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ISSUE **152**

Mayor Deserves a Break



Page 3

World Sight Day



Page 3

Guidelines for the
Good Female Boss



Page 4

INSIDE !! Perak Tourism News Supplement




A Passion For Dance

by James Gough

*I*poh's first international dancesport competition, the 1st Ipoh Dancesport Championship 2012 was an astounding success. Judging by the 200 participants who came from all over the country and from China, Thailand, Hong Kong Singapore; the championship, organised by MY Dancesport Studio together with the Perak Society of Performing Arts in conjunction with Visit Perak Year 2012 was not only well attended but the organization was impeccable. The event, endorsed by the World Dance and Dance Sport Council (WDC), Asian Dance Council (ADC) and Malaysian Dancer's Association (MDA) and held at the Grand Ballroom at the Kinta Riverfront Hotel, saw participants gracefully prance and twirl and dance stepped to the Waltz, Tango, Vienesse Waltz, Cha Cha and that dance of love the Rhumba.

Continued on page 2



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One Man's Passion and Ipoh's 1st International Dancesport Tournament

Those familiar with Dancesport Competitions (Dancesport is the new name for Ballroom Dancing) with 200 and over participants will know that competitions can start from as early as 8am and last throughout the day till 12.30am the next day. This was not so for Ipoh's first Dancesport event as participants and officials gave the organisers top marks for punctuality of starting events on schedule. The Ipoh Championship started at 10am.

Chief Adjudicator for the event, William Lor, praised My Dancesport Principal Yeap Yen Chin for managing the timing schedule very well. Lor added that the judges too considered the first time competition to be "run very well".

Winners of the Latin Amateur event Alfred Choo and Cecelia Yong, both students from Kuala Lumpur had similar praise for the organiser's time management saying that 'for a change the competition ended before midnight'.

Encouraging Support

Another point of encouragement noted from the participants and officials was their support for the inaugural event, the 1st International Dancesport Championship, the emphasis being on the term "International".

Winners, Alfred Choo and Cecelia Yong who only participate in international competitions said the organisers were "pioneers and they were here to support them". Incidentally, Choo and Yong though still students have contemplated making dancing their career.

Amateur Open Winners, Kitty Chiu and Wang Fei from Hong Kong and China respectively were here because they knew the organisers and "wanted to support the organisers in their first championship event".

My Dance Studio students William Yap, 20, and Foo Wai Sum, 16, who won in the Amateur Rising Star category, also had positive comments about the event with Foo adding that "the event was tiring and the air con cold but I enjoyed participating".

My Dancesport Studio/How it began

They say it takes one person to make a change. And this is true of Michael Yeap, the founder of My Dancesport Studio, located in Ipoh Garden East which started almost 20 years ago. Yeap is an Ipoh resident who returned from KL just to promote dancing, Ballroom and Latin and provide 'wannabe' dancers the confidence to take to the dance floor.

Initially teaching dance at the Ipoh Swimming Club and Perak Hokkien Association, he opened his premises at Ipoh Garden East due to an increasing interest in his dancing classes.

Yeap grew up around ballroom dancing. His father worked as an accountant with a British company and had built a six room bungalow in Pasir Puteh with a large hall where his English friends and colleagues would come over for dance parties. While young he would sit and watch and eventually take to the floor.

His school holidays during his teen years were spent preparing for the weekend when he and his like-minded friends would plan a Saturday night dance taking turns at each other's house each weekend.

The boys would chip in some money for orange squash and sandwiches and also to pay the driver of a rich-man's son to pick up their dance partners. Yeap was an ACS student so their partners, by natural affinity, were from Methodist Girls School (MGS).

Yeap's big break came in 1999 when the filming of *Anna and The King* took place in Ipoh. He was asked by *20th Century Fox* to train actor Chow Yuen Fatt and actress Jodie Foster for a banquet scene which included doing the Viennese Waltz.

The job required Yeap to be on standby 24 hours should either of the actors have the inclination to dance at any time of the day. Yeap was the partner for Jodie Foster. However for Chow Yuen Fatt he had to train and coach his daughter Yen Chin who was then 16



(l-r) Latin Amateur Winner Alfred Choo and Cecelia Yong

years old and only fluent in Latin dance. Between the two of them they partnered over 80 children and 20 adults for dance lessons for the movie. Needless to say at the end of the contract My Dance Studio was inundated by newcomers.

In 2001, Yeap had a stroke and retired. Thereafter Yen Chin and her brother Derek took on the role of teaching at My Dance Studio. Currently the Studio is run by Yen Chin as Principal and two instructors one being Derek and another Yong Chun Wai. The studio also conducts examinations besides coaching.

Yen Chin whose passion is Latin Dance, has travelled overseas for training and competes regularly at the *Blackpool Dance Festival* in UK and to update herself with new techniques which she imparts to her students. Yen Chin turned professional six years ago and is currently one of only three Latin Dance professionals in the country.

Organising an International Championship

Michael Yeap had long ago wanted to organise an international championship but "there wasn't a suitable venue in Ipoh." According to him, a suitable ballroom must not have any columns in the way which is now available at the Kinta Riverfront Hotel and is the reason why the championship was held this year. Since a venue is available Yeap intends to make the championship an annual event.

The championship this year also introduced new categories of competition such as the Solo Open event for under 8, 12 and 16, as well as the Ladies Event where a pair of ladies dance as a couple with one taking the male lead.

According to Yen Chin, the purpose of introducing these new categories of events is to promote dancing to a wider market and to encourage more people to take up the sport and possibly make a career out of it.

For the near future Michael Yeap is contemplating having a state-wide competition for his students from Teluk Intan, Taiping and Kuala Kangsar.

It is good to note what one man's passion for dance can do for the local economy and possibly would warrant to be included in the 2013 Tourism Calendar of Events.



Amateur Open Winners Wang Lei and Kitty Chiu

Art and Culture

Cantonese Opera

In conjunction with the annual Guan Di temple's celebration in Batu Gajah, local Cantonese opera enthusiasts were given a rare treat of opera performance for 20 consecutively nights.

The troupe leader of *Ching Yin Cantonese Opera Troupe*, Choy Poh Peng had invited veteran opera performer from Hong Kong, Ko Lai and up-and-coming star Sung Hung Bor, taking the role of the main lead female "Dan" and male "Shen", respectively. Ko Lai, a well-known Hong Kong opera performer, has a stream of local fans and followers. Her collaboration with Sung Hung Bor, had indeed proven to be a great hit among local fans.



For the duration of the performances, the normally quiet town of Batu Gajah, turned into a bustling city with hundreds of opera fans thronging the temple to catch a glimpse of these professional performers ably supported by local veteran performers, Choy Poh Peng and Fong Teck Har.

Local fans were truly fascinated by the excellent display of acrobatic moves coupled with some well choreographed fighting scenes. The crowds were glued to their seats and broke into thunderous applause, while watching Ko Lai and Sung Hung Bor displaying their mastery of spears and sword play. Their performances were also complimented with elaborate and beautiful costumes, specially brought

in from Hong Kong.

Especially interesting to note was the presence of a stream of young fans among the senior fans. Indeed, by looking at the response from the audience, the generally held opinion that Cantonese Opera is a sunset tradition in the performing arts may not be true after all. With more efforts to promote this distinctive art form and coupled with excellent plays, it is hoped that the younger generation will be attracted to learn more about Cantonese Opera and help prevent its demise.

Lee Choe Leong



Michael Yeap and daughter Yeap Yen Chin

APOLOGY

With reference to issue 151 of Ipoh Echo, we wish to apologise to Dato' Lee Hau Hian for incorrectly spelling his name.

IPOH **echo**

From the Editor's Desk

• by Fathol Zaman Bukhari

Mayor Deserves a Break

What I am about to say may not go down well with readers like Baljit Singh and the many out there who have a bone to pick with the mayor, Dato' Roshidi Hashim...

