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SeeFoon gets sliced and
loves it



GE13 It's Time To Decide

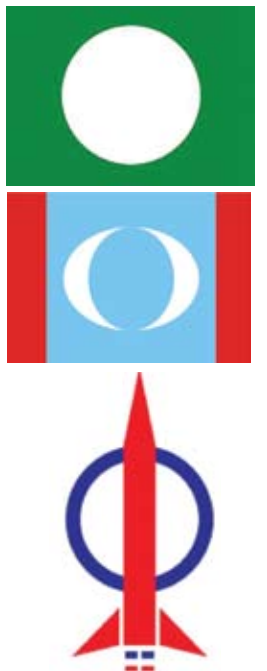
by James Gough



The day of reckoning is here, specifically on May 5, the day Malaysians throughout the country go to the polls. Ever since the dissolution of Parliament and the Perak state assembly on April 3, there has only been one single topic that every Malaysian talks about every day – the upcoming election. Caretaker Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir announced the list of BN's candidates on April 16. The informal Opposition coalition of PAS, PKR and DAP made known their candidate list two days later on April 18.



Continued on page 2



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Malaysia's Mother of all Elections

A glaring difference in this year's lineup is the large number of new and young candidates compared to the previous election. The line-up includes Canning Councillor Ceylyn Tay (BN) running for the Canning state seat. She is up against incumbent Wong Kah Woh (DAP). Over at Bercham Lim Huey Shan (BN) will square off with Cheong Chee Keong (DAP); both are new faces.

Another notable change is veteran politician Lim Kit Siang. He is giving up Ipoh Timor parliamentary seat to move to Gelang Patah, Johor. He is replaced by Thomas Su Keong Siong, previously State Assemblyman for Pasir Pinji, a constituency of Ipoh Timor.

However, none of the above can beat the 'David vs Goliath' contest for the parliamentary seat of Tambun. Incumbent Dato' Seri Husny Hanadziah (BN), the country's second Finance Minister was MP for the last four terms. Husny is being challenged by a rookie, 27-year-old Siti Aishah Shaik Ismail (PKR). Siti is an IT and Communications diploma holder who entered politics barely three years ago. She campaigns by going house to house in the morning and holding *ceramah* at night markets.

Siti, born in Manjoi, states that, of Tambun's 90,000 voters, 65 per cent are low-income earners. Forty one per cent of the constituents are below the age of 40. She feels they will give her a fighting chance in making an impact on the voters.

Both BN and PR have come out with their manifestos pledging to carry out changes if voted into power. PR announced their manifesto on April 8 while BN announced



Zambry launches BN Perak's manifesto 'Aku Janji'

theirs on Monday April 15 which led to accusations of copying and stealing of ideas. Nevertheless, BN has a clear advantage as their manifesto has a list of actions already implemented and delivered for the benefit of the *rakyat*. If you want an update on issues that are being talked about, attend the many *ceramah* taking place around town.

Since the dissolution of Parliament on April 3, DAP has been conducting *ceramah* almost every week. Their *ceramah* programme can be accessed at dapperak.org. *Ceramah* locations and timings, stretching from Kampar to Taiping, are on display.

DAP *ceramahs* held around Ipoh are well attended. Can this be used as a barometer of their popularity? It remains to be seen on May 5.

The question on each voters' lips is whether the ruling BN government can retain the administration of not only the country but that of the state of Perak?

For senior voters, the memory of how BN came to power in Perak still lingers on while others feel that the economic stability provided by Zambry's government

over the last four years is a positive alternative for the state and future generations.

Despite prevailing sentiments most Perakeans share a common trait. Many of them have encouraged their children, studying and working outside of Ipoh, to return home to vote. Could this be the beginning of better things to come? Your guess is as good as mine.



First timers (left photo) Kathleen Wong (BN), Ceylyn Tay (middle photo) and (right photo, 3rd from left) Siti Aishah



DAP *ceramah* at Bercham with Lim Guan Eng at the microphone



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IPOH **echo**From the Editor's Desk
by Fathol Zaman Bukhari

Making Your Vote Count

So what is in stock for Perakeans come Election Day on May 5? Do we wish to make a stand and make change a reality? I leave it to your better judgment to decide...



We are into the final stretch of the race and whoever breasts the tape first wins. That happens in a 100-metre dash where a fraction of a second makes a difference, for it separates the winner from the loser. In this blue-ribbon event, physique alone is not the determinant. On a bad day even the best sprinter on the field will lose.

But what if that someone is being aided by performance-enhancement drugs that are outlawed in the sporting world? The fall from grace of seven-time Tour de France champion, Lance Armstrong is a case in point. The internationally acclaimed cyclist had admitted to taking drugs to improve his cycling prowess. And it took the international cycling fraternity awhile to condemn his actions.

Why do I allude to such an example in amplifying our upcoming 13th General Election? The answer is simple. Here we have opponents from two distinct camps (or three if we take into consideration the Independents) vying for control of the federal and state governments. And they are all using all the 'enhancements' they have access to, for a win at the polls.

All 222 parliamentary and 505 state seats are up for grabs. Incidentally, for reasons best known to all, the number of Independent candidates in the upcoming general election is the largest ever in the nation's electoral history. At the close of Nomination Day on April 20 some 270 have registered themselves as Independent candidates. Out of this number, 79 are contesting for parliamentary seats while the remaining 191 are targeting state seats.

Interestingly, 61 or 22 per cent of these Independents are former UMNO members who have been expelled from the party. And that includes the former Wanita UMNO Deputy President, Kamilia Ibrahim who is contesting in the Kuala Kangsar parliamentary seat.

Although party leaders have vehemently denied any discontentment within the party's fold, the number speaks for itself. This phenomenon, however, is not confined to UMNO alone, it has also affected the Barisan Nasional coalition parties, to a lesser degree, and the Opposition Pakatan Rakyat, as evidenced by the three-corner fight for the Jelapang state seat closer home.

The advantage of incumbency, coupled with a "limitless" supply of funds and a pro-establishment mainstream media, will make the task of dislodging Barisan Nasional from its perch difficult. But then again anything can happen, as in the game of football the ball is round not square.

In terms of preparedness I would say both sides are well prepared. It is the extent that really matters. On Pakatan Rakyat's side the most vocal and prepared to my mind are PAS and DAP. This is not to discount PKR's resolve in making an impression but its visibility is somewhat diminished. The Perak PAS youth wing and its liaison division, led by their respective leaders, went on the offensive from the word go. In fact, both have been active since last year organising *ceramah* and media conferences to highlight BN's

improprieties.

