoh by Chief Minister Dato' Seri DiRaja Dr Zambry Abd Kadir. Sunday, **September 22**, 2.30pm at No. 15 Jalan Foo Choong Nyit, Ipoh. Call April Loh at **019-5712 738** or **05-2411 691** for details.

10th Annual Fellowship Golf Tournament organised by St Michael's Institution Alumni Association, Klang Valley, **September 28** at the Meru Valley Golf Club, Ipoh.

Registration starts at 11.30am and tee-off at 12.30pm. For further information, contact: Klang Valley representative: Leong Siew Seng at leongsiewse@gmail.com or 012-372 3326; Ipoh representative: Lim Keng Hoo at lkenghoo@tm.net.my or **016-555 5767**.

Diabetes Class by KPJ Specialist Hospital Ipoh, Saturday, **September 29** from 2pm to 4.15pm at Bilek Cemerlang (2nd Floor) KPJ Ipoh Specialist Hospital. Call Pn Aziere or Ms Sarah Toh at **05-2408722** for details and registration.

Talk on "Parenting Autism" organised by AAHA, Saturday **October 13**, 2pm to 6pm at MH Hotel, Ipoh. Fees: RM50 per pax. For more enquiries or to register, contact: Emily **019-5582633** or Michelle **012-5121897**.

Young Perak

Malaysia-Hong Kong St John Ambulance Exchange Programme 2012

St John Ambulance Malaysia (SJAM) of Ave Maria Convent Secondary School Ipoh participated in an Exchange Programme with The Hong Kong St John Ambulance recently.

A total of 19 students from St John AMC between the age of 16 and 17 years old participated in this self funded programme in Hong Kong. The delegation from Malaysia was headed by the principal Puan Chen Chui Hiong and accompanied by the Teacher Advisor cum Divisional Superintendent Mdm Tan Pei Nee and Team Trainer, Mr Kevin Peter. Also present with the delegation from Malaysia was representative from SJAM National HQ, Mr V. Mohanadasan. Planning and discussion with both countries started as early as in 2011.

The idea of this programme was to share and



tourist attractions using public transport.
One of the most interesting programmes was the Social

sharing of knowledge and culture of both countries. The participants also had an opportunity to go around Hong Kong. The participants took part in an activity called *City Orienteering* similar to *The Amazing Race* and visited more than 20

Service project at a Home for the Aged. Participants from both countries interacted with elderly people between the ages of 65 to 90 and Malaysian participants entertained the old folks with cultural dances.

The highlight of the programme was the Malaysia-Hong Kong First Aid Competition. The Malaysian team almost made a clean sweep in all the events. The team from Malaysia emerged the Overall Champions and First Runners-Up for the Team Event. For the Individual First Aid (High-Level) Category, the Malaysian Team emerged as Champions and First Runners-Up.



exchange experience/expertise in the area of First Aid, Home Nursing and running of the division between both countries. Besides that, this would be a good exposure for the young members in youth development and other soft skills.

Many interesting activities were organised in Hong Kong such as Joint First Aid Training by doctors and nurses who are Emergency Specialists, experience exchange on first aid competition between both countries,

Japanese Students Feted

A total of 150 student delegates and staff from both UTAR and Josai University, including its Vice President Prof Masumi Ishida, were feted to a sumptuous dinner at Syuen Hotel, Ipoh recently.

The dinner, a gesture of appreciation, was hosted by the Perak office of the Ministry of Tourism led by its director, Syahrudin Hamid. Dato' Seri Dr Ng Yen Yen, Tourism Minister, was awarded an honorary doctorate by Josai International University earlier this month.

During the dinner, which was supported by key players in the Perak tourism industry, a video was presented to guests showcasing the ten iconic destinations in Perak and the state's ongoing homestay programmes.

Besides serving as a networking platform and bringing academicians and students together, it was an opportunity for the Japanese to be better acquainted with their local counterparts. The 90 students from Josai University were at UTAR on a two-week exchange programme.

After dinner, everyone was invited to witness the Citra Perak Amanjaya, a street fiesta at nearby Dataran MBI.

Emily



PERAK ACADEMY

Invites applications for the post of :

EXECUTIVE SECRETARY

The successful candidate will be in charge of the operations of the Academy's secretariat in Ipoh and be responsible for planning and organizing the activities of the Academy, which include the "Perak Lectures" and book promotions, as well as taking charge of financial and compliance matters.

Applicants should have corporate management skills, and be experienced in managing public events and able to work effectively with the media. Experience in public speaking will be an advantage. Please submit your application to The Chairman, Perak Academy, 28 Jalan Sultan Azlan Shah, 30350, Ipoh by e-mail by 27 September 2012 at :

contact@perakacademy.com

SMJK Yuk Choy 50th Anniversary Carnival



SMJK Yuk Choy, Ipoh Parents and Teachers Association together with The Board Of Directors, successfully organised the 50th Anniversary Carnival in the school's multi-purpose building on September 1. The objectives of the carnival was to raise funds to improve the school's infrastructures in conjunction with the school's 50th anniversary celebration. Mr Chan Hen Huan, the school principal was grateful that the tremendous support and contributions from the PTA, Board of Directors, teachers, students, local communities, various associations and guilds, old boys and old girls made this school carnival very lively and a success.