Much has been said about the shortcomings of Ipoh City Council and how insensitive it has become of late. These weaknesses have a source and the one person who bears the brunt of Ipohites' ire is none other than the mayor. It is no mean task to shoulder such a heavy responsibility unless you are a man of steel. I do mean in the literal sense, as well.

Try imagining being the head of a corporation with some 2,700 personnel under your command and exercising control over an empire the size of Singapore! That is the extent of your responsibility, which is not only debilitating but bothersome. It will make mere mortals like you and I throw up. And to add salt to the wound, half of your staff members are either redundant or unproductive. Managing this workforce is a bunch of underlings who have been on the job far too long that most behave as if they own the council. They are the irksome "Little Napoleons" whose notoriety is second to none.

What I am about to say may not go down well with readers like Baljit Singh and the many out there who have a bone to pick with the council and, in default, with the mayor, Dato' Roshidi Hashim. Baljit's broadsides fill the letter columns of the national dailies and, occasionally, Ipoh Echo's website. I don't necessarily blame Baljit for keeping a steady stream of letters to the editors of Star and New Straits Times. He has plenty to complain about regarding services rendered by a bloated council which is bursting at the seams – a council which is prone to making nonsensical pronouncements than tackling problems at the source. One other description which I am fond of making is "a council that never counsels".

The mayor being human, has his flaws, as that is to be expected. If ever he is a man of steel then the steel is not impenetrable. But the one good point about Mayor Roshidi is



his pleasant persona. I have never seen him lose his cool over matters which would have made others go berserk. Once while driving around the city in the wee hours of the morning, he bumped into a man disposing rubbish at an illegal dumpsite. When he identified himself as the mayor the man simply smiled and left.

Maybe Roshidi does not look stern enough or maybe he does not look like a mayor. Whatever the assumptions are, the fact remains that the man is human. He may not be perfect but as a good leader, he not only exudes charm and charisma, he is able to remain calm in crisis. Humility is another factor which not many leaders possess. Roshidi has heaps of it.

Ipoh Echo is considered a 'thorn in the side' of the mayor and council staff. Notwithstanding this, Ipoh Echo is the only community newspaper in the country. And since its objective is to provide a platform for Ipohites to voice their concerns for the city, our relevance is never in doubt. The council, on the other hand, should take this

in its stride. There are no other municipalities in the country that have to contend with a community newspaper that reports on their activities – illicit or otherwise.

Residents, for no rhyme or reason, would fault the council for the woes that they are encumbered with. They fail to realise that they are part of the problem too. I am equally guilty of not cautioning my neighbours for doing things which they should not. One has turned his garden into a jungle while another takes in strays. The animals would mess up my potted plants and chase after my cat. But being a good neighbour, I turn a blind eye.

Roshidi's promise to make Ipoh 85 per cent clean in a year's time may sound hollow to many. We should not dismiss his assertion as an idle boast. The man is trying his very best and the least we could do is to provide him the support he so badly needs. Like any civil servant, Roshidi is just doing his job in order to earn his keep. Give the poor man a break. He deserves it.

EYE HEALTH



In conjunction with **WORLD SIGHT DAY** on the **October 11, 2012**, Ipoh Echo talks to Consultant Ophthalmologist **Dr S.S. GILL** on the **Top 3 causes of visual impairment**.

Visual impairment is a term used to describe any kind of vision loss to the extent that even with conventional forms of correction or treatment, the person's vision remains poor. A visually impaired person usually requires some form of visual support such as a low vision aid and is usually unable to enjoy what most people would take for granted.

"Being visually impaired can be frightening, especially when it affects those who once had good vision," says Dr Gill. "In fact, just taking into cognizance the facts on visual impairment should send the message that we cannot take our eyes for granted".



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

Top 3 Causes of Visual Impairment

"Cataracts, or the clouding of the eye's lens preventing light from passing through to the retina, is the most common cause of loss of vision," says Dr Gill. "Because cataracts form slowly, causing gradual vision loss, it may not be noticeable to the patient until much later". That is why annual eye checks for people above 50 years old are important.

Symptoms of cataracts include double, cloudy or blurry vision, difficulty seeing in poorly lit spaces, and colours that seem faded. Cataracts affect people in their 60s and 70s, but may sometimes appear earlier in people who are excessively exposed to sunlight. "Many younger patients who have cataracts early are golfers and sports people who are not in the habit of wearing sunglasses."

Treatment with surgery involves replacing the eye's cloudy lens with an *artificial intraocular lens* (IOL). Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataracts.



Glaucoma, a condition where an increase in pressure inside the eye impairs vision by damaging the optic nerve, is the second leading cause of visual impairment. "Any damage to the optic nerve is irreversible so it is important to find out if there is any history of glaucoma in your family as the condition is hereditary. Early detection and treatment is crucial or the vision will gradually deteriorate over time to a small tunnel vision, and then blindness can occur," emphasizes Dr Gill. Treatment for glaucoma usually includes prescription eye drops and/or surgery.



Diabetic retinopathy, another leading cause of visual impairment, is caused by diabetes. It is a condition where the tiny blood vessels in the retina (back of the eye) are damaged due to diabetes. It affects the vision of more than half of the people diagnosed with diabetes age 18 or older. People with diabetes should have a complete eye exam through dilated pupils at least once a year. Diabetic retinopathy is treated with surgery or laser surgery. With timely treatment, adequate control of blood sugar, blood pressure, and cholesterol levels, and regular follow ups, up to 90 per cent of all cases of blindness from diabetes can be prevented.

Preventing Visual Impairment

Treatment methods for cataracts, glaucoma, diabetic retinopathy and even age related macular degeneration (another leading cause of visual impairment) have improved over the years and can help slow or even halt vision loss, especially for those who are diagnosed and treated early.

Some final words from Dr Gill: "Many people will have some type of visual problem at some point in their lives. It is important that if you have an underlying condition like diabetes, hypertension or glaucoma that you visit an ophthalmologist regularly and comply with prescription medication and eye drops to prevent further vision loss."

WHO Global Vision Facts:

- 39 million people worldwide are blind
- 246 million have low vision (severe or moderate visual impairment)
- 80% of visual impairment can be prevented

- 90% of the visually impaired people live in developing countries
- Cataracts are the leading cause of blindness
- Uncorrected refractive errors are the main cause of visual impairment
- 65% of visually impaired and 82% of blind people are over 50 years of age



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

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Guidelines for the Good Female Boss

The Information Department's guideline, "Ways to make a good female boss" which was posted on its Facebook page in September and also appeared in a Ministry of Health online video and MedikTV's Facebook page, last March, courted so much controversy, that it had to be removed from the two sites.

Members of the public have been angered by the sexist and discriminatory comments directed at women in the workplace. Before the guideline vanished from cyberspace, an online newspaper managed to publish the various captions which had appeared in it.

One described working women as posing a danger to any organisation because subordinates could feel "pressured, bored or disgusted" by talkative and nagging women. The website also described the presence of "rigid problems" which were faced by employees with a female boss.

The Information Department tried to distance itself from its patronizing guide by saying that not all women fit into their stereotypical image of the "female boss" but that "...because of a drop of blue dye, a whole pot of milk can be contaminated..."

The eight methods designed to turn women into good female bosses, had originally been posted in Malay. They are:

- To stay relaxed and calm in all situations including normal and tense ones
- To have frequent discussions with junior staff, especially the male workers
- To refrain from showing their ego and power in the presence of their subordinates, especially when issuing instructions
- To stop being too fierce and firm
- To be able to win the hearts of your junior employees
- To create a calming and cheerful atmosphere whilst issuing instructions to subordinates
- To empower subordinates to enable them to perform their tasks
- To stop making subordinates angry by having too much control over them.

The guidelines fail to appreciate that most of the 'tips' would apply to any boss, not just a female boss.

