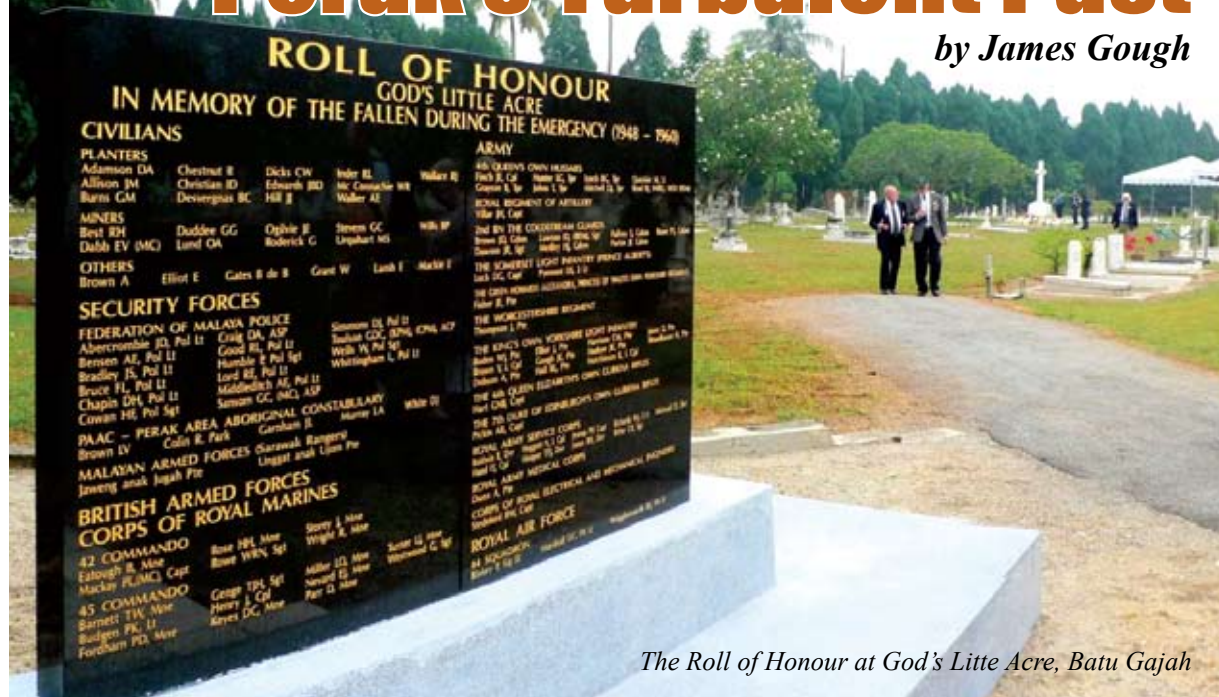




Remembering Perak's Turbulent Past

by James Gough



The Roll of Honour at God's Little Acre, Batu Gajah



Every June, they come to remember. This is a solemn time as High Commissioners from United Kingdom, Australia, New Zealand and Nepal; Malaysian Military, Police and Veterans' representatives converge in Ipoh for the Veterans Remembrance events which are held at Taiping, Ipoh and Batu Gajah.

Continued on page 2



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“We should always remember and honour them for the sacrifices they’ve made.”

The services, which are held over three days, have seen a number of Commonwealth Veteran Clubs such as the Malaya-Borneo Veterans Association of Australia religiously attending over the last several years. The presence of these Commonwealth veterans prompted the Perak State government to host a “Veterans’ Night” dinner last year in recognition of their past contributions.

Remembrance Ceremony at God’s Little Acre
God’s Little Acre is a cemetery located at Batu Gajah, which holds its annual remembrance ceremony on the second Saturday of every June.

Interred here, besides army and police personnel are civilians, tin miners and planters who were killed during the Malayan Emergency (1948 to 1960).

According to R. Sivalingam, Chairman of the God’s Little Acre sub-committee as well as Chairman of the Malaysian Palm Oil Association, Perak Branch (MPOA), the original memorial service was organised as part of Police Week celebrations in 1982 by the then OCPD of Batu Gajah Dato’ R. Thambipillay. Subsequently in 1984, the Perak Planters’ Association (now renamed MPOA) took on the role to organise the annual event.

Among those buried here are the three British planters, Arthur Walker, John Allison and his young assistant, Ian Christian, who were shot by communist guerrillas on June 16, 1948 at Sungai Siput, 18 miles north of Ipoh.

The cold-blooded murder of these planters prompted the government to declare a state of emergency, initially at Ipoh and Sungai Siput and subsequently over the whole of Malaya, two days later.

Remembrance Trail

Before the remembrance services became an annual affair, there was the Warriors Day event which took place at the cenotaph located at the grounds of Ipoh Railway Station. However, this was not scheduled as an annual affair.

After the *God’s Little Acre* ceremony was organised annually, with regular attendance by the Commonwealth dignitaries, the event at the cenotaph was added as part of the programme.

The other locations that participated in the annual remembrance ceremony included the Kamunting Christian cemetery at Taiping. Those interred here are British, Australian, New Zealand army personnel and a few Sarawak Rangers who perished during the Emergency (1948-1960).

At Kem Syed Putra, Tambun Road those laid to rest are Gurkha soldiers that died during the Emergency, as well as during the Confrontation with Indonesia (1962-1965).

Remembrance and Perak History

On one of the four walls of the cenotaph is a plaque citing the “Gallant Members of the Armed Forces, Police and Civilians who sacrificed their lives defending the nation during The Malayan Emergency 1948-1960, Indonesian Confrontation 1962-1965 and The Re-Insurgency Period 1972-1990”.

Indeed for most of the post-war Emergency period, a lot of activities took place in and around Perak. After the war there were food shortages and high inflation causing civil unrest which, ultimately, led to the declaration of Emergency in 1948.

Perak had been the major contributor to the country’s economy largely through its tin wealth and was considered as “economically important to the Federation”. As such the state became a hotly contested target for the government and the communists.

As an indication of the amount of Emergency activities that took place in Perak, the blackest areas throughout the Emergency were those around Sungai Siput and Ulu Kinta. In fact, they were the last in Malaya to be declared “white”.

The Briggs ‘Resettlement’ Plan

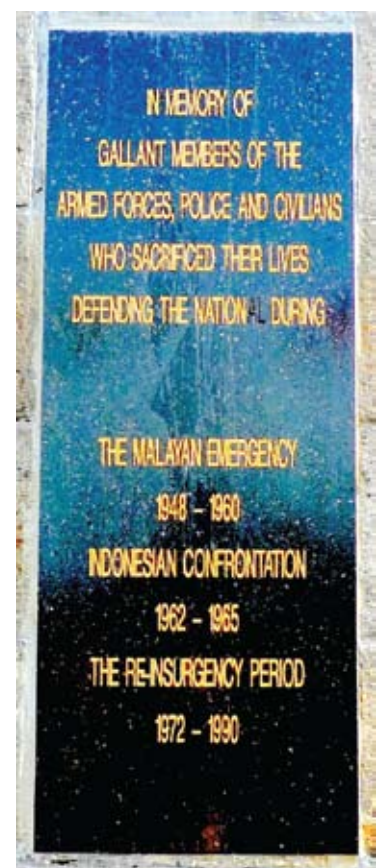
One of the initiatives introduced by the Government then was the Briggs Plan whose strategy was to cut off all supplies to the Communists be it food, money, information, and even recruits.

The plan was to create new villages and resettle the rural squatters there. The new village perimeter would be fenced with 10-foot high barbed wires and a curfew imposed from 6pm to 6am. Residents were body searched when leaving for work in the morning and were allowed to take food for one individual for one day.