Accusations and counter-accusations are the staples of these organised gatherings. Whether this methodology will have an impact on voters' choice is debatable. Opposition *ceramah*, however, draws the crowd. This is attributable to the one-sided views gleaned from the government-owned newspapers and television networks, Astro included. Online and social media have become the medium of choice for the Opposition to propagate their views. Those wishing to hear unbiased news have resorted to the alternative media instead. I find certain news items in the national dailies lopsided, exaggerated and also demeaning.

Manifestos were never the 'in' thing in previous elections. Somehow the trend has been bucked in GE 13, as proponents on both sides of the political divide try to outdo one another in coming up with the catchiest manifestos. It does not matter that they are a repeat of earlier promises so long as they are "original", as one party stalwart insisted.

Both sides promise the *rakyat* plenty and high on the list is making life more pleasant for all. Makes me wonder what the incumbent government have been doing for the past 56 years? Why make all these promises when you have had over five decades to fulfil them?

Even BN candidate for the state seat of Pasir Pinji, Dato' Thong Fah Chong has his own manifesto. Making cheap public transport available for his constituents is high on his agenda.

So what is in stock for Perakeans come Election Day on May 5? Do we wish to make a stand and make change a reality? Najib has said that there is no need for change as the party can change from within. Are these platitudes enough to convince us? I leave it to your better judgment to decide what is best.

If GE 13 is to be the mother of all elections let us join the fray and make every vote counts. I am all ready for the big day. What about you?

EYE HEALTH – DROOPING EYELID IN OLD AGE

Ipo Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about DERMATOCHALASIS.



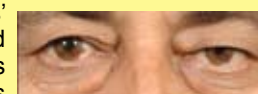
Dr. S.S. Gill
Resident Consultant
Ophthalmologist,
Hospital Fatimah

A common kind of droopy eyelid seen in old age is called *dermatochalasis*. If you look carefully, you will find that no one is really spared from this as they age. It does happen to almost everyone to a lesser or greater degree as they move onwards into their seventies and eighties. In *dermatochalasis* the eyelids appear to sag with excess "baggy" skin surrounding them that contributes to the typical droopy eyelid in old age.

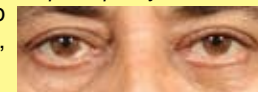
Dermatochalasis will almost definitely affect a person's appearance, making a person look "sleepy". Droopy eyelids are generally referred to as *Ptoxis* (pronounced "toe-sis") which is the general term for a droopy eyelid (discussed in the last issue).

Why Does it Happen?

In general, a person's skin tends to sag with age, losing its elasticity. Skin is made up of components called elastin and collagen. The COLLAGEN is a structural protein that functions by giving the skin turgor, support or form. The ELASTIN works by allowing the skin to stretch and contract to its original state. This stretching and contracting of eyelid skin occurs every time you blink your eyes. With aging there is an overall loss in amount and quality of this collagen and elastin in the eyelids, making them sag or droop. Gravity of course does not help and hastens the process of eyelid sagging along with genetics, weight changes, and exposure to the sun.



Upper pic shows what *dermatochalasia* will look like when compared to normal (lower pic) after *blepharoplasty*



Symptoms

Apart from the cosmetic appearance of a person looking tired that results from *dermatochalasis*, a patient may complain of some visual difficulties. These visual difficulties may present as loss of vision in the upper part of the field of vision, reading difficulties and loss of peripheral vision when driving if the sagging eyelids overhang the side of the eyes. When the vision compromise occurs, the condition should be treated. Some patients compensate unconsciously by using the muscles of the eyebrows to lift the affected eyelids up. This effort may cause frequent headaches.

Treatment

May be divided into SURGICAL and NON-SURGICAL. Surgical treatment is of course a more permanent solution to the problem.

• Non-surgical options

The non-surgical options are of course great for patients who would like to address this problem but aren't quite ready for surgery. Some of the common non-surgical options are:

- The age old remedy of avoiding salty food, drinking plenty of water and getting enough sleep still holds good to this day. A good moisturizer may help in hydrating the eyelid skin to reduce the sagging effect.
- Over the counter Vitamin A skin creams have also been known to give some benefit but you do not have to spend an arm and a leg to get any of those super expensive creams having the same ingredients in them.
- BOTOX® injections can be injected into the eyebrows which will elevate them and therefore relax the eyebrow depressors, so that the unopposed muscles in the forehead will raise the position of the eyebrows,

• Surgical option

- This is the gold standard in the treatment of *dermatochalasis*. The surgery is called *blepharoplasty*.

For more information, call Gill Eye Specialist Centre at Hospital Fatimah (05-5455582) or email gilleyecentre@dr.com.



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A-G-1, No. 1 Persiaran
Greentown 2, Greentown
Business Centre, 30450
Ipoh Perak Darul Ridzuan.
Tel: (605) 249 5936
Fax: (605) 255 2181
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

REPORTER

James Gough

GRAPHIC DESIGN

Rosli Mansor Ahd Razali

MARKETING & DISTRIBUTION MANAGER

Ramesh Kumar

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PRINTER

Konway Industries Sdn Bhd
Plot 78, Lebuhraya
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Can Cosmetic Changes Improve Character?

At one time, the Kinta Heights tower block, built in 1982 was also known as “The 20 Storeys”. When it was commissioned, it became the highest building in Ipoh surpassing the Sungai Pari flats, a low-cost housing initiative built in 1963, which was affectionately called “The 15 storeys”.

Besides being an Ipoh landmark, Kinta Heights plays an important role in housing low-income families. With 280 units accommodating around 1500 to 2000 residents, its prime location in the city-centre, close to Little India in Ipoh’s ‘Old Town’, meant that its occupants have easy access to shops, schools, banks and various public departments and amenities.

The high-rise unit which is owned by the Ipoh city council, recently underwent a major cosmetic change. This was part of a beautification project by the Housing and Local Government Ministry to spruce up the image of public housing areas and improve the living conditions of its council tenants.

From its upper floors, visitors can take in breathtaking views of Ipoh, the changing city skyline, the spread of the city, the limestone hills in the background and the river meandering through the city.

Despite its towering presence, Kinta Heights has been besieged by problems which commonly affect public housing projects. Residents often complain about the lack of maintenance of the units, vandalism, the poor general upkeep of the communal facilities, mouldy growth on the walls, litter, poor security and a failure to upgrade the facilities.

