

Foodie's Guide to Ipoh's Best Eats

Get your copy from Ipoh Echo's office or Meru Valley Golf Club members' desk.
(See page 7 for other places available.)

RPP RM29

■ Page 3

What Will Come of Silveritage Galleria?



■ Page 4

Beauty, Brains and Courage



■ Page 6

Perak's First Duathlon



■ Page 12

New Animal Rescue Society for Ipoh



Imerys Quarry Manager Mohd Yazid explaining their top down quarrying operation. Inset: Imerys Minerals plant at Simpang Pulai

Ipoh Limestone, An Environmental Management Challenge

by James Gough

The scenic hills of the Kinta Valley have always been a talking point by many groups. The environmental NGOs would like to preserve the hills for future generations while the state government considers them as a source of revenue, which were leased out to the quarry operators over 30 years ago. Back then the limestone extracted was used for roads, cement and the construction industry and was mainly produced by companies such as Tasek Cement or Hume Cement. Subsequently, marble furniture came into fashion, as well as the introduction of calcium carbonate powder or CCP which found use in a whole string of industries. With the demise of the tin-mining industry in the early 1980s, quarrying for rocks and marble has become the most active industry in the valley.

Continued on page 2



platos[®]
OFFICE FURNITURE

INNOVATIVE
OFFICE FURNITURE

Platos is focused in producing reliable, consistent and high quality office furniture with easy to assembly DIY method. The production line is fully equipped with German wood working technologies and machineries. Quality consistency and accuracy is our assurance



For Private Showroom Visit, Please Call;



05-357 2266 (During Office Hour)



Imerys' environmental rehabilitation programme creates visually pleasant images

Demand for white limestone

The Kinta Valley limestone consists largely of calcite (calcium carbonate or dolomite). The colour is mainly white, and even though it is tinged with a touch of grey, it has no effect on demand.

The demand for white limestone is high because of its usage. It is used in a wide range of industries such as to whiten paper, in paints as a bond, in plastics as a filler and an alternative to oil based resins and a multitude of other uses which include latex gloves, skin whitening and toothpaste.

Limestone Formation

"The largest amount of limestone in Malaysia is found at Simpang Pulai and the Kinta Valley," said Dr Kamaludin Hassan, the Director of the Mineral and Geoscience Department, located at Jalan Sultan Azlan Shah.

Kamaludin also acknowledged there are substantial amounts of granite in the valley though most of it is found along the Kledang Range, west of the valley.

The Kinta Valley stretches from Kampar to Tanjung Tualang in the south, Chemor and Kanthan to the north and Simpang Pulai to the east.

The whole of the Kinta Valley is underlain with limestone, the major bedrock present in the form of hills above and under the ground.

Kinta Valley's limestone is actually meta-sedimentary-rock and is believed to have been formed between the Triassic (230-190 million years) to Permian (280-230 million years) periods.



Dr Kamaludin Hassan

The Beginning

Audrey Shanta-Poh, the Managing Director for Uniko Calcium Carbonate Industry, has been in the industry since the 1980s. Poh's factory supplies calcium carbonate to the paper industry.

She related that in the '80s her immediate neighbours then were the hills and the



Producing calcium carbonate powder at Simpang Pulai

jungles. Over the years, more limestone-processing factories have sprung up at Simpang Pulai and they are now her new neighbours.

Another of the '80s start-up companies is Sri Martek Marble Industries which manufactures marble furniture. One of the factory's founders, who declined to have his name revealed, stated that their factory initially was making marble tiles but subsequently branched out to TV cabinets, table tops and other marble-based furniture.

Sri Martek Marble is currently one of very few marble furniture manufacturers still around. With a market that is not expanding and costs increasing, one of the reasons why it has survived thus far is because it owns its own limestone hill, which is the source of its raw materials.

By managing its quarry operations and controlling its raw material yields, the company has remained competitive.



Limestone boulders to be cut to size at Sri Martek Marble Industries

Government Revenue

The state government earns its revenue from quarry operations. Whenever a lorry load of rock leaves the quarry, the lorry is weighed at the weighbridge and a royalty charged according to the weigh-bridge ticket.

This procedure applies to both the granite and limestone quarry operators. There are no additional charges for downstream processed products, for example, calcium carbonate powder.

