

ISSUE **170**

*Ramadan, the month-long fasting period in the Muslim calendar that precedes the festival of Hari Raya Aidilfitri, started on Wednesday July 10. The weather that afternoon was hot and dry and as usual during Ramadan, the stall holders who rent Ipoh City Council's Ramadan bazaars dotted around the city, begin to populate these stalls around 3pm and activity begins. As in previous years Ipoh Echo sent a team to check out the various bazaars.*



## Ramadan Bazaars Gaining Popularity With All Ethnic Groups

Without a doubt the food was superlative at most of the locations visited but it was not just Muslims shopping for themselves and their families who were milling around. As more and more people came, getting closer to the time for breaking fast, there was more than a small number of non-Muslims seen at the bazaars picking out food either for tea or for their night's dinner.

### Medan Gopeng

The Ramadan bazaar at Medan Gopeng has 137 stalls that offer a wide range of *buka puasa* (breaking of fast) delicacies. Ipoh Echo decided to meet the people behind the food and spoke to some of them.

Ainy Nurul Hidayu together with her daughter Roslida Abdul Rahman has a stall that sells the full range of dishes for a meal. While mum Ainy prepares the main dishes like grilled fish, Roslida focuses on the desserts like doughnuts and *pelita jagung* (corn pudding). They have been selling their Ramadan goodies here for over 13 years. The rest of the other months of the year they have a premises close to Carsem known as *Sri Permata Corner*.



Murtabak Yop brothers: Ahmad Firdaus and Ahmad Zaidi

A few stalls down is *Rina Catering*. Its owner Ms Erina Wati has been trading at this bazaar for a "long time, since I was young". Erina, now almost 40, took over the business from her mother and has an outlet at the nearby Megoplex shopping mall. She sells the main food dishes but here she prepacks *Nasi Briyani* which moves off the counter fast.

Ahmad Firdaus, in his late 30s, runs his stall called *Murtabak Yop*,

which as its name implies, sells only *murtabak*. He has been selling *murtabak* for 26 years at the night markets around Ipoh. At the night markets he sells on average 400 *murtabak* per day. However, at this bazaar he averages 800 *murtabak* per day. His normal workforce is four but during the Ramadan month he has eight workers while his brother Ahmad Zaidi, 42, a teacher, comes by to help out.

Firdaus's preparation of his *murtabak* is like an operations floor with one team preparing the ingredients, another wrapping up in the dough and another cooking over the hot plate all working hurriedly in anticipation of the after-work crowd.

Mydin Hassan, 64, of *Mydin Cendol* is another food trader who has been trading here for 15 of his 18 years in this line. Unlike the food operators, Mydin sells takeaway cendol and says that his earnings are less than on normal days where he sells in the area around nearby Ipoh Jaya.

For all of the above operators here with the exception of Mydin, they acknowledge that their daily Ramadan earnings here are, on average, better by 25 per cent.

### Tanjung Rambutan

Over at Tanjung Perdana, Tanjung Rambutan, there are 85 stalls at that Ramadan bazaar selling a similar variety of fare. Siblings Zaleha and Zawawi Zambri have been operating their outlet *Iniza Ayam Percik* since this location started four years ago. The siblings have been in this business for 16 years, having inherited the business from their father who now buys the chickens while the siblings do all the rest. Their *ayam percik* is cut into various parts such as thigh, breast, wings, etc. and sold at different prices.

### Bercham Ramadan Bazaar 1 Malaysia

The Ramadan bazaar at Bercham (Mobil) has only 15 stalls but does a brisk business. A large number of their customers are non-Muslim. Ms Yee who works and lives nearby this location was buying *murtabak* and has been doing so for two years, "it has variety and is nice". In fact trader Azman Shah, who claims to sell the best 'mini *murtabak* in Bercham', dubbed this location as 'Bazaar 1 Malaysia' because of its multi-racial customers.



Medan Gopeng traders Erina, Roslida and Aini

Azman who admitted that he works as a clerical staff with CIMB Bank Ipoh Garden, has been selling at this location for seven years.

### Sharing a Culture

Ramadan bazaars no longer belong exclusively to Muslims breaking fast. The variety and delectable food have won over the palates of the other ethnic groups and even tourists are flocking to the bazaars, tempted by the smells and sizzle of the large choice on display.

Nearby residents like the family of S. Muniandy look forward to the annual event as they stroll to Medan Gopeng at 4pm in the afternoon to buy *kuih* for their tea. Similarly for third-year students of Institut Pendidikan Guru, Hulu Kinta, Tanjung Rambutan, the variety of food is a welcome break from their daily fare and they had been patronising the Tg. Rambutan bazaar each year.

As I doubled back to Medan Gopeng before the breaking of fast at 7.33pm that first evening I stopped at Jamek Mosque, Kg Melayu, approximately 400 metres before the bazaar. Earlier a friend informed me he normally broke his fast at the mosque and invited me to join him.

However, he was not there but retiree Encik Mukhtar Ahmad, 67, was present. Mukhtar, who is a member of the mosque committee said that for him breaking fast at the mosque had a special meaning for him which he enjoyed.

After the meal, I headed over to Medan Gopeng to see Roslida loading empty trays into her van, Erina playing with her grandkids amongst empty food trays and the *murtabak* workers having a meal next to their cleaned hot plates.

A Muslim Ramadan no doubt, but a sharing of a culture in which all Ipohites can participate.

James Gough



Mohd Zahari sells fried kway teow and fried mee



Robaza BBQ owner, Zakaria Musa, sells skewered barbecued chicken, lamb and beef

## Stadium Perak Ramadan Bazaar

The Stadium Perak Ramadan Bazaar is one of the more popular seasonal food bazaars in operation during the fasting month of Ramadan. It is located at the stadium's spacious car park where over 400 part-time and professional traders sell foodstuffs to eager buyers. What is most suitable about this bazaar is its locality and accessibility. The din created by an over-zealous crowd coupled with the after-office traffic adds on to the attraction. It is as if the whole Ipoh is being aroused by the aroma of barbecued chicken and beef, which seems to hang in the air.

Mohd Zahari, 35, a bona fide Ipohite and a fitness instructor by profession, has been operating a stall at the bazaar since 2010. Asked what made him do the unthinkable. "It's not much about the money but the fun of doing business once a year," he answered. Mohd Zahari sells fried *kway teow* and fried mee. He lays the piping hot noodles on huge trays and sells them in packets. Priced at RM2 a packet, the noodles are a bargain. Zahari has his regulars who begin to patronise his stall soon after opening time at 4pm.

Majuri Hafiz, 28, is another of the faceless traders who have been plying their trade at the stadium bazaar. He has been selling *Ayam Golek Madu* (Roast Honey Chicken) since 2008. "The demand for my roasted chicken is high. I get to sell over 200 chickens a day. It's tough but the money is good," he said. Majuri marinates the birds overnight using a number of herbs, spices and condiments. "It's a recipe passed on by my late grandmother," he said. His whole chicken sells for RM12 a piece.

Another stall which is a hit with patrons is *Robaza BBQ*. Owner Zakaria Musa, 51, sells skewered chicken, lamb and beef barbecued over fire. The aroma is an attraction in itself. It is easy to locate Zakaria's stall as it is at the entrance to the car park. The sight of a milling crowd that grows by the hour is a good indication of the stall's popularity. Lamb sells at RM4.80 a stick, beef at RM4 while chicken at RM3.

The three are just a cross-section of the many that do business at the stadium car park during the fasting month of Ramadan.

Rosli Mansor



This is the tagline of the recent Tourism Perak – sponsored seminar, or a more pleasant alternative, retreat, held at the Swiss Garden Golf Resort and Spa in Damai Laut, Lumut. The remoteness of the holiday resort, located on an elevated promontory overlooking Pangkor Island, lends credence to it being classified a retreat.

Once inside, guests have little access with the outside world as getting to Sitiawan, the nearest town requires a bumpy ride along a winding road that runs for over 20 kilometres amidst a lush tropical jungle interspersed with oil palm and fast-disappearing rubber trees.

So a respite lasting three days and two nights is a retreat in every sense of the word. However, defining the word “retreat” is of no consequence if the significance of the meeting of tourism players in Perak is lost in transition.

The primary objective of the seminar was to get all those involved in the state tourism industry to sit together, deliberate over pressing issues and come up with some workable solutions to address problems affecting the industry, per se.