During the ‘80s and ‘90s, Kinta Heights, and a few other high-rise buildings in Ipoh, became a Mecca for suicides. In 1995, after public concern about the building’s increasing suicide rate, the authorities erected metal grilles on all windows from the third floor upwards.

Residents were angry that the lifts were continually breaking down, but the council pointed out that some people had been using the lifts as toilets or pressing all the buttons simultaneously to inconvenience other users.

In 2008, two lifts were upgraded and the council erected a guard house to improve security as well as monitor the movements of people entering Kinta Heights. A police beat-base in the grounds of the block and CCTV cameras in adjoining streets acted as effective deterrents to crime.

Complaints about leaks from the water tanks, situated on the roof of the

block, triggered an investigation which revealed that the tank had not been replaced since the flats were built in 1982. The residents also complained that vandalism and theft had rendered the fire-fighting system in the block useless.

As a result of the residents’ complaints, it was announced that the block would receive a new fibreglass reinforced polyester water tank costing around RM66k as well as a fire-fighting system costing around RM100k including installation and maintenance.

Despite the various upgrades, the council is concerned that the attitude of some irresponsible residents towards cleanliness, vandalism and theft, has not changed.

Councillors have complained about council property being damaged and the effect this has on maintenance and replacement costs. They also criticised unscrupulous residents who would chuck plastic bags of rubbish from their flats onto the ground below, which meant that workers had to be delegated to clear the area of garbage, every day.

The authorities also urged residents to cooperate and keep their block of flats clean and treat it like their own home. Residents were told that Kinta Heights will have regular visits from enforcement officers to curb anti-social activities and that the officers have the power to issue compound fines and blacklist tenants from renting council property, if they were found guilty of vandalism or littering.

In mid-April, Perak Menteri Besar Zambry Abdul Kadir officiated at the completion ceremony of the Kinta Heights beautification project and said, “Whether the people support the government or not, the government will still implement development projects in the area for the benefit of the people.”

Zambry is right. Housing, like other developments, should not be politicised as it is the responsibility of the government to look after its citizens and provide for those from the lower-income bracket.

One observer who witnessed the ceremony said, “The brown and dirty yellow of the old Kinta Heights is thankfully gone, but the new colour scheme makes the building look like a set of child’s building blocks. It is a major improvement from the previous shabby look, but did the council have to litter the tower with those blue party flags?”

Another person said, “We were told that this was part of the ‘My Beautiful Neighbourhood’ programme of Ipoh Old Town. Is someone trying to give out a subtle message of “My BN”? Is there also an attempt to make a party political broadcast with residents wearing blue T-shirts emblazoned with party logos?”

These observers are naïve to think that a politician can control his urge to politicise anything, even housing.



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.

Reunion of the Malaysian alumni from Bombay University (1960-1975), May 1-2 at Tower Regency Hotel, Ipoh. Contact Dr S.K. Teoh, **012-530 1515** or email: teohskee@hotmail.com.

Flea Market, May 4 and 5, 10am to 5.30pm at *Burps & Giggles*, 93 & 95 Jalan Sultan Yussuf, Ipoh. Items sold include ladies/men’s fashion wear, accessories, handmade bags, art and craft products, miniature gifts and others.

CPR Training for Public at KPJ Ipoh Specialist Hospital, Saturday **May 18**, 8.30am to 5pm at 5th Floor, Dewan Anugerah, KPJ Ipoh Specialist Hospital. Fee is RM30 fee per person, limited to 30 seats on first-come-first-serve basis. Call Customer Service at **05-240 8777 ext. 8111 or 8110** for inquiries and payment.

Walk for your Lungs in aid of the Asthma Friendly School Project in Perak, Sunday **May 19** commencing at 6.30am at Sultan Abdul Aziz Recreation Park (Polo Ground). Organised by the Perak Chest Society and supported by KPJ Ipoh Specialist Hospital, Perak Community Specialist Hospital and Pantai Ipoh Hospital. For details call Perak Chest Society Secretariat at **05-255 6302**.

NASAM Ipoh Food & Fun Fair, Sunday **June 2**, 9am-1pm at 9 Lorong Pinji, Off Jalan Pasir Puteh, 31350 Ipoh. NASAM is a non-profit organization providing rehab services to stroke survivors and awareness activities about stroke to the general public. Call **05-321 1089** for details.

Reunion Hi-Tea for MGS Ipoh 1982, Saturday **June 29**, 3pm at the Heritage Hotel Ipoh. Confirm by May. Those interested can contact: Nelly Lim at **016-562 0383**.

Drawing and Colouring Classes. The drawing and colouring classes conducted at Tun Razak Library have resumed since the reopening of the Ipoh City Council library in Jalan Panglima Bukit Gantang on April 19. Classes are held on the first and third Saturday of the month between 2.30pm to 4.30pm. Only children between 5 to 13 years old are eligible. A monthly fee of RM30 is charged. Call the library at **05-255 8073** for details.

MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos from Michelangelo's

seefoon@ipohecho.com.my

SeeFoon gets sliced and loves it

Ed Levine, contributor for the New York Times Dining section calls it in his book, 'A slice of heaven'. He is referring to Pizza, that slice of baked dough topped with mouth-watering ingredients, and baked to crisp perfection. Well I certainly agree.

But there are pizzas and there are pizzas. Pizza and its current popularity began around the turn of the last century when adverse economic conditions brought millions of Italian immigrants to America. It was then an inexpensive peasant food, made casalinga (home-style) by southern Italian immigrant women in their kitchens.

It was through the opening of Pizza Hut in 1958 and Domino's in 1960 that the pizza phenomenon spread around the world and today, most people who claim to like pizza only know the fast-food variety which is a far cry from the original American pizza started by Italian founders in the early 1900s.

Thanks to its rise in popularity, the pizza has come full circle and more people's taste buds are being 'educated', giving rise to a return to the original 'casalinga' style of preparation, that is by hand and using a wood-fired oven.

Michelangelo's is one of these pizzerias, an authentic American Rock 'n' Roll Pizzeria where the music is loud, the staff are fun and the food is exactly like what you would find in the US. Having lived a year there as an impressionable teenager, it brought back nostalgia for me.

Michael Owen the proprietor/chef who started Michelangelo's with his wife Siew Li, pride themselves on the fact that



every single recipe is homemade from scratch like their sauces, cakes, dough, etc. They spend hours researching, testing, tasting and changing recipes to make them their very own before any item goes on the menu.