This social engineering plan involved almost 1 million Chinese squatters and



One of the plaques at the cenotaph, Ipoh



created settlements such as Kampong Bahru Rapat, Kampong Bahru Bercham and Ampang Bahru, to name a few. The other strategy was to provide a sense of security for the residents in the hope that they would provide support and information for the government.

The Emergency ended on January 14, 1960 when the whole of central Perak was declared “white” at a ceremony at the Ipoh Town Padang.

The Re-Insurgency (1968-1989)

While the Emergency was fought most gratefully alongside Forces from the Commonwealth, the Re-Insurgency, which lasted from 1968 till 1989, was fought by our very own Malaysian Armed Forces and Police personnel.

The Communist Terrorists who had escaped to the sanctuary in South Thailand in 1960 returned in 1968 by launching an ambush against Malaysian security forces in the Kroh-Betong salient in upper Perak killing 17. The attack marked the start of the Re-Insurgency sometimes referred to as the 2nd Emergency.

The Re-Insurgency lasted till 1989 during which time, the mettle of our Malaysian security forces was tested through terrorist acts of sabotage and assassinations.

One particular daring act was the assassination of Perak’s Chief Police Officer Tan Sri Koo Chong Kong in 1974.

Koo was on his way home at Jalan Tower off Jalan Raja DiHilir for lunch in his official car and had stopped at the traffic lights along Jalan Hospital when two men on a motorcycle, dressed as students in white uniforms, opened fire at him. Koo’s bodyguard cum driver died on the spot. Koo was rushed to the hospital 100 metres away but was mortally wounded. Koo’s assassination was one of many targeted at police and Special Branch personnel.

In the book, ‘The Turbulent Years in Perak’, memoirs of former Perak NST Bureau Chief Jerry Francis, he described the many instances of communist terrorist activities right at our doorstep. They took place “at such unsuspecting areas as the Kledang Hill jogging site and populated areas in Menglembu and Buntong”.

Francis’s accounts, which covered security operations extensively, also talks about communist camps at the Bukit Kinta Forest Reserve and a few kilometres south at Kramat Pulau. It mentions the joint security operations along common borders by Thai and Malaysian forces thus disrupting communist logistic operations. It also describes the construction of the east-west highway as “a success for the people and government in winning the battle of wits against the communists”.

In December 1989, a Peace Accord was signed between Thailand, Malaysia and the outlawed Malayan Communist Party at Hatyai, Thailand which concluded the Re-Insurgency period. Some 1200 communist members laid down their arms and were given the option to either return to Malaysia or remain in Thailand.

A monument was built to remember these troubled years. The monument, named The Malaysian Army Insurgency War Memorial (*Dataran Juang Tentera Darat*) was erected in 2009 and is located at Kem Blanding close to the bridge at Lake Temenggor.

Having lived all my life in Ipoh it surprises me that there were so many battles and skirmishes taking place all around me while I was growing up. Thankfully, for peace-loving Ipohites like us, our safety is assured owing to the presence of these brave security personnel. We should always remember and honour them for the sacrifices they have made.



(L-R) The funeral of Perak CPO Tan Sri Koo Chong Kong; On guard at Temenggor Lake

Malay regiment on patrol

IPOH **echo**From the Editor's Desk
by Fathol Zaman BukhariWILL THEY **EVER LEARN?***The procedures are simple but front-liners, especially police personnel manning the front desk at the ubiquitous balai polis, are neither sympathetic nor empathetic...*

No one wants to be on the receiving end of physical abuse, more so if the victim is a loved one. The number of battered women and kids are on a steady rise in the country. On June 2, a three-year-old boy's body was exhumed from a makeshift grave at the foot of Gunung Brinchang in Cameron Highlands. The cause of death was abuse inflicted by the boyfriend of the mother, ironically a policewoman who has gone AWOL (Absent Without Leave).

This is not an isolated case but one of the many that have received wide coverage in the media. I am sure there are many that have gone unreported largely because the victims, out of fear and shame, have deliberately kept their troubles to themselves to protect the perpetrators. They could be close relatives, a father or brother or an uncle whom they prefer to "protect".

However, since the passing of the Domestic Violence Act in 1994, and implemented in 1996, cases of abuses by spouses, parents and relatives are beginning to receive the attention they truly deserve. Although it is a welcome change, things are not as rosy as they are supposed to be.

The biggest hurdle and the ones putting up all the obstacles, are the police. I don't mean the force as a whole but those who man the front desk at the not so glorious 'balai polis' (police station) that dot the countryside. The quintessential 'balai polis' has become an important part of our system as they serve a purpose, especially at this moment in time. With crime rate spiralling out of control the sight of this conspicuous blue-white building in the neighbourhood is a welcome relief. But sight is one thing, reality is another.

The fact that the Domestic Violence Act was only passed in 1994 and implemented in 1996, after tireless campaigning by women's groups beginning in the early 1980s, says plenty about the whole matter. Apathy is the reason behind the charade and I say this with much conviction.

I had the misfortune of following one aggrieved woman who wanted to take a temporary protection order against her abusive husband not so long ago. The procedure requires the victim, if she is wounded, to report to the nearest government hospital where a one-stop-crisis centre to cater for such exigencies is in operation. There is one at the Ipoh General Hospital.

After being attended to by a medical doctor she will be told to make an initial report to the police personnel on duty at the crisis centre. That is where her problem begins. She will then be directed to an Investigating Officer (IO) at the district police station who is responsible to investigate and validate the case.

On that fateful day the IO in question was away on a course and his relief, a lady officer, was nowhere to be found. After many enquiries she was finally traced, and that only happened many hours later. Meanwhile, the woman and a representative from a



local women's group had to while away their time doing nothing. I stayed on to watch the fun.

When the officer finally arrived she took some time to settle. She gave all sorts of excuses for the delay and had the audacity to say that her computer was kaput when the rest in the office were working. When I pointed this out to her, she grudgingly took her time to take down the woman's particulars and her complaints. While hammering at the keyboard she told the woman to settle things with her husband. "You go back home and try to make up lah," she said.

Go back and patch things up? She must be mad. The poor woman was at her wits end and anything more would simply be suicidal. And this police officer, a woman herself, was telling the victim to go home and make up? What a shame. I was disgusted.

Once a police report has been filed the victim needs to go to the local welfare department (*Jabatan Kebajikan Masyarakat*) to initiate proceedings for a temporary court order. The restraining order is only issued by a magistrate upon receipt of the department's request. Enforcing the order is the duty of the police.

The procedures are simple but front-liners, especially police personnel manning the front desk at the ubiquitous *balai polis*, are neither sympathetic nor empathetic. Their grasp of the laws on violence against women is shallow, to say the least. They need to be taught and be more sensitive to changes made for the good of the general public.

This does not bode well for the Prime Minister's much-publicised Government Transformation Programme where fighting crime is one of the National Key Results Areas under the programme. To the policemen at the *balai*, however, it is business as usual. Will they ever learn?

EYE HEALTH - CORNEAL ULCERS

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

In the previous issue of the Ipoh Echo, Dr Gill talked about corneal abrasions. In this issue, he speaks about corneal ulcers. When a corneal abrasion gets INFECTED, it results in a corneal ulcer formation. Corneal ulcers are serious eye infections that may even result in blindness.



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

SYMPTOMS OF CORNEAL ULCER

The affected eye will be red and often painful. The pain may be quite severe as the cornea is a sensitive part of the eye. In most corneal ulcers, there will be a yellow discharge from the affected eye although in some instances, there may only be a mild eye discharge.

Corneal ulcers may often be visible when the affected eye is viewed in the mirror. The affected eye will often have a whitish or yellow spot seen on the clear cornea of the eye (see adjacent pic). You may also have blurred vision but in some cases when the ulcer is not in the centre but at the peripheral of the cornea, there may be no blurred vision.