However, if the limestone or granite rock is exported unprocessed as a raw material, the state government imposes an export levy.

According to Dr Kamaludin, the revenue earned from the limestone and granite industry amounts to RM50 million per year.

Early Quarries

The early limestone quarry owners who began 30 years ago had applied for a portion of a hill to begin their operations. Sometimes a hill would be owned by three quarries. The owners would carry out blasting on their side of the hill and when they had exhausted the lease on their side would have to leave a boundary between owners measuring 1 chain or 66 feet as part of the government requirement. This was a waste and would scar the landscape.

Simpang Pulai – Support Industries and Infrastructure

Dr Kamaludin attributed the reason for the large number of limestone quarries in Simpang Pulai to the quality of limestone found there. Perak Quarry Association (PQA) President, Chong Sook Kian, however, differed slightly. He said that logistics and infrastructure were what had prompted the proliferation of quarrying activities there.

Chong said that it was more cost effective to extract and sell limestone from Simpang Pulai than from Gua Musang, Kelantan which also has large deposits of limestone.

Acknowledging the abundance of quality limestone, Chong explained that when the tin industry collapsed, foundries in the Kinta Valley were willing to support the quarry players. In time, the quarries were the biggest users of foundry products, casting equipment parts and replacing wear and tear parts for their crushers.

Other related factors were logistics and nearby markets. Quarries use lorries to transfer their products to the ports of Penang and Port Klang. Their markets, which are made up of the paint, plastics and glove factories, are located on the west coast.

Interestingly, a multi-national company, who wished not to be named, confirmed that it used the Lumut Port, 70 km away, to ship its products to Singapore and Indonesia by barges and to India by sea vessels. "The service provided is most satisfactory," said the company source.

Each quarry would use the services of at least two foundries, one mechanical and one electrical and five lorry transport companies.

According to Chong there are 64 quarries in Perak and each had an average of about 50 workers. Considering that each quarry engages the services of foundries, lorry transporters and other general services, the limestone and quarry industry has a sizeable workforce.

Multi-Nationals and New Technologies

In the early 2000s Imerys Minerals (Malaysia) Sdn Bhd, a French minerals-based solutions provider started their limestone quarry at Simpang Pulai.

Unlike the local quarry operators, Imerys produces high-quality ground calcium carbonate (GCC) to a gauge which is finer than what most of the local operators are capable of producing.

In 2005 Imerys initiated an Environment Management System (EMS) which would make efforts to rehabilitate the bare landscape created by quarrying activities.

Ipoh Echo visited Imerys to view their EMS and met with their Quarry Manager, Mohd Yazid Mohd Dan. Yazid explained that the company's environmental rehabilitation programme was to educate workers to comply with environmental health standards.

To enable a sustainable programme, Imerys purchased the quarries adjacent to it and, subsequently, owned the whole hill.

It then constructed a road to the top and initiated a top-down quarrying operation. To mitigate the bared slopes, it collected the natural flora from the area, such as angasana, cherry trees and lemon grass and cultivated them in its nursery. They were subsequently replanted along the hill slopes ultimately presenting a greener and a more visually-pleasant image of the quarry as opposed to bare slopes.

According to Yazid, the replanted cherry trees had over the years managed to attract monkeys and squirrels back to the area.

The top-down quarry operation would eventually reduce the hill to ground zero and would then be used for other economic activities.

Ipoh Echo was alerted about the environmental rehabilitation work done by Imerys by Dr Kamaludin. Imerys' approach to quarrying and environmental rehabilitation was very positive and, if done by all players, would improve the image of the industry.

PQA President Chong too agreed that the quarrying methods by the French multi-national company are safer, professional and environmentally friendly. However, cost and economies of scale will prevent local companies from doing the same.

Kamaludin stated that the whole of the Kinta Valley was underlain with limestone which translates to it having an infinite supply of limestone. As such "local companies should form groups and work towards rehabilitation" added Kamaludin.

Considering that there is an abundant supply of limestone, wouldn't it be proper to initiate rehabilitation programmes now?



Chong Sook Kian



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

What Will Come of Silveritage Galleria?

The eerie silence that greets night-time passers-by amplifies its destituteness prompting some to call it a haunted facility...