“It’s not about reinventing the wheel,” said one rather disinterested participant. He was right. As far as my memory takes me, this must be the umpteenth time I have attended a seminar or forum or retreat on tourism. Therefore, the word holds no special meaning to those who have been exposed to the subject.

“It’s not the form that matters but the substance,” uttered another. His ranking was not without reasons. Obviously, he was riled by the lackadaisical attitude of those entrusted with the implementation of resolutions passed and adopted during past meetings. The nagging question on the minds of the hundred-odd participants who had gathered at the resort’s spacious ballroom that Sunday evening was whether the ostentatious retreat would go the way of previous get-togethers – all talk but no action.

I was a little skeptical but acceded nonetheless. To me it was the infusion of new blood that prompted me to sit out and listen. On the podium was the newly-minted Executive Councillor for Health, Tourism and Culture, Ms Nolee Ashilin Dato’ Mohd Radzi, the assemblywoman for Tualang Sekah.

She is like a breath of fresh air. Coming from a family of politicians and a father who once held the same portfolio under Tan Sri Ramli Ngah Talib, youthful Nolee has the panache, the wherewithal and the desire to see things through. She exhibited her flair by playing some catchy video clips on tourism. It caught the audience’s attention. She knew what she was talking about. We were thrilled.

## “THINK TOURISM ACT TOURISM”

*The nagging question on the minds of the hundred-odd participants was whether the ostentatious retreat would go the way of previous get-togethers – all talk but no action...*



Being young and blessed with a solid academic grounding, Nolee seems the right candidate for the hot seat. I have no qualms about her credentials. She has an honours degree in accounting and finance from one of the top twenty universities in the United Kingdom, Manchester Metropolitan University. She also holds a master’s degree in business management from Edith Cowen University, Perth, Australia.

The lady is a pedigree, a thoroughbred. But like a rough diamond it requires polishing. Nolee’s willingness to listen to the woes of one very aggrieved tour agent from Pangkor Island provides a likeable preview of things to come. My only hope is she will rise to the occasion as Visit Malaysia Year 2014 is less than six months away. There is plenty to be done and getting things done the right way is no mean task. It requires the support of all, especially the staff of Tourism Perak which she heads.

Although my presence at the seminar was merely to listen and to report I got into the thick of the action, nonetheless. Preserving heritage buildings, antiquated machineries, traditions and cultures was one of the subjects for discussion.

The monstrous tin dredge idling on a man-made lake in Tanjung Tualang and nicknamed TT5 (Tanjung Tualang 5) was the focus of our attention. Neglected and left to rot in the unforgiving tropical sun, TT5 is on the verge of sinking into the murky waters unless works to rehabilitate it are taken. Its touristic potentials, unfortunately, are being overlooked by its stakeholders. If nothing is done this “indomitable legacy of the tin era” will end at the bottom of the lake.

Cross selling TT5 with the lacklustre herbal garden, the over-indulged Kellie’s Castle, the tasty prawn dishes of Tanjung Tualang and the breathtaking vistas of Kinta Nature Park is one way to promote heritage-rich Perak to the world. These iconic features, fortunately, are found along the Simpang Pulau-Batu Gajah-Tanjung Tualang road.

Yang Berhormat Nolee, we have made our intentions known. The ball is now in your court.

## In The Name Of My Father's Estate

Episode 19

by Peter Lee

One week after the last meeting, all the beneficiaries, namely: Mrs Patricia Lee (Lee Sr’s first Wife) and her children, John Lee, Nick Lee, Steven Lee, Michele Lee, Nancy Lee and Sandy Lee together with Connie (Lee Sr’s second wife) and her minor children Steve, Jimmy and Jennifer gather at Dave’s (Lawyer) office to sign the relevant documents to kick start the application for the Letter of Administration (LA).

As everyone settled down in the meeting room, Dave said, “Good afternoon and thank you for coming. Today’s signing of documents will involve all beneficiaries entitled to the estate to sign the letter of consent to appoint the Administrators, namely: John, Michele and Connie. Those who are not appointed as Administrators will have to sign a letter of renunciation renouncing their rights to be the Administrators of the estate. As for Connie, you have to sign on behalf of your three children as they are still below 18 years old. Then, the Administrators appointed must sign the affidavits for the application of LA. The other matter is that we have to submit the names of Guarantors for the estate, namely: Mrs Patricia Lee, John and Connie as agreed in our earlier meeting.”

“Now, are there any questions before signing?” Mrs Patricia Lee asked, “Dave, how long will this application take and when can we receive our entitlement?” In reply Dave said, “I am not sure about this because it really depends on how fast we can submit the LA to the High Court and this submission must also be accompanied by all the lists of assets which the Administrators have to forward to me. The other thing is that, as discussed in my earlier meeting with John, Michele and Connie, I also need the Death Certificate of Lee Sr’s parents. This is because they are entitled to a quarter (¼) of his estate if they were alive. So, to eliminate their entitlement I have to submit their death certificates to the High Court as proof.”

John then said, “Dave, I have asked my father’s brothers and none of them have my grandparents’ death certificates. I think you have to proceed applying for the presumption of death certificate as discussed in our last meeting. Mrs Patricia Lee then said, “Looking at the way things are going, I wonder whether I will be dead before I receive the assets from the estate?” Dave continued and said, “Okay, if there are no more questions or objections to the signing, we shall proceed with the signing?” As there were no objections, everyone signed on the documents required. Nick then asked Dave, “Can you submit the LA to the High Court even though the list of assets provided is not complete so that the application for LA can move first and subsequently any outstanding documents can be submitted later?” In response, Dave said, “By right, this kind of submission requires a complete list of items which I have mentioned but under your family’s circumstances, I will have to seek permission from the High Court whether I could do this.” Mrs Patricia Lee said, “Dave, please do proceed and try Nick’s suggestion. To this Dave said, “Okay, I will try with this suggestion.” Then Dave further said, “As you are all aware there are also overseas assets involved in this estate. Therefore, we need a separate application of LA from these respective countries to collect the assets. So, are the Administrators willing to travel to these countries to do this job?” All the three Administrators declined and asked Dave to appoint a lawyer or a Trustee Company to act on their behalf.

To be continued...

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He can be reached at: 012-5078825/ 05-2554853 or [excelseems@gmail.com](mailto:excelseems@gmail.com). Website: <http://www.wills-trust.com.my>. His Book “To Delay is Human but to Will is Divine” (96 pages, RM28) is available at his office: 108 (2nd Floor), Jalan Raja Ekram, 30450 Ipoh; Rashi Mini Market (019-510 6284), 37 Jalan Perajurit, Ipoh Garden East; Ipoh Echo and at all major bookstores.

## EYE HEALTH – SIGNS OF EYE PROBLEMS

**Ipoh Echo’s EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about THE WARNING SIGNS OF EYE PROBLEMS.**

Many people ask me why is it that their eyes are just not same like they were before. Well, the answer is simple. It’s because our eyes are not isolated from medical problems (diabetes, hypertension & other conditions), from the effects of aging or even from the environment that we live in with all the sun exposure, smoke and dust around us. Eye problems may occur at any age but they are often more common in old age. It is important to be wary of the warning signals that something is going wrong with your eyes and to take proper action should that occur. In many cases, such as diabetic eye disease, eye strokes or acute angle closure glaucoma, quick intervention is important to avoid permanent vision loss.



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

### Some Warning Signs

There are some symptoms and signs that may indicate a medical emergency. In most cases, you should see your eye doctor immediately if you experience:

#### Red Painful Eye with Blurring Vision

This is often a sign of an acute glaucoma (angle-closure variety) attack. There may be nausea and vomiting with a throbbing headache as well. Left untreated, this condition may result in permanent irreversible blindness. Seek treatment early should this happen. This condition may sometimes be mistaken for acute gastroenteritis (food poisoning) because of the symptom of nausea and vomiting. Seek quick treatment for this.

#### Blur Wavy Vision in the Centre Part of Vision

This may be an early sign of *macular degeneration* (AMD). It is a disease that destroys your sharp, central vision. The macular is the central part of the retina where all the fine vision takes place. When the macular is affected, the vision appears distorted, lines appearing crooked or wavy and in the late stages, the vision may be lost centrally. In recent years, there has been medication available for treatment of this condition. The sooner treatment is instituted the better.