**WHO ARE PREDISPOSED TO CORNEAL ULCERS**

Corneal ulcers are basically infections in the clear dome-shaped transparent outermost part of the eye. You can liken this part of the eye to the windscreen of your car. When this clear part gets infected, it is serious because it is an area of the body that does not have blood vessels to bring in the infection fighting white blood cells.

Trauma: A trauma to the cornea of the eye due to a scratch by a foreign body entering the eye is all it takes for ulcers to occur. The moment there is a breach in the cornea, organisms invade the broken epithelium resulting in a corneal ulcer. Disorders that cause dry eyes can leave your eye without the germ-fighting protection of tears and cause ulcers.

Facial Paralysis: Any condition like Bell's palsy can predispose a patient to corneal ulcers. This is because the patient is not able to close the eyelid completely thus exposing the cornea which become damaged due to dryness. The dry areas of the cornea are more vulnerable to corneal ulcer formation.

Chemical Injuries: Any injury to the eye by caustic chemicals may severely damage the cornea and increase the risk of corneal ulceration.

Contact Lens Wearers: Those who wear contact lenses have an increased risk of corneal ulcers. This is especially so if the contact lens wearers cut corners and do not adhere to proper cleaning, handling and disinfection of their contact lenses including the contact lens storage case. Additionally, soft contact lenses have a high water content making it easy for bacteria to get absorbed into the contact lens.

Extended-Wear Soft Contact Lenses:

These are contact lenses that are worn for several days without removal at night. Individuals using this type of contact lenses are exposed to a ten-fold risk of corneal ulcer formation. If the lenses are not cleaned properly and there is bacteria underneath the lens, then these bacteria may multiply and get into the cornea should there be a small breach in the corneal surface. This is more so if the contact lenses have tiny scratches at the edges that may cause micro-abrasions and finally end up as corneal ulcers if they get infected.

Should you develop a red eye with discharge and blurring vision, do not ignore it but do seek professional eye treatment promptly.

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



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ROAD SURVIVAL PROGRAM

BY CAPT K. BALASUPRAMANIAM

Road traffic accidents have become the No.1 Killer in Malaysia. This special program by Capt. Bala, provides important guidelines, travel safety tips and all the survival skills needed by daily road users on how to deal with all kinds of emergency situations on the road. The program will also emphasize types of street crimes and other road threats and hazards that you may encounter, and information on how to handle these, which could save your life.

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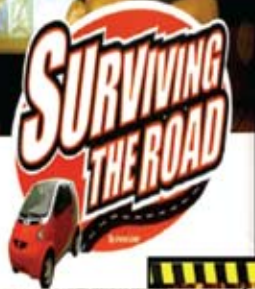
Date : 7th July 2013 (Sunday)
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Venue : Impiana Hotel Ipoh
Fees : RM 20/- per pax with tea & snacks (open to men and ladies above the age of 15)
Speaker : Capt. K. Balasupramaniam

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The Consequences of Sexual Harassment at Work

Columnists and journalists of correspondence from readers who would like to highlight a problem, share their fears, or get help. Many have no reservations about extending their trust and confidence to us.

When some friends related their stories about sexual harassment at work, their concerns were aired in a short article in the Ipoh Echo on March 1. Subsequently, more women from Ipoh have been in touch, some anonymously, to share their experiences of sexual harassment at work.

The stories are harrowing. Anyone with a wife, mother, daughter, niece or aunt, would be horrified to find that such blatant sexual abuse is being perpetrated on a daily basis. Sexual harassment is not confined to women; men are also affected.

One young girl, a foreign worker found that she could not escape the clutches of her boss, who would show her lewd pornographic videos in a back room and force her to perform similar acts on him. She contracted venereal disease from him. His wife subsequently left him but the worker was trapped as her boss had confiscated her passport.

Another woman alleged that male colleagues would touch her and ignore her protests or laugh them off.

These women felt helpless. They did not know what to do. They feared retribution. In family run businesses, the perpetrator could be a family member. They feared being disbelieved. They were unaware of company policy and procedures, or disciplinary action, which would deal with the sexual harassment. They were ashamed to approach the personnel managers or supervisors, who were mostly male.

Most of all, the women feared being sacked and did not want their ordeal to be discussed openly. Many women tolerate the advances of male colleagues or bosses, because they need the job. With families to support and ageing parents to care for, many women, in Ipoh, and throughout Malaysia, suffer in silence.

Not everyone feels confident about going to the police. Previously, Ipoh Echo highlighted the laborious process of making a police report. Will victims receive sympathy or will they be turned away like the victims of domestic violence?

The University of Malaya (UM) conducted a study, involving 657 women employees, into the extent of sexual harassment in the Malaysian workplace. This research was published in the Asian Academy of Management Journal, July 2007. Previously conducted local studies showed that the degree of sexual harassment of women ranged from 35% to 53%. The problem is more widespread than is reported.

Physically attractive women are more inclined to be sexually harassed and receive undue sexual attention. A person with low moral values would not consider harassment as immoral.

Open workplaces and companies with proper grievance and reporting procedures showed lower incidents of sexual harassment. Companies which punished sexual offenders deterred potential harassers.

Sexual harassment dominates in organisations where sexist attitudes prevail, as women are more likely to be treated as sex objects and inferior to males. Organisations which are unprofessional, where swearing, public reprimands, disrespectful behaviour and employee participation in non-work related activities, also record higher levels of sexual harassment. The same is seen in companies with an unbalanced ratio of males to females.

How many incidents of sexual harassment in Perak companies go unreported? How many women report their colleagues or bosses for sexual harassment? Women in low status jobs often find themselves threatened if they refuse to cooperate. In some cases, they are promised rewards for their silence and continued "co-operation".



THINKING ALLOWED

by Mariam Mokhtar

Sexual harassment affects both the company and the victim. The workplace will suffer from low productivity. Women workers have low self esteem and low job satisfaction. Many will stay away from work. Depression and falling sick easily will take a toll on their health. They will also suffer from mental health issues and the stress will affect their

quality of work and their relationships, at home.

Companies which do not have a clear policy on sexual harassment will have a high turnover of staff, are not as efficient as they could be and will have low productivity levels. They will also record high levels of absenteeism and workers will be difficult to motivate.

If sexual harassment goes unchecked, some companies may find that workers could take them to court, for ignoring complaints about sexual harassment. The overall cost to the company is great; payments for damages, court costs and they may have difficulty in attracting suitable staff in the future. They will also receive negative publicity.

People who are sexually harassed at work can do the following. Keep a record of when they were harassed. Note the time, day and type of harassment – harassment can take many forms; verbal (offensive remarks), nonverbal (leering), physical (touching), visual (showing pornographic material) or psychological (sexual invitations). Keep mobile texts as evidence or enlist the help of a colleague as witness. Tell a union representative, if there is one.

With this information, seek an appointment with your supervisor, boss or personnel manager and tell him about your problems. Prepare a written complaint, with a log of the incidents, to be handed to him, at the end of your meeting. To be fair, you must also state a suitable time frame, for him to conduct his own investigation, for instance a two week period from the date you lodged the official complaint.

You must stress that sexual harassment is a serious matter and that if he is not prepared to deal with it, you will see the boss of the company and take the matter up with the Labour Department.

If you find that you are threatened, either by the perpetrator, the supervisors or the boss of the company, it shows that someone is scared and is trying to bully you into silence, or to make you leave. If this happens, do not feel intimidated. Simply, lodge a complaint with the Labour Department, and call an NGO which deals with women's rights to give you support, if you wish. You could also make a police report if you feel that your safety is threatened.

Many victims have found that having the support of the NGO will speed up the investigation by the Labour Department. Moreover, the NGO is versed in your rights in the workplace. They have legal consultants and experts who can give you emotional support.

Sexual harassment is a serious problem in Malaysian workplaces and much of it is undetected. If the majority of Malaysian men were forced to endure sexual harassment at work, then it is highly probable that many male MPs would have tabled an act in parliament to criminalise sexual harassment.