The comments in the guideline, which are directed at women bosses, are derogatory, sexist and insulting. To describe a woman as talkative and a nag is outrageous.

Only a man could have come up with this stereotypical, untrue and baseless set of guidelines. So was the person who produced the guidelines describing his personal home life or his view of his own workplace? Had he been overlooked for promotion and seen the position he was eyeing go to a woman? At times, some insecure men can get very emotional and vindictive, like a woman scorned.

It is well established that women are good and hard workers. Girls outperform many boys at school. They also tend to help more at home by assisting with the chores before knuckling down to their homework.

More women are believed to read professional and challenging courses at university, like engineering, the sciences, medicine and architecture, than men, who tend to take the easier option of doing 'soft courses', like religious study.

Last March, the Deputy Women, Family and Community Development Minister, Heng Seai Kie, praised women for their hard work and achievements, but regretted that they only made up 46.1 per cent of the workforce.

Heng also commented on the low percentage of women in decision



THINKING ALLOWED

• by Mariam Mokhtar

making

positions, especially in the private sector and said that the government would step up their efforts to increase the participation of women in such roles.

Despite the grand talk and big aims of the government, only one minister in the cabinet, is a woman. So how can the government increase the participation of women, when it does not practise what it preaches? Why are men authorised to make bigoted and sexist guidelines for its female workforce? If this trend of degrading women in employment continues, the government's aim of

women comprising 55 per cent of the workforce, within three years, will never materialise.

The problem probably lies in some of the men who dictate policy, and especially those who firmly believe that a women's place is in the home, behind the kitchen sink. Some men do not like to be led by a woman. Others have a problem with taking orders from women and will attempt to undermine the female boss, find fault with what she does, force her out with sexist comments and in general, make it unpleasant for the female workers.

Ever since education was given to all women at the beginning of the last century, today's Malaysian women have overcome several obstacles to achieve what their grandmothers could only dream of.

Perhaps, instead of tips on "How to make a good female boss", a set of guidelines should be made which tells the insecure men "How to make a good male subordinate."

News Roundup

Long-Bar Upgrade

The Royal Ipoh Club held a fellowship gathering recently exclusively for its members. It was to mark the completion of the iconic Long Bar which was upgraded at a cost of over RM95,000.

The Long Bar, an integral part of the club's century-old history, was donated by tin miner Eu Tong Sen in the 1920s. It was "cut from a single tree trunk".

The upgrading incorporates a new-look bar with hidden lights, low ceiling, console-box air conditioners and a huge television screen. It also has an enclosed side room which can comfortably accommodate a score.

The evening's get-together was well attended by members and guests who must have missed out on the camaraderie caused by the bar's enforced closure.

JAG



Community

Houses for Asli Families

Five Orang Asli families from Kampung Mu, Sungai Siput can heave sighs of relief as proud owners of a 3-bedroom brick house each. The houses, measuring 20 ft x 30 ft, were built by army engineers from the 2nd Infantry Division based in Taiping.

Commander 2nd Infantry Brigade, Brig-Gen Dato' Md Dzahir Abdul Rashid handed over keys to the houses during a simple ceremony at the site recently. Present at the ceremony was the Adun for Lintang, Dato' Ahamad Pakeh Adam.

The project took nearly five months to complete and required the resources of the entire engineer regiment of the division. "This is the biggest project undertaken by the regiment," said the brigade commander.

Recipient Ismail Hussein, 62, was elated by the gift. Ismail and his family of eight have been staying in a dilapidated hut in the kampong. "I've a big family. This new house is a welcome sight for us," he remarked. Jamilah Pandak, 32, was similarly moved by the gesture. She thanked the government for making her father's dream come true.

The housing project is a joint effort by the Ministry of Defence and the Ministry of Rural and Regional Development.



RN

MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos by Ginla Foo

seefoon@ipohecho.com.my

SeeFoon Gets Crabby in Ipoh Garden East

I had been hearing murmurings about a new restaurant in Ipoh Garden East with their fabulous crab dishes for a few months now and have been making mental notes to check out the place when the President of the *Ipoh Wine and Food Society* (IWFS), Leong Keng Yuen decided to call a committee meeting at **Crab House**, I was thrilled and made sure I was free to attend.

I was glad that I did, for little did I know that this is the location of a former favourite haunt of mine called Tai Sing and since its demise, has been taken over by an enterprising couple with husband W.S. Wang creatively manning the kitchen and his wife Fanny Chan amiably and efficiently supervising the service.

The night of the IWFS committee meeting, I was introduced to a sampling of the menu which left me hankering for more and I promptly, with my foodie friend Ginla Foo, organised a table for ten a few days later to really give full reign to the creativity of Chef Wang.

Memorable Dishes

I shall mention the memorable dishes I sampled before coming to the crabs. For an appetiser while waiting for the main meal to be served, we were given a plate of **fried cuttlefish** served thin and crispy contrasting well with the crunchy Thai salad beneath.

For a first dish, a stainless steel pot with hot



HAWKER FOOD



By VWSL

Fish Head Noodles

This soupy dish of rice vermicelli (*meehoon*) with deep-fried fish head is becoming more popular as people begin to appreciate fish head, which is usually made into a curry. It's a one-dish meal which is a little sour (just like laksa) but has excellent tasty bits of fried fish head, eaten with *meehoon* (vermicelli). Because of the bony nature of the fish head, it is customary to suck on the bones making sure every bit of flesh is consumed. Some bones, if fried crisped, can easily be chewed. The flavourful soup has pickled mustard greens (*harm choy*), tomatoes and pickled plums. Sometimes evaporated milk (or creamer) is added but it's just as good without.

A few to try:

Restoran Fai Kee (Lee Wah Wah 012-4546111)

28 Jalan Seenivasagam (New Town)

Fish head is fried crisp which makes part of the bone edible, local *harm choy* – RM6 regular, RM6.50 with evaporated milk.

Opens 6am - 4pm daily, 3 rest days a month.

Restoran First Kong Chow

Lorong Taman 11, First Garden

Spicy fresh chilli, fresh *harm choy* – RM6

Opens every Monday 7.30-11am



volcanic lava stones was set on the table, fresh large local prawns placed on the perforated tray inside, hissing and sizzling as beer followed by brandy were poured over the prawns and left for precisely 8 minutes with the lid on. The resulting prawns were baked to perfection, redolent with the fragrance of the liquor. No wonder they are aptly named '**Sauna Prawns**'. RM8 per 100 gms. Available any time.

Chinese "Haggis"

The next was a most unusual presentation of **Kampung Chicken** I have ever tasted anywhere in my entire culinary journey. The concept is not unlike the *Scottish Haggis* where a whole sheep's stomach is stuffed with delectables and cooked. In the Chinese version, a whole chicken is stuffed inside a whole pig's stomach, with a generous amount of ginkgo nuts, delicately seasoned, braised and served whole. It required scissors to cut through the stomach, revealing the succulent chicken inside, the meat falling off the bone, tender and juicy with all the flavours of the chicken intact through the whole cooking process, cocooned by the stomach which was tender and a taste treat all on its own. The resulting sauce had a creamy mouth feel, delicately and subtly flavoured, with nuances that only the best homemade chicken stock offer. RM48. Must be ordered in advance.

Other Signature Dishes

The **soup** that followed was a delight, combining small fresh mushrooms with cabbage, wood ear fungus, bean vermicelli or *Tung Fun* with taro chunks acting as the slight thickening agent. Having been assured by Fanny that no MSG is used in the kitchen, I could revel in the 'umami' sweetness of the soup and all its ingredients. RM12 – small, RM20 – large.

Chef Wang likes his pumpkin, as the next two dishes had pumpkin as its main attraction. He was quick to point out that he only uses Japanese pumpkin which is not always available and is much more expensive than the local variety. However, judging by the sweetness and texture of the pumpkin which was served, well worth paying the extra money for.

