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Dog Gone It!



# IPOH — From Bean Sprouts to Sprouting Hotels

By James Gough



Hotels in Ipoh before 2009, were very few. In our September 16, 2011, report under the topic 'Ipoh City Council's Plans for VPY 2012', we reported that Ipoh had six 3 and 4-star hotels and 71 3-star-and-under hotels available with another two big hotels, MH Hotel and Kinta Riverfront and Suites, coming on stream at the end of that year. Fast forward to 2013 and a quick snapshot around town revealed a hotel in many corners all around town. Come 2015 and there will be a total of 98 hotels just for Ipoh.

Continued on page 2



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# Will Tourism Growth Sustain the Growth in Hotels?

With the proliferation of hotels all over Ipoh, the question that comes to mind is that of sustainability. Will occupancies keep up with the increased supply of rooms?

## MBI's Hotel Report

At Ipoh City Council's monthly board meeting in March, Mayor Roshidi produced a report on the number of hotels (star rated and budget hotels) that had been approved by the Council's One Stop Centre over the last two years. The data did not include the existing hotels opened earlier.

The data revealed 46 approved and operating hotels, one 5-star, one 4-star, eighteen 1-3 star and 26 budgets; with those planned and under construction totalling 39. (One 5-star, three 3-4 star and 35 budgets). These include the Weil Hotel (300 rooms), Casuarina Meru Raya (150 rooms) and Cititel. Of those approved but not yet rated – 13. This includes the Ipoh Convention Centre (250 rooms) bringing the total of all these new establishments in the last two years, and those coming online in the next two years, to a total of 98 hotels just for Ipoh.

In terms of occupancies, it is surprising that despite the entry of new hotel players over the last two years, there has not been a dilution in occupancies and all operating hotels have reported to be doing well.

So what has contributed to this positive state of affairs?

## VPY 2012 Promotions Contribute to Longer Stays

The promotions for Visit Perak Year (VPY) 2012 may have started late (in the middle of 2011) but it nevertheless got the message through that Perak was a tourist destination that had yet to be fully discovered.

According to Vincent Ee, the President of the Malaysian Association of Hotels (MAH), Perak Chapter, Perak's three main active tourist destinations are: Taiping, (known for its heritage), Manjung, (and to a greater extent) the attraction of Pangkor Island, and Ipoh known for its delicious food and heritage. All three have shown an increase in visitors.

Although promotions have been going on for years, attractions such as Gua Tempurung and Kellie's Castle have reflected improved visitor figures for the last two years. Ee attributed this to the good VPY 2012 promotion work that was carried out.

Ee stated that the promotion had contributed positively to better room night figures which translated to an approximate 12 to 15 per cent improvement of extra nights stayed at MAH member hotels.

Considering that there were more hotels opened in the last 18 months, the improved room occupancy reflected a positive and healthy tourism market.

According to Tourism Malaysia Perak's hotel guests data, the number of visitors to Perak for 2012 amounted to 2.42 million.

## Management and marketing

Ms Maggie Ong, the Director of Syuen Hotel, who is also the Deputy President of MAH, reconfirmed that even though the room supply has gone up, its MAH member hotels were still healthy and recorded an average 60-65 per cent occupancy rate last year.

Undoubtedly, budget hotels do take away some room nights from the star-rated ones but different customers have different budgets and each hotel will attract their level of customers accordingly.

One strategy that the bigger hotels use to attract visitors is to organise seminars and conventions and introduce stay packages with local tours thrown in. This has opened up new markets and are bringing in new visitors to Ipoh. For example, during the recent school holidays, Impiana Hotel threw in a free entry to Lost World of Tambun as part of its holiday package.

## Networking

A positive development adopted by several of the older hotels was the initiating of a network of information sharing and cooperation amongst MAH members to standardise prices and tourism activities and to recommend customers when there is a spillover from large events.

This network initiative ultimately benefits the customer in terms of seamless service while at the same time contributing towards a harmonious hotel industry



Upcoming Casuarina Hotel at Meru Raya

environment. Currently, this team of network members are working on the "International Waiters Race" event, and meet punctually every month.

## Tourism Products: Food, Heritage and Ipoh Town Itself

A main attraction for Ipoh has always been about its food, be it chicken and bean sprouts or a whole menu of local delicacies. Then, later came about the Heritage Trails of Old Town. While these two attractions continue to draw the visitor to Ipoh, Ipoh town itself is a popular draw for the adventurous visitor where all the attractions in Ipoh are within walking distance.

Occasionally, it is common to see visitors arriving by train, foregoing the taxi and preferring to walk 2 to 3km to their hotels instead, and in the process take in the sights of the Heritage Trail before arriving at their destination.

Similarly, due to the proximity of the hotels to the popular food outlets, most visitors prefer to walk compared to driving and having to look for a parking lot. Due to this fact, Syuen Director Ong has designed a poster-size map to be placed in the hotel identifying the popular food spots and attractions around town.

## Future Challenges: Attract More Foreigners

Ipoh's hotel industry may be healthy for now but with more hotels coming on stream over the next 12 months will it remain status quo?

According to Ong, the tourism market can still grow and gave the visitor composition which consists of 60 per cent domestic and 40 per cent foreigners as an indicator that the foreign visitor base has volumes of potential for growth.

"Foreigners visit for the Heritage Trail. However, they lament that there is insufficient product knowledge of the heritage products which leaves them dissatisfied," added Ong.

Another lament the visitor has is the difficulty of access to tourism products, such as, the Lost World of Tambun, Gua Tempurung or even Kellie's Castle. Sadly this issue was reported by Ipoh Echo two years ago but apparently it has not yet been addressed.

Another challenge that bears consideration is that of direct air links. With the upgrade of Sultan Azlan Shah Airport completed, the relevant authorities should initiate direct air links with ASEAN cities such as Bangkok, Jakarta and Manila. Should a direct link with Guangzhou, Southern China be possible, Ipoh will see a consistent flow of visitors even though it will be for food visits initially.

Cleanliness and safety is another issue raised by visitors and is one of the challenges that needs addressing.