Michael is completely uncompromising on the total concept, from the food quality, to the presentation, the service and the ambiance. He will not succumb to local pressure to 'Malaysianize' the taste and nor will he turn down his music which is put on at quite a high decibel level. For his attitude I applaud him; in my opinion, the downfall of many restaurants is pandering to local tastes instead of striving for excellence and authenticity.

The pizzeria is designed after both a Chicago and New York City Pizzeria.



The pizzas are cooked inside a custom-made real wood-fired brick oven. There is an actual fire at all times and pizzas take about 90 seconds to two minutes to cook directly on the stone about 3-5 inches from the fire itself. As a result the black on the bottom of the pizzas is meant to be there, and adds flavour.

They serve large 15- to 16-inch pizzas at a reasonable price. One can also order one pizza in two different styles both for dine in and carry out which takes only about 5-10 minutes to get your food once they take the order.

My personal favourite pizza from the list is **The HOG**. With an overload of PORKY goodness; bacons, homemade Italian sausages and hams, how can one resist this barbaric/carnivorous creation? RM39.80. The **Bacon and Eggs pizza** is also a terrific combination, with over-easy eggs cracked on top of layers of cheese, then topped with smoked streaky bacon – RM33.80. They also use ½-inch-thick bacon slices which are divine.

All in all there is a choice of 12 types of pizza to choose from including a **Tuna** for the fishtarians and a **vegetarian** one. Then, there is the 'create your own pizza' with a crust of cheese and sauce at RM25 and toppings of choice ranging between RM4 for the vegetables to RM8 each for the premium meats.

Being a pizzeria does not mean they serve ONLY pizza. Their appetizer of note is the **grilled jalapeño peppers** stuffed with cream cheese and wrapped in bacon, the fiery jalapeños being tempered by the mild creaminess of the cheese and the bacon lending a hearty taste and bite to the whole package – RM19.90.

There is also a small selection of Pastas with the **Spaghetti Carbonara** being my choice, the spaghetti 'al dente' with tantalizing chunks of bacon bits cooked in a rich homemade carbonara sauce, featuring fresh eggs, olive oil, cream, parmesan cheese, fresh ground pepper garlic and a few secret items as written on the menu – RM22.90.

And if there is still room in the belly, there are the two 'to-die-for' desserts: the **New York cheesecake** and the 'Insane Brownies'. Michaelangelo's as they say on their website: "This ain't your ordinary place".



Michelangelo's Pizzeria

No. 40, Jalan Medan Ipoh 1B, Medan Ipoh Bistari, 31400 Ipoh, Perak.
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PORK RIBS / LAMB RIBS IN RICH PLUM SAUCE

by Pauline Chang

Ingredients:

- Pork Ribs / Lamb Ribs 1kg (cut into 2 inches lengths)
- Garlic 1 Whole Bulb, smashed
- Onions 5 pcs, smashed / sliced
- Angel Bean Paste 1 tablespoon
- Angel Plum Sauce 2 tablespoons
- Angel Light Soy Sauce 1 tablespoon
- Tomato Sauce 1 1/2 tablespoons
- Salt, Sugar, Pepper to taste
- Celery, Spring Onions for garnishing
- Water 2 cups
- Ginger 2 inches, smashed
- Cooking Wine (optional) added before serving

Method:

1. Wash pork ribs / lamb ribs.
2. Put all ingredients into a slow cooker and let it simmer till soft. Can cook in a wok also.
3. Test for taste. Add in sugar.
4. Add in corn flour and some water for thickening.
5. Add in cooking wine before serving. Garnish with spring onions.
6. Serve hot with rice.



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News Roundup

Doh Family Matriarch Becomes Nonagenarian

It is always a joyous occasion when someone celebrates a birthday, and even more so when the celebrant is the matriarch of the Doh family who reached 90 years of age! The Doh family, inclusive of the three grandsons, Dato' Doh Jee Chai, Dato' Marcus Doh and Dato' Jimmy Doh, held a grand celebration for their grandmother, Madam Ling Chong Ing to commemorate this special occasion together with the community at Bei King Restaurant in Sitiawan, Perak, recently.

The mammoth celebration was attended by approximately 1200 people, out of which over 100 relatives spanning four generations were present, the youngest ones being twins who are just 2 months old. Other notable attendees also included Members of Parliament Dato' Seri Kong Cho Ha who is also the Minister of Transport, Dato' Ngeh Koo Ham and Tuan Nga Kor Ming, all of whom extended their well-wishes to the nonagenarian.

In conjunction with the celebration, donations were given to 10 selected charities and organisations including Rumah Wawasan, Pusat Hemodialisis Manjung and Pioneer Church Kampung Koh, to name a few. Thirty less fortunate individuals also received ang paws during the dinner.

"We are incredibly fortunate to have our grandmother with us over these 90 years! This is truly an auspicious day for our family and we want to share our joy with those around us so that they too will have much cause for celebration," said Dato' Doh Jee Chai.

The Doh family is well-known among the community in Sitiawan, Perak. The family has played a large part in shaping and developing the property sector in the fast-growing township, starting with Dato' Doh Neng Chiong who founded the family's companies – Yik Wang Development and Setia Awan in the 1980s. Since his retirement in 2005, Setia Awan is now helmed by Dato' Doh's three sons.

Sitiawan's residential property landscape has undergone significant changes under



the three brothers' direction, as they offer the community and investors different and innovative property options to choose from. Instead of the conventional terrace houses that were very common a few decades ago, buyers can now opt for landed or high rise properties, multiple storey bungalows, cluster homes and apartments among others, that are complete with adequate security and amenities.

"There are still a lot of potential for growth in the property sector within Sitiawan as well as in the surrounding townships. We want to offer the community with much more than just bricks and mortar. We want them to enjoy the homes they live in and to take advantage of the modern lifestyle available to them," commented Dato' Jimmy Doh.

For further information on Setia Awan log on to www.setiaawan.com.

Perak Derby Race 2013

The Perak Derby Race 2013 took place on a hot and sunny day at the Perak Turf Club recently. The race has a colourful history dating back to 1950 when it was inaugurated at the same turf club. According to records, the Perak Derby Race was first held at the Batu Gajah race course in 1896. A princely sum of RM1000 in prize money was offered then. It was not known whether the derby continued to be run after that.

However, racing from Batu Gajah moved to Taiping until the Perak Turf Club came into existence in 1926. This year sees the staging of the 64th edition of the Perak Derby Race with a winning purse of RM500,000 and a challenge trophy to boot.