#### Vision Blurring in part of your Field of Vision

If the vision loss appears like a curtain falling or like water rising from the floor, then this may be a signal of a detaching retina. The retina is a layer of nerve tissue in the back of your eye. This layer receives the images that you see and transmits it to the brain. When this retina (nerve layer) gets detached in some portion, then the vision gets lost in the corresponding part of the field of vision. The detachment is sometimes preceded by a sudden shower of floaters.

#### Blurred Vision with Halos around Lights

These vision changes may be due to glaucoma when there is a higher than normal eye pressure. Watch out for these subtle symptoms that may occur with a mild headache or mild eye discomfort. Be especially on the look out for this symptom if you are already a diagnosed glaucoma patient or have a family history of glaucoma.

#### Sudden Blurring and/or Floaters in Diabetic Patients

In diabetics, this may be a sign of bleeding in the eye because of diabetic eye disease. It is best for diabetics to get their eyes checked regularly and not have to wait for eye symptoms such as this before seeking eye treatment. By looking into a diabetic’s eye, the eye doctor is able to obtain valuable information about the general diabetic condition which is helpful for the physician who is managing your diabetes. Regular eye exams are important if you are diabetic, regardless of whether you have blurring vision or not.

These are only some of the warning signs. Never hesitate to seek professional help if you experience any unusual eye symptoms that you are unsure of.

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



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# Mat Rempit Menace in Ipoh

**I**llegal street racing...dare-devil stunts on the highway...bikers harassing other road users and bikers without valid driving licences, insurance or road-tax.

The report by an online newspaper *FreeMalaysiaToday*, that a man had been critically injured confirms our worst fears about the Mat Rempit menace.

The injured man, 28-year-old technician, Pathmaraj Balakrishnan, works at Finishar Corporation, and was in a Perodua Myvi with two other friends Yogan Kasinathan and Selva Raju Subbiah at 3am on June 9. They were in a traffic jam caused by 200 Mat Rempits and were waiting at the traffic lights opposite the Pantai Hospital, along Jalan Raja Dihilir, when the attack occurred.

Around 30 bikers had broken off from the main group and climbed on top of the Perodua, before jumping on the roof, demanding that the occupants step out of the car.

Yogan said, "When we refused, they started to smash the windscreen and pulled us out. We tried to flee on foot to save ourselves, however, Pathmaraj was unfortunate as he was caught and they beat him up."

One of Pathmaraj's family members who requested anonymity said, "Police told us that the Mat Rempits are sometimes on drugs and it is difficult to nab the culprits."

The Mat Rempit menace is a growing problem, but an end to their illegal racing and intimidation of other road users, does not seem to be near. Many are also alleged to be addicted to drugs.

In 2008, the Kedah Government had proposed the building of a special circuit for the Rempits, to reduce road accidents and also to provide job opportunities for the many unemployed Mat Rempits.

In April 2009, the then Inspector-General of Police Musa Hassan accused the Mat Rempit of becoming violent and brazen instead of just being a public nuisance. He said, "We have to come down hard on the Mat Rempit who have started to become involved in robberies, snatch thefts and are even attacking innocent road users and we also need to use harsh tactics to catch the Mat Rempit that try to run away from roadblocks."

In June 2009, the Terengganu state government offered to sponsor Mat Rempits for international motorcycle grand prix events. The then Menteri Besar said, "We are willing to render other assistance to those who are interested in becoming professional racers besides sponsoring them for the grand prix circuit."

At the same time, the Malacca state government also announced that

it would offer RM6000 loans to those Mat Rempit who were interested in obtaining their micro-light aircraft pilot licence. The then Chief Minister said, "I hope the Mat Rempit will take up the offer and learn how to fly an aircraft instead of racing illegally on the roads and getting themselves killed."

At a "Ride-It-Right" campaign at Bukit Aman in 2010, the then Inspector-General of Police, Ismail Omar announced that he would work with other agencies to harness the skills of Mat Rempits so that they could be used lawfully. He said that it was an opportunity to scout for riding talent and to educate the Mat Rempits so that they could contribute to the community. He wondered if they could represent the country in professional motorcycle racing and suggested the possibility of setting up a riding academy for Mat Rempits.

The previous month, Ismail had demanded a more serious approach in dealing with Mat Rempits, whom he said were getting more aggressive and bolder: "I have directed all police contingents to give serious attention to tackling the matter. Now, policemen are confronted with violence by a group of people who do not respect the law."

At the 55th Merdeka Day celebration in August last year, the then Home Minister Hishammuddin Hussein said that Mat Rempits could be used to help fight crime. He said, "Just because rempit has a negative connotation does not mean that we have to neglect them. It will continue to have negative connotation if we do not engage them."

He declined to give the methods for enlisting the cooperation of Mat Rempits in fighting crime but said, "But with us guiding them, I believe it can become a reality."

Hishammuddin denied that crime is rising and said, "The issue on the crime index has reached a stage where there are people who don't want to listen to rationale, so, whatever we say will be twisted and rejected."

Some Mat Rempits, who have been caught, were found to be only 15 years old. Children need to have boundaries as well as firmness and discipline, both at home and in school. Parents must provide adequate guidance and attention. Some parents do not even know the whereabouts of their children, who stay out until the early hours of the morning.

If the community needs to provide recreational places such as sporting facilities for young adults, then perhaps the new Sports Minister Khairy Jamaluddin could engage his counterpart in the Housing and Local Government Ministry to provide suitable premises in the community housing areas of cities, towns and villages. Khairy once remarked that Mat Rempits could be rebranded Mat Cemerlang (Mat SuperHero).

The ministers and the police force should talk to the victims and families of the people who were killed or injured in Mat Rempit attacks and accidents, before making flippant remarks or proposing daft ideas to reform the Mat Rempits.

More time, energy and resources from the national and state budgets should be dedicated to tackle the Mat Rempit menace, because none of the measures proposed have appeared to succeed.

We don't need new laws or creative ways to reform the Mat Rempits. The current laws just need to be enforced, consistently, and not sporadically.



## 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.

**Perak Lectures Series, "Datuk Professor Jimmy Choo in conversation with Patrick Teoh"**, Friday, **July 19** from 8pm to 10.30pm at Symphony Suites (10th Floor), Jalan Raja Dr Nazrin Shah (Gopeng Road), Ipoh. For details and reservations call Wai Kheng at **05-547 8949** or **016-551 8172**. Email: [contact@perakacademy.com](mailto:contact@perakacademy.com).

**St Mike's Policy Dinner No. 7, "The State of Constitutional Democracy in Malaysia"**. Talk by Professor Dr Abdul Aziz Bari, Saturday, **July 20**, 7pm at St Mike's Bistro Restaurant, 5 Jalan Sultan Idris Shah, Ipoh. Contact: Siew Kok Leong **017-712 9313** or Shankar **017-506 3767** for details.

**Ikebana Exhibition** hosted by Meru Valley Resort, Saturday & Sunday, **July 20 & 21** from 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**.

**BMC-Health Campaign** organised by the Bercham Methodist Church on Sunday **July 21** from 8am to 1pm at the Church premises at 21-23 Persiaran Bercham Selatan 19, Taman Bercham Jaya, Ipoh. Various free medical tests will be conducted. For more information, contact **05-546 3102** or email: [bmcipoh@gmail.com](mailto:bmcipoh@gmail.com).

**Ipoh Fine Arts Society presents "Sharanagati" (Absolute Surrender)**, Sunday **July 21**, 7.30 at Ipoh Town Hall. Vocals by the renown vocalist OS Arun and Dheeraj Kumar Mohapatra. For enquiries contact: **016-532 1087** or **016-527 2959**.

**Food Fair @ GP Bercham**, Monday **July 22**, 6pm to 10pm at GP (Golden Point) Food Court, Bercham. Organised by Pertubuhan Kebajikan "AURORA" Negeri

Perak & JT Linedance Centre. Proceeds will be channelled to: selected Chinese primary schools, Perak Parkinson's Association and Kiwanis Ipoh Youth Camp Fund. For enquiries: **016-521 3986** or **016-418 1335**.

**Flower Arrangement Exhibition, July 26** (12pm-9pm), **July 27** (10am-9pm) & **July 28** (10am-8pm) at Perak Hakka Association, Jalan Bendahara (next to new Oversea Restaurant). Free admission.