## Ipoh City Convention Centre

Work on the Ipoh City Convention Centre (pic below) is just starting at the former Bougainvillea Garden in between Syuen Hotel and MBI. When completed in two years time it will consist of a 250-room hotel and have a seating capacity for 2500 convention participants.

Assuming that its first convention in the future is fully attended, it will be a windfall spillover for all the hotels in the immediate surrounding vicinity.

Considering the convention scenario and assuming the measures to attract more foreign visitors are initiated, Ipoh's hotel industry can, not only grow but in all probability, thrive.



Syuen Hotel's map of popular food outlets. Inset: Syuen Director Ong



# Forging a Formidable Team

*Those holding the portfolios of local council, economic developments, women affairs, education and tourism will be hard pressed to show results, as their continued term in office is contingent upon their performance*

The formal results of the 13th General Election have been announced by the Election Commission and in spite of the many irregularities, perceived or otherwise, most Malaysians have come to accept their fate. Have they gone their old complacent ways? I doubt it. Election petitions on 29 seemingly controversial seats are being filed and the courts have six months to arbitrate on the cases and make their judgments known.

This and the upcoming electoral boundary delineation exercise will be the two most watched, most reported and most talked about post GE 13 events. They will be discussed, dissected and deliberated at coffee shops, at social clubs, at bus stops, on buses, on trains and in toilets. Malaysians' favourite pastime of late has been about the general election and its impact on the populace.

The blame game never seems to cease. Depending on which side of the political divide one is inclined to, the propensity to apportion blame on a particular community has become increasingly apparent. Having analysed the results, in my own imperfect way, I won't be wrong in assuming that there is a rural-urban split in voting pattern. The more IT-savvy and exposed urbanites prefer a change while the vastly impoverished and poorly-informed rural population wants no part of it, preferring status quo instead. The disparity is most evident in Sarawak and Sabah where accessibility to the interiors is restricted by distance and remoteness.

The healing process may take months or not at all. Prime Minister Najib wants reconciliation as a way out but events unfolding in the weeks following Election Day on May 5 have proven otherwise. Statements by the newly-minted Home Minister and the newly-promoted Inspector General of Police are less than inspiring. They ought to know that intimidation will not cow the diehards who have a cause to fight for.

At a dinner for media representatives hosted by Dato' Seri DiRaja Zambry Abd Kadir recently, the Menteri Besar declared that he wanted to minimise the blows by avoiding confrontation. "My party supporters have urged that we organise rallies like what the opposition is doing. But that's not the right thing to do," he reasoned. Believing that a confrontational approach would only aggravate things, the MB has vouched for a cooling period. "Hopefully, level heads will eventually prevail." Perakeans are peace-loving people and I am certain they will not resort to violence to demonstrate their displeasure.

The sentiment on the ground is one of optimism. Most have come to terms with the outcome of the election and are prepared to move on. The opposition coalition may have their reasons but they cannot deny the people's right to continue with their lives. The reality on the ground is something else. The same old problems that have been haunting the people are back. Dirty back lanes, uncollected rubbish, traffic jams and double parking are some that Ipohites face on a daily basis.

Complaints of poor service at the Urban Transformation Centre (UTC), Najib's centerpiece, have now surfaced. My prediction was right. It will be a matter of time before the ugly side of the Malaysian Civil Service rears its ugly head. It is widely reported that the Immigration Department counter at UTC does not operate fully on weekends. "There are times when it is closed for no apparent reason," complained one irate lady. Could this be the beginning of the end? I don't wish to speculate but suffice to say that tackling these never-ending problems should be a priority.

Nine new executive councillors have been appointed. They received their letters of appointment from the Regent, Raja Dr Nazrin Shah at Istana Iskandariah, Kuala Kangsar on Saturday, May 18. Of the nine, three are former appointees while the remaining six are new. Those holding the portfolios of local council, economic developments, women affairs, education and tourism will be hard pressed to show results, as their continued term in office is contingent upon their performance.

The Menteri Besar has warned that their appointment was not a form of reward for their selfless service to the party but a responsibility they have to shoulder. "A committee will be formed to oversee their performance in accordance with the *Aku Janji* (pledge) made by the party before the elections," said Zambry to the media.

Zambry's assurance is timely given the current state of affairs. Perak's highly urban setting requires a very committed executive councillor who can motivate the state's 15 local council presidents to perform beyond the norms. We need only to look at the deficiencies within Ipoh City Council which are simply too glaring. "Things are not getting any better," said one senior citizen.

With a fresh mandate to administer the state for another five years it is the fervent hope of every Perakean that the ruling coalition, under the able stewardship of Dato' Seri DiRaja Zambry Abd Kadir, will rise to the occasion.

Has he forged a formidable team to bring Perak to another level? Only time will tell.



## EYE HEALTH - CORNEAL ABRASIONS

***Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about CORNEAL ABRASIONS.***

A corneal abrasion is a scratch injury to the cornea. The cornea is the clear dome-shaped transparent, outermost part of the eye. You can liken this part of the eye to the windscreen of your car. Injuries to this part of the eye occur commonly in both kids and adults. It usually occurs when some sand or dust enters the eye.

### What are the causes?

The eye has natural barriers like the eyelashes to prevent particles or foreign bodies from entering the eyes. When a foreign particle enters the eye, the eye responds by producing a flood of tears to try and wash away the foreign particles.

The problem comes about when the foreign object remains in the eye and is in contact with the cornea in such a way that it scratches, cuts, or damages the surface. This is made worse when the person rubs the eye in an effort to get it out – which most often happens in kids! You can envision this simple action of rubbing the eye to have an effect of sandpaper on the cornea because of the trapped particle underneath the eyelid rubbing against the surface of the cornea.

Many things can enter the eye to damage or scratch the cornea. These include sand particles, dust, ceiling board flakes, wood shavings, insects, sparks from a fire, cooking oil pieces of paper or the edge of a sheet of paper and even a person's own fingernails! Other things that may damage the cornea are chemicals, poor handling of contact lenses and eye make-up or facial cleansers used when a woman goes for a facial treatment.