Perhaps, Rohani Karim, the new Minister for Women, Community Affairs and Family Development should make the problem and solutions of sexual harassment, her top priority. After all, women make up half of Malaysia's population and dominate the workforce. Every woman is entitled to do her job, without fear or favour.

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.

"My Days In The Sun" book written by Mark Yoi Sun Soo. A book launch organised by Perak Academy and Areca Books, Penang will be held at Symphony Suites, Ipoh. Friday, July 5 commencing 3pm. For details and reservations call Perak Academy: 05-547 8949 or Wai Kheng: 016-551 8172 or email: contact@perakacademy.com.

Workshop on 'Combating Sexual Harassment at the Workplace', Friday July 5, 2pm to 5.30pm at Dewan Anugerah, 5th Floor KPJ Ipoh Specialist Hospital, Jalan Raja DiHilir, Ipoh. Conducted by All Women's Action Society (AWAM) in collaborating with PWW, to assist employers and employees to manage and combat sexual harassment at the workplace. The training programme includes interaction and open communication between parties and informed choices for the participants. This training is FREE and places are limited. To register, call Ms Yip 012-521 2480 or 05-546 9715.

Science Fair @ UTAR, July 11 & 12, 9am-5pm at Heritage Building, Universiti Tunku Abdul Rahman, Jalan Universiti, Bandar Barat, 31900 Kampar, Perak. Visit www.utar.edu.my/rde/ for details and updates. For enquiries, contact: Ms Yeoh or Pn Marianne at 03-7958 2628 ext. 8206/7130; email: yeohsw@utar.edu.my or marianne@utar.edu.my.

Charity Bazaar @ Burps & Giggles organised by Perak Palliative Care Society (PPCS), July 13 & 14, 10.30am to 5pm at Burps & Giggles (Upstairs), 95 & 97 Jalan Sultan Yusuf (Belfield St., Old Town). Handicrafts and salted chicken will be on sale. There will also be PPCS representatives to communicate their latest developments and to raise awareness of the help needed to support their cause.

Ikebana Exhibition hosted by Meru Valley Resort, Saturday & Sunday, July 20 & 21, 10am to 5pm at the Function Room, Meru Valley Club House. This Japanese art of flower arrangement is by Ikebana expert Mrs Tokiwa Sasaki from Fukuoka, Japan. The theme is "Beautiful Malaysia." Entrance is free. For more information, contact Meru Valley Resort at 05-529 3300.

POSTPONED: St Mike's Policy Dinner No. 7, "The State of Constitutional Democracy in Malaysia". Talk by Professor Dr Abdul Aziz Bari scheduled for on Saturday, June 29 has been postponed to Saturday, July 20 due to the haze. Venue: St Mike's Bistro Restaurant, 5 Jalan Sultan Idris Shah, Ipoh at 7pm. Those who have booked and want a refund and those who wish to make a booking can call Siew Kok Leong at 017-712 9313 or Shankar at 017-506 3767 for details.

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MUSINGS ON FOOD



By See Foon Chan-Koppen

seefoon@ipohecho.com.my

Yum Yum was one of the first restaurants I was introduced to when I first arrived in Ipoh 17 years ago. I became an instant fan, for nowhere had I tasted such an interesting blend of *Nyonya*, Thai flavours with Chinese influences thrown in. Essentially the style of cooking is *Peranakan* and over the years, embellished by the creativity of the chef.

A meal at Yum Yum is incomplete without the **Asam Fish Head** which arrives usually as half a head, absolutely fresh from the market, swimming in a delightfully colourful soup/gravy punctuated by chunks of ladies fingers and tomatoes. The sauce is robust, acidified by *asam* or tamarind which gives it its eponymous name, tangy without being fiery, well seasoned and umami.

I am a creature of habit and will tend to order my favourite dishes whenever I go there. Aside from the Asam Fish Head, the must-haves for me include the **Asam Petai Sambal Prawns**, again that ubiquitous ingredient, *asam* or tamarind blended with *belacan* or shrimp paste, shallots and chilli and sautéed with a mixture of *petai* and prawns. *Petai* has earned its nickname 'stink bean' because its strong smell is very pervasive. However, it is touted to be very good for health and many locals love it.

Another dish here that I invariably order, especially if I have friends from overseas, is their **Pandan Chicken**, well marinated morsels of chicken, wrapped in coconut leaves and deep fried. These tasty titbits are great as appetizers.

One dish that appears innocuously simple, the fried eggs topped with minced meat, for some reason of kitchen wizardry, never fails to appeal to my taste buds, the fried egg with its yoke still intact and not totally hard, topped with well seasoned sautéed minced meat. Another of my favourites is their soft tofu topped with minced meat, the tofu, silky smooth contrasting with the grainy texture of the minced meat.

I especially like to go there on Fridays when they have their special **Siamese Laksa**. Unlike the **Asam Laksa** which is found everywhere and different from the curry mee which is equally common, a *lemak laksa* is hard to find in Ipoh. The one served here at Yum Yum is fragrant, creamy, and the sauce coaxed from a generous boiling down of fish bones and flesh.

Also on Fridays, they may have other specials. Ask for them. They are usually yummy at Yum Yum.

SeeFoon revisits an old favourite



Suggested Dishes:

Gulai Tumis Style or Fish Curry without coconut milk – 400g RM26 onwards

Assam Fish Head Curry – 400g RM26 onwards

Assam Petai Sambal Prawns – RM15 (S)

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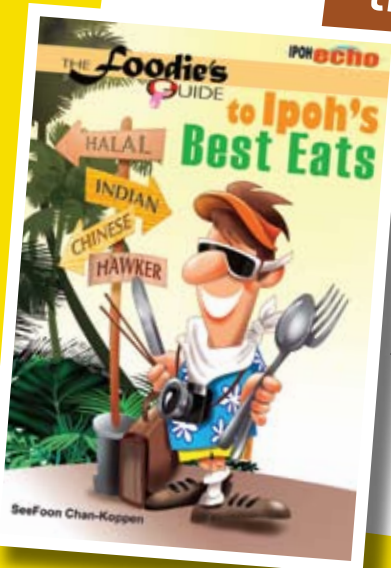
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BBQ MEAT IN ANGEL ORIENTAL BARBECUE SAUCE

by Pauline Chang

Ingredients:

- Pork Loin Meat / Chicken 1 kg (cut into long strips)
- Angel Oriental Barbecue Sauce 2 tablespoons
- Pepper 1/2 teaspoon
- Cooking Wine (optional) 1 tablespoon (To be added after the meat is cooked)

Note: You may use beef / lamb / fish / prawns.

Method:

1. Wash the loin meat, cut into long strips, pat dry with towel.
2. Season the meat for 2 to 3 hours / overnight, turning meat over every 1/2 hour. Place the meat in the fridge.
3. Place meat in a wok to cook 7 to 8 minutes on each side till cooked and aromatic. Drizzle in wine (optional).
4. You may grill the meat or roast it over a charcoal stove and barbecue it over low heat.
5. Cool and cut into slices.
6. Garnish with sliced cucumber or salad leaves.





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ADVERTORIAL



A Talk on “Successful Recruitment Strategies” YMCA Ipoh, Thursday 25th July 2013 Time: 10.00am to 11.30am

Today's business competitiveness lies in the ability of a company to retain the best of its talent. However, retention of a company's human resources seem to be difficult with the issue of scarcity of people and the heavy poaching of resources due to a great window of opportunity provided by many companies, whether locally or globally.

The issue of retention becomes acute when recruiting the best is a greater challenge. Many companies spend massive amounts to find ways to attract people for their companies. Nevertheless, the challenge to recruit the best is still prevalent. The Human Resource Department of such companies are in doldrums of finding the most suitable strategies for successful recruitment and placement.