**Nightwalk Street Market**, Fridays to Sundays **July 26-28 & Aug 30-Sep 10**, 5pm-10pm at Ipoh Festival Walk. Open for vendors now. What would you like to sell or promote? Every last weekend of the month – only RM60 per table for all 3 nights. For details, contact: **016-551 6018**.

**Methodist Girls School Ipoh Alumni (Class of 1963) 50th Anniversary Reunion Dinner**, Saturday **July 27** at the Ipoh City and Country Club. For details contact: Patricia **012-311 2299**, Lin Heng **013-365 9183** or Poh Choo **019-217 5575**.

**Ipoh ACS Alumni Association Annual Alumni Dinner** on Saturday **August 3**, 6.30pm till midnight at the Kinta Riverfront Hotel Ipoh. Invitation cards can be obtained from the following for a donation of RM100 or more per pax: Ms Lim **05-253 2882**, Mr Looi Teik Aun **012- 515 1116**, Mr Hum Kee Kuang **012-336 0770** & Mr Lau Wun Chew **017-882 0608**.

**3rd UTAR Perak Campus Run 2013**, Sunday **August 18**, 7am at Sport Complex, UTAR Perak Campus. Contact: Perak Campus – **05-468 8888 ext. 2281/2282** (Mr S. Theva Dass or Mr Hendry). For more details go to: [www.facebook.com/utarrun2013](http://www.facebook.com/utarrun2013) or [www.themarathonshop.com.my](http://www.themarathonshop.com.my).

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By See Foon Chan-Koppen

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There is a general belief amongst foodies that the best seafood restaurants are situated by the sea. Being the lazy diner that I am, I seldom venture out on long trips whether its to Pantai Remis or Tanjung Tualang or Matang. So whenever the urge for fresh seafood comes on, I head for Lucky's right in the heart of town.

**Lucky Restaurant** is a veritable shrine for seafood lovers looking for the biggest, the rarest, and the freshest seafood and fish and willing to pay the high prices that some of these dishes fetch.

To be fair, not everything at Lucky's is expensive. Lucky's also has the best **prawn wonton** in Ipoh which one can eat with a plate of noodles and feel satisfied that one has had a good lunch and not have to mortgage the house to enjoy it. Or their heavenly, springy, **homemade fish balls** which Lucky Cheong swears is made from pure fish meat, a mix of **saito** (wolf herring) and **tao foo yu** (Yellowback fusilier) with no other additives other than salt and water. And there is always a **fried fish** to nibble on while waiting for the other dishes to arrive — RM1.50 per piece; not to mention their double-fried roast pork whose crackling is rendered more crispy by the frying. But these are all merely appetizers for the fans who flock to Lucky's and who come for his specialties.

Lucky Cheong always has some special fish up his sleeves. Whether it's the **giant grouper or loong dan** which is prized for its thick, velvety smooth gelatinous skin; or the **parrot fish**; or his specialty (depending on availability) the **tao dai** (large white pomfret, seasonal price), Lucky has a choice of 8 preparation styles from which to choose according to customer's taste and inclination.

His signature dishes are many. My particular favourite is his **Fish Noodle Soup** which comes sizzling hot in a claypot. These are thick filaments made from fish meat that resemble Japanese Udon in looks but are completely different in taste. Because they're made from pure fish meat, the 'noodles' are springy on the bite and also serve to lend its umami flavouring to the soup which usually comes with Tientsin cabbage, and a choice of any other fish that one may order with it. Occasionally I have had these fish noodles with whole fresh lobster (sold at RM130 per kg) which makes it a dish precious for every bite and every drop of soup.

What is very popular here at Lucky's is their **Crab Congee**, a steaming tureen of rice congee where the rice has been boiled down to a thin gruel and flavoured by the crab with its red roe, permeating the dish. This can also be ordered with their large prawns for those who are not fond of crabs.

And while on the subject of congee, their crème de la crème has to be their 'Fairy' Congee or in Cantonese, the **Sun Seen Rice Porridge**, the same umami congee enhanced with shark fin, abalone, scallops and crab meat.

Finally a write up on Lucky is not complete without a mention of their **Braised**

# SeeFoon seeks out seafood at its most extravagant



**Prawn Noodle, Sang Meen** the al dente egg noodles which Lucky Cheong tells me are made specially for his restaurant with duck eggs, braised in a velvety smooth sauce thickened with egg white.

It's always good to have a chat with Lucky himself before you order as he always has a special or two of the day to recommend. These are usually highly innovative concoctions which Lucky himself dishes out.

His teas are also worth sampling as Lucky is quite the tea connoisseur, the shelves on one side of the restaurant being lined with boxes and patties of **Chinese tea**, some aged and apparently highly coveted by tea aficionados.

### Suggested Dishes:

**Prawn Wontons** – RM0.50 each

**Fish Balls** – RM1.10 each

**Giant Grouper or Loong Dan** – RM110 per kg

**Parrot Fish** – RM40 per kg

**Tao Dai (large white pomfret)** – seasonal price

**Fish Noodle Soup** – RM3 per person or RM11 minimum for the basic dish

**Crab Congee** – crabs at RM70 per kg

**'Fairy' Congee or Sun Seen Rice Porridge** – RM150 for 6 persons

**Braised Prawn Noodle or Sang Meen** – large prawns or Meng Har at RM80 per kg



### Restoran Lucky

266 Jalan Pasir Puteh, Pasir Puteh.

Tel.: 05-255 7330, 012-501 6630, 012-510 6279

Business Hours: 7.30 am-3.30 pm

Closed 1st and 3rd Wednesdays

GPS: 4° 34.802'N, 101° 4.913'E



## HAWKER FOOD

By Wern Sze Gill

### Tong Sui Kai Night Stalls

Row of street stalls next to Sam Tet School  
Jalan Gereja, Off Jalan Sultan Idris Shah, Ipoh.



Known popularly as "Tong Sui Kai" (desserts street) in Ipoh, this row of about 50 night stalls sell not only desserts, but a variety of hawker foods to meet everyone's gastronomical preference. You can choose to sit close to your favourite stalls, although in general, most stalls will bring their dishes to you wherever you may be seated along the row. **Tong Sui Kai** is a fabulous one-stop dinner or supper destination especially if you are looking for variety, and some good old fashion tong sui to finish off your meal.

Here are some popular stalls:

**Stall No. 18 – Porridge** stall with choice of mix pork innards (*chee chap chuk*), frog legs, fish or chicken. RM3.80 and above.

**Stall No. 20 – Bakuteh** Ipoh-style. Nice, strong herbal flavour to the soup. RM8.50.

**Stall No. 21 – A popular Tong Sui** stall selling ice kacang with ice cream, nyonya kuih and a variety of dessert soups with options of sweet potato, sago, black bean, red bean, black sesame dessert and bubur cha cha.

**Stall No. 25 – Kway Teow Mee** stall selling kway teow soup noodles and authentic claypot noodles. RM4 and above.

**Stall No. 32 – Fried Kway Teow** and other noodles. RM5 for a plate with egg, cockles and prawns.

**Stall No. 40 – Chee Cheong Fun.** Curry or mushroom sauce options with a variety of liew or yeong tau foo to choose from. RM3 and above.

**Stall No. 41 – Another popular Tong Sui** stall. Must-try dessert is their extra large mixed fruit and ice-cream served on shaved ice with rose syrup and milk. RM5 per bowl.

**Stall No. 42 – Pangkor Curry Noodles** stall. Curry noodles with long beans, large sized cockles, pork meat and skin. RM4.70 per bowl.

**Stall No. 44 – Wonton Noodle** stall. Uses pork lardons in the preparation of the noodles. RM3/ RM3.70 (with *char siew*).

**Stall No. 47 – Famous sisters' Beef Noodles.** Well known for their springy beef balls and smooth *kway teow* noodles served in a tasty light broth.

**Stalls No. 50-53 – A group of Malay stalls** selling *pasembor rojak*, *mee goreng*, *nasi lemak* and drinks. Situated nearest to the main road, Jalan Sultan Idris Shah.