### Symptoms

Firstly, this will almost certainly be painful. Secondly, because of the way in which the cornea functions, it often causes vision disturbances. Often there will be a stinging or burning in the eye along with blurry vision in the affected eye.

Some of the other symptoms include the following:

- Photophobia: the eye is hypersensitive to light.
- Hyperaemia: the eye is bloodshot or red.
- Lacrimation: tearing or watering from the eye is usually excessive and persistent.
- Foreign body sensation in the eye: a sensation of a something stuck in the eye.
- Eyelid oedema: swelling of the eyelids may occur.

### How is it diagnosed?

Well, the history of something getting into the eye is quite classical. Should you or your child be exposed to something like this, DO NOT RUB THE EYE but flush the eye out with tap water or sterile normal saline if you have some of this at home. It is best to seek professional help if you are unsure of whether or not the foreign particle has come out of the eye or not, more so if you still have symptoms.

Your GP will look for any particles still present in the affected eye. Often, the doctor will flush out the eye with normal saline solution in an attempt to flush minute particles that may not be so easily visible with a torchlight examination. If the cornea is extensively abraded, often the GP will refer the patient to the eye doctor.

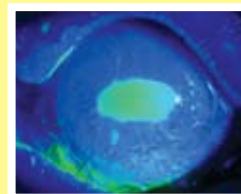
The eye doctor will be able to determine if the particle is still there and also determine the extent of the corneal abrasion. Often, the eye doctor will confirm the presence of the corneal abrasion by instilling a special stain called fluorescein into the eye. Then, using cobalt blue filtered light, any corneal abrasion will light up a bright green fluorescent colour – to reveal the extent of the corneal abrasion. (See adjacent picture)

### How serious is this?

Corneal abrasions if treated properly heal completely and do not cause any trouble. Corneal abrasions only cause trouble if they get secondarily infected and end up as corneal ulcerations that may even lead to blindness. Rarely, corneal abrasions do not heal well and the layer of epithelium (outer layer of cornea) refuses to close up permanently, resulting in frequent breakdown known as persistent corneal epithelial defects. Should you suffer from any symptoms that are prolonged, do seek professional eye treatment.



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



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Note: This is a Non-Religious Event

For more information, call Gill Eye Specialist Centre at Hospital Fatimah  
(05-545 5582) or email [gilleyecentre@dr.com](mailto:gilleyecentre@dr.com).



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## Tourism PTA to the Fore

A gathering of the who's who in the state tourism industry was held at Syuen Hotel, Ipoh on Wednesday, May 22. The get-together was organised by the Perak Tourism Association (PTA) with the concurrence of the Ministry of Tourism and Culture (Perak) and Tourism Malaysia (Perak).

The primary objective of the meeting, according to Hj Odzman Abd Kadir, President of PTA, was to plan ahead following the appointment of a new executive councillor for tourism after the conclusion of the 13th General Election.

Puan Nolee Ashilin bt Mohd Radzi, state assemblywoman for Tualang Sekah, has been appointed to the hot seat on Saturday, May 18. Nolee, 38, has the advantage of youth on her side. And coming from a family of politicians she definitely has the edge over the rest.

Tourism is the third highest income generator after petroleum and raw commodities. For 2012, the nation collected a staggering sum of RM60.6 billion from tourism. Potential for growth in the tourism sector in Perak is great. However, planning and a lack of dynamism are holding things back. And unless these problems are addressed, the likelihood of a slump becomes apparent.

Most of the points raised by participants were the same. High on the list are poor maintenance of tourist spots, lack of signage and information.



These points will be presented to Nolee by PTA as a curtain raiser.

Odzman announced the association-organised activities in the pipeline. The much awaited Ipoh International Waiters Race has now been rescheduled to Sunday, June 29. Of equal importance is the Tourism Appreciation Dinner planned for Friday July 5 to be held at Lost World of Tambun. The dinner is to honour those who have performed well in their respective establishments.

Ed

## News Roundup

### 4000 Riders for First Ipoh Nite Ride



A whopping 4000 bikers participated in Ipoh's first 'Ipoh Nite Ride' that took place last Saturday May 25 at Dataran MBI. The participants came from all over the country and consisted of all age groups.

Retired Hospital Assistant, Badli Shah, 84, from Kampung Kepayang,

couple Tony and Jackie Wong from KL and riding groups Orinz from Ipoh and Raintown Cycling Club from Taiping all took part just "for the fun of it".

Organised by Malaysia Interaction Culture Association (MICA) in cooperation with MBI, the ride was kicked off by Ipoh Mayor Dato' Roshidi Hashim slightly after 8pm. Before the kick off, the whole area in front of Ipoh City Council was a carnival atmosphere with participants taking photos and pretty models posing beside their bicycles.

Escorted by police the ride went through Jalan Raja Dihilir, passed through town and made brief stops at the Railway Station and Kinta Riverfront Hotel before ending at Dataran MBI.

MICA Chairman Adam Chooi had attempted to garner 3000 participants to put the event in the Malaysia Book of Records. However, at the start of the event only 2500 participants had registered.

Nevertheless as the Ride moved through Town it was joined by smaller groups of riders and eventually stretched over 3km. According to Chooi, based on this stretch of riders the estimated participants for the ride should be a tally of over 4000 bikers.

For those who missed the ride please be ready for next year as Mayor Roshidi has declared that 'Ipoh Nite Ride' will be an annual event from this year onward as part of the City Day celebrations.

JAG

## Ipoh City – 25 Years Old

Monday May 27 was Ipoh's 25th anniversary as a city. To kick off its Jubilee celebrations, MBI staff gathered at Ipoh's City Hall in the morning for a special assembly and presentation of Distinguished Service Awards.

The auspicious occasion was graciously officiated by newly minted State Exco for Local Government Dato' Saarani Mohammad together with Ipoh Mayor Dato' Roshidi Hashim. Other VVIPs present for the celebration included Mr Rivai Nasution representing Walikota Medan (City of Medan) Indonesia and Datuk Yeoh Boo Hai, Director General of Kota Kinabalu Town



Council.