In this talk, you will be given the “how(s)” of successful recruitment strategies. The latest networking methods to engage interview discussions with potential candidates, the reasons some recruitment activities fail to yield the desired results

etc. are amongst the issues which will be dealt with in the talk.

For those desiring a clear career path in the field of Human Resources, there will be a briefing on the route to achieve a professional functional practitioners certification that will trail blaze your career in human resources and earn the respect and reputation from your companies. The certification is also suitable for those who wish to be competent in managing people.

As seats are limited and registration is on a first-come-first-serve basis, please contact either Mr S. Asohan at **017-578 6817** or MIHRM Secretariat Ms Malini at **03-7955 6536** or Ipoh Echo at **05-249 5936** to secure your seat.

This is a sponsored talk hosted for the specific benefit of the Human Resource Community in Ipoh Perak and those interested to pursue a career in the field of human resources.

Lifestyle

Banyan spa with Jon Canas

Beauty is Health made Visible. This is the cornerstone of the *Phyto 5* skin care range. Beauty has always been a highly prized element, and almost everyone, man or woman, lives life in pursuit of staying everlastingly beautiful.

The wellness seminar held at the Banyan Spa recently was not just another seminar promoting beauty and health. The skin care line called *Phyto 5* is unique and certainly proves to be a product range that can deliver what it promises.

Passionate about the *Phyto 5* skin care line, its founder Jon Canas explained the unique method used, which is based on the energetic principles of traditional Chinese medicine called *Phytobioderme*. Natural ingredient products coupled with energetic tools provide a progressive, holistic and non-invasive way of creating inner wellness and beauty, hence the ‘Beauty is Health made Visible’ result.

Banyan Spa offers the *Phyto 5* skin care line as one of their premier wellness and beauty spa treatments, where vital energy is stimulated and balanced, resulting in the customer feeling refreshed and energized after a session. By addressing skin conditions from within, using a now balanced flow of energy, *Phyto 5* is able to correct and maintain the energetic balance, so that your skin looks its best always. A testament, to the ‘Beauty is Health made Visible’ belief.

Banyan Spa is dedicated to ensuring its customers are given only the very best there is to offer. I had the pleasure of indulging in just such a therapy session. The session started with a **Zen Body Exfoliating Scrub** massage, which consisted of tiny non-invasive natural granules from Bamboo and Lotus. The **Sunflower Oil and Shea Butter** along with the **Ylang-Ylang and Guaiac Wood** essential oils added to the luxurious feel of the experience. Then my skin was treated to a hydrating milk and full body clay mask. The skillfully done massage coupled with such lovely and relaxing concoctions helped my body to de-stress almost immediately.



A 20-minute steam bath further cleansed and rejuvenated my skin while at the same time enhanced the detoxification process. By now almost all the kinks in my neck and back had melted away, leaving my muscles relaxed and my blood circulation improved. Then came the next wonderful surprise, the 5-element bath oils soak in the Jacuzzi. It was so relaxing that I actually dozed off and floated away to

dreamland. Just when I thought my pleasurable experience was about to come to an end (as by now I was already about one and a half hours into the session), my body was treated to another luxurious aromatherapy massage. This Banyan signature **Full Body Aromatherapy Massage** is designed to incorporate a massage technique that will bring balance and harmony to the body, mind and spirit.

All in all, it was a session I would rate with two thumbs up or more if I had more thumbs.

The experience of going through the different steps within the *Phyto 5* range, left me completely happy with the results as I, looked and felt better, right from the first experience. Banyan Spa offers wellness and beauty treatments of *Phyto 5* by working on vital energy without risks, thus making it the ideal treatment that has the potential to bring out the very best results.

Visit the Banyan Spa today if you want to stay healthy and beautiful, as you embark on a journey where *Phyto 5* can give you the promise of ‘Beauty is Health made Visible’.

Serena Mui



iSpeak

A. Jeyaraj

Palong Tin Museum in State of Neglect

The Palong Tin Museum in Kinta River Walk was opened about a year ago. It is one of the initiatives of the Morubina Group as part of their CSR (Corporate Social Responsibility) project. However, many residents in Ipoh are not aware of its existence.

The notice board on the door of the building states that the museum is open daily from 6pm to 11pm, entrance fee is RM2 for adults and show times are at 8pm, 9pm and 10pm. When I went there at 8pm, the only person around was the Nepali security guard who said there is no entrance fee and there are no shows. They were supposed to show a video on ‘Operational Palong’. There were a few other visitors.

There are only a few exhibits inside the building, a tin ingot, samples of tin ore and other items. The main attraction is the large size aerial photograph of Old Town. There is a detailed write-up of the tin industry from the early 1800s to the present. During the official opening it was stated that there will be a guide to brief visitors on the history of tin mining, but there was no guide.

There is a spiral staircase to the basement and there are a couple of exhibits and a TV with three benches in front. The exit doors are closed and in case of emergency one cannot get out.



There are more exhibits outside the building; a half-century old *palong* is on display. Various other equipment and machinery used in the mining industry are on display. There are also huts with thatched roofs with machinery inside. The huts are not maintained and weeds and creepers are growing. There is no write-up about the exhibits and visitors do not know the function of the equipment.

A visit to the museum is supposed to be an educational outing, where visitors can learn about tin mining history in Kinta Valley. With no explanation or guide it does not serve its purpose. Lighting is not adequate and the place is dark at night when the museum is officially open.

Kong Cheok Loon, Admin Manager who is in charge of the museum agreed that the museum is not well known and attempts are being made to procure more exhibits. He said publicity is needed to promote the museum to local residents and outstation tourists.

The museum is supposed to be a tourist attraction; however opening hours may not be attractive for tour operators to bring tourists. During late evenings, tour operators would be taking tourists to night markets and food courts.

Morubina put up the museum with good intention, but they may not have the expertise to operate it. They must team up with the right people to run it. More exhibits and publicity is needed. Videos about the mining industry can be screened. The opening hours must be reviewed.

Is Indah Water Polluting Kinta River?



While visiting the Palong Tin Museum I noticed that the Indah Treatment Plant in Waller Court was pumping soapy water into the Kinta River. Plenty of foam was floating at the discharge point. Since the water in the river was hardly flowing, the foam was floating up to the middle of the river.

I spoke to Hamdi bin Bawan, Unit Manager of Indah Water, on the situation. The following day he called me and said that there was a malfunction in the plant and the problem had been solved. He thanked me for bringing this to his attention. However, when I visited the place a few days later I noticed that soapy water was still being discharged into the river.

I went to the Indah Treatment Plant in Merdeka Garden to see the situation there. I noticed that water was flowing out of the plant into the drain; it was gravity flow. The water was normal, not foamy.

Can Indah Water assure that the water being discharged is not polluting the river? What is the composition of the water? It is just upstream from the equipment that is measuring the quality of water in the river. Will this affect the measurement?

A. Jeyaraj

Trees along pedestrian walkway



MBI has planted trees along the pedestrian walkway on many roads in the city centre. It is pleasant to see greenery in the midst of a concrete jungle. The trees with tall slender barks and different shapes of bushy tops look beautiful. It is nice to see real trees instead of planting plastic trees as was done previously in some areas.

These trees absorb carbon dioxide emissions from the vehicles and produce oxygen making the atmosphere healthy. They provide shade and also a place for birds to nest in the town area.

The trees especially in front of KFC in Jalan Dato Onn Jaafar have grown tall and are not only beautiful but also provide shade at the busy junction. Similar sites exist in a number of other areas.

The down side is that in a few of places, the height of the bush is very low and pedestrians have to be careful not to hurt their heads. One example is the tree in front of Kamdar Store on Jalan Raja Musa Aziz. There are also locations where the trees obstruct pedestrians from walking.