## RECIPE

By Margarita Lee

### Ingredients A:

- 12 Chicken Wings
- ½ cup All Purpose Flour
- 1 tsp White Pepper
- ½ tsp Salt
- ¼ cup Oil for frying

### Ingredients B:

- 2 Salted Egg Yolks  
(keep the whites to use as a coating)
- 2 Chili Padi
- 3 sprigs Curry Leaves
- 2 tbsp Butter
- 2 tbsp Evaporated Milk
- ½ tspb Sugar (optional)

### Method:

1. Marinate chicken wings with salt and pepper for minimum 2 hours.
2. Dip the chicken with the salted egg whites and then coat with the All Purpose Flour.
3. Heat oil in a wok, deep fry the well-coated chicken wings until cooked. Dish out, drain oil with paper towel. Keep aside for later use.
4. Steam salted egg yolks for 3-4 minutes. Remove and break egg yolks with a fork.
5. Melt butter in a wok, sauté curry leaves and *chili padi* until aromatic. Add salted egg yolks and keep stirring until mixture turns foamy.
6. Add in evaporated milk, sugar and chicken wings. Stir fry briskly to mix.
7. Serve hot immediately.

## Fried Chicken Wings with Salted Egg





## Tourism

# Tiger Air Initiating Ipoh Touchdown

**T**iger Airways is keen to expand its network in Malaysia due to growing demand in the tourism industry. This was announced by Tiger Airways Singapore's managing director, Ho Yuen Sang recently.

Ho described the Malaysian destinations as "very attractive" and identified the locations of Ipoh, Kuala Trengganu and Kota Kinabalu. He added that he was studying the options to expand as it has six more aircrafts to be received by March next year.

Ipoh Echo, which has consistently been monitoring the development in the state's tourism industry, contacted Tiger Airways Holdings Ltd Singapore for details of their Ipoh initiative.

Tiger Airways Ho responded that the airline was currently in the preliminary stages of preparations. While it had yet to apply to the local authorities, it did not anticipate any problems in attaining landing rights.

Regarding flight frequency, Ho stated that would depend on market demand and, therefore, could not confirm if they could offer daily flights.

Tiger Air will utilise Airbus A320 aircraft which has a maximum seating capacity of 180 passengers and the routing will be SIN-IPH-SIN.

Ho was unable to indicate a tentative start date as 'we are at a very preliminary stage' but would release more information in due course should Ipoh be added to Tiger Air's flight network.

Meantime, a check with local tourism stakeholders received a chorus of positive responses.

Perak Tourism Association Chairman, PTA Chairman Hj Othman welcomed the initiative by Tiger Air to include Ipoh as one of its new destinations. "This is an additional opportunity for all the agents and industry players to package their products and market it to a wider market".

Malaysian Association of Hoteliers (Perak Chapter) Chairman, Vincent Ee similarly welcomed the initiative saying it was a good indicator that the efforts of Tourism Perak



VPY 2012 last year has created the awareness of Perak as a tourist destination.

Ee stated that generally 30% of Firefly's passengers were tourists with the rest made up of returning Ipohites and business people.

As such Tiger Air's pending entry next year is timely as it will assist to bring in more tourists and help keep hotel rooms occupied.

Ee added that Ipoh's new airport is good but is grossly underutilised and hoped that Tiger Air or other airlines would initiate to have direct links from ASEAN destinations to Ipoh. This he said was a preference indicated by visitors to Ipoh and Perak who would rather spend more time at the holiday destination than in a means of transport taking them there.

A subsequent check up with the State Executive Councillor for Tourism Nolee Ashilin bt Dato' Mohd Radzi confirmed that Tiger Airways had indicated their desire to fly to Ipoh. Nolee also stated that Berjaya Air and another airline from Southern China had made similar requests for landing rights in Ipoh.

JAG



iSpeak

A. Jeyaraj

## Retention Pond in Merdeka Garden – a Failed Design

**W**hen I first saw clean filtered water flowing through the holes in the retaining wall into the new retention pond in Merdeka Garden, I thought it was an ingenious design. However, a few



Water overflowing retaining wall

days later when I visited the site after rain, I noticed that the water from the drain was overflowing the retaining wall and garbage flowed into the retention pond. The pond was littered with floating garbage. When I visited the place during the dry season recently, the water level in the drain was low and hardly flowing. The entrance to the filters was clogged with garbage. Since the site is fenced I was not able to take a closer look. The system seems to be a failure.

The Drainage & Irrigation Department (DID) has to look into the design because this is a mechanical system and needs frequent maintenance.

Silting is already taking place and weeds are growing at the far end of the pond which serves as a nesting ground for birds.

The grass inside the fenced area has been cut, but

the garbage sticking to the sides of the pond has not been removed. Empty plastic bottles are lying around and the guardhouse is closed. In case of flooding must the residents call the guard?

The contractor has not cleared the site. Interestingly, a creeper is growing on top of one of the lamp posts. (A bird must have dropped a seed and it has taken root.) The workers' shed has not been dismantled and plenty of rubbish is lying around. There is a pond with stagnant water which is a good place for mosquitoes to breed.

Many healthy trees which were nesting places for birds were cut for this project. The trees should be replanted so that birds and reptiles can return to their habitat.

Constructing the retention pond to prevent flooding during the rainy season is good, but it must be maintained; if not it would become an eyesore.



Front of filter clogged with garbage

## Politics

# Devamany is Perak's New Speaker

**P**erak's elected representatives from the recent 13th General Election congregated on the afternoon of Friday June 28 at Perak's State Secretariat to elect a new Speaker for the 13th Session and to take their Oath of Office.

MIC's vice president Datuk S.K. Devamany was elected as the new Speaker for the 13th Assembly. Devamany won with 31 votes against his opponent with 28 votes. The Deputy Speaker elected is Datuk Nasarudin Hashim (BN-Bota).

Devamany who won at the Cameron Highlands seat in 2008 lost out in the recent election to Parti Sosialis Malaysia's (PSM) Dr Michael Jeyakumar when he contested at Sungai Siput.



The selection for the Speaker's position was taken by a ballot paper vote which was subsequently read out by the State Assembly secretary, Rumaizi Baharin, over the microphone and witnessed closely by YB Wong Kah Woh (DAP-Canning).

Devamany's name was proposed by Dato' Seri Dr Zambry Abd Kadir (BN-Pangkor) and seconded by Saarani Mohamad (BN-Kota Tampan) while the Opposition's choice was Batu Gajah MP V. Sivakumar proposed by Abu Bakar Hussian (PAS-Titi Serong) and seconded

by Dato' Ngeh Koo Ham (DAP-Sitiawan).

After the speaker was elected the elected State Assemblymen then pledged their oath of office.

The meeting of the Assembly started at 3pm and was adjourned at 5.30pm.

The first gathering of the Assembly, despite a short dispute about the closing date for the nomination of speaker, was managed well which was commented by Opposition leader Dato' Seri Nizar Jamaluddin.

Other points highlighted by the Opposition, which they wished to ensure were practised by the new Speaker, was to have all questions answered after each session, provide live telecast of the proceedings and provide sufficient time to discuss the various policies.



## 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 resource seems difficult with the issue of scarcity of people and the heavy pinching of resource 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 poses 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” 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 and etc. are amongst the issues which will be dealt in the talk.

For those desiring a clear career path in the field of Human Resources, there would be a briefing in 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 skills.

Greater news! All confirmed participants will be given the article on ‘The 10 Skills for the Future Workforce’ by the Institute For The Future in collaboration with the University of Phoenix Research Institute. This article will display the type of skills that will be required for the next decade workforce and how individuals will need to demonstrate foresight in navigating a rapidly shifting landscape of organisational forms and skills requirements.

As seats are limited and registration is on a first come first serve basis, please register latest by 20th July 2013 by contacting either Mr S. Asohan at 017-578 6817 or the MIHRM Secretariat Ms Malini at 03-79556536 or Ipoh Echo at 05-249 5936 to secure your seat. This is a sponsored talk hosted by Allways People Sdn Bhd in partnership with MIHRM and Ipoh Echo for the benefit of the Human Resource Community in Ipoh Perak and for those interested in pursuing a career in the field of human resources. Do grab this opportunity!

## LETTERS

We print 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.

## Liphistius Kanthan Needs to be Saved

Gua Kanthan is one of the most visited caves in the Kinta Valley and is nicknamed “The Cathedral” because of its impressive size. It is located in Gunung Kanthan, just outside of Chemor and is the northernmost limestone hill in the Kinta Valley.

Many parts of Gunung Kanthan are already being quarried. Pan Malaysia Cement Works Bhd (PMCW) started in 1964 and today, almost 50 years later, Lafarge Malaysia Berhad is the quarry company operating there. Readers will remember the huge quarry works straddling the Chemor to Sg. Siput road. Much of the northern part of the hill has already been destroyed.