The first pumpkin dish to be served was the **homemade tofu smothered in a pumpkin sauce** peppered with diced

potatoes, carrots, water chestnuts, crunchy French beans, peas and diced prawns; the tofu, quiveringly smooth; the pumpkin lending its mellow sweetness to the sauce, embellished by the other ingredients. RM12 – small. RM24 – large. Check on availability when booking.

The next was an extravagance of **fried rice served in a whole pumpkin** with salted egg yolk, mushrooms, meat, Chinese sausage, each grain of rice fluffy without being over-oily and when scooped up with some of the soft sweet pumpkin flesh, a taste treat on its own. RM30 – to be ordered in advance.

Crabs from Indonesia

And then we came to the crabs, from which the restaurant take its name. All the crabs served in the **Crab House** are from Indonesia, big meaty morsels done a variety of ways. On the first occasion I was there I had the **chilli crab** which could beat anything offered in Singapore hands down...not too sweet, with the right amount of sauce which they serve with *Man Tou* (Chinese steamed breads) to sop up the gravy.

But the *pièce de résistance* has to be the special preparation which Chef Wang created, **Roe Crab** stuffed with **glutinous rice**. The crab was full of roe, utterly fresh and the rice stuffing infused with crab roe, the most unusual recipe I have ever come across. Kudos to the chef's skill. Crabs are sold at RM88 per kilo and the style of preparation is per your choice. Of course Chef Wang is always ready to make some innovative suggestions.

To top it all off, a 'must-have' dessert is their **coconut jelly** served in a whole coconut. Not too sweet and the jelly made with *santan* (coconut milk) and coconut water; the perfect end to a great meal.

Crab House (air conditioned)

32 Laluan Perajurit 1, Taman Ipoh Timur

Tel: Fanny Chan, 012-565 7723;

W.S. Wang, 014-940 8500

GPS co-ordinates: 4 616 733, 101 125117

Open 7 days a week, 11am-2.30pm & 5.30pm-11pm

Air conditioned private room available upstairs.

Kopitiam Tai Ji

At the corner of Jalan Hoover and Jalan Prince, Pasir Putih

Chilli oil, pre-packed *harm choy* – RM5.80

Opens for breakfast and lunch from 7am.

Kedai Kopi Xiang Er Nong

20 Jalan Peh Pee Koh (between Jalan Kampar & Jalan Tokong)

Has packaged *harm choy* and comes with sambal – RM6

Opens for breakfast and lunch.

Hoong Wan Restaurant

No.2, Jalan Silang 3, Chemor

Choice of either fried or non-fried fish head. Vege is *sang choy* (lettuce) and not *harm choy* – RM5.

Opens 6am to 3pm daily. Closes two Tuesdays in a month.

F & B Station

24 Psrn Greentown 10, Greentown Business Centre

Fish meat tender, soup not sour, comes with sambal and also has tofu – RM5.50.

Opens for breakfast and lunch.



News Roundup

SMJK Yuk Choy Celebrates 55th Merdeka



SMJK Yuk Choy Ipoh organised a 55th Merdeka celebration in the school from August 16 to September 16 with a patriotic theme. Various Merdeka Day activities such as poster drawing, singing patriotic songs, decorating our national flags in every classrooms, public speaking and others were carried out. According to Mr Wong Soon Cheong, the Senior Assistant who was the organising chairman, there is a need to instil patriotism among students to cherish the stability and harmony among our multiracial society in Malaysia.

S.O.S Grand Opening

Ipoh's newest club on the block, S.O.S or *Sensation of Sound* held its grand opening in mid September with a sound thumping blast belted out by popular Taiwanese Hip-hop and Rap group, Sugar Daddy together with their Malaysian vocalist Leng Yein.

S.O.S Club was the former Grand Theatre and its operator Dawson Gan and friends have transformed it into a glitzy club on the inside while also giving its outer facade a new makeover, trapezoids and all.

S.O.S's hot dancers provided the warm up with Lady Gaga impersonations plus popular Gangnam moves which got the crowd started. By the time Sugar Daddy came on, the temperature had notched up a few degrees. Obviously Leng Yein's hot dance moves too, helped contribute to the temperature rising.

Incidentally Sugar Daddy's new album released a week earlier was on that day at the number 4 spot in terms of G-Music's Chinese music sales charts for the week.

S.O.S is open every day except Monday and will have its own 9-piece Filipino band consisting of four musicians and five vocalists.

JAG



Anti-Islam Video Protest



An impromptu gathering organised by the Youth Wing of PAS Perak took place on Friday, September 14 in front of the state mosque. The protesters were led by the party's Deputy Youth Leader, Dr Raja Ahmad Iskandar Al-Hiss. The object of their dissatisfaction was the mass circulation of the video, "Innocence of Islam" by Sam Bacile. The video, which was uploaded on *YouTube*, has since been removed by Google. It had caused widespread condemnation by Muslims worldwide. The protest preceded another mammoth gathering in front of the American Embassy in Kuala Lumpur on Friday, September 21. The video portrays Prophet Mohammed (pbuh) in a poor light and is, therefore, considered blasphemous.



RM

Clean-up Programme Underway



A massive clean-up programme under the *National Blue Ocean Strategy 6* (NBOS 6) is underway to get citizens involved in 'gotong-royong' to clean up their living areas. One such programme was organised recently in Ipoh. The designated spot was the public flats of Kinta Heights.

Cleaning activity began early in the morning with the state Rela outfit in the lead. Personnel from the local army units, Civil Defence and Health Department were roped in to lend a helping hand.

Under the supervision of Lukeman Said, the Deputy Director of Rela and Mohd Hariri Abdul Hassan, the state Rela chief, the men went about their job cleaning the surroundings.

The programme, according to Lukeman, started in Sarawak where Rela personnel were mobilised to clean longhouses in the interior.

"Hopefully, it'll pick up and spread nationwide," he told reporters. Flat dwellers were actively involved in the 'gotong royong' as they were the major beneficiaries.

RM



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Thumbs Down

No Signage at Newly-renovated Birch Clock Tower

On a Sunday morning I visited the newly-renovated *Birch Clock Tower*. A young couple from KL were taking photographs. They were surprised that there was no signage giving information about the monument. They knew nothing of the history of this Tower.

The only signboards I saw were in the flower bed stating that the Menteri Besar and the Mayor had planted the 'leaves'.

From the layout of the place, it looks like the main entrance is from the side lane adjacent to OCBC. At the entrance of the lane, there is a three-foot high pipe with exposed cables and next to the stairs leading to the tower, there is another pipe about two feet high with exposed cables. At two nearby locations there are cables lying on the floor. The couple commented this is not safe and that these are tripping hazards. This is an eyesore for a renovated place. Why were these cables not concealed? It looks like laymen are more aware of safety than the engineers who have accepted and signed off on the completed project.

The clocks are not showing the correct time which for a new renovation, is strictly unacceptable. The main entrance must be from Jalan Sagor and a bus bay must be reserved for tourist buses. Elderly visitors may not be able to climb the stairs from the back lane. Also Jalan Maharajalela is too congested and buses cannot pass through during week days.

Whoever is responsible for the upkeep of this monument must employ the right people to ensure that the place is maintained properly. This is a tourist spot and foreigners will be visiting it and compare it with other monuments they have seen.

A. Jeyaraj



Thumbs Up

Kudos to MBI Lady Manual Worker Extraordinaire

Years ago, there was a mini rubbish dump beside the junction of Jalan Bunga Susun Kelapa and Jalan Bunga Raya in Pasir Pinji, Ipoh. Irresponsible people came to dump rubbish at the small, empty plot of land there. They came from all over, on foot, on bicycles or motorbikes, in cars and pick-up trucks to dump kitchen waste, garden refuse and building renovation debris. MBI could not solve the problem as the litterers came faster than the MBI garbage trucks could take the rubbish away. As soon as a garbage truck left, the place was littered again with stray dogs scavenging the garbage – causing a stench and litter all over the place.