This race is run over a gruelling distance of 2400 metres where the fitness, endurance and stamina of the horses are tested to the limits. In the early years, the Perak Derby Race was dominated by expatriate jockeys but the trend was broken when a local boy, Subian Dalwee, came in first in 1962.

This year's Perak Derby Race was won by *Littlebitoffjoy*. Chairman of the Perak Turf Club, Tan Sri V. Jeyaratnam gave away the prizes to the winners.

SH Ong



Pasir Pinji Master Plan

BN's candidate for the state seat of Pasir Pinji Dato' Thong Fah Chong, opened his campaign for Pasir Pinji by unveiling his 'Pasir Pinji – Master Plan' which pledged six important points, one of which is a proposal for a Community Bus to ferry "Pasir Pinji community folk to town while passing by UTC, the Post Office and the General Hospital".

Thong estimated the cost for running the Community Bus at RM15,000 monthly which would be borne by corporate CSR funding as well as government subsidies.

The Master Plan titled, "Help Me Make Pasir Pinji a Community for You" focused on increasing business opportunities, caring for old folks, increasing safety and security, developing youth skills and increasing welfare for the elderly.

Thong, 56, is MCA's Ipoh Timor Chairman and was a former Pasir Pinji MP from 1999 to 2004. He will be contesting this election against newcomer Howard Lee Chuan How (DAP), 30.

The former State Assemblyman for Pasir Pinji, Thomas Su Keong Siong (DAP) will be contesting the Pasir Pinji parliamentary seat replacing Lim Kit Siang.

Thong has been serving the community for over 15 years and appealed to the community for their support to help him serve them.

JAG



Inconsiderate Motorists Hindering Traffic Flow

I drive past Taman DR Seenivasagam often and noticed a new signboard pointing the way to River Walk. I decided to visit the place. While driving along the entrance road which is designed for single-lane traffic, I noticed that cars were parked all along the side of the road next to the football field.

During my return journey, I noticed that two cars ahead of me had stopped when the road in front was clear. Then I realised that they had stopped to let the on-coming cars pass through. Two big cars cannot pass through the narrow road. Some drivers had to fold in their side mirrors to go through. Cars have difficulty passing each other. Motorists are aware of the problem and I wonder why no one has highlighted it.

A few irresponsible drivers are making life miserable for visitors to the park. MBI must immediately put a stop to parking along this road. There are ample parking places in the park. The drivers are lazy to walk. Cars parked along the road must be clamped.

In fact, I also had to park my car in an unsafe manner to take photos and observe the problem.

A. Jeyaraj



My Say

By Jerry Francis



Foul Odour Leads to Discovery of Illegal Fertilizer Plant

It took a strong unbearable foul odour to reveal the existence of an illegal fertilizer processing plant in the city. The stench affected residential areas within a one-kilometre radius.

For months, the residents in Taman Rishah and surrounding areas have been puzzled as to what was causing the stench. Some of them thought it came from dead animals, while others thought it was from chemicals or fertilizer used by a nearby farm.

Imagine how shocked they were when they traced the source of the stench to a fertilizer plant in their midst. So early this month, some of them decided to organize a rally to protest against the existence of the fertilizer plant. Leaflets were sent to the houses in the affected areas calling on the residents to meet at a nearby restaurant where they drafted a memorandum and delivered to Ipoh City Council.

In response to their memorandum, it was reported that the council's Health Department stated that the factory was operating illegally. The operator was said to have submitted an application to get approval from the department, but was rejected on the ground that it failed to fulfill the required conditions.

The department has since compounded the operator. "We will take the operator to court as a last resort," assured its spokesman.

The residents can now heave a sigh of relief as they are free from the foul odour, but will it be permanent or temporary?

The question being asked by most of the residents was how did the fertilizer plant manage to operate illegally for so long without being detected by the authorities? What if the residents had not protested to the city council, would they have continued to live in misery of the foul odour?

The residents found chicken feathers and their entrails strewn in the compound of the alleged factory. It is also located next to a food processing factory, creating a very unhealthy situation. Some residents claimed that the odour had affected children suffering from asthma, while some were experiencing skin irritation.

The apparent failure of the enforcement units of the city council to detect and act against such illegal factories will undoubtedly affect the Mayor Dato' Roshidi's target of 85 per cent Clean Ipoh by August, this year.

It is my hope that everyone, council's employees and residents, will co-operate efficiently to achieve the target. Let's bring back the lost image of Ipoh as – "one of the cleanest cities in the country."

News Roundup



Avoidable Blindness Seminar

The Rotary Club of Kinta's recent "Avoidable Blindness Seminar and Workshop 2013" was an overwhelming success, said its Organising Chairman Dr Michael Chong.

According to Chong this was the 3rd phase of the project organised in collaboration with CIMB Foundation. The seminar targeted school teachers to enable them to identify the symptoms to detect early blindness or eye-related problems among students.

This event was also the first time it was opened to the public and saw an overall attendance of 300 participants, 70 of whom were teachers.

Prominent ophthalmologists speaking at the event included Dr S.S. Gill, Dato' S. Subramaniam and Dr Lee Mun Wai.

Rotary Club of Kinta Chairman Zulkarnain Abdul similarly described the seminar as successful, adding that the questions posed during the Q & A were intelligent and objective.

The *Avoidable Blindness Project* is a Rotary International initiative and the District Task Force Chairman for the project Dato' S. Kulasegaran described this event as the best ever organised by a Rotary Chapter.

JAG

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Tourism

Angling Tourism – A Potential Money-Spinner

To further promote angling tourism in Perak, Tourism Malaysia Perak has come up with packages for one of the state's top fishing spots around the waters off Pulau Sembilan and Pulau Jarak. These packages are tailor-made to meet the requirements of anglers, depending on the species of fish they target.

Those aiming for Grade A species like jenahak, kerapu, gerut-gerut and merah, will be taken to an area about five hours from the LKIM (Lembaga Kemajuan Ikan Malaysia) jetty in Sg Acheh, Sitiawan, in the Straits of Melaka for bottom fishing. Here battery-operated fishing reels are used to fish from depths of 50 to 90 metres. The recommended time period for fishing these species is between 7pm to 9am, as that is their feeding time.

According to fishing expedition organiser, Mizie of D Kaki Pancing, the fish here, due to strong undercurrents, do not have the trademark muddy taste; hence they fetch a higher price in the market.

There is no particular fishing season, but anglers are advised to stay away one week around the middle and one week at the end of the month, according to the Muslim calendar, because the sea is too rough. Boats have to be booked at least two months in advance, due to its popularity, as anglers consider this area to be the second top fishing spot in Malaysia.