Over 200 City Council staff were presented outstanding service awards. In his address Roshidi thanked his staff for their dedicated and excellent service which enabled MBI to achieve its vision of being a prosperous, dynamic and vibrant community.

Dato' Saarani's advice to the council staff was a sweet and short statement "provide service for the residents similarly as you would like others to service you".

For Ms Ooi Bee Teck, currently with the Mayor's office, this is her second time receiving MBI's Distinguished Service Award. The first was in 2006 when she was with the Public Relations section. Considering she has been with MBI for 12 years, this second award was much noted.

An exceptional recipient of the awards was MBI's Secretary Dato' Abdul Rahim Maarof who was presented his award from the State, the only MBI staff to enjoy the State's recognition.

Rahim admitted that this was his first job, having started with the Council 30 years ago as a Legal Officer before assuming his current position as Secretary.

The awards presentation event was the start of six weeks of celebrations which includes the Ipoh International Run as well as the Ipoh International Waiters Race to name a few.

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## ANNOUNCEMENTS

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

**Ramadan Bazaar Permits** to be issued by Majlis Bandaraya Ipoh from **June 3 to 21**. Eighteen sites, six with canopies and the rest without, will be open for Muslims to buy food for the breaking of fast during the month of Ramadan. A total of 1204 lots are up for grabs. Those wishing to book a lot are required to bring a photocopy of their IC, anti-typhoid injection card, food-handling course certificate, a passport-size photograph and a list of their helpers. Lots with canopies cost RM210 each while those without RM60 each. Time of permit issuing is from 8am to 10am daily on the said dates. For information, visit Jabatan Kesihatan, Bahagian Pengurusan Penjaja on the fourth floor of MBI building or call 05-208 3696.

**Blood Donation Campaign** organised by Malaysian Red Crescent Ipoh Chapter, Sunday **June 9**, 10am-3pm at UTC Perak (former Super Kinta).

**Student Camp: "Go Green Students Camp – Youth & Environment Sustainability"** organised by Sekolah Menengah Kebangsaan Raja Perempuan (RPS), Ipoh, from **June 15 to 19**. Included is an expedition to Royal Belum Forest, exhibitions and lectures. Participation from secondary school students aged 15-18 years throughout the country are welcomed. Each entry must consists of a school teacher and three students. An international

certificate will be given to each student who participated. More information on costs and programme participation can be found online at: <http://www.smkrajaperempuanipoh.com/ggsc2013> or contact Mdm Foong Ee Lin 05-249 4830.

**Convent Girls Alumni (COGA) Ipoh Annual Reunion themed "Nostalgic Schooldays"**, Saturday **June 15**, 12.30pm at Main Convent Ipoh. In conjunction with the reunion, a "Bake-off" competition for members in the newly refurbished home science room, will be held in the morning. For enquiries and tickets, contact Terezinha 012-573 2683 or Agnes Wong 019-557 1319.

**FMM Institute Perak Programme: "Correct Interpretation and Compliance with Minimum Retirement Age Act 2012"**, Wednesday, **June 19**, 8.30am-5pm at FMM Institute Perak, No. 1 Lorong Raja DiHilir, 30350 Ipoh, Perak Darul Ridzuan. For details call Ms Harvindar or Ms Nicole at 05-548 8660.

**Perak MILO-MBI-MSN Hockey 6 and 7-a-side Tournament** organised by Ipoh City Hockey Association in conjunction with Ipoh City Day, **June 22-23** at Ipoh Padang and Stadium Azlan Shah. Call Jaswant at 012-565 6647 for more details.

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## MUSINGS ON FOOD



By See Foon Chan-Koppen

Photos by Ginla Chew

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I have always maintained that husband and wife teams operate the best restaurants especially when one is in the kitchen and the other is serving guests. **Wong Sheng** restaurant in Desa Rishah is a case in point.

Introduced (yet again) by my peripatetic foodie friend Ginla Chew who has this propensity for wandering off the beaten trail and uncovering small gems of culinary delights, Wong Sheng is helmed by Andy Chan in the kitchen who has worked as chef in the UK and in Tai Thong in Ipoh, while his wife Christine Wong Sheng is capably taking orders and handling customers out in front.

A relatively 'new' restaurant, Wong Sheng has been open for more than a year. Located on a corner shoplot with a lane right next to it which is used to full effect at night with tables filled to capacity, this restaurant is bright and airy and the toilets are the cleanest I've ever had the pleasure to use in a coffee shop style restaurant. Kudos to the couple for maintenance.

It was a feast of sorts when I went there with a group of friends one evening. Dish after dish arrived on our table in rapid succession, every single dish worthy of mention. The first dish to arrive was the **Wu Tao Kao Yoke** or Taro braised with pork belly. Now this is quite commonly found on a lot of 'Tai Chao' (Cantonese for 'Big Fry') restaurant menus but the difference between this one and some others I've tried is like chalk and cheese. This **Wu Tao Kao Yoke** is one of the best I've tasted, the Taro soft and melt-in-mouth and the pork belly tender, succulent and layered with enough fat to give the dish its velvety smooth mouth feel without being too cloying and guilt inducing – RM16.80.

The next dish to arrive was the **Baby Pak Choy** sautéed with an eclectic mix of dried prawns, diced taro, cashews and topped with some crispy fried cuttle fish which lent its fragrance to the whole dish, aided and abetted by the dried prawns imparting its unique flavours – RM8.

Then came their signature fish – a **Fresh Tilapia Fried** and served swimming in an interesting sauce reminiscent of our usual *asam* containing tamarind



surprise, surprise, where



Butter Prawns, fried prawns evaporated milk and butter and topped with a mesh of the same sauce made solid – somehow (chef's secret) – RM15. Then came another fish, another Tilapia but this time it was called **Patong Fish**, steamed with a sauce redolent with ginger flower or *bunga kantan* – RM23.

The **Nam Yee Kah Heong Chai**, a vegetarian dish comprising cloud ear mushrooms, cabbage, carrots, baby corn and regular mushrooms, with the *Nam Yee*, a fermented bean curd that is red in colour imparting its inimitable flavour and binding the ingredients in a flavourful melange, was delightful – RM7.