Then an MBI lady-worker took the initiative to plant a few crinum lily plants and some wild taro plants around that mini dump site. She must have taken the plants – plant by plant – on, either, her bicycle or motorbike from her kampong and the jungle fringe. She made sure that the plants would not obstruct the view of drivers stopping at the junction proper of Jalan Bunga Susun Kelapa and Jalan Bunga Raya. She planted a few taller plants away from the junction to prevent small lorries from reversing to dump building renovation debris. She would spend time, after her road-cleaning chores, to nurture the plants and to clear that area of weeds and litter. Soon, that ugly, stinking mini dump was no more. It became a beautiful mini garden! Unfortunately, she was transferred from that part of Pasir Pinji, a few years later.

Now, a motorist has written to the MBI to remove the plants. I guess the complainant just wants to have a clear view, from a few cars back from the junction proper, so that he could just shoot out of the junction without stopping. The complainant has no cause to complain, as he needs to stop at the junction proper where he would be able to have a very clear view of traffic coming from Jalan Bunga Raya. All motorists must stop at the junction proper.

I hope MBI will not entertain that complaint but help to maintain the area by spraying weedkiller to kill the *lallang* and weeds every once in a while, instead. Keep up the good work of that unique worker. MBI should trace the lady manual worker who had the innovative idea to get rid of that horrible, stinking, eye-sore of a dump and commend her for her extraordinary work. I guess she must be continuing her excellent work in other areas too, to keep Ipoh clean and green. Well done!

Luke Teoh



Community

Dementia Day Care Centre Opened

The *Dementia Society – Perak* opened the first Day Care Centre in the state at Jalan Foo Choong Nyit. Dato' Dr Mah Hang Soon, Exco for Health, officially opened the Centre and said that dementia predominantly occurs after the age of 65 and about 5 per cent of people in this age group suffer from it and it doubles every five years thereafter. Currently the illness is estimated to affect some 60,000 elderly Malaysians.

Dementia is a progressive brain dysfunction and patients suffer mainly from poor memory and orientation, limitations of concentration; impaired planning, judgement and activities of daily living and later develop personality changes. Dementia is a progressive condition that cannot be cured and medicines are available to slow down its progress.

The majority of the patients are being cared for by their spouses or relatives.

Dr Esther Ebenezer, Chairperson of the Society, said that the Centre provides the following activities: physical exercises, cognitive activities, social and leisure activities and productive activities. It provides respite for the caregivers of people with dementia and allows them breathing space from the burden of caregiving. They also hold regular meetings and trainings which are organised to support and educate caregivers.

Two caregivers, a wife and a husband, whose spouses suffer from dementia shared their experience of problems they faced daily. The wife was once pushed out of the house and had to sleep in the car.

The highlight of the function was a play entitled, "A day in the life of a caregiver".

AJ



Motivating Orang Asli Students

A three-day motivational programme was organised at Pusat Kecemerlangan Pendidikan Orang Asli, Simpang Pulai, for aspiring Orang Asli students who will be sitting for their public exams later this year.

The programme, dubbed "Zero G", and running for the fifth consecutive year, is an ambitious effort to raise the academic excellence of Orang Asli children. G stands for "gagal" in the Malay language, which means "failure".

This year's "Zero G" programme received some 350 participants, from 13 primary and seven secondary schools. It was organised by Yayasan Orang Asli Perak (YOAP) and sponsored by Yayasan Sultan Azlan Shah (YSAS). Foundation trustee, former Armed Forces Chief, Gen Tan Sri Mohd Zahidi bin Hj Zainuddin (R) launched the programme.

In his opening address, YOAP Chairman Dato' Suki Mee, said that through education, indigenous people can better themselves, their family and the community. They will no longer be marginalised. However, he cautioned that the quest for academic excellence must not be at the expense of their tradition and culture.

A mock cheque for RM190,000 was handed over by Tan Sri Mohd Zaidi to Dato' Zuki Mee as sponsorship for the programme. The Orang Asli foundation will disburse financial aid to all the schools involved. Meanwhile, twelve students received cash incentives for their sterling performance in last year's public exams.

Emily



News Roundup

Students Dies From Head Wounds



A freak accident along an unpaved stretch on a road in Lintang took the life of a Form Six student recently.

Nor Amitah Ghazali, 18, from Rancangan

Perumahan Awam, Lasah was riding his motorcycle on the way to his school on the fateful morning when the accident occurred. He ran over an unmarked hole and was thrown off his machine. His head hit the road and he passed out. Nor was rushed to the Ipoh General Hospital but fell into a coma. He died nine days later on Friday, September 21 without ever recovering.

Nor's parents blamed the authorities for not paving the road in spite of its hazardous conditions. His father, Ghazali Ismail, 59, had lodged a report with the Sungai Siput Police Station.

Adun for Lintang, Dato' Ahamad Pakeh Adam visited the accident site recently and confirmed the situation. "Although the stretch has been hastily paved it's still not safe for road users," he told reporters. "Other parts of the Lintang road are in similar shape. The absence of signage is another factor," he lamented.

The state assemblyman cautioned road-users to be extra vigilant when using the road as it is still not safe for use. He urged the Public Works Department to remedy the situation as soon as possible.

RN

Six-tonne Truck Slams into Vehicles



On Thursday, September 13, the crossroad and traffic lights along Km4 Jalan Seri Manjung – Segari were in chaos after a 6-tonne truck slammed into nine stationary vehicles waiting for the traffic lights to change.

The stretch is among the busiest routes in Sitiawan, as the road provides access to the industrial area. The horrendous incident took place at about 3pm. The road is infamous for its heavy traffic with heavy vehicles moving in and out of the industrial zone.

According to eyewitness accounts, the lorry did not appear to slow down as it approached the traffic lights. The truck slammed and wrecked six cars and three motorcycles.

The riders of the motorcycles were flung off their bikes and thrown a good distance away across the road. It was miraculous that the crash victims merely sustained superficial injuries.

The cars were so badly wrecked that firemen had to cut through the metal to get to the victims. They were treated at the Manjung District General Hospital. Rela volunteers assisted the police and fire department by directing the traffic and helping with the injured.

Sharm

Forum on Handling of Strays

Ipoh City Council held a public forum recently to discuss how to handle strays. The forum was held at the council auditorium. This came after Noah's Ark Ipoh, an animal rights group, held a candlelight vigil outside the Chief Minister's official residence in protest against the Council's cruel methods of killing and disposing of strays.

Five professionals, all with community-service backgrounds made up the panel with the Council's Secretary, Dato' Abdul Rahim Mat Arif as the moderator. The five were veterinarian Dr Ranjit Kaur, founder and treasurer of Noah's Ark Ipoh, Dr Hassuzana Khalil, State Veterinary Department Deputy Director, Zulkifli Abbas, Klang Municipal Council acting health director and Joy Elia Saga, Ipoh Society for Prevention of Cruelty to Animals (ISPCA) Secretary.

According to Dato' Dr Mah Hang Soon, who officiated the forum, City Council is not allowed to shoot strays unless they are aggressive and have diseases such as rabies.

Dr Ranjit urged the public to be responsible in caring for their pets. "Avoid unwanted litters as a large portion of the city's strays were made up of abandoned and unwanted litters."

Since the Council does not have a pound, pet owners whose dogs are captured cannot claim their pets. Rahim said that the Council was unsuccessful in curbing the large number of strays. The shooting of strays had not reduced the number. One solution is to enlarge the capacity of ISPCA. He promised the society an annual grant of RM10,000.

Tiffany



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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.

Hoping to Reconnect with Former Servants

The mail below comes from the grandson of J.A.S. (Jack) Jennings who was a prominent member of Ipoh in the early days as editor and proprietor of the newspaper Times of Malaya, based in Ipoh.