Depending on the size, a boat can accommodate up to 12 anglers and will be manned by at least three men per boat. The 2D/1N package is approximately RM2800 while the 3D/2N trip is about RM5200. Rate depending on the boat chartered, is inclusive of full-board, ice, live bait, and three meals a day. Special menus are available if requests are made in advance. A guide can be arranged for those who have no fishing experience, while those who lack the equipment can rent them.

To give media representatives and travel agents first-hand experience, some 30 participants from Kuala Lumpur, Selangor and Perak were taken on a 2D/1N angling expedition on three boats. Participants, mainly with zero knowledge on fishing, were taught on finding suitable locations in the sea, the varying depths required, ocean tides, baits and identifying the different species of fish.

Though considered novice, some participants were lucky to land a sizable fish for dinner. They did so after going through the process of first fishing for small fish and



squid and then using them as live bait for a larger catch.

Some unfortunate participants failed to gain a footing on board and felt dizzy. Wan Munirah Dato' Wan Puteh, a sales and marketing director of a travel agency, was one of those who suffered from seasickness. Even so, she said that she would not mind going on board the Seagull again, for a new experience. According to her, RM2800 for a 2D/1N angling expedition is reasonably cheap, especially with the good choice of food on board.

While experienced anglers know what to expect on fishing boats, Wan Munirah cautions beginners not to expect too much when it comes to living conditions. "Basic amenities are in place, but they are definitely not 5-star," she remarked.

Muhammad Faiz, a fishing journalist with a magazine called "Umpan", who was on board "Peter", was not satisfied with his catch. He attributed it to Lady Luck.

After almost 24 hours on board, particularly for those who stayed up till the wee hours of the morning for a better harvest, it was a tiring end to the expedition. That was indeed the most fruitful hours for serious anglers. On the whole, it was a great experience for new and seasoned anglers alike.

There are currently about three local organisers who cater for such angling trips. Certain travel agents are also in the midst of putting angling packages together.

For details on angling tourism call Tourism Malaysia Perak at 05-255 9962.

Emily

"We Want Nature"

The Grassi family, who originate from Zurich Switzerland, wanted a 2-week holiday and promptly chose Perak because of its natural wonders on offer. The family of three, Astrid, Philipp and son Eric, 11, had heard of Singapore and Kuala Lumpur and its Twin Towers but wanted more of nature than big city activity and even gave Penang a miss. "We just wanted to have more of nature," said mum Astrid. Their 2-week itinerary included one night in KL, three days in Ipoh then onwards to Belum and a few days in Langkawi before going home.

Ipoh Echo caught up with them before they left for Belum and got their insights of what they saw here.

The family took the train from KL to Ipoh and were picked up by tour guide Raja at the railway station. "For a 3-day stay in an unfamiliar place it is perfect to have a tour guide," said Philipp Grassi.

Their first day tour took them to the tin museum in Kampar and Gopeng, Lata Kinjang waterfalls, Gua Tempurung ("the inner cave is huge") and the adventure playgrounds of Gopeng including Nomad Adventure Camp where Eric saw monkeys.

The next day took them north to the Royal town of Kuala Kangsar and over to Taiping where the highlight of their visit was to the Matang mangrove swamp. "It was different from Bangladesh, here the trees are so tall," exclaimed Philipp. A bonus here was seeing woodpeckers on a tree.

At Taiping they found the Lake Gardens fascinating, where they took a boat ride and saw "a huge iguana/monitor lizard swimming to our boat", a first for the family. Lunch was at Kuala Sepetang coastal village. "We ate so much we didn't want to move after that," said Astrid.

Around Ipoh they visited the cave temples and the pomelo orchards at Tambun and enjoyed Ipoh's famous chicken and bean sprouts. Astrid enjoyed the Indian food at Little India and was amazed that the "different Indian and Chinese communities could live peacefully side by side."

Philipp, an architect thought positively of the way Kong Heng Hotel has been adapted and similarly of *Burps and Giggles*. For Eric, he was thrilled that he got a photograph of a White-breasted Hawk at Gunung Lang.

As for Ipoh town they remarked that everything was nearby, the pace of traffic not heavy and generally 'is not too crowded' and had an easy-going feel about the place. The Grassis rated the 3-day Ipoh visit a high 9 for nature and nice tourism products.

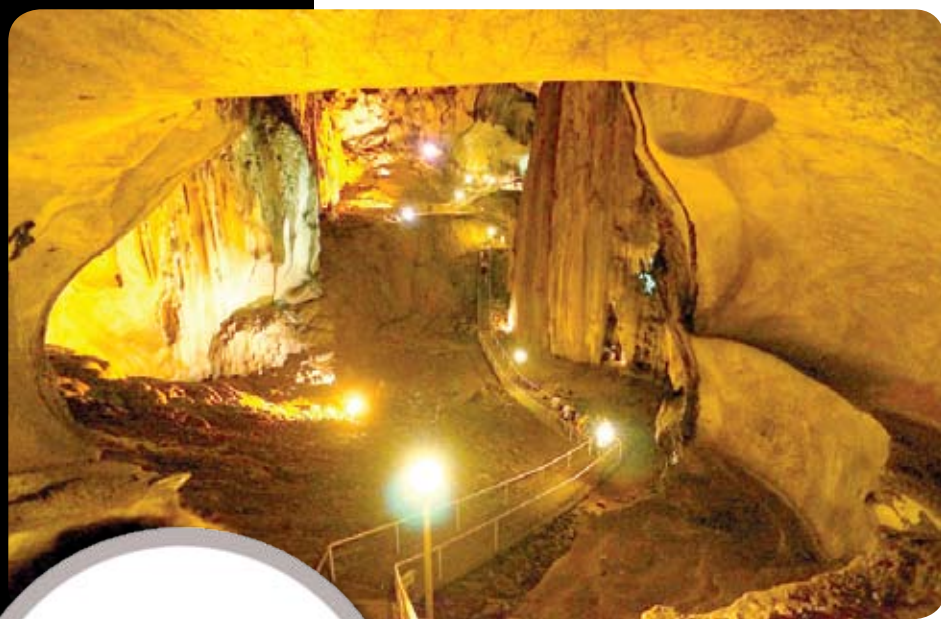
Their main negative point was the difficulty in accessing the tourism products "without a tourist guide a walkabout visitor would not be able to visit all the products".