That is the burning question on most Ipohites' lips. What will come of this once opulent and proud building which was, supposedly, to be the "home" of the silver state's rich cultural heritage? Built at a cost of almost RM15 million, and officially opened to the public in 1998, Silveritage Galleria, as its name suggests, was earmarked as a likeable exhibition centre to showcase Perak's arts and culture.

The responsibility to transform this piece of real estate was being entrusted to the State Development Corporation or Perbadanan Kemajuan Negeri Perak. There was much expectation surrounding the newly built complex then, as Ipohites were looking forward to it becoming what it was supposed to be – an exhibition centre of standing.

Equally interesting was the accompanying hype. It would be a one-stop centre of sorts for everything and anything to do with arts and culture. The presence of two general-purpose halls augmented its importance as a choice location to hold social functions such as weddings and seminars, considering the cost factor.

The complex was ideally located on the southern banks of Sungai Pinji close to the city's airport and at the outskirts of an expanding Ipoh. From the outset everything was near perfect, proximity to city centre and, above all, accessibility with a pleasant design to match.

But like all things else it was only good in theory, as ensuing events would have a telling effect on its viability. The one single factor that caused the complex's untimely demise, to my mind, is its conversion from an idealistic and under-used cultural showpiece to a nightmarish and ill-conceived bus terminal. Public clamouring for an alternative to the congested Medan Kidd and pussyfooting by the authorities hastened its decline.

At best, the Medan Gopeng Bus Terminal was merely a short-term fix to please the privileged and well-connected few.

When the much-touted Amanjaya Bus Terminal in Meru Jaya was opened in 2012 and became operational the following year, the fate of Silveritage Galleria was sealed. Although designed as an integrated terminal, the Meru Jaya facility, built at a staggering cost of RM140 million, has yet to catch the public's imagination.

The absence of a proper shuttle service connecting the terminal with outlying areas of the city is the reason why many are reluctant to use it. But with over 30 bus companies already



operating at the new terminal, the latest being the Bercham-based YoYo, the much-preferred Ipoh-KLIA-LCCT-Ipoh shuttle bus service, travellers have little choice but to accede.

Sometime in February of last year the Executive Councillor for Tourism, Dato' Hamidah Osman, visited the galleria in anticipation of its closure and announced plans for a revival. She said that the complex would be turned into

a one-stop centre for the sale of products synonymous with Perak such as pomelos, kacang putih and salted fish.

Plans to house the offices of travel and tour agents were also in the offing. The agents could use the empty bays to park their tour buses while in transit. That was the bait but, in all likelihood, it was not tempting enough to inspire our listless tour operators. There were no takers.

Hamidah insisted that the transformation would be effective once the Medan Gopeng bus terminal ceased its operations in mid-2012. It is already August 2013, nothing seems to be happening. Silveritage Galleria is as empty as it has been since the relocation exercise early this year.

The eerie silence that greets night-time passers-by amplifies its destituteness prompting some to call it a haunted facility. The few remaining food traders consider closing down as the only option left.

There is every possibility that this showpiece building belonging to the Perak Development Corporation is fast becoming a white elephant. The prospects are simply too glaring to dismiss.

In The Name Of My Father's Estate

Episode 20

by Peter Lee

Since all the beneficiaries of Lee Sr's estate understood the procedure for application of the Letter of Administration (L.A.) after Dave (Lawyer) explained to them, all of them proceeded to sign the relevant documents given to them by Dave. After the signing was completed, Dave then told the beneficiaries that he would need a down payment of RM5000 for the time being to apply for the L.A. in Malaysia. He further informed the beneficiaries that he would ascertain the cost for the application of L.A. in overseas countries like Singapore, Australia and U.K. In addition, he would also ask for the cost of appointing the lawyers or Trustee Company over there to represent the three Administrators in Malaysia, namely: John, Michele and Connie to administer the overseas assets since three of them are unable to travel to these countries. John then asked, "Would there be any subsequent legal fees for these applications?" In reply, Dave said "Yes, because there will be additional charges for transferring of assets especially properties and maybe further legal work for this application."