"Hello Ian:

It's been some time since I've sent you any images from the family archives. I've come across these shots taken in Ipoh in 1962. The first one shows me with my sister Alison and our nanny Ramah standing in front our our house at 141 Jalan Abdul Jalil, as the street was then known. The second depicts myself with Alison, my other sister Christina, our mother Joyce and Ramah at the back of our house, with our dog Bintang.

I've also enclosed a shot of Ramah with her fiance and another of our Amah and her three daughters. Amah was our house cleaner, while her husband was our cook. My family was extremely close to our servants – they really were like family, especially Ramah (I remember fondly the times that Ramah took our family to her



Ramah and fiance



Amah with Kim, Boon & Wan



Nick, Ramah & Ali in Ipoh

Hockey – Mini-court

As a parent who plays hockey, I further develop the skills and knowledge of my 12-year-old boy who's interested. We have been practising at the mini-court, in front of the indoor-stadium, and also at the open-air turf, when no one's occupying it, or when the mini-court's occupied, since 2009. We would play 1 or 2 times weekly, for half an hour or so. My son also trained with the 1-Mas Hockey programme. We stopped doing that since March '12, as my son had to concentrate on his UPSR. Last month, so as not to lose touch, we went there to have a 'light workout' at the open-air turf. The mini-court is now under renovation. The DBI workers, whom I know as we used to play there, told us not to play there anymore, as we did not book the turf. I wonder why the change in policy. What should I do?

Hockey Boy

family's kampong for home-cooked Malayan meals). But we sadly lost touch with them when we returned to Canada. It would be wonderful if, through the portal of IpohWorld, we might be able to reconnect with them all these many years later. – Nicholas Jennings"

Ian Anderson
IpohWorld

Young Perak

Tips From a 9 “A”s Student

Scarlett Ong Rui Chern, a Tenby School's Ipoh Year 11 student, recently came out tops in her class, obtaining 9 “A”s in the British Cambridge International General Certificate of Secondary Education (IGCSE) exams. A home-grown Tenby student since kindergarten, she shares with Ipoh Echo some tips on how secondary students can prepare for exams by diligently following some simple steps in their revision.

There's a difference between nailing it and nailed it, trying to do well and doing well already. Trying something doesn't mean you can accomplish it. You have to work smart and hard, not blindly. So, please hear out my story on how I zoomed from an ordinary student to the top student of my school in the IGCSE examinations 2012.

The smell of freshly cut grass lingered in my nose. As I walked passed the green gates, nostalgia overwhelmed me. Tenby Ipoh International School will always be my first and last school. Currently, I am 16 years old and I have completed my IGCSE examinations. Yes, it's a raw age indeed but age doesn't matter! As long as you put your heart and soul in whatever you do, you will reach that goal that you have always dreamed of.

One problem I had was, I had always been in the Malaysian syllabus in Tenby Schools Ipoh. I had no clue of what the International syllabus unfolded. In KBSM 2 (Form 2), I was curious in trying out the International syllabus. The saying, “Curiosity killed the cat”, is definitely not true. If I did not have the curiosity in me, I would not have been able to discover IGCSE, learn to work hard for it and achieve straight “A”s (9 “A”s) for this examination. To me, one important thing is to be brave when you try something new. Take risks. You can't fall off the bottom.

When I joined the International syllabus, I missed three months of the first term. Yikes! That sounds tough. However, I persevered. I had a lot of cramming to do. I rarely went out to eat as I usually did and of course, I had to study. Normally, people wouldn't advise you to cram but what choice did I have? Luckily, I managed my time properly. That is why I could split my time for studying, going out with friends and spending quality family time. You hit home runs not by chance, but by preparation.

Achieving these results is not the work of a genius. I am just an ordinary person.



Scarlett camping it up at Madame Tussaud in Hong Kong

I have struggled to reach the top. But the struggles were really worth it as my hard work definitely paid off. You see, it's the accomplishments themselves that represent success, not the struggle. I'm sure many people do not enjoy studying so the first thing to overcome this obstacle is to have motivation. Motivation makes you more eager to study. How can you motivate yourself? Okay, think about competition. If you have a competitive spirit, you tend to do better. You will strive to achieve progressive results each time you take an examination if you are motivated. For example, ‘The Hunger Games’, a hit novel written by Suzanne Collins, the main character Katniss Everdeen motivates herself and tries to be more competitive during the Hunger Games to keep herself alive so that she can return home. In the end, she wins the games and safely returns to her home, District 12.

Let's rewind everything back again. Before I received my results, before I took my exams, the first thing I had to get right was my basics. Of course you should know what you're doing before attempting it! At this time, my best friend was my textbook.

Sounds pitiful but that's the best friend you could ever have who would help you ace your subjects. Therefore, all of you students out there should focus on completing your textbooks before you proceed to the next step of studying.

Practice makes perfect. Do as much practice as possible, such as workbooks. I got used to the IGCSE system by drilling through huge stacks of past years' papers. Remember, don't just do past year papers just to keep you satisfied that you have done something. Do it properly, review your mistakes and DON'T REPEAT THEM. I repeat, DON'T REPEAT THEM. Besides practice, try to communicate with your teachers and friends. I tend to work in groups with my friends so that we can share more information about what we understand about the subject. I also ask my teachers any questions I am unsure of. Just be open and do not feel embarrassed to ask questions because the ones who are silly are the ones who pretend they understand but they don't actually know anything.

I have shared a few tips on how I could progress to obtain 9 As. To get to know more secrets on how I got straight As, please attend my FREE workshop, “Secrets of Getting 9As”. For more information, you can contact me through my cell phone, **016-523 3618** or email me at scarong@gmail.com.

Painting and Calligraphy Fest to Mark National Day

In conjunction with Malaysia's 55th Independence Day, UTAR Centre for Extension Education in collaboration with *1 Malaysia Artistic Association and Malaysia Institute of Arts Alumni* as the main sponsors, organised the National Day Artistic Painting and Calligraphy Competition 2012 at UTAR Perak Campus on September 8.



As the saying goes, “A picture is worth a thousand words”, and all 51 participants elevated the competition to a fine art by producing incredible drawings which turned out to be a feast for the eyes.

The competition was divided into two categories, Category 1 – Western Arts and Category 2 – Chinese Calligraphy. Category 1 was divided into 4 groups according to age, namely Group A



(Age 7 to 9), B (Age 10 to 12), C (Age 13 to 15) and D (Age 16 and above). Category 2 was divided into two groups that are, Group A (Age 7 to 15) and Group B (Age 16 and above). All the groups were given a theme and the participants were required to draw according to the theme.

Armed with their brushes and other colouring aids, the participants demonstrated their talent on white paper. Colourful and creative ideas which portrayed the unity among Malaysians were well depicted in the drawings. Participants of the *Chinese*

Calligraphy category displayed their talent by producing excellent pieces of paintings.

All the winning groups from both categories will be awarded cash prizes and certificates of appreciation in a prize-giving ceremony that will be held in December.

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.

Ipoh Fine Arts Society presents “ARAADHANA – Divine Adorations”, Friday **October 5**, 7.30pm at Le View, Syuen Hotel, Jalan Sultan Abdul Jalil, Ipoh. A dance performance by established Bharata Natyam exponent Guru Shankar Kandasamy from the Temple of Fine Arts, Kuala Lumpur accompanied by live orchestra. For invitations, contact: **012-555 5503**, **016-532 1087** or email: ipohfinearts@gmail.com.

Public Forum: Depression – A Global Crisis (in conjunction with World Mental Health Day 2012), Saturday **October 6**, 2pm at Hospital Fatimah Ipoh, Conference Room, 4th Floor. (1) Signs & Symptoms of Depression” by Dr Gurmit Kaur and (2) “Management of Depression” by Dr Marvin Chong. For more information, call: **05-5455 777 Ext. 214**.

9th Perak Mental Health Convention organised by the Perak Mental Health Campaign Committee, **October 9 and 10**, 8am to 5pm at Impiana Hotel, Ipoh. For details or registration contact: Pn Rohana or Pn Dora Albina at **05-533 2333 ext. 6021** or **5001** respectively.