The Grassis were looking forward to going to Belum and were surprised that both Belum and the *Perak Man* at Lenggong were all found in the same state, adding that Perak had so much to offer the nature lover.

Based on their observations it appears that Ipoh's tourism products are excellent and it is a pity that a large segment of the European market are still unaware of them; also what is evident is that the issue of easy accessibility to the tourism products, which has been highlighted umpteen times, has not been addressed at all.

Ipoh Echo thanks the Grassis for sharing their holiday with our readers and for their photos.

JAG





iSpeak

A. Jeyaraj

Bring Back Boating in Taman DR Seenivasagam

Back in the old days many parents brought their children to Taman DR Seenivasagam for recreation. Boating in the scenic fish pond was one of the main attractions and was popular with children and adults. When I looked at the photos on the internet which were taken in those days, I noticed that the place looked very clean and beautiful. However, I did not come across photos with the boats.

Recently, when I visited the pond I realised that it has been neglected for quite some time and is not being maintained. The boating activity disappeared some time back. The water is dirty and filled with garbage. The trees which have fallen into the pond have not been removed. The sides of the pond are not properly maintained. There is no grill in the drain flowing into the pond to stop the garbage entering into the pond.

The plants and flowers grown at the sides of the bridges crossing the pond are not maintained. Wild plants and trees are growing. The abandoned boat landing is still there and is an eyesore. The dustbins are not emptied and are overflowing. More dustbins are needed at strategic locations. There is no proper walkway along the perimeter of the pond.

There are a number of fallen trees and garbage around the pond which has not been removed. The bamboo shoots growing along the edge are not trimmed. Silting has occurred in certain places.

When I was there, an old man was catching small fishes from the pond. If small fishes are caught, how is the fish population going to be maintained?

The place is still popular and I saw many parents bringing their children to see and feed the fishes with bread. The children enjoy the sight of voracious freshwater fish shoving each other for a tiny bite of bread.

What Ipohites expect is the pond to be restored to the condition it was in the good old days. If it could be done then, I do not see any reason why it cannot be maintained now with new technology and the additional manpower that MBI has. This popular tourist attraction and landmark of Ipoh must not be neglected.

The public are not expecting too much from MBI. They want Ipoh to be maintained as it was during the Seenivasagam era. Ipoh used to be the trendsetter for the country.

A. Jeyaraj



Community



Kinta Heights Upgraded

MBI's flats at Kinta Height and the neighbouring flats at Jalan Silang and Jalan Bijeh Timah were recently upgraded under the government's National Blue Ocean Strategy My Beautiful Neighbourhood programme.

Dato' Seri DiRaja Dr Zambry Abdul Kadir officiated at the handing over ceremony after the completion of the project. Zambry was accompanied by Ipoh Mayor Dato' Roshidi Hashim.

The scope of the upgrading work was major and covered infrastructure maintenance throughout the building. It also included road pavement and drainage repairs, rewiring of lights in the corridors, plumbing and painting the whole building. The total cost of the upgrade is RM4.4 million.

In his address Zambry described the goal of the government's National Blue Ocean Strategy as its way to effect change or transformation. Zambry gave the example of the recently refurbished Super Kinta complex into the now *Urban Transformation Centre* (UTC) which houses 50 government departments and is now a popular 1-Stop Centre providing a convenient service for the *rakyat*.

Zambry also indicated that the low-cost flats at Ashby Road and other old units such as Waller Court will be given similar upgrades in time and will be done gradually.

During the event the residents made a pledge to look after and maintain their premises.

JAG



Lim Kit Siang's Whistle Stopover

Veteran politician Lim Kit Siang made a visit to his former constituency of Ipoh Timor on Tuesday April 23. Explaining that his return visit was part of his '700-km whistle stop campaign covering the four states of Johor, Melaka, Selangor and Perak'. Lim was punctually doing his walkabout at Pasir Pinji market at 7.30am, despite the fact that his last stop was Sitiawan which ended at 2am.

During his walkabout shoppers were seen smiling and warmly greeting Lim. Later standing atop a van Lim addressed the early morning shoppers and asked the residents of Ipoh Timor to forgive him for leaving his safe seat in this constituency to do battle in the MCA bastion of Gelang Patah Johor. "I do not know if I can win but I must finish the job started in 2008 for a change in government."

Lim then reminded the residents to give their full support to all PR candidates contesting in this election before chanting the election war cry "wu yue wu how, huan ching fu (change the government on May 5)". Later after a short press conference Lim obliged the media by taking photographs with them.

JAG



Young Perak

"Reborn" Campaign attracts 800 Visitors

"Reborn, Revive & Recreate!", a slogan for "Reborn" Campaign held in Universiti Tunku Abdul Rahman (UTAR) by the final year Public Relations students carries the meaning of reviving life through organ donation and recreate the spirit of volunteerism particularly among UTAR students and staff.

"This is the first organ donation campaign that UTAR Public Relations students have organised. Given the low number of organ donation pledges, we believe a first step such as creating awareness should come first," said Lim Jean Nie, the Campaign Director. "Volunteering can be in many forms and organ donating is one of them. There were more than 200 pledges collected in just 4 days," she added.

The main attraction of the campaign, the "Reborn" Exhibition, attracted more than 800 visitors. Visitors were astounded by the spectacular human body tunnel with handmade gigantic organs displayed beneath it. "The students had shown remarkable creativity in executing the campaign on campus," said Dr Hasby Haron, Clinical Manager of Kuala Lumpur National Transplant Resource Centre.

Malaysia has a very low number of organ donors, resulting in nearly 15,000 patients being put on the waiting list to undergo organ transplants. "I was amazed by how the organs and information were exhibited and it was very interesting. Besides, I have pledged to be an organ donor as I believe we can save someone's life even after we have left this beautiful world," said Tan Vern Ye, a UTAR Accounting student.



Bursary Award for Anusha

Anusha Rajendran, 18, was the toast of a dinner hosted by *Y's Men's Club Ipoh* and held at MH Hotel Ipoh, recently. Anusha of Main Convent Ipoh scored 10 As in last year's SPM examination. She was among the top students of the school.

As a daughter of a *Y's Men's Club* member, Anusha was eligible for the club's bursary award which is given to children of members who do exceptionally well in public examinations.

Anusha's father died of leukemia in 2008 and is presently under the care of her mother, a teacher. She aspires to be a doctor and has applied for a JPA scholarship to do medicine at one of the medical colleges in the country.

The award, though small, will set Anusha on the path to realising her dreams.