Michele then turned to all the beneficiaries in the meeting and said, "Can I propose that eleven of us as beneficiaries share the cost for this Administration fees?" Everyone looked at each other for a minute and then Connie asked, "Can this payment be made from the estate?" Dave replied "In this case, since all the money in Lee Sr's bank accounts is frozen, the payment for estate administration charges would normally have to come from the family first. Once the Administrators collect the estate money after L.A. is obtained, then reimbursement will be made to all payments made by family members on behalf of the estate." Michele then asked again "So, are there any objections to my suggestion on the sharing because if there are none, then I suggest that we quickly pay Dave to enable him to proceed." As all the beneficiaries present nodded giving their consent, Mrs Patricia Lee then said, "In our earlier meetings, I had mentioned that I intend to keep all the money and properties that are jointly owned by me and my husband. She turned to Dave and asked "So, did you and the Administrators discuss this? Dave then replied, "This was discussed and I must highlight again that your husband's share will be subject to the intestacy law in the Distribution Act 1958 unless the other beneficiaries renounced their claims to it. So, I suggest that all beneficiaries discuss with each other to decide on this matter while I apply for the L.A." John intervened and said "Mum, I think we also have to discuss about our shares held by father in our own family businesses and those companies with Connie." Mrs Patricia Lee asked, "What are we going to talk about on father's shares?" John then said, "Well, we have in our earlier discussion between me, Dave, Michele and Connie suggested that Connie renounce her entitlement to father's shares in our own family businesses and in return our side of the family will renounce our claims to the shares held by father in those companies set up with Connie. Now, we have not come to any consensus yet on this matter." Mrs Patricia Lee then turned to Connie and asked "Well, have you decided this yet?" "No" was Connie's reply. Mrs Patricia Lee further said to John and Michele, "I think you guys better sort out this matter with her and come back to me and the family."

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 excelsecms@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 – ARCUS SENILIS

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

Arcus Senilis, (pronounced "ar-kus see-nil-is") is a visible whitish-grey arc seen above and below the outer part of the cornea (clear dome shaped part of the eye). It is easily visible in some people and often mistakenly referred to as a cataract by layman. Arcus Senilis is also sometimes referred to as *Corneal Arcus* or *Arcus Cornealis*.



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

HOW DOES IT LOOK LIKE IN THE EYE?

Arcus Senilis affects the cornea of the eye. The cornea is the clear transparent dome shaped part of the eye, like the car windscreen. Arcus Senilis appears greyish or whitish over the peripheral part of the cornea. In the initial stages, it appears over the upper and lower part of the cornea. Later, this whitish-grey area on the corneal periphery eventually may become a complete ring around the cornea, making it appear as a white ring around the edge of the clear part of the eye.



WHO GETS ARCUS SENILIS?

Arcus senilis is often seen in the eyes of senior people. It's caused by fat (lipid) deposits deep in the periphery of the normally clear cornea. Arcus senilis doesn't affect vision but it does give the doctor a sign. Remember again, as highlighted (in previous issues of the Ipoh Echo) that our eyes are not isolated from things that are happening in our bodies including the effects of aging. It increases with age in both male and female. It however occurs more frequently in men.

WHAT ARE THE CAUSES OF ARCUS SENILIS?

Arcus Senilis is mainly an aged-related change, a sign of aging. However, it may be also seen in younger individuals. When it is seen in younger individuals, that is, those below the age of 50 years, it is important to look for *dyslipidaemia* (abnormal amount of lipids or fat in the blood) which is one of the risk factors for coronary heart disease. The formation of Arcus Senilis is more often seen in those having high serum LDL-cholesterol.

In other words, it is seen in aging individuals. The other link is when it occurs in younger people, that is, the association of high serum LDL-cholesterol in such individuals.

SHOULD YOU BE CONCERNED?

Arcus Senilis does not cause any problems with vision, so there is no need for any concern. You do not need to be running to see an eye doctor for this. It is a harmless condition for the eye.

The only thing that you will need to be concerned about is if you are younger than 50 years old and the Arcus Senilis is visible in your eye. In such instances, it would be wise to get a blood examination done to look for *dyslipidaemia*, remembering that *dyslipidaemia* has an association with heart disease.

CAN IT BE TREATED?

Arcus Senilis requires no treatment because it does not cause vision problems. What would need to be looked into and treated is the *dyslipidaemia* if this is found to be abnormal in order to avoid cardiovascular risk. Arcus Senilis is only a sign – common in aging, to be concerned of only when seen in younger individuals. There is no treatment for arcus senilis by itself. If you are in doubt whether you have such a condition, do consult your local practitioner or eye doctor.