Gua Kanthan is an impressive cave because of its huge size and the fact that it has a river flowing through. If visitors are there at the right time on a sunny day, they will be impressed by a shaft of sunlight beaming through the back chamber.

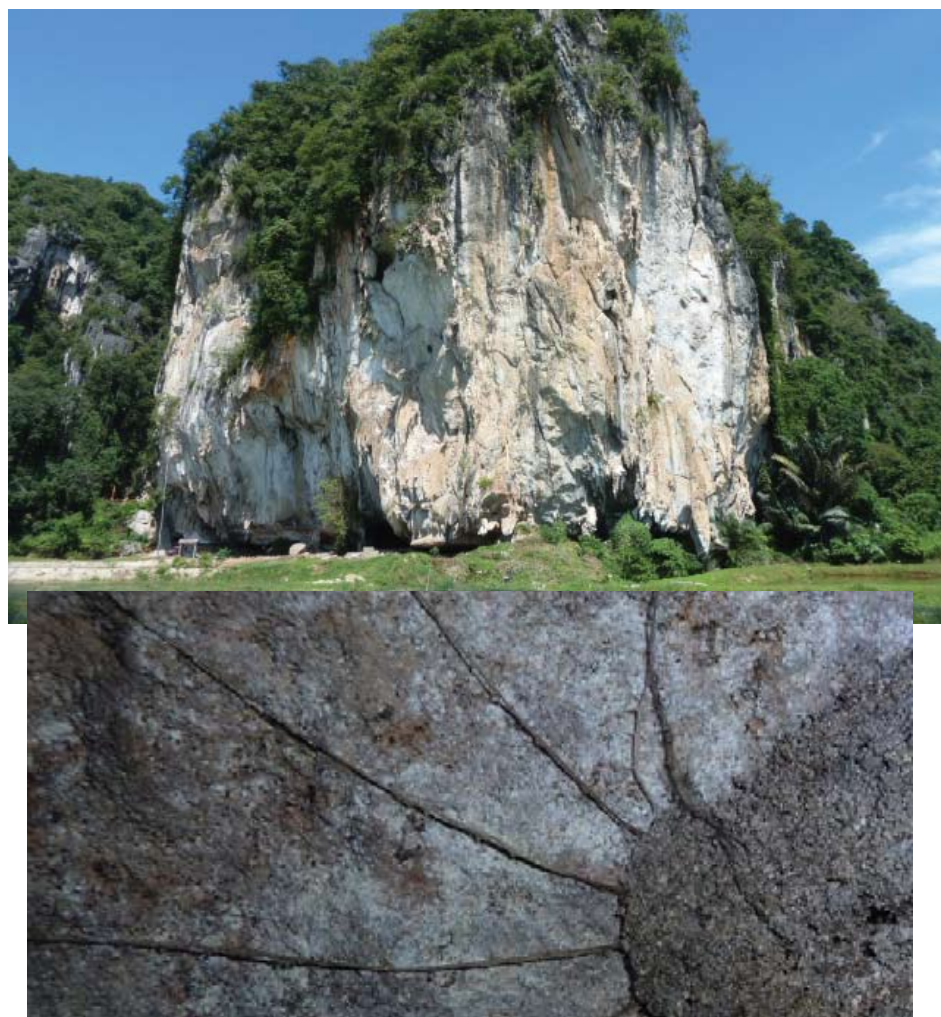
Apart from its appeal to cavers, Gua Kanthan is also home to cave fauna, such as bats and invertebrates. However its most important inhabitant is *Liphistius kanthan*. This is a trapdoor spider and it is endemic to the cave, having been found nowhere else. The spider is termed as a “living fossil” as it has a segmented body, unlike present day spiders.

*Liphistius kanthan* is listed on the Malaysian Wildlife Conservation Bill (2012 amendment) as a protected species (hidupan liar yang dilindungi). And now it has been placed on the IUCN Red List as ‘critically endangered’. Critically endangered is the highest level of danger for living creatures. The next level is extinct. IUCN is the International Union for Conservation of Nature.

In April 2013 it was announced that Lafarge intends to quarry the area of hill where Gua Kanthan is located. Since then groups of people have been making known the importance of saving this area of the hill. Apart from the cave, the hill is also home to endemic species of flora such as *Paraboea* as well as a rare palm. And there is the human factor: there are currently four places of worship around this sector of the hill, as well as farmers and fish pond operators.

We hope that Lafarge will take all these into consideration. Above all we hope they will realise the fact that the *Liphistius kanthan* trapdoor spider is on the international Red List as ‘critically endangered’.

Liz Price



## Big Bully Buses



All town buses do not enter Medan Kidd Bus Station to drop and pick up passengers. A number of them park along the road in front of the bus station reducing the dual carriageway road to a single lane and restricting traffic flow.

These buses are parked for quite some time in front of the Banana Leaf Restaurant and occasionally the driver is not in his seat. The conductor uses a haler to call for passengers. Passengers dash across the busy road to catch the bus. There is an underpass, but people are scared to use it. I come across this often when I am driving and cannot take photos. I had the opportunity to take a photo on a Sunday morning when there was not much traffic. During weekdays this road is busy and used as the main entrance to ACS school.

Buses also stop abruptly at the corner of the road in front of the roundabout to pick up passengers, causing motorists to brake suddenly.

MBI parking attendants are very efficient in summoning motorists who are overdue by five minutes only. How come they are blind to this situation? Are they only authorised to summon cars?

Action must be taken against the irresponsible bus companies and drivers. All town buses must enter the bus station and not cause traffic jams along the roads in front of the bus station.

A. Jeyaraj



## News Roundup

# District Police Headquarters Officially Opened

The recent official opening of the Sungai Siput District police headquarters was a fitting reminder of the tumultuous past associated with this district.

Sungai Siput was the location where three European planters, Walker, Christian and Allison were murdered and which triggered the onset of the Malayan Emergency (1948-1960).

The Raja Muda of Perak Raja Nazrin Shah officiated at the opening of the

complex.

Other VIPs included Raja Puan Besar Tuanku Zara Salim, Raja DiHilir Perak Raja Jaafar, Perak Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir, Inspector-General of Police Tan Sri Khalid Abu Bakar, Perak Chief Police Officer Dato' Mohd Shukri Dahlan and members of the Perak State Exco.

The district headquarters built at a cost of RM100.9 million, has been in operation since June 2012 and oversees five stations at Sungai Siput, Lintang, Simpang Jalong, Karai and Salak Baharu. It comprises the administration offices, transport branch and the housing complex.

In his address, Raja Nazrin advised the police to always be accountable as well as professional and fair when performing their duties so as to enhance its image and not attract any negative perception.

During the ceremony, former police sergeant, Arthur Albert Walter, 92, who had flown in from London specially for the occasion and who was then based at Sg Siput from 1948 till 1958, was honoured in the presence of Raja Nazrin, IGP Khalid and Perak CPO Dato' Mohd Shukri.

Walter's role at that time was to train the local policemen to fight communists. During his tenure here he had killed 16 communist insurgents.

Part of the ceremony also included the enactment of the murder of the three planters with actors dressed in the attire of that period. A photo exhibition of life during the time of the Emergency, such as resettlement and food rationing, was also displayed in the lobby of the complex.

JAG



## Volkswagen Carnival

The Perak Volkswagen Society in conjunction with the 25th Anniversary of Ipoh held a carnival at Dataran MBI on July 6 and 7.

Many "Beetle" lovers exhibited their prized possessions for those who came to witness this joyous event. A total of about 60 owners turned up with their cars on the first night. The second night was more exciting when participants from Singapore and Thailand showed up.

Loo, 40, brought his Australian-imported buggy, his second Volkswagen, to the carnival. "It gives me a sense of accomplishment," he said. Another owner, Au Young, in his 40s, came with his Combi that was also used as a rental car for weddings.

Mayor Dato' Haji Roshidi Hashim said the purpose of the carnival was to bring Volkswagen lovers together. "It means that old things can still be useful if taken care of, the same goes for people," he joked.

Other events for the night included a classic song competition and performances by artists such as Usop Wilcha, Mamat Khalid and Awie.

Lena



## Mark Soo's Book Launched

A book launch, jointly hosted by Perak Academy and Areca Books in honour of Mark Yoi Sun Soo's debut book, was held at Symphony Suites, Ipoh recently.