The trees are planted all over the city and I have just highlighted a couple of them which were brought to my attention. The idea is very good and appreciated by the residents. However, the Landscaping Department must inspect them and ensure they are properly maintained and safe for pedestrians to walk.

A. Jeyaraj

LETTERS

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

Sybil Kathigasu Remembered

On June 12, it was exactly 65 years since Sybil Kathigasu, the freedom fighter, died. In her book 'No Dram of Mercy', she gives an insightful account of a woman of great courage who should be held as a beacon and a role model to all Malaysians.

In the late '20s till the early '40s, Sybil and her husband Dr Kathigasu operated a clinic on Brewster Road, now known as Jalan Sultan Idris Shah in Ipoh. Sybil's warmth, readiness to help and her fluency in Cantonese made her popular with the local Chinese community.

Our country has a rich history having been colonized by many Western powers like the Portuguese, Dutch and British. But the one historical event that can never be forgotten is the Japanese invasion. In 1941, the Japanese army bombed Ipoh, this event prompted Sybil and her family to move away to Papan, a small town fringing Ipoh. It was here that Sybil ran a free clinic dispensing medicine to the locals and fighters of the Malayan People's Anti-Japanese Army.

She also kept a radio nicknamed "Josephine", so that she could listen to the British Broadcasting Corporation (BBC) for news and pass on information. When the Japanese army found out about her "subversive" activities, she was immediately arrested and tortured. Her fingernails were ripped off with pliers and her legs scalded with iron rods. She was also forced to drink large quantities of water before the Kempeitai (Japanese Military Police) stepped on her bloated stomach. She suffered damage to her spine and skull after a severe beating by a thick bamboo stick.

After Malaya's liberation from the Japanese in 1945, Sybil was flown to England for medical treatment. In 1948, she became the only Malaysian woman to receive the George Medal for Gallantry, a high civilian honour given by Britain's King George VI.


Several months later, Sybil died due to an old wound on the jaw sustained from the kick of a Japanese boot which had brought on a fatal bout of septicaemia. Her body was later brought back and buried at St Michael's Church in Ipoh.

Sybil's life is perhaps the best example of unity – a Penang Eurasian-descent woman who willingly sacrificed her life for the Malayan People's Anti-Japanese Army members who were mostly Chinese who fought for the independence of Malaya.

In Fair Park, Ipoh, a road is named after her to commemorate her bravery. But the sad truth is, she has never been mentioned in any of the Malaysian history books. Perhaps, Malaysians have a poor sense of history. In recent decades, our education system placed little emphasis on this subject. Little is known to our school children on local heroes like Sarjan Hassan, Leftenan Adnan, the Iban hero Kanang and our forgotten heroine Sybil Kathigasu.

Therefore, can the Education Ministry include some chapters for local fighters like Sybil Kathigasu in our history books?

S. Sundralingam




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News Roundup

Colonel Johnny Bids Farewell



The Chief of Staff of HQ 2nd Malaysian Infantry Brigade, Lt-Col Johnny Lim, 47, was recently promoted to Colonel and will assume his new post as Director of Policy Research at the Malaysian Institute of Defence and Security located in Wangsa Maju, Kuala Lumpur.

Johnny Lim paid a courtesy call to Ipoh Echo office and was entertained to lunch by its editor, Fathol Zaman Bukhari at the Royal Ipoh Club. He took the opportunity to thank Ipoh Echo staff, especially James Gough, for their cooperation and support in highlighting the Ipoh-based infantry brigade activities. He presented a plaque to Fathol as a fitting farewell gift.

The officer, who served just under a year as Chief of Staff, remembers vividly several activities such as overseeing the security and deployment of troops along the Perak border, the deployment of troops to Lahad Datu during *Ops Daulat* and the close cooperation with the police during the run-up to the 13th GE as highlights of his short tenure in Ipoh. Apart from that, the Military Community Volunteering Open Day in April as well as contributing to the local community, particularly the orphanages, remains close to his heart.

Asked what he would miss most? The Johore-born and Sandhurst-trained colonel candidly admitted that the local food, wonderful bistros and many good friends he had made would top the list. "I'd gladly return on weekends given half the chance," he quipped.

Ed

Criminals Getting Younger Says CPO

The monthly parade by Perak's Chief Police Officer, Dato' Pahlawan Mohd Shukri Dahlan, was held recently at the Perak Police Contingent Headquarters.

The parade started with the inspection of police personnel by the Police Chief and followed with a speech by him.

"We'll continue to devise strategies to curb the crime rate for the rest of the year," he said, "We'll strive for a safer Malaysia with a low crime rate so citizens don't have to live in fear."

Mohd Shukri mentioned the various initiatives taken under the National Key Results Areas (NKRA) of the Government Transformation Programme. Among them are the Police Omnipresence Programme that encompasses 'High Profile Policing', 'Walk, Stop and Talk' and 'Feet on the Street'.

The parade ended with the presentation of letters of commendation to officers from the police districts of Taiping and Kampar.

At the press conference that followed, the CPO mentioned that from January to May of this year, out of the 3166 cases reported statewide, 1681 were solved. The figure represented 53.1 per cent of the total number, an improvement over the standard set by NKRA.

He stressed on the role of parents and the community in preventing crimes such as snatch-theft and drug trafficking by teenagers and youths from happening. The perpetrators, he said, are becoming younger.

Lena



Former Students Donate RM10,000

Six former students of ACS (SMK Methodist) Ipoh took time off work one recent morning to visit their alma mater.

They, from the Class of 1979 (Form 5), had collected some money for the school during a class reunion in Kuala Lumpur last year.

At the annual reunion for ACS/MGS Class of 1979, which was also in conjunction with their 50th birthday, old boys Ferric Yeong and Australia-based Joe Ch'ng, came up with the idea to raise funds through an auction, to contribute towards the development of their school.

The auction was well supported by students from the Class of 1979 who are residing in Malaysia and abroad.

In a simple, yet touching ceremony, a cheque for RM10,000 was handed over to Principal Mdm. Soot Mooy Ching.

The former students were taken on a tour of the school, which they left 34 years ago, after sitting for the Malaysian Certificate of Education (MCE).

Emily



Council Adopts New Management System



The Ipoh City Council signed a memorandum with the Malaysia Productivity Corporation (MPC) recently at the Perak Urban Transformation Centre (UTC).

This marks the start of using the LEAN management system for the council.

LEAN, according to Hajah Sarimah Misman, Director MPC (Northern Region), is a management system emphasising productivity and minimising wastage of time and sources. It ensures continuous flow during work.

The City Council is the first public agency in Perak to adopt the LEAN management system after Penang, Sarawak and local authorities in the southern region.

On a separate matter, Ipoh City Council Secretary, Dato' Haji Abdul Rahim Md Ariff thanked the public for supporting UTC since its opening in January. The centre had received almost 1.5 million visitors and an income of RM119 million as of May.

Lena

Community

Orang Asli Health Camp

Persatuan Pemulihan Sultan Azlan Shah (PPSAS) recently organised an Orang Asli Health Camp at Kg Sg. Chadak, Hulu Kinta which involved four villages – Kg Sg. Chadak, Kg Tonggang, Kg Makmur and Kg Suluh. It was in collaboration with Jabatan Kesihatan Negeri Perak, Jabatan Kesihatan Pergigian Daerah Kinta and Hospital Raja Permaisuri Bainun, Ipoh.

The aim was to reach out to children and adults with disabilities within the Orang Asli community by helping raise their awareness of the benefits available to them from the social welfare department and rehabilitation centres such as PPSAS.

Over a hundred Orang Asli villagers participated in the one-day health camp. Among the disabilities treated were those with epilepsy, psychiatric issues, neurological problems, hearing/speech impairments and dental hygiene issues. The team also offered services such as application for Jabatan Kebajikan Masyarakat allowances and Orang Kurang Upaya (physical disability) cards.