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

PUBLISHER

Ipoh Echo Sdn Bhd
(Regd No 687483 T)

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

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

REPORTER

James Gough

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Azril Aryandi Zambri

MARKETING & DISTRIBUTION MANAGER

Ramesh Kumar

PERMISSION AND RE-PRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

PRINTER

Konway Industries Sdn Bhd
Plot 78, Lebuhraya
Kampung Jawa
11900 Bayan Baru,
Pulau Pinang
Tel: (604) 644 7507

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)
05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:
05-208 5000

Ipoh Ambulance:
05-522 2506
993 (emergency)

Ipoh Fire Brigade
05-547 4444/994
(emergency)

Perak Immigration Dept
05-5017100

Perak Water Board
05-254 6161

Ipoh City Council
Hotline: 05-255 1515
General: 05-208 3333

Perak Anti-Corruption
Agency: 05-526 7000

State Secretariat
05-253 1957

Railway Station
05-254 7987

Airport: 05-318 8202

Registration Department
05-528 8805

Tenaga Nasional Berhad
05-208 8000

Lembaga Air Perak
1800-88-7788

Directory Service: 103

Perak Women for Women
Society

05-546 9715 (office)

AA Ipoh

019-574 3572

017-350 8361

To Advertise

IPOH **echo**

05-2495936



RAMESH KUMAR

016 553 1092

Beauty, Brains and Courage

Ipoh is famous for its limestone hills, pomelos, groundnuts and beauties like Amber Chia, Anna Lim and Michelle Yeoh.

When Ipoh-born Sara Amelia Bernard entered the Miss Malaysia World 2013 contest, she hoped to win the coveted Miss Malaysia World 2013 title and represent Malaysia in the Miss World finals, in Bali.

In the sixteen years that have passed since this writer first met her, the pretty four-year old, with doe eyes and porcelain skin, has blossomed into a beautiful young woman.

Melia, as we used to call her, has had her dreams shattered. Following a controversial intervention by the Federal Territory Islamic Affairs Department (Jawi), she and three other Muslim girls were threatened with a fine and possible jail sentence.

Their crime? They were deemed to be insulting Muslims by entering the beauty contest and to have committed a sin. The hysteria against these four girls grew, and even after their disqualification, they were barred from attending the final of the Miss Malaysia World contest as invited guests.

Melia went to primary and secondary schools in Ipoh until she enrolled at Taylor's College in Sri Hartamas, Kuala Lumpur. She comes from a competitive family which has produced victors. Her father Bernard Radin, is a martial arts champion and has represented Malaysia in Muay Thai, Wushu and Tae Kwon-do. Melia wanted to prove that a girl from Ipoh could be successful like Michelle Yeoh, who gained worldwide success as an actress. She wanted to put Ipoh on the map and in an interview with a Malaysian daily, said that joining a beauty contest was one way to expose true Malaysian beauty to the world.

"A beauty queen is not merely a pretty face but is intelligent, cultured, well-spoken, kind hearted, warm and friendly. She uses her title to help others and participates in various charities worldwide.

"In school, I had friends of every race and had the opportunity to learn about their customs and beliefs. I also love the variety of food in Malaysia, my favourites being *popiah*, banana leaf (rice) and *ayam masak merah*!"

It was during the audition that Melia met the pageant organiser, Anna Lim who presented her with a copy of her autobiography. On reading it, Melia found that Anna was also from Ipoh and was involved in charitable works. She was impressed that after she retired from competition, Anna had gone to London to study, became a stockbroker and later opened her own interior design company.

"I dreamed of following in her footsteps...(Anna is a) true example of beauty with

brains!"

Melia said that she was motivated to work with underprivileged children and the less fortunate.

"I saw it as an opportunity to promote intellectual women as well as participate in various charities worldwide and help the underprivileged."

Melia knew that as a Muslim, she would not be wearing a bikini in the swimsuit round but said that current competition rules dictate that entrants would have to dress modestly, anyway.

Ever since this controversy broke, Melia has had to cancel her Facebook account because "trolls" posed messages containing expletives and nasty comments.

"It really opened your eyes to the number of extremists out there," she said.

Melia claimed that both she and 19 year-old Wafa Johanna De Korte, had been ridiculed and criticised as they were the most vocal of the four Muslim participants.