Entitled "My Days in the Sun", the book is a memoir detailing Mark's first 40 years of his life where he spent alternating between Hong Kong and Kampar, Malaya where his father's family herbal medicine business was located. Mark witnessed firsthand the devastation of the Japanese Occupation (1942-1945) and the Malayan Emergency (1948-1960) that followed.

The author was born in Hong Kong in 1933. He studied medicine at the University of Hong Kong and earned his degree in 1957. He worked as a general practitioner in Ipoh amidst the carnage of the Emergency. Mark then decided on a career change by attending a specialist training in radiology at the Royal Free Hospital in London.

Upon completion of the training in 1967 he returned to Malaysia to work at Kuala Lumpur's newly established University Hospital. Following the May 13 racial riots in 1969, Mark and his family migrated to Sydney, Australia where they remain till today.

Abdur Razzaq Lubis, the Director of Areca Books, who stood in for Tan Sri Khoo Kay Kim, in his opening remarks noted that Mark's ability to recall vivid details of his life was largely due to him being a radiologist who had an eye for details.

The author commented on his book and his publisher. "This may be the first memoir written by a radiologist", he quipped. Mark took a pot shot at his book's editors by alluding to Stephen King.

"The editor is always right" he said, a quote attributed to the famous writer. This was in obvious reference to the many corrections made to his draft by the publisher's over-zealous editorial team.

The ceremony was well attended. Over a hundred took time off to witness the hour-long event. Tan Sri Dr M. Mahadevan was given the honour to launch Mark's book.

Lena



**Garden View COFFEE HOUSE**

## Bufet Ramadhan Selera Kampung

Garden View Coffee House - Lobi Syuen Hotel  
10hb Julai - 7hb Ogos 2013

RM **29.99** Nett (Dewasa)

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## Community

# Road Survival

What would you do if your car caught fire while you were driving....What would you do if the car you were travelling in met with an accident and you were trapped inside by the safety belt....What would you do if you were being tailed by another car? These questions and many more were answered by Capt. K. Balasupramaniam, a Safety Activist, when he conducted the Road Survival Programme recently.

Bala, with 21 years of experience in response and rescue, has probably seen it all. With the aid of very graphic pictures of the aftermath of accidents, he described each situation clearly and what measures could be taken in rescue attempts. His talk, though peppered with bursts of humour, was serious in its content and he got his point across to the 400-odd audience.

Bala showed the hazards of using the mobile phone or falling asleep while driving, and the importance of the safety belt. He demonstrated what to do when smoke emits from the car engine; how to free oneself when trapped by a safety belt; what measures to take when one's car breaks down on the highway; what one should do when being road bullied; how to help when one comes across an accident and how to use a carjack to free a trapped person; what items would be good to have in the car; and a whole lot



more. He also stressed and explained the necessity of making a police report in the event of a crime, no matter how insignificant it may seem.

With Malaysia's high accident rate (an average of 19 per day), this programme couldn't be more relevant. This talk is the second of Capt. Bala's organised by Soroptimist International Ipoh; the first was 'City Survival Skills' for women.

More than 400 people packed the hall listening avidly to Capt Bala who gave an insight into how ill-equipped the average Malaysian is for emergencies and how dangerous our Malaysian roads are. Ipoh Echo would like to encourage more people to attend this and the other programmes of Capt. Bala's not only for their own personal safety but also for others.

VWSL

*Soroptimist International is a worldwide organisation for women in management and the professions; it is a global voice for women working through Awareness, Advocacy and Action. To find out more go to: [www.soroptimistinternational.org](http://www.soroptimistinternational.org) or [www.soroptimist.org.my](http://www.soroptimist.org.my); or contact: Ms Kuan 012-501 9205 – [khoosbb@yahoo.com](mailto:khoosbb@yahoo.com), Ms Lanka 012-519 0189 – [lanka\\_rk@yahoo.com](mailto:lanka_rk@yahoo.com) or Ms Jean 012-588 2313 – [jean.chai@yahoo.com](mailto:jean.chai@yahoo.com).*

## Aid for Family

Social Community Care (SCC) handed over food worth RM400 to Yusmita Kamaludin, mother of six children. One of her sons, aged five years, is suffering from *hydranencephaly* (enlarged head). Yusmita has been renting a flat in Taman Harmoni, Buntong for the past two months. Previously she was staying with her mother in Batu Gajah. Yusmita works as a domestic maid and earns RM400 per month and her husband works for a contractor and gets RM700 per month. The welfare department gives them RM300 per month. She said that it was difficult to run the family with the meagre income. Her children are not attending school. Her elder son went to school, but stopped when he could not bear the teasing from his classmates.

Yusmita has been going to the Government Hospital in Batu Gajah for treatment of her son. There has been no improvement. She has not seen any specialist.

Mohd Rawi, spokesman of SCC said that he would make arrangements for Denis Eqwan Adif, the ailing son to see specialists for treatment. He would also make long-term arrangements for the wellbeing of the family.

Well-wishers who want to help the family can send money to their bank account, BSN 0810341000047784.

AJ



## Health Care

# Hospital Fatimah's Cancer Centre

Advanced cancer care is now available for patients in Perak with the opening of Hospital Fatimah's new cancer centre. Named *Wolfgang Cancer Centre* (WCC), in honour of Brother Wolfgang Widmann, it was officially opened by the Honourable Msgr. Michael Cheah, Vicar-General of the Diocese of Penang on July 5.

Wolfgang, 81, a member of the Order of the Brothers of Mercy, was a pioneer delegate dispatched to Ipoh to help run the hospital in 1975, where he served for eight years.

The facility consists of two units: *Chemotherapy Day Care* (CDC) on the ground floor and *Radiotherapy Unit* (RTU) on the lower ground floor. Services at WCC commenced in stages since March 2013. The centre is now fully operational.

Equipped at a cost of RM15 million with state-of-the-art cancer treatment machines, including the 160 multi-leaf collimator, Nucletron Brachytherapy and 32-slice Large Bore CT scanner, imported from Japan and Europe, they are capable of treating all kinds of cancerous tumours, with precision being the goal in diagnosis and treatment.

CDC can accommodate ten chemotherapy patients simultaneously. RTU, on the other hand, can take up to 35 cases a day. The facility has treated over a hundred patients to date.

Considered one of the most advanced cancer centres in Malaysia, Consultant Oncologist and Radiotherapist, Dr Chan Wee Han, who heads the facility with support



from a team of medical physicists and radiotherapists at the RTU and a team of oncology-trained nurses at the CDC, believes that patients have a good chance of beating cancer. Even so, he stressed, "Early detection and early treatment are still the keys to cancer survival." The top three most common cancers in Malaysia are colon, lung and breast cancer.

The opening of the Wolfgang Cancer Centre, located in the new 8-storey building of Hospital Fatimah, marks another important milestone for the not-for-profit-private-specialist hospital in Ipoh.

This community-based hospital, founded by the Congregation of the Brothers of Mercy, has a strong and active welfare system. Those who have difficulties

in paying for their cancer treatment, even though the hospital keeps charges reasonable, are referred to the welfare department.

The Wolfgang Cancer Centre is located at Block E of Hospital Fatimah. Address: No. 1, Lebuhraya Chew Peng Loon, off Jalan Dato' Lau Pak Khuan, Ipoh Garden, 31400 Ipoh.

Emily

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## Young Perak

### Ipoh's Junior Ambassadors



Ipoh City Council held a farewell party for a delegation of eight to Fukuoka, Japan, Ipoh's sister city recently. Under this Asian-Pacific Children's Convention (APCC) Invitation Project, four pupils aged 11 and 12 from schools in Ipoh were selected to be junior ambassadors. They were joined by two peace ambassadors from the Bridge Club of Ipoh and two liaison officers from the city council.

The delegation will be in Fukuoka for ten days beginning July 12 to 22. Prior to their departure, the four, Sundesh Supparamaniam from SK Cator Avenue, Chew Khai Xing of SJK(C) Sam Tet, Siti Nur Syazwani Adam of SK Tarsician Convent and Pridhashrie a/p Nanda Kumar from SJK(C) Ave Maria Convent, attended Japanese language classes and cultural dance practices three times weekly for six weeks.

They were briefed on their roles as Ipoh junior ambassadors. Upon their return they are encouraged to be active in the city's Bridge Club. Membership to the club is limited to participants of APCC missions from Ipoh.