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Community

Celebrating Merdeka Day the Iconic Way



The Old Clock Tower and Wet Market in Taiping were used as the icons for 90 children from two preschools to come up with models for a special Merdeka Day 2012 competition held recently in the heritage town.

The event was hosted in another icon in Taiping, *The First Galleria*, where Tadika Harmoni Hati and Da Vinci Creative Kids got together and jointly organised a 3D miniature model making contest for 'little artists' where 13 entries were received for the Clock Tower and 10 for the Wet Market respectively.

The three to 11-year-olds were divided into individuals as well as groups of up to four participants and were given one month to come up with their art and craft models. They were encouraged to share their ideas and discuss with their team members on how best to design, finish and present the models.

Ng Seok Hui, 38, principle of Tadika Harmoni Hati said their aim was to instil a sense of pride in Merdeka Day to the children during the competition. "With 31 August as the main theme we hoped to foster creativity, innovation, imagination, observation and problem-solving skills among the participants", she said. Ng added: "It is important to instil a sense of knowing about our Independence Day as well as to learn about the heritage of our Taiping town."

Da Vinci Creative Kids head, Tan Lian Eng, 32, said their facility came up with different ideas to celebrate Merdeka Day each year. "We need to think of something out of the ordinary to build up the children's teamwork and communication skills," she said. The First Galleria curator, Anuar Isa, 60, said the competition was one of the ways the facility could help to promote the heritage of Taiping to youngsters. "We can teach the importance of heritage to children by using icons in Taiping as themes," he said.

Nirmal Ariyapala

Tok Batin's House Up in Smoke



Tok Batin Nasri Ngah, 41, of Kampung Pisang, Jalong could only look when his wooden house was gutted to the ground on August 22. "It happened so quickly," he said. "I was in the kitchen boiling water over an open stove when the fire started. The fire engulfed the whole house leaving me little time to salvage my belongings."

Luckily for the Orang Asli elder none of his family members were around when the fire broke out. "They were out visiting their relatives and friends as it was the fourth day of Hari Raya," he remarked. "I dare not speculate what the outcome would have been had any of them been here. Thank God."

The fire victim was met at the site of his burned house recently by members of Yayasan Bina Upaya Darul Ridzuan (YBU). They were there to survey the extent of the damage and to provide assistance where possible.

Nasir received a food package, courtesy of YBU, from the visitors. The foundation is considering building a new house for Nasir upon recommendations by the survey team.

RM

Club Celebrates Hari Raya

The Hari Raya festive atmosphere was still going full steam in Taiping even in mid-September, with the New Club hosting a fun-filled and happy Hari Raya Aidil Fitri Celebration 2012 party on Saturday, September 8.

Entertaining the crowd of almost 250 revellers were a specially invited six-piece band, the Royal Nine, from the 9th Royal Ranger Regiment and the eight-member Sutra Perak, a traditional Malay dance troupe, both from Taiping.

The competitions during the event included The Best Dressed Man, Lady, Boy and Girl along with lucky draws offering attractive prizes. The dress-code for the night was traditional Malay outfits and batik but to add to a spirit of muhibbah, guests came in various traditional Malaysian costumes as well.

The guest of honor was Dato' Hj. Ahmad Shalimin bin Hj Ahmad Shaffie, political secretary to the Chief Minister, Dato' Seri Dr Zambry bin Abdul Kadir. Others were Taiping OCPD ACP Yusuf bin Mohd Diah, Borhan Abdul Halim, Taiping Municipal Council Secretary and 9th Royal Ranger Regiment Commanding Officer, Lt-Col Ahmad Suhaimi.

Nirmal Ariyapala



Ramadan – A Season for Giving



Yayasan Bina Upaya Darul Ridzuan's (YBU) charity programme, during the fasting month of Ramadan, was a huge success judging from public's responses. Dubbed, "*Imarah Ramadan*" the charity programme began on July 28 in the state constituency of Sungai Manik and ended in the parliamentary constituency of Parit on August 10.

The programme was a mix of visits and interactions where officials of YBU feted the locals at mosques and community halls. They broke fast together with the invitees and ended each session with the donations of raya gifts in the form of materials and *duit raya*. The beneficiaries were mainly the poor and the marginalised, orphans being the biggest group.

In Langkap, 70 received hampers while in Changkat Jering the number was 45. In Teluk Kecil, Pangkor, some 330 received a batik sarong each. The programme was extended to the palm oil mill workers of Felcra Nasaruddin, Bota and an orphanage in Parit. Officials broke fast with the workers while some had sahur with the orphans. Fifty hampers were given away to the workers while the orphans received *duit raya* packs.

Foundation Chairman, Dato' Saarani Mohamad felt that the programme had been beneficial, especially to the target groups. "It helped in establishing bond and creating rapport with those concerned," he remarked. "It will be a permanent fixture on YBU's calendar".

RM

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