Finally groaning from the surfeit, Christine persuaded us to taste one more of their signature dishes, the **Smoked Spare Ribs**, thick meaty ribs coated in a semi sweet sauce, the meat tender and juicy – RM16.80.

All in all a memorable meal and worthy of many more visits.

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# SeeFoon Explores Desa Rishah



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### THE "TAUFU TWINS" WITH INOKI MUSHROOMS

by Pauline Chang

#### Ingredients:

- White Taufu 3 pcs } Cut each taufu into 4 pcs
- Fried Taufu 3 pcs }
- Fresh Inoki Mushrooms 1 packet (100g)
- Fresh Prawns 200g (shelled)
- Garlic (minced) 1 tablespoon
- Cooking Oil 3 tablespoons
- Angel Light Soy Sauce 2 tablespoons
- Angel Thick Soy Sauce some
- Angel Oyster Sauce 1 tablespoon
- Sesame Oil 1 tablespoon
- Salt, Sugar, Pepper to taste
- Chicken Stock 2 cups

#### Method:

1. Heat 3 tablespoons cooking oil to fry chopped garlic and prawns till fragrant.
2. Add in Angel Light Soy Sauce, Angel Thick Soy Sauce, Angel Oyster Sauce, and chicken stock.
3. Add in Taufu and Inoki Mushrooms.
4. Cook well. Add in Sesame Oil.
5. Garnish with fried shallots, spring onions and celery.
6. Serve hot with rice.



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## News Roundup

# Breast Prosthesis Presentation

Under the National Welfare Foundation's Belayan programme, the Pink Champions Society Perak recently assisted 80 underprivileged breast cancer survivors in obtaining a free prosthesis and two bras, worth about RM900 per set.

This project, organised in such a large scale for the first time by Pink Champions Society Perak and in conjunction with Mother's Day, helped to reduce the financial burden and emotional stress of patients. It enabled them to continue life with confidence.

Recipients, either Malaysian citizens or permanent residents, were selected based on certain criteria. These include total household income below RM5000; patients are receiving treatment in government hospitals and their medical conditions are confirmed by doctors. To date, more than a hundred survivors have benefited from this programme.

In April 2013, with an allocation of RM10,000, Pink Champions Society Perak launched a programme to help newly-operated breast cancer patients, who are financially constrained, by providing them with one soft prosthesis and one post-operation bra, worth RM90.

Meanwhile, under the CSR Khazanah Fund, Pink Champions and Pantai Hospital Ipoh are identifying poor and needy breast cancer patients who require surgery and chemotherapy, by providing them with free treatment. Since January 2013, three patients have benefited from this programme.

Pink Champions Resource Centre is located on the 5th floor of Hospital Pantai

Ipoh, Jalan Tambun, Ipoh. Services available at the centre include information on breast cancer, psychosocial support from breast cancer survivors, guidance on Breast Self-Examination (BSE) and the purchase of prosthesis, mastectomy bras, wigs and scarves. The centre is open Monday to Friday from noon till 4pm. Readers who require information on the centre can call its president, Mardianah Mohd. Yusuf, at **012-516 1240** for details.

Breast cancer survivors who need further information on the Belayan programme can contact Rachel Lee at **012-522 9700**.

Emily



## Healy Mac's Entertains Orphans

The smiles on the faces of 150 children from seven orphanages and children's homes in Ipoh were priceless. Not only did they get to enjoy a sumptuous lunch at Healy Mac's Irish Bar & Restaurant hosted by the outlet's management, they were also entertained by an army pipes and drums band and got to pose for photographs holding M4 assault rifles with an army Humvee in the background. The army's multi-purpose vehicle was one of the highlights of the afternoon.

The day out for the children, dubbed Orphans' Day by Healy Mac's, was held in conjunction with Mother's Day on Sunday, May 12. The homes, namely, Praise Emmanuel Children's Home, Hope for Autism Society, Precious Gift Home, Praise Home, Pertubuhan Kebajikan Anak-anak Yatim Jaz, Good Shepherd Home and Vision Home received RM1000 each from the management of the restaurant.

The idea to treat these underprivileged children between 5 to 12 years old came from senior patrons of the restaurant.

According to outlet manager, Jerry Galvin, it was amazing that a little outreach event like this could elicit so much joy from the children. "Of course, it wouldn't have been successful without the sponsorships of regular diners," he reasoned.

Healy Mac's thanked the Commander of the Ipoh-based 2nd Malaysian Infantry Brigade, Brig-Gen Dato' Md Dzahir Abdul Rashid for his assistance. The show by the brigade's pipes and drums platoon and the emplacement of a Humvee for the benefit of the children were coordinated by HQ 2 Brigade's Chief of Staff, Lt-Col Johnny Lim. The soldiers' presence was a big hit with the kids.

The management of Healy Mac's Ipoh plans to hold a similar event for an even larger group of children come Christmas time, with a different line up of programmes. This Ipoh restaurant's Corporate Social Responsibility (CSR) initiative will be a bi-annual event, where the management strives to give back to the local community, particularly underprivileged children.

Galvin concluded, "Anyone in the position should make that little effort to reach out to these children. It means a lot to them."

Emily



## Improving Lung Health

To promote healthy lungs and to launch the asthma-friendly school programme on Perak Lung Health Day, the Perak Chest Society organised a walkathon at Polo Ground, Ipoh recently.

It saw the participation of some 400 people which included hospital staff, students and the public. They had to walk three rounds around the recreational park.

Free health screening focusing on lung health and functioning was provided by

private hospitals.

As this was not only an exercise but a learning event, participants had to answer a questionnaire on asthma, Obstructive Sleep Apnea (OSA), Chronic Obstructive Pulmonary Disease (COPD) and nicotine addiction. Posters were placed around the park for reference.

Three participants with the best time and scored top marks in the questionnaire won a foldable bicycle each while the following seven received hampers. All participants also received goodie bags and certificates of participation.