Ed



Talented Michaelians



St Michael's Institution's recent annual drama offering 'A Night of Double Joy' which featured the play 'The Lion King' and followed by Talentime 2013 was indeed that, a night of double joy. As in previous years the play was something to look forward to as the students put forward their best performance each night.



This year's offering, *The Lion King* was no exception. The overall production, lights, set and music were spot on. However, this year's costumes and makeup were a notch above previous years possibly owing to the variety of animal roles in the musical.

The Talentime 2013 was indeed a bonus. The contest was divided into three categories: Solo, Group and Open and served its purpose by allowing the students to showcase their hidden talents. The Solo category was won by Arvinderan on guitar, the Pistache Brothers for Group and Remeinesce under the Open category for their energetic dance performance.

SMI Principal Madam Loh Wei Seng was right to say that the school "indeed had a lot of talented students" and it was clearly demonstrated when the Michaelian Military Band closed the night with their rendition of Psy's popular number 'Gangnam Style', slick moves and all.

JAG

2013 Inter-School Debates



The Finals of the 48th Rotary Inter-School Debates 2013 were held at the Royal Ipoh Club Dewan Sultan Azlan Shah, Ipoh, recently. The hall was filled to maximum capacity by students, parents and guests before 7.30pm.

Initiated by the Rotary Club of Ipoh to promote the use of the English Language among students, help improve their proficiency in the language and to help develop their skills in public speaking, the event was organised by organising chairman, Rotarian Edwin Seibel.

Two topics were debated: 'Video games are harmful to children' with SMK Sam Tet emerging winner and Rayson Sim Wei Jian adjudged best speaker; and 'Parents Should Be Punished For Their children's Mistakes' with the winner being Ipoh International School and best speaker, Looi Kian Siew.

Sport

J.E. Francis Memorial Trophy 2013

A friendly hockey match was played in memory of Joseph Emmanuel Francis on April 20 at Sekolah Menengah Dr Burhanuddin, Taiping, between Penang Veterans and Taiping Veterans. This match which was originally set to be played to celebrate his 90th birthday which fell on February 26 had to be turned into a memorial match when he passed away. Penang Veterans who won the match by a 2-1 margin to claim the Inaugural J.E. Francis Memorial Trophy was led by former Perak State Captain N. Dharmasegaran with Taiping being led by State Coach Manjit Singh. The goal scorers for Penang were Noel Rasan in the 24th minute and N. Dharmasegaran in the 48th minute whereas the Taiping goal was scored by Shukri Muslimin in the dying minutes of the match.

Joseph Emmanuel Francis, better known as Master Joe or just plain Joe, was born in Taiping to Herman Francis and Mary Boudville. He was the only brother to his three sisters, Marcellina, Eugene and Terese. He received both his primary and secondary education at the St George's Institution, Taiping and completed his Senior Cambridge exam in 1939. Being a true Georgian, he returned to his alma mater in January 1947 as a trainee teacher and qualified in September 1949. He served in St George's Institution from 1947 until his retirement in 1978 as Headmaster of the SGI Primary School.

His devotion to hockey could be seen both on and off the field. He was a Perak state hockey player and was involved as an administrator and official. He was the Hon. Secretary of the District Hockey Association for 25 years and the Chairman of the District Football Association for 10 years.

He was a member of the Perak Hockey Association and the Malaysian Hockey Federation and served faithfully as an umpire, umpires manager, technical official and trainer.

He became an International Class hockey Umpire and was also the Manager of Umpires at various national tournaments, including the inaugural Asian Champions Club Tournament in 1990. He



Irene Francis presenting the Challenge Trophy to Noel Rasan

was also the Umpires Manager at the Indira Gandhi Memorial Trophy in New Delhi, India in 1984.

The inaugural match which will be held annually was witnessed by family members and friends. Irene Francis, the wife of Master Joe gave away the challenge trophy to the winners and presented prizes to both the participating teams. Later in the evening, there was a memorial service attended by more than 200 guests followed by a dinner hosted by the family. Irene's parting words for her beloved husband was "Hockey was his life".

Representing the umpiring fraternity was former World Cup and Olympic Umpire Amarjit Singh Jessy and International Umpire H. Ravinderpal Singh.

Said Amarjit, "Master Joe was a great man and well respected, who contributed immensely to the game in the country and the Umpiring world. A polished figure in his public speaking, Master Joe was an honest and a non political participant in sports and was very well appreciated by those who knew him. He was instrumental in many umpires being promoted and recognised internationally."

"Thank you and adios my friend, as you will forever be remembered for your deeds," he added.

Amarjit S. Jessy



L-R: Amarjit Singh Jessy, Manjit Singh, Hamid Omar, Rahman Karim, H. Ravinderpal Singh, Ranjit Singh, S. Karunakaran, Ranmeet Singh

Young Perak

International Understanding & Peace Day



Rotary Club of Ipoh presented prizes to winners of the *World Understanding and Peace* essay writing and quiz tests at the Royal Ipoh club recently. Twenty five candidates from five Interact clubs of Ipoh took part. The questions were taken under exam conditions, and tested the knowledge of the students on World Understanding and Peace.

Past President and Director of International Service, Dato' Richard Small shared some of the answers to the questions. One question related to how Peace could be promoted in the world. This produced some interesting ideas, some practical, some whimsical. Doing away with nuclear weapons and stopping the arms race was popular, as was promoting democracy, stopping racism and global warming, and learning from past mistakes. One candidate wanted to encourage music, service to others and on-line gaming, and another wisely stated that people should correct their own actions before criticising others.

President Anthony Ang, the current President of the Club gave away the prizes. First prize of RM200 was won by Ms Cheang Hoi Lim (pic) from Perak Girls School Ipoh, the second prize of RM100 went to Mr Jonathan Charanraj of SM Anderson and the third prize of RM50 to Ms Oh Chin Yi, from SMK Yuk Choy Ipoh. The group's best results trophy was captured by SMK Anderson Ipoh.

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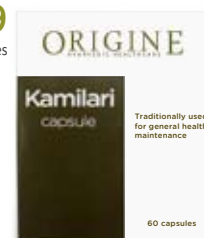
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Exp. Completion date : Oct 2014
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Approved Plan No. : OSC(249-A)/B/1/64/1005/11
Land Encumbrances : Nil
Total units : 176
Exp. Completion date : June 2014
Land tenure : Freehold
Price : Min RM340,860 Max: RM477,800
Approving Authority : Majlis Bandaraya Ipoh