Persatuan Pemulihan Sultan Azlan Shah is grateful to volunteer consultant, Dato' Dr Ramanathan who collaborated with the centre to provide a full medical camp in tandem with the centre's outreach programme in community-based rehabilitation.

Jau



Doting Father to Nine Kids



It takes sheer willpower, perseverance and lots of love to raise not one, but nine kids, especially if none of them are your own. An old man who goes by his moniker, Atuk Ramli, did just that.

The nine adopted kids are Nor Asiah Mohd Rizal, 19, Mohamad Nor Hanif Mohd Rizal, 17, Nor Hanisah Mohd Rizal, 16, Mohd Hasrul Mohd Rizal, 14, Mohammad

Hashraff Mohd Rizal, 13, Nor Hatikah Mohd Rizal, 12, Mohd Hafiz Abdullah, 8, Mohd Haikal Abdullah, 4, and Nur Hidayah Abdullah, 2.

Ramli Zulkifli, 60, earns a meagre RM300 monthly fishing in the murky waters of Sungai Perak. He is also a part-time guard at a sand-mining company in Kampung Kubang Pekan Hilir, Kuala Kangsar. Unfortunately, the company is closing down next year.

However, a monthly stipend of RM450, given by the Department of Social Welfare, helps to make ends meet. Ramli spends all the money he receives on food and other basic necessities leaving little or nothing for a rainy day.

Ramli never considers his adopted children a burden. Instead he views them as a source of joy and pride. This is especially so, as his beloved wife passed away two months ago leaving a huge void in his life.

He does not plan on giving up the children but is terribly disappointed by the irresponsible actions of their parents who abandoned and left them in his care.

Ramli's determination does not go unheralded. Hanif, 17, expressed his deepest gratitude to his foster father for raising them even though they are not related. He aspires to be an automotive engineer in the future and is working hard to achieve this.

Asiah, 19, on the other hand, said, "We are very touched by Atuk's gesture and we treat him as our own father." She is currently doing a makeup and beauty course.

Ramli, however, is not hoping for much in return. His one simple wish is to see them having a bright and meaningful future.

Incidentally, three of the youngest children are in the process of acquiring a birth certificate from the National Registration Department of Perak.

Those who wish to help the family can contact Ramli at **017-502 3948** or Asiah at **017-502 3948**.

RM

Education

A Resurgent Malaysia Festival of the Mind

Can you solve this addition '27+86+78+99+72+10' in less than five seconds without using a calculator? While most people gave up without trying, one man stood by undaunted. This was West Wong, touted as the 'Malaysia Human Calculator' who did it the sum in a flash at the 9th Malaysia Festival of the Mind held at Dewan Tun Dr Ling Liong Sik in UTAR Perak Campus recently.

West Wong, who is a UTAR alumnus, was invited as guest speaker for a crowd enlightening session which followed the launching ceremony of the 9th Malaysia Festival of the Mind. In what appeared to be a spectacular showpiece from the Math prodigy, West demonstrated his startling arithmetic and calculation abilities, and maintained his cool despite being bombarded with an outpouring of uncharacteristic complex equations from the animated crowd. His ability to produce razor-sharp answers in a hairsbreadth of time has garnered the crowd pleaser widespread adulation.

"I discovered my knack for numbers at the age of nine, and have not looked back since," said Wong, co-founder and tutor of Nexus Learning Centre who is also the bronze medallist in the category of Flash Anzan at the 2012 World Mental Olympics (Memoriad) in Antalya, Turkey. West pioneered a historic feat for Malaysia, bagging the country's first-ever medal in the final showdown of world-class Math wunderkinds. He is now bent on nurturing talents to represent Malaysia in the upcoming Memoriad in Las Vegas in 2016. His parting remark to the crowd was, "Believe in yourself and love what you do!"

Present were UTAR Council and Malaysia Mental Literacy Movement (MMLM) Chairman Tun Dr Ling Liong Sik, UTAR Council Member Dato' Seri Ong Ka Chuan, who was also the guest-of-honour for the two-day event, UTAR Planning and Development Committee Advisor Tan Sri Hew See Tong, UTAR President Ir Prof Academician Dato' Dr Chuah Hean Teik and senior UTAR officials.

The annual Malaysia Festival of the Mind is a brainchild of MMLM, and is jointly organised by MMLM, UTAR and Tunku Abdul Rahman (TAR) University College. Through its activities, the festival aims to create greater awareness among Malaysians of all ages and all walks of life on how to develop thinking, memory and creativity skills. Admission to the festival, exhibition, talks and workshops are open to the public for free.



My Say

By Jerry Francis



Just Fancy That – A Floating Market in the City

It amuses me each time the Mayor or some VIPs propose certain tourism projects along the narrow Kinta River in Ipoh. Among them are a floating market, river cruise, boat race and other water-related activities. I wonder whether they have really given some serious consideration to the viability of their proposals.

Why do we have to emulate others who had successfully implemented such activities? Their rivers are wider and deeper. The 1.5km stretch of the Kinta River, from the bridge at Jalan Raja Musa Aziz (Anderson Road) to the Kinta Riverfront Park (formerly known as the People's Park), is hardly 15m wide and 1m deep.

Although a rubber dam has been built by State Drainage and Irrigation Department, which could create the depth of water suitable for small boats, it would not be ideal for a floating market or river cruise.

Introducing such activities along this stretch of the riverbank is therefore bound to be a failure.

We have seen so much failures and therefore should not venture into another without thoroughly studying how our own floating market could woo tourists. And knowing the city council, even if such a floating market materialised, it would not last for long.

What are the unique items we could offer at our floating market? Just because Thailand has been successful in promoting their floating markets, it doesn't mean that we can be too.

Mayor Dato' Roshidi Hashim, had after a visit to South Thailand recently, proposed the floating market. He foresaw that a floating market would be a new tourist attraction in the city.

If there is any chance of such water-related activities being successful, they should be introduced along the Perak River, preferably in the Royal town of Kuala Kangsar.

The Kuala Kangsar District has much to offer in terms of tourist attractions, products from cottage industries that are unique and also has abundant local fruits and other agricultural produce. These could be the catalyst for a sustainable floating market. What is there for Ipoh to offer?

However, instead of a floating market, the city council could consider having a Weekend Bazaar along the riverbanks by relocating the Sunday street market along Jalan Horley. Such a move would induce and inspire the creation of a viable tourism



project in the city. One side of the riverbank is for traders and the other for eateries as the beautifully designed pedestrian bridges provide easy access to both sides.

And, if we are still keen on water-related activities, why not revive them in the artificial lake of Taman D.R. Seenivasagam. After all the lake is just beside the "River Walk".

While efforts to beautify the riverbanks are commendable, the enthusiasm that started a few years ago seems to progress rather slowly. Some sections have been abandoned and neglected.

During the day, the site appears to be dull, but at night it is like a fairyland and is attracting the city folks. The coloured-lighted trees installed along both sides of the riverbanks would reflect on the river concealing the polluted water and rubbish floating by.

I had hoped that a more concrete effort would be carried out to beautify this stretch of the Sungai Kinta, which bisects the city into the Old Town and New Town sectors, not in an "ad hoc" manner.

It must be remembered that rivers have been the focal point of many cities around the world. Sungai Kinta can be one of them.

Art & Culture

Perak Theatre Festival 2013



Theatre lovers who witnessed the Perak Theatre Festival 2013 were not disappointed. Spanning a period of three days beginning June 14 to 16 and held at the Perak Arts and Culture auditorium in Jalan Caldwell, Ipoh, the festival was organised in the form of a competition between four theatre groups that took part.

The objective was to heighten the level of local theatre performance, as well as to encourage interaction among the theatre enthusiasts. It was also aimed at preparing the theatre groups so they could perform at the coming Malaysia Theatre Festival 2013.

The participants performed two plays, one a monologue drama and the other a modern drama.