Free Eye Checks (in conjunction with World Sight Day in October), Wednesday & Thursday **October 10 and 11** between 3pm and 5pm daily – by appointment only. Gill Eye Specialist Centre, Hospital Fatimah Ipoh, will be conducting free eye screening for cataracts and glaucoma, for people 50 years old and above. Call **05-545 5582** to register.

Public Forum on Parkinson's Disease by the Malaysian Parkinson's Disease Association, Saturday **October 13**, 1.30pm to 5pm at Syuen Hotel (Bonsai Room B, 4th Floor), Ipoh. Free admission. For registration, contact: Mr Samuel Ng **012-557 1682** or Mr Looi **03-7980 6685/017-887 1859**.

Pre-Natal Class, Saturday **October 13**, 2pm to 5pm at Hospital Fatimah Ipoh, Conference Room, 4th Floor. For more information, call: **05-5455 777 Ext. 214**.

Hearing Awareness Campaign, Saturday **October 20**, 8.30am to 12.30pm at Perak Community Specialist Hospital. Free hearing test and other freebies. For further

information, contact: Juliet Chew **016-523 9000**.

Penang Free School 1962 (Form 5) Golden Reunion, October 20-21 at Tower Regency Hotel, Ipoh. Contact Dr Teoh Soong Kee at **012-530 1515**.

World Stroke Day 2012, Saturday **October 20**, 2pm at Hospital Fatimah Ipoh, Conference Room, 4th Floor. (1) “Tak Nak! Stroke” by Dr Koh Wai Keat, (2) “Holistic Stroke Rehabilitation at NASAM Perak” by Ms Irene Teng, and (3) “Dietary Management for Stroke Patients” by Ms Mok Wai Keng. For more information, call: **05-5455 777 Ext. 214**.

Managing Women's Health and Wellness Part 2 by Perak Women for Women Society. Topics will cover issues on Osteoporosis and Anti-Aging after Menopause. Saturday, **October 20** from 1.30pm to 4.30pm at Banyan Spa, 40 Jalan Raja DiHilir, Ipoh. Limited seats available. For details and reservations call Mangales **012-501 8325** or Halida **012-673 3 827**.

30th Annual Reunion Dinner by former staff of Perak River Hydro Electric Power Co Ltd and Kinta Electric Distribution Co Ltd. Date and Time: Saturday, October 20 commencing 7 pm. Venue: Ipoh City and Country Club. For details call A. Gopalan Nair **012-4502620** or Zaiton Mohd Ariffin **012-5433214** or K. Bhaskaran **012-4521006**.

Walk for Health (in conjunction with World Stroke Day), Sunday **October 28**, 7am at the Polo Ground, Ipoh. There will be various stalls at the event including a health check stall provided by Fatimah Hospital where participants can have their blood pressure and BMI tested. All participants will be included in lucky draws within various categories. Participants will get a goodie bag which will include an event T-shirt while stocks last. Registration Fee: RM30 per participant. All registration fees and donations will go towards the National Stroke Association of Malaysia (NASAM) Perak. For enquires, call **05-321 1089** (Margaret See or Irene Teng) or email: nasamperak@nasam.org.

Community

Cat Farish, a member of the famous local rap group, *Fabulous Cat* cherishes his new-found role as ambassador of Yayasan Bina Upaya Darul Ridzuan (YBU). Cat Farish or Farish Zaquan Ramli, hails from Kampung Seri Kinta, Ipoh and has been in the music business for over 20 years. He believes his involvement in the foundation will provide the impetus to propel the foundation to greater heights. "My presence will encourage the youths to join YBU as volunteers," he told Ipoh Echo.

Fariz was present at the launch of the YBU-organised walkabout held at Little India on Sunday, September 16 in conjunction with Malaysia Day. The launch was formalised by Khairul Azwan Harun, YBU's Deputy Chairman.

Since his appointment as the foundation's ambassador, Farish, who is also the Chief Operating Officer of 1Malaysia TV, has made several proposals to YBU. "I've suggested a 15-minute slot on 1Malaysia TV dedicated to YBU's activities. The programme will focus on the poor and the marginalised as this has been central to the foundation's objective," he said. The TV channel is accessible online and recorded programmes can also be uploaded on *YouTube* for general viewing. "It can reach a wider audience, as the hit rates are high," he added.

His role as an ambassador has its advantages. "I can reach out to my fans while performing my responsibilities as a volunteer. In the course of my interaction with them I can convince those who are still undecided to take on the righteous path," Farish remarked. The rapper's presence will impact the way the foundation conducts its business forthwith.

RM



Cat Farish's New Role

Giving Old Shoes a New Look



Taiping's First Galleria's curator, Anuar Isa, is not only promoting heritage and history but is also encouraging people to treat their shoes better!

It is only natural, as Anuar was once a professional shoe designer with Bata. So in keeping to his past penchant for shoes, Anuar organised a workshop with the theme, "Paint Your Old Shoes for a New Look", for 25 children on a recent Sunday.

Although the event was tailor-made for kids, 15 adults joined in to learn more on how to care, treat and give a new look to their old pairs of shoes, which would have otherwise been assigned to the dustbin.

The art materials used during the workshop were various acrylic colour pigments, simple sets of brushes, palettes and water to mix the paint. The children brought various types of shoes, including wooden clogs, to be given creative and bold new paint and pattern jobs.

Technician S. Chandra Gopal, 40, said he learned how to extend the "lifespan" of his old shoes by better preserving them against fungus and decay. "I was surprised to learn that there's a whole lot more to know about shoe care. My awareness in valuing my trusty old pairs of shoes has increased since," he said.

Housewife Lily Chee, 39, who came with her sons Brian, 10, Anson, 7, and Christie, 6, said her children learned to be creative and artistic with their old shoes. "I can now extend their usage and, in doing so, save money," she remarked.

Nirmal Ariyapala

Perak Nasyid Fest 2012

Nasyid is an Arabic-themed song sung in the Malay language. The songs are in praise of Allah and the retributions awaiting those who sinned.

Realising the potentials the songs have in galvanising Muslim youths, the Department of Culture and Arts of Perak organised a *nasyid* competition recently. It was conducted along the lines of a festival in order to bring nasyid to a more competitive level.

Twenty four groups competed in the preliminary rounds. The participating teams included students from national-type and Arabic schools, including inmates of orphanages and laypersons. The competition was held at the department's auditorium in Jalan Caldwell, Ipoh.

The finals on Wednesday, September 12 saw four groups vying for the top three spots. Kumpulan Nasyid Fauzan from Pusat Pendidikan Al-Barakah, Manjoi took top honours winning the RM2,000 prize money. Second place went to Kumpulan Saiful Ummah from Chemor while the third spot went to Kumpulan Shouful Haramain from Tanjung Malim. The groups won RM1,500 and RM1,000 respectively.

Dato' Zainol Fadzi Paharuddin, Executive Councillor for Youth and Sports, gave away the prize money.

RM



Tourism

Street Procession

Thousands of people from all walks of life converged at Dataran MBI on the evening of Friday, September 7 to witness a colourful street procession and cultural performances.

Dubbed "Citra Perak Amanjaya", the inaugural event, held to showcase the colours of Perak in line with the new philosophy to "think tourism, do tourism", was organised by the state in conjunction with Visit Perak Year 2012. It was launched by Perak Chief Minister Dato' Seri DiRaja Dr Zambry Abd Kadir. Executive Councillor for Tourism, Dato' Hamidah Osman, State Secretary Dato' Abdul Puhat Mat Nayan, Ipoh City Mayor

Dato' Roshidi Hashim and other dignitaries were in attendance.