The "Walk for Your Lungs" walkathon was flagged-off by Mdm Soot Mooy Ching, principal of SM Methodist (ACS) Ipoh. The Walk was also used as a platform to raise funds to run the asthma-friendly school programme. Currently, there are two pilot schools: SM Methodist (ACS) Ipoh and SMK Ave Maria Convent, while SMK St Michael is a sponsored school.

Participating schools will have their students, teachers, school staff and first aid providers trained to administer first aid to those who have an asthma attack while at school.

The Perak Chest Society, which runs awareness programmes and free health screenings biennially, plans to add more schools to its asthma-friendly school programme and expand beyond Ipoh.

Asthma is a very common lung disease and it affects 10 to 13 per cent of the population. One in ten children in Malaysia has asthma. While some children outgrow the illness, some require medication into adulthood. Thus, the Perak Chest Society decided to run the asthma-friendly school programme to improve the well-being of affected children.

For more information on the Perak Chest Society, call **05-255 6302**.

Emily





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## News Roundup

## Dog Gone It!



**T**wo dogs, left unattended and starving to death were found in an empty house put up for sale at Mansion Park recently. Ipoh Echo received an SOS from an irate resident who could not stand the cruelty meted to the poor animals and pleaded for the paper to take action and show some humanity.

A staff reporter was promptly dispatched to investigate the matter upon receiving

the distress message and was touched upon arrival at what he saw. A group of animal lovers had already gathered at the scene and trying to get food to the suffering dogs behind the locked gate. Just about the same time, the owner of the house appeared from nowhere and was immediately reprimanded by one of the angry residents for mistreating the dogs. He reluctantly opened the gate and the "rescue" operation commenced.

A hairless, stick-thin dog, a German Shepherd it seems, chained near the front door of the house was found trying to get some shelter from the scorching midday sun under an air-condition vent. It was coaxed out from its 'shelter' and was so weak that it could hardly stand on its own legs. It gobbled up whatever food it was given within minutes. The other dog, a Rottweiler, chained behind the house, fared much better under a shaded area but was nonetheless just as undernourished. It too gobbled up the food given. All this while the house owner claims that he feeds the dogs daily. Looking at the conditions of the dogs one wonders?

Apparently, this dastardly matter had already been reported to the relevant authorities but none have come forward to rescue the poor animals. The good Samaritans, one of whom owns a pet grooming salon in Bercham, then offered to take the German Shepherd away for rehabilitation. Negotiation is still going on for the owner to give up the Rottweiler for adoption as well. At time of writing, the poor German Shepherd is doing fine and on its way to recovery, probably in a few months' time thanks to kind hearted souls like Judy, Irene and Aaron.

One just has to worry about the Rottweiler still under negotiation. And what about prosecuting the owner for cruelty to animals?

SH Ong



## Promotion and Commendation

**I**t was a memorable morning for the ten police sergeants from the Ipoh Police District who were recently promoted from the rank of corporal. They were presented with their stripes and congratulatory letters by the Ipoh police chief, ACP Sum Chang Keong during a parade held at the Ipoh police transport depot.

Twenty one police personnel also received letters of commendation for their exemplary work performance. Sum congratulated the newly promoted sergeants and reminded those



who were unsuccessful to not give up.

He called upon all to give their utmost and be committed in their job. With a strong team, the image of Ipoh police district will be enhanced and be a shining example for the rest to follow in the country.

The brief parade was attended by Ipoh district deputy police chief, Supt Anuar, department heads, station chiefs, officers and the rank and file.

Emily

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## Wellness Seminar

Saturday 15<sup>th</sup> June 2013 9:45a.m. – 3:00p.m.

Discover yourself by uncovering your inner wellness and beauty – you deserve to unwind, peel away layers of stress and take a step closer to improve your personal health.

**Programme:**

9:45 a.m.	:	Registration
10:00 a.m.	:	Introduction (VIP & Phyto 5)
10:15 a.m.	:	Vital Energy – Energies of Colors & Light by Jon Canas
12:00 p.m.	:	Q&A Session
12:30 p.m.	:	Lunch @ Banyan
1:15 p.m.	:	Launching of AGELESS La Cure – Aging & Anti-Aging
2:30 p.m.	:	Q&A Session
3:00 p.m.	:	Photography Session

Jon Canas is C.E.O of Laboratoire Gibro S.A., exclusive manufacturer of the energetic skincare line PHYTO 5. He studied hotel management at Cornell University, obtained an MBA from Northeastern University and the AMP from the Harvard Graduate Business School.

Gina Canssisi Canas, is a Licensed Massage Therapist and licensed Aesthetician. She graduated from the Florida College of Natural Sciences (FCNH) in 1992 and holds an Associate Degree in Natural Health. She is the Director of Education based in the USA and International Trainer for PHYTO 5, the Swiss skincare line based on the energetic principles of traditional Chinese Medicine (TCM).

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## Business

## MoU Inked

A Memorandum of Understanding [MoU] between Perak Entrepreneur & Skills Development Centre [PESDC] and SIRIM Berhad was signed recently in Pulau Pangkor witnessed by YAB Menteri Besar. The two organisations form a strategic partnership in skills training and research & development to fulfil industry needs. The purpose of the MoU is to train technical experts and have a competent workforce.

SIRIM will assist PESDC to upgrade the technical know-how with focus on tooling and machining, robotic automation and welding which were funded through the Industries Skills Enhancement Programme [INSEP] for graduates. Trainees will undergo 6 to 12 months hands-on training whereby additional knowledge and industrial skills will be added to generate a knowledge-based workforce.

PESDC has trained more than 1000 graduates since 2009. The next INSEP intake will be on July 1. Four new courses will be introduced this year, that is, Contemporary Broadband Communication Specialist, Modern Computer System and Network Specialist, Electronic Design and Embedded System Technologist in Manufacturing Industry and Optics and Opto-electronics Technologist in Manufacturing Industry.

Successful trainees will undergo three months full-time 'hands-on' training in PESDC and three months 'on-the-job' training with approved organisations. Trainees will receive an internationally recognised certificate upon passing the examination at the end of the training.