The objective of APCC is to create "global citizens" true to its motto, "We are the BRIDGE: We connect dreams around the world."

Emily



### Poi Lam Military Band Delivers Rousing Performance

The Poi Lam Military Band Concert 2013, entitled 'Reaching Out, Touching Hearts', was held recently at Wisma Chin Woo, Ipoh.

The concert featured the talents of the SMJK Poi Lam Military Band complete with flute, piccolo, clarinet, saxophone, mellophone, euphonium, tuba, trumpet, trombone and percussions.

Conductor Lau Meng Yong directed the band alongside guest conductor Lester Lim Chong Choon, the band instructor for the Anderson Military Band, Singapore.

The concert was made possible by the generous sponsorship of Challenge Allied Sdn Bhd, LYS Capital Holdings Sdn Bhd, Dragon-i Restaurant Sdn Bhd and Kuala Lumpur Kepong Bhd, as well as various other sponsors and individuals who contributed to the event.

For this year's concert, the forty-two current members and alumni of the band who performed for the night spent a year practising their songs, while the organising committee led by the School Military Band advisor Anne Leong Chu Ai spent six intense months on the concert preparations. Thus it was with great anticipation and pride that the Poi Lam Military Band and the Poi Lam Alumni Band presented 'Reaching Out, Touching Hearts' to the eagerly awaiting audience.

And what a show it was! After the inspiring speech by the guest of honour, Mr Tan Teik Keat, chairman of the Parent Teacher Association of SMJK Poi Lam and a ribbon cutting ceremony by the individuals and sponsors who had made this night possible, the concert was off to a roaring start.

The fully-packed hall was filled with the rousing sounds of classical and contemporary tunes, beginning with the official theme song of the Poi Lam Military Band, Team of Passion from the popular Korean drama Beethoven Virus.

As the last strains were quickly swallowed by the thunderous applause of the audience, the Poi Lam Military Band Concert 2013, 'Reaching Out, Touching Hearts', drew to a satisfying close. The concert had achieved its main objective of raising funds to purchase new equipment as well as presenting the audience with a night they wouldn't soon forget!

Scott Thong



### Friendship Through Pictures

The tenth annual art competition-cum-exchange between students from Perak and Japan attracted almost 850 participants, a record of sorts. The theme for this year's programme, which was held at the Perak State Public Library in Ipoh recently, was "Friendly Relationship Through Pictures".

Jointly organised by the library and Japan's NPO Corporation MAY Asaka Centre (MAY Library), it received the support of the Perak Malaysian-Japanese Friendship Society and the Consulate-General of Japan in Penang.

In this art exchange programme, selected artworks by secondary school students from Perak were sent to Japan and vice versa to be exhibited. The objective is to expose the students to the culture of each other's country. Its other intention is to strengthen ties between Malaysia and Japan through art.

The support from the Perak District Education Office ensured that school children produced quality pieces for this art competition-cum-exchange programme.

Other activities held throughout the month of June included an art competition among students in Kinta Valley, an art exhibition, an origami workshop, Japanese language classes and preschool colouring contest.

There were six categories in the art competition, including categories for special children and senior citizens. Ten winners per category were awarded. Prizes were in the form of books, hampers and certificates of achievement.

Newly-appointed State Executive Councillor for Health, Tourism and Culture, Nolee Ashilin bt Dato' Mohd Radzi, gave away the prizes after officially closing the programme. Guests present included the Deputy Consul-General of Japan, Hiroko Taniguchi and MAY Library President, Mrs Fumiko Oike.

The art exhibition is being held at this library from June 25 to July 27, 2013.

Emily



### SCI Charity Car Wash

Sunway College Ipoh (SCI) recently held a charity car wash organised by the Student Council. This charity event was held with the aim of raising funds for the Ipoh Boys Home, a charity organisation. The car wash drive started at 10.30am and lasted until 5pm with students from Sunway College Ipoh taking turns to wash the cars driven in with the tickets sold prior to the event. The students washed a total of 55 cars throughout the day and managed to collect RM650. The Student Council president and organising chairman, Basant, said that it was one of the most successful events organised by the students. "Support from students, staff, parents of students and even outsiders around the area were overwhelming", he added. Basant also mentioned that this event had helped the students build a stronger bonding amongst themselves.

Providing a complete service of washing the car and vacuuming the interior, the students definitely impressed their customers who had purchased the tickets for RM10 per car. Mr Choo Ng Wing, one of the participants in the event was very happy with the excellent job done by the students in cleaning his car. Besides that, he also mentioned that he saw a great unity among the students from different races and courses joining hands for a noble cause.

Jeval Khoo, currently working at a nearby restaurant, said it was a very well organised event and the students did a good job. "The students even helped to deliver the car back to my working place once the job was done," he added.





## Sport

# Can We Salvage Some Pride?

**S**o the Malaysian Super League has finally come to an end. While it left many Malaysians bitter after Singapore Lions XII won the league title, Perak fans have more reasons to be frustrated. The Seladangs finished 8th in the table, four notches below their 2012 position. But the frustration wasn't only in the league standing. It has plenty to do with the team's performance throughout the season, as well.

When team manager Khairul Azwan announced Perak's signing of Farizal Marlias, Abdul Hadi Yahya, S. Chanturu and even V. Thirumurugan, it motivated the Perak fans. After years of suffering, the team was now equipping itself with players, who were supposedly able to lead Perak's bid for silverware in the coming season. We even snapped up Rafael Novais from Bangkok Glass FC, while acquiring French forward, Karim Rouani. Fans had complete trust in the management's decision to bring in these players, but it backfired.

Hadi Yahya was indeed the league's top scorer in 2011, but it would not take a genius to understand that he was no longer the man that terrorised defenders like before. Hadi had a below-par season with Terengganu in 2012 and signing him as a second striker would have sufficed. But to sign him as the main striker was disastrous. He scored three goals throughout the campaign.

Then we have the curious case of Karim Rouani, who was signed out of desperation. Perak FA was running short of time to finalise a foreign striker and they ended up securing the service of a forward who brought back memories of the 2012 flop, Lazar Popovic. And by the time we actually replaced him with Paulo Rangel, it was already April.

But ultimately, our major problem was nothing other than consistency. The Seladangs showed glimpses of brilliance every now and then, but then falter in the following game. One fine example was when we defeated Johor Darul Takzim 3-0 at home before going down to Felda United 3-1 in the following game. It was hard to fathom for many, including coach Azraai Khor himself. Being consistent was so difficult that Perak could not even muster two back-to-back victories throughout the season.

However, as in every situation, there is always a silver lining. Contrary to the performance of the Perak senior team, the Perak President Cup squad continued its winning ways by retaining their President Cup title for the second time. Abu Bakar Fadzim's charges were impressive in their own way, with star striker G. Mugenthiran netting 14 goals in the process. They mustered 23 wins, drew seven matches, losing only three throughout the season, which is an impressive record.

With the Malaysia Cup next on the agenda for Perak FA, it will be interesting to see what sort of approach Azraai Khor will adopt. Perhaps he would try to loan several names from other teams, or maybe he would tinker around the highly capable President



Cup players. Either way, Perak FA has to bounce back and stamp its authority from the group stages onwards.

The Malaysia Cup is a different ball game entirely. Meaning, if the Seladangs are composed and take every match as it comes, there is a possibility they can salvage some pride before year's end.

Keesh

## Ipoh International Run 2013

**A**s the final celebratory event for Ipoh's 25th Anniversary, the Ipoh International Run was no disappointment. Flagged off at the Stadium Indera Mulia, the run on Sunday, July 7 saw over 17,000 participants from all over the world. Foreign participants included 300 from Thailand, Singapore, Philippines and seasoned campaigners from Kenya.

Dato' Saarani Mohamad, the Executive Councillor for Local Government was among the dignitaries invited to flag off the runners on the Sunday morning.

The event was divided into 12 categories from Junior Men and Women to the Open Category where a number of professional runners were registered.

Limo Silah from Kenya won the Men's Open International (21km) in slightly over an hour. "I will definitely come back for next year's race," he told reporters. Limo walked away with RM5000. Two other Kenyans won the second and third spots. Total cash prizes of more than RM100,000 and 100 medals were given away. The fortunate ones went home with prizes from the lucky draw.

Present at the flag-off was Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism. The ambassador for the event from 2011 until now is Tan Sri Michelle Yeoh.

Lena



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