A line-up of local artistes under the banner of Barisan Artis Nasional (BAN), led by its President and Visit Perak Year ambassador, Dato' AC Mizal, who was also the co-emcee for the night, was on hand to liven up the evening. Some 36 contingents took part in the street procession that began at Bangunan Maju UMNO along Jalan Sultan Idris Shah and ending up at Dataran MBI.

Besides cultural dances by children and adults, all ten districts in Perak were represented, each introduced tourist attractions and places of interests from their district with the aim of promoting tourism in the state. Dances of the major races were also showcased.

Schools in Ipoh were not left out with groups of students involved in synchronised dancing. Brass bands from SM Anglo Chinese, SMK Menglembu, SMJK Sam Tet, SMJK Ave Maria Convent and SMK St Michael participated in the parade. Invited contingents from two states, Negeri Sembilan and Melaka, added colour to event.

The street fiesta officially closed with a round of explosive fireworks, after rock queen, Ella, rendered two songs, "Rama-Rama" and "Standing in the Eyes of the World" to the delight of fans.

Emily

Autism Support Association for Parents

Autism Support Association for Parents, Ipoh, Perak

is a non-profit organization run by a group of parents with autistic children. We would like to invite qualified candidates to apply for the following positions:

Teacher / Teacher Assistants (Special Needs)

Duties:

- Plans and develops the lessons
- Maintains classroom order by managing behaviour of the students
- Maintains records of the children's progress
- Provides learning support services during lessons, mealtime, activities, etc.

Qualifications:

- Fresh graduates/Entry-level applicants or retired English school teachers are encouraged to apply
- Experience is not necessary as training will be provided
- Responsible, hard-working, patient and loves children with special needs
- Ready to take challenges, flexible and creative
- Must be fluent in written and spoken English
- Experience in special education field will be an advantage.

Interested candidates can send a detailed resume to asap_ipoh@yahoo.com. Only shortlisted candidates will be notified.

News Roundup

Walkabout – A Feather in YBU's Cap



Despite a heavy downpour that preceded the Yayasan Bina Upaya Darul Ridzuan (YBU) organised walkabout, it did not dampen the spirits of the 800-odd participants. The walkers, consisting of volunteers and staff of the foundation, had gathered at the Ipoh Padang, some as early as 6.30am, to be part of the momentous occasion. And since it was held on Malaysia Day, Sunday, September 16, its significance was assured.

The inclement weather prevented the organisers from starting the event at the scheduled time of 7.30am. They had to wait for over an hour to begin the walk. Hairul Anwar Mohamed Noor, YBU's Chief Financial Officer flagged off the event at 8.45am. By then the pouring rain had reduced to a drizzle. Present along with Hairul were Jodh Singh, YBU's International Relationships and Volunteer Unit Manager and Keshwinder Singh (volunteers ambassador).

The walkabout took the participants through the city centre. Their first stop was the Central Market. They distributed pamphlets on YBU and helped clean up the wet market. The traders were surprised by the participants' magnanimity and eagerly joined in the impromptu "gotong-royong".

The participants were divided into ten teams and each team was assigned a sector. True to form, they went about their tasks with vigour. "This is a fine example of volunteerism," said Jodh Singh to Ipoh Echo. "The volunteers are the foundation's eyes and ears and will provide the necessary feedback the foundation needs," he added.

Upon completing their rounds, the participants converged at the open square in Little India for the official launch. Khairul Azwan Harun, the foundation's Deputy Chairman, in his opening remarks declared that activities by volunteers were never funded by the foundation as alleged by some quarters. "There is no special funding for voluntary works," he posited. The occasion too marked the appointment of rapper Cat Farish as YBU's ambassador. Farish was present at the launch.

RM



Sports

Seladangs Revamped

Perak FA have initiated a major squad revamp that sees almost up to 13 players being released, as the association seeks to rebuild the team for next year's Malaysian football calendar. The Seladangs finished fourth in the Super League but were absolutely shambolic during the Malaysia Cup, as they were knocked out unceremoniously during the group stages itself.

Among the players released were former national forward Akhmal Rizal Rakhli, K. Nanthakumar and goalkeeper Nasril Nourdin. Others include Shafiq Jamal, Chan Wing Hong, Kamarul Efandi, Fazrul Hazli, Wan Hossein Wan Abdul Ghani, Khalis Ibrahim, Khairi Zainuddin, Badrul Azam and Fahrul Razi.

Perak FA chairman Dato' Zainol Fadzi, announced this at a recent media briefing. He said that ten players have been retained, alongside skipper Shahrulnizam Mustapha.

This news comes as no surprise following Perak's dismal run in the Malaysia Cup. Despite the arrival of Jang Jung, the Seladangs were outplayed by Felda United, Sime Darby and Negeri Sembilan in Group C and failed to qualify for the quarter finals.

After their opening match draw against Sime Darby, the Seladangs were given a bruising lesson by Felda United. The visitors beat them 4-2 on home soil. Still reeling from the unexpected defeat, Perak travelled to the Paroi Stadium to take on Negeri Sembilan. What followed was a drabby encounter that saw both sides cancelling out one another in a scoreless draw.

The tempo, however, was different in the reverse fixture at Ipoh, as Negeri emerged victors with a 1-0 scoreline. As for Perak, their precarious position in Group C was a cause for concern and they needed an immediate boost against Felda United in the return match. A late goal from Felda put paid to their dreams. The final clash against Sime Darby was more of a consolation match and the Seladangs finally got their maiden victory with a 2-1 win.



While Datuk Zainol alluded to the management's keenness in preparing the team for next year by bringing in better players, no mention was made regarding the future of manager Khairul Azwan and head coach, Jang Jung. Both men have been severely criticised following the team's terrible outing in the Malaysia Cup and are under pressure to leave their posts.

The Perak PAS Youth Deputy Leader, Dr Raja Ahmad Al-Hiss has already called for the scalp of Khairul Azwan, citing that the team's failure should be his responsibility, as well. He also mentioned that while the management did make a change in terms of head coach, they did not evaluate their very own decisions and the consequences.

These developments will require a response from the Perak FA management and it has to be quick. The huge number of outgoing players means that there has to be an equal number of incoming players.

Plenty of promises were made last year but none were fulfilled. Things have to be different next year.

Keesh

Kelab 30-50 Annual Hockey Fest



Kelab Sukan 30-50 recently held their 15th Hockey Fest at the Sultan Azlan Shah Hockey Stadium with a total of nine teams from Penang, Selangor and Ipoh participating in the event. As in previous years the event was held in a very competitive yet very friendly atmosphere.

Kelab Sukan 30-50, officially registered in 1998, is made up of veteran hockey players many of whom played at inter-school hockey competitions in the '70s and '80s and several more who played at district, state, national and international level tournaments.

The club's calendar highlight of the year was their Annual Veterans Hockey Fest (40 years old and above). This year's hockey tournament was won by team Perak Sikh Union. The prize presentation dinner was held at their clubhouse at Medan Istana.

JAG

First Perak Frisbee Tournament

Perak recently held its first Frisbee Tournament. Organised by *X-Cross Ultimate Frisbee*, with members comprising mainly university and TARC students. The event was held at the Ipoh Padang.

According to *Tournament* director Ooi Jin Feng, a student at TARC, Kampar, the event was named the "1st Perak HAT Tournament". HAT tournaments are a common mode of competition in the *Ultimate Frisbee* circuit where players sign up for the competition individually after which the organisers randomly form the teams. It used to be where the organisers picked the names from a hat but for "this tournament the players formed their own teams with acquaintances known to them" said Ooi.

A total of 12 teams participated in the day-long tournament which was ultimately won by Red Team with Grey Team being the runners up. According to Ooi the reason to organise the tournament was not only to promote the sport but to also attract new members as students keep leaving upon completion of their studies.

Helping Ooi with the organisation of the tournament was *Ipoh Bug* chairman William Chang who assisted with the facilities for the event.

JAG



(l-r) Organisers Chang, Ooi, Sapp and Chin



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