## Inconsiderate Garbage Dumping



Garden refuse and other garbage from Club Condominium, in Laluan Harimau opposite the Golf Club, are being dumped at the junction of Tiger Close, a narrow road near the condominium. Upon seeing the pile of garbage, other residents have started to throw their garbage there. About half of the road is blocked by garbage. Within a few days new garbage was added to the pile.

Dr Loh Seck Poh, a resident living in Tiger Close, said that previously MBI did collect the garbage occasionally, but lately there has been no collection for months. The place looks like a dump site and at times the pile is almost the height of an adult person. Since this is a narrow road it is difficult and dangerous to drive, near misses happen frequently.

During the meeting I arranged between Ee Cheng Tak, Committee Head, Residents Committee, Club Condominium and Dr Loh, Ee agreed that the pile of garbage next to the condominium is an eyesore. He informed that he had visited MBI a number of times and complained. No action has been taken.

Ee acknowledged the problem faced by residents living on Tiger Close. He assured that in future he will make arrangements for the garden refuse to be stored within the condominium prior to collection.

A. Jeyaraj

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## Young Perak

# Funds Needed for Sam Chai

**D**espite organising two fund-raising events in October 2012 and February 2013, SJK(C) Sam Chai Ipoh is still short of RM3 million to fully realise its expansion project.

The school, established in 1941 when three small primary schools merged, moved to its present premises in Pasir Puteh, Ipoh, in 1951.

To accommodate its growing student population, the school embarked on an expansion plan in 2001. Phase 1 of the plan started with a block which consisted of a proper assembly hall, staff room, computer room and six classrooms.

Phase 2, which was undertaken in 2007, was a 4-storey building with a canteen



and 23 classrooms.

In November 2012, the school's Board of Governors made the decision to demolish the two original blocks of wooden classrooms, which were built in 1951 and 1961, to make way for a new 4-storey block, which will house the school's administrative office, staff room, laboratory, dental clinic, library, meeting room and 15 classrooms. Located behind this block will be a multi-purpose hall.

The total cost of Phase 3 and 4, including furnishing, is RM6 million. Even without sufficient funds in hand, the school was forced to proceed with the project as the two original wooden blocks were severely damaged due to termite infestation. Drastic action had to be taken quickly to ensure the safety of students.

Funds permitting, this project is expected to be completed by the end of this year, in time for the 2014 school term. The school will then be able to meet the requirements set by the Ministry of Education, including the running of single-session classes.

Student enrolment presently stands at about 1300. This number is expected to increase, as most parents prefer their children to attend classes in the morning.

The Chairman of the Board of Governors, Lee Chau Ju, hoped that, despite these financial challenges, they will still be able to achieve their objective of providing a more conducive learning environment for students next year.

The school will organise yet another charity event come October.

Emily

Readers wishing to contribute to the school building fund can do so via cheque issued to: 'Tabung Pembangunan SJK(C) Sam Chai' or deposit cash to its Maybank Account No.: 508038 127860.

For details, contact the school directly: SJK(C) Sam Chai Ipoh, Jalan Shah Bandar, 31650 Ipoh, Perak, Malaysia. Tel.: 05-241 5483 / 05-254 8807 Fax: 05-254 8807 Email: samchai\_cs@yahoo.com.

## QIUP Medical Students Do Their Bit

**R**ecently, 48 students in their first year of medical school from Quest International University Perak (QIUP) gave health check-ups to approximately 200 people from the Orang Asli Village in Sungai Siput, Perak – many of whom had never received a full health screening in their lives. Assisting the medical students were lecturers and support staff from QIUP.

The health screening was administered as part of the Professional Development component stipulated in the curriculum. The screening included height & weight measurement, waist and hip circumference measurement, Body Mass index (BMI) and Blood Pressure (BP).

Dr Kay Khine Nyo, a senior lecturer of Community Medicine Department of the Faculty of Medicine, who is also the programme coordinator, said the programme is a win-win situation for everyone involved.

"It's not only a great experience for medical students wanting to practise physical check-up, but it also allows them to do community service at the same time," Dr Kay said.



Professor Dr Alam Sher Malik, Dean of the Faculty of Medicine added that most medical curricula are lacking in teaching students the soft skills and how to be compassionate.

"Interestingly, charity has been designated as a significant part of teaching programmes at QIUP. Through this component, students will participate in community service or volunteer their time for a cause. These are very much part of the curriculum and aim to inculcate gratefulness, care and kindness in its students," Dr Malik added.

Dr Malik also noted the declining interest in young doctors who want to serve in rural communities after graduation. "QIUP wants to ensure that students realise the medical needs of rural communities and through programmes such as this, we hope to instil the importance of Community Medicine in students," he pointed out.

In thanking QIUP, head of the Orang Asli village, Tok Batin, Encik Saidin bin Wahab said he was very grateful for this meaningful visit. "It is heartening to know that our community is not forgotten. We are indeed grateful that QIUP not only cares for our well-being but also spent the whole day with us. I hope that other Medical schools will also follow suit," he said.

## Sport

# Ladies Indoor Hockey League 2013

**I**poh City Hockey Association (ICHA), with the cooperation of Perak Sports Council and Nestle (M) Sdn Bhd, organised the Ipoh Ladies Indoor Hockey League 2013 recently. The tournament was held at Perak Sports Council's Indoor hockey pitch (next to Azlan Shah Hockey Stadium). Twelve teams took part in the league which was held on two weekends. The semi finals and final were played on Sunday, May 12.

The first semi final was between Sekolah Sukan Tunku Mahkota Ismail (SSTMI) Juniors and Sekolah Sukan Tunku Mahkota Ismail (SSTMI) Seniors. The juniors went all out to beat their more favoured seniors. The full time score was 1-1. The match went into extra time but neither team could break the deadlock. The Juniors, however, won the match 4-3 in the penalty stroke shot-out.

Southern Sky of Kuala Lumpur met Universiti Pendidikan Sultan Idris (UPSI) in the other semi-final. Both teams were also tied at 1-1 at the end of the game. No goals were scored in extra time and the winner was decided on penalty strokes. Southern Sky won with a similar score line as the first semi-final.