Screams of joy were heard when head judge, Associate Professor Dr Abdul Samat Salleh, declared *Badan Budaya Perak* as this year's champion. The team won RM3000 while first runner-up, *MKD Kinta Theatre Group* and second runner-up, *Pertubuhan Bangsawan Warisan Moraza Theatre Group* received RM2000 and RM1000 respectively.

Lena

A Joint Art Exhibition

In a friendship that has lasted 46 years, artists Chow Ngan Moi and Lee Ben Thong, had for the first time held a joint art exhibition in Ipoh. Their previous collaboration was in Kuala Lumpur 15 years ago.

This exhibition with the theme, "Comprehension of the Soul" was officiated by Malim Nawar State Assemblyman, Leong Cheok Keng. Held at Lim Ko Pi Gallery in Jalan Iskandar, the exhibition was opened for a week from June 16 to 23.

There were 25 pieces of art displayed, with Chow showcasing her watercolour and oil paintings, while Lee contributed only his oil paintings. With 46 and 54 years of experience respectively, both artists concurred that it took a lot of practice to refine their painting techniques.

However, they lamented the lack of proper exhibition venues in Ipoh, where locals could be exposed to fine art and develop an appreciation for it.

Proprietor of *Nothing Special Arts & Antiques*, Chan Kin Mun, the organiser of the exhibition, said that he had approached the couple for this joint show as he was aware of the quality of their art.

Emily



Young Perak

Uniting The World Through Music and Dance

The annual Tenby Infant School Production 2013 saw more than 300 pupils performing on stage at Dewan Leong Wan Chin, Ipoh recently. It was a platform for the kids to showcase their artistic talent, as the kindergarten does not only focus on academics.

Aged between two to seven, from Foundation Stage, Year One and Two international stream and Year 1 Kurikulum Standard Sekolah Rendah (KSSR), they merrily danced their way through the hour-long programme, presenting 15 different dances from around the world.

The children, who performed traditional and folk dances from various countries including Taiwan,



Ireland, Sudan, France, Japan, India, Finland and Malaysia, only had three weeks to prepare their dance steps.

Aptly titled, "A United World with Tenby through Music and Dance", represented by children of 20 nationalities, it was an idea from Mrs Puvanes Mahendran, Head of Tenby Kindergarten.

The preschool programme offered by Tenby Kindergarten focuses on learning through play, which allows children to have fun while creatively developing their cognitive and social skills.

The school's new campus in Bandar Meru Raya will begin accepting students for the new term this September.

Emily

Sport

By James Gough

Golf: 58th Perak Men & Ladies Amateur Open 2013

The recent 58th Perak Men & Ladies Amateur Open 2013 was held at the Meru Valley Golf & Country Club recently. The 3-day tournament saw a total of 75 players, comprising 58 men and 17 ladies throughout Malaysia participate in the tournament.

The men's amateur gross champion Wafiyuddin, 22, from Kelab Golf Universiti Utara Malaysia, who registered a gross score of 214, 2 under, said that this was his first time winning the Perak Amateur Open Gross Champion Title. He attributed his win to "concentrating on the game and enjoying the challenge of the course".

Nur Durriyah, 18, from Malaysia Golf Association, took the women's crown with a score of 213, 3 under. Nur who played well on the first day, reminded herself to maintain her score and play well for the remaining two days.

Mohd Shah Syarizal with a net score of 211 and Amalia Shahzan, net score of 213, emerged as men and ladies net champion respectively in this tournament.



25th Perak Youth Hockey Tournament

The recent MILO-MBI-MNS 2013 Perak Youth Hockey Tournament, which was played at Ipoh Padang and Stadium Azlan Shah on June 22 and 23, resembled a carnival.

A total of 175 teams from throughout Malaysia descended on Ipoh to compete in the tournament which was open to both boys and girls in the U12, U15 and U18 categories.

The 25th Anniversary tournament was organised by Ipoh City Hockey Association (ICHA) in collaboration with MBI, Perak Sports Council and Nestle Malaysia.

Luckily for the organisers, despite the haze engulfing the south of the country, Ipoh was spared on that particular weekend and competitions were played on schedule.

The results of the competition are as follows:

U12 Girls: Bukit Bandaraya (KL) beat Maybank Juniors (1-0).

U12 Boys: SK Cator Avenue (Ipoh) beat Bukit Bandaraya Boys KL (1-0).

U15 Girls: Team SSTMI Kucing (Sekolah Sukan Tunku Mahkota Ismail) Johore bt SSTMI Helang (1-0).

U15 Boys: SMK Syed Hassan "A" (Perlis) beat SMK Syed Hassan "B" 1-0.

U18 Girls: SSTMI Jaguar beat SSTMI Cobra 4-3.



U18 Boys: Bukit Jalil Sports School beat Anderson Tigers 1-0.

Team SSTMI were the big winners for being champions and runners up in two categories, U15 girls and U18 girls.

In the U12 boys category, SK Cator Avenue players, Mohd Shamir Mohd Irfan was voted as Most Promising player and Mohd Danial as Best Goalkeeper. For the U12 girls, Kirandeep Kaur from Bukit Bandaraya Girls School was voted best player.

Tourism Perak
Yours to Discover

The holy month of Ramadhan is upon us and on behalf of Perak Tourism, I would like to wish all our muslim readers "Selamat Berpuasa". May you be blessed with the inner strength to fulfil your obligations with fortitude.

Nolee Ashilin Radzi
-Exco of Health, Tourism and Culture

Business

The Kinta Real Estate group has begun work on Tin City in Falim, which will see more commercial growth to this southern section of Ipoh City. With a budget allocation of RM150 million, this development was officially launched in May this year and is expected to be fully developed in 2017.

Group managing director Datuk Poo Tak Kiau said that sales so far have been encouraging, auguring well for the project. "With its strategic location for traffic heading south towards Menglembu, and all traffic having to pass through Tin City to get there, exciting retail opportunities are in the pipeline. With a hotel, condominium and a new hypermarket, this retail centre is projected to be an upmarket commercial hub with shops, cafes and trendy retail outlets, creating an instant facelift for Falim and bringing new life to this sleepy enclave on completion."

In conjunction with the official launch of the project, the group is organising an exhibition themed 'A Return to Ipoh's Glorious Times' which is on till August 11.

"This special exhibition showcases Ipoh's mining history. Visitors can expect an exciting and interesting display of artefacts, photographs, videos and paraphernalia from the tin mining industry and the families which helped to create the history of our city," Poo says.

Admission to the exhibition which opens from 10am to 6pm, is free and complimentary shuttle buses are available to Falim House at 180 Jalan Lahat, from the railway station (only on Saturdays and Sundays until August 11).

Falim House is itself a rich piece of Ipoh's history, having withstood the test of time for the past 86 years.

For further details about Kinta Real Estate, call **05-282 7888** or **012-515 7887**.

SFCK



Falim Set for Growth with Tin City



Mixed Development of Residential & Commercial

Show House Open for Viewing
10.00am - 6.00pm

3 & 4 STOREY COMMERCIAL LOT

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IPOH

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领导潮流

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UNRIVALLED POTENTIAL

This 23-acre well planned township is laid out to accommodate the variety of commercial and industrial needs. With spacious roads, walkways and over 1,800 car parks, the infrastructure is well prepared for a substantial amount of visitors. Due to the strategic location, there is a high potential business value as it holds a convenient hot spot for recreational activities as well as business gatherings. Future developments such as a hotel and apartment suites further increase the investment appeal.

SPECIAL FEATURES

- Main access road between town and Menglembu industry area
- Over 2300 car parks
- Extra 10-foot walkway
- 4-storey corner commercial unit with individual lift
- Proposed 132' new access road for better traffic flow

Residential Suites

Hotel

DEVELOPER :

AMBER SYNERGY SDN BHD

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