In the final SSTMI Juniors showed that size did not matter when it went on to beat their more skillful and fitter opponents, Southern Sky, 1-0. The game was set to go for extra time but SSTMI Juniors' nippy forward, Nurliyana Mohd Kip beat Southern Sky's goalkeeper, Tengku Nur Diyana in the dying minutes.

Third spot went to SSTMI Seniors who beat UPSI, 2-1.

Gurjeet Singh Rhande, President of ICHA, gave away the prizes to the winners. The champion received a trophy and medals. The second and third placed teams received medals.

The next games on the association's calendar are the Men's Indoor and Boys Under-18 leagues. In conjunction with Ipoh City Day the association will be organising the Perak-Milo-MBI-MSN 6s and 7s hockey tournaments on June 22 and 23.

Jaswant Singh





## News Roundup

# Ipoh Airport Officially Reopened

Ipoh's Sultan Azlan Shah Airport which was recently upgraded, was officially reopened by the Raja Muda of Perak Raja Dr Nazrin Shah.

Also present at the ceremony was the Raja Puan Besar Tuanku Zara Salim, Raja Dihilir Raja Jaafar Musa, his wife Raja Puan Muda Raja Nor Mahani Raja Shahar Shah, Deputy Transport Minister Datuk Aziz Kaprawi and Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir.

The upgrading work consisted of a new roof, facade and enlarging the arrival and departure halls which have been fully air-conditioned for passenger comfort. Additionally and equally important, the runway has been extended 200m to 2km in order to accommodate B737-800 and A320 aircraft operations.

The total cost of the upgrade was RM42 million and

work was completed last November.

### More Flights Please

Zambry in his address hoped that the Ministry of Transport will assist to add more airlines such as MAS and AirAsia to use the upgraded facilities. In so doing, it will benefit the state's tourism and transport industries.

Zambry also proposed that the airport be used as an aircraft MRO (maintenance, repair and overhaul) centre. Incidentally, located alongside the airport is the Air Police Unit Base, and a privately-operated flight school.

Subsequently, at a separate interview Zambry elaborated that he had discussed the issue of more flights with the Ministry of Transport (MOT) for over two years now and had brought it up again last year. However,



MOT to date has not given a timeline when Ipoh airport can expect to see additional flights.

Zambry further added that the State is currently considering having discussions with Malindo Air.

JAG

## Wellness

# First of its Kind – Body, Mind and Spirit Fair

Ipohites can soon learn how to nurture their Body, Mind and Spirit, on Saturday and Sunday June 15 and 16, when a fair of the same name will be held at the Kinta Riverfront Hotel & Suites on Jalan Lim Bo Seng.

A first for Ipoh which promises to be stimulating as well as educational, five presenters will be speaking on a variety of fascinating topics ranging from healing techniques, energy psychology and removing blocks to living one's full potential on Day 1. On Day 2, there will be three workshops on **Educational Kinesiology, Phytobiophysics, and the Emotional Freedom Technique**. On

both days there is an exhibition hall where one can walk around to gather information, have readings and receive healings. The organisers are particularly insistent on emphasising that this is a non-religious event.

The hour-long talks on Saturday begin with a talk by Colette Garside on **Aura-Soma**, a non-intrusive and self-selective system in which colour is the key. It is a system that supposedly brings you closer to the understanding of yourself using the visual and non-visual energies of colour, the energies of herbs from essential oils and herbal extracts and the energies of crystals and gems.

Following on this will be an interestingly titled talk called, **What can I do today to help me create, pursue and live a life I love?** in which Lynne McIntyre shares how she helps (i) women seeking something different in their lives yet not knowing how to go about making changes; (ii) young people select employment they could enjoy; (iii) people who have drug and substance abuse challenges; (iv) those who wish to make changes to their employment and pursue work that brings them joy. After her talk, Lynne will be available for one-on-one half-hour sessions to work with individuals on a first-come-first-serve basis.

Anne Huxtable will then talk on **Healing with Sound** exploring the many ways we can incorporate the beneficial effects of sound into our daily lives, whether it be in the form of music, the human voice (singing, chanting or toning), chimes, tuning forks or singing bowls, to name a few.

**Understanding Karma** and the 'Benefits of Using Reiki as a Healing Tool' by Andrew Khor will help participants in this next session, to understand what Karma is and how past Karma may shape one's present life experience as well as how acknowledgement and acceptance of one's past Karma can facilitate healing. Participants will also have a general idea of Reiki, a form of energy healing, its



Dr Yeap Heong Moi



Andrew Khor



Lynne McIntyre



Jaz Goven



Anne Huxtable

definition and origins; how Reiki has evolved over the years to the many types that exist today; and the many methods of healing using Reiki.

The final talk of the day will see Jaz Goven give an **Introduction to Fast Track (FTT) and Emotional Freedom Technique (EFT)**; the latter is a form of emotional acupuncture (without the needles) and is based on the understanding that all negative emotions are the result of a disruption in the body's energy system. Those wishing for an in-depth lesson on the techniques may attend the workshop conducted by Jaz on the following day where Jaz will demonstrate the use of both techniques.

Other workshops being conducted that day (Sunday) will be one on **Brain Gym or Educational Kinesiology**, a way of activating the connection between the left and right hemispheres of the brain led by Anne Huxtable. Brain Gym offers a simple set of physical exercises to switch on the connection between left and right sides of the brain. It has shown to be helpful in improving learning difficulties in children; improve concentration and hand-eye coordination in adults and a host of other benefits, and is easy to learn and fun to do for both adults and children.

The last workshop of the day is **Balance Your Emotions Using Phytobiophysics Healing System** with Dr Yeap Heong Moi and/or Kong Poei Moon. Here participants will learn the basics of Phytobiophysics Natural Flower and Plant Remedies, a new concept of health consciousness which allows the energy to flow in the human body. It utilises the infinite energy of flowers and plants to restore physical, emotional, mental and spiritual health.

SFCK

For more information on the weekend, contact: Nurture Life **012-508 2480**.

Website: <http://nurturelife.com.my>. Facebook: [www.facebook.com/nurturelife](http://www.facebook.com/nurturelife).

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