When asked for her views, Yasmin Yusuff, who represented Malaysia at

the 1978 Miss Universe pageant in Acapulco and who successfully launched her career as an actress, singer, radio presenter, event host and businesswoman, said "The pageant could be called 'Miss Malaysia Non-Malays'".

The Pengerang MP Azalina Othman Said said that the four Muslim girls shouldn't have joined the beauty race in the first place because "...it is a sensitive environment right now especially during the fasting month".

Perhaps, Azalina should be reminded that even before the fasting month, Malaysians have been subjected to an extraordinarily sensitive environment, where both non-Malays and Malays must tread on egg-shells for fear of incurring the wrath of the authorities.

Most people are not aware that a fatwa is just an opinion or guide to how one should lead one's life as a good Muslim. Only under Shia rule can a fatwa become a law, without first being enacted by parliament.

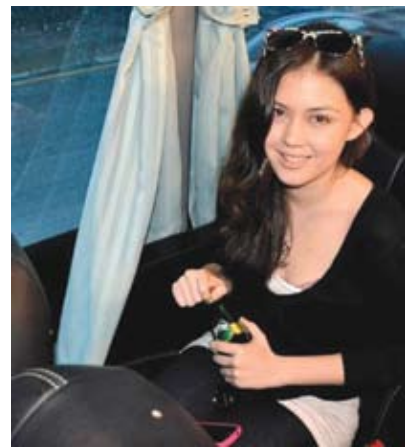
Melia is a beauty with brains. She and the other participants were not going to bare their bodies. They were prepared to dress modestly. They were going to compete on an intellectual footing with poise and an inner beauty, with the best that Malaysia and the world has to offer.

This spat is not about religious values. The girls did not insult Islam or other Muslims. The girls stood up for their individual liberties, and for that we should commend them.



THINKING ALLOWED

by **Mariam Mokhtar**



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.

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 or www.themarathonshop.com.my.

Medical and Social Health Camp [organised by Perak Women for Women Society (PWW) in collaboration with Soroptomist International Ipoh], Sunday, **August 18** from 8am to 1pm at Dewan Malaysia Aruroli Mantram, Jalan Wayang, Buntong, Ipoh. Activities: health screening, medical advice for women, counselling on social issues, women's rights, prevention of child sexual abuse, colouring competition for children, henna painting and many more. For details call PWW (office) 05-546 9715 or Ms Yip 012-521 2480.

PSPA's "Mozart on Silk Road", August 23, 8pm at the ballroom of the Royal Perak Golf Club. The Ensemble will be led by Ipoh-born maestro & conductor Mr Eugene Pook. There will also be workshops conducted by the musicians for keen music students. Call in early to reserve a place at the workshop or for the performance. Sara or Bryan are available at 05-548 7814.

Public Forum, "Schizophrenia Awareness Campaign", August 30, 3pm at Grand Ballroom, Kinta Riverfront Hotel Ipoh.

"Ipoh also Got Talent", September 14, 15 & 22. YMCA of Ipoh invites talented youth, young adults and young at heart to participate. **Finals on October 12.** Participants may showcase their talents in singing, dancing, acting in group/solo, playing instruments. Workshops will touch on the Rukun Negara and highlight the dangers of smoking and drug abuse, drunkenness and sexual promiscuity. For further enquiries, contact Lorraine/Grace at 05-254 0809 or 05-253 9464.

Perak Society for the Promotion of Mental Health Fund Raising Dinner, September 7, 7.30pm at the Ipoh City Country Club, Jalan Kampar, Ipoh. Invitation cards can be obtained from the following for a donation of RM50 or more per pax. For details call Mr S. Sundralingam 012-505 7654 or PSPMH (office) 05-533 5457.

2nd Ipoh Dancesport Championships 2013, Saturday September 21 at Kinta Riverfront Hotel (Grand Ballroom), Ipoh. Tickets are on sale for the Day Event at RM30 per entry (free seating) and finals at night with Chinese course Dinner (Halal) at RM160 front row per pax and RM120 second row per pax. Contact: MY Dancesport Studio – Ms Yen Chin 012-516 2708, Mr Chun Wai 016-553 7962; or PSPA – Ms Witzi 012-508 8818.

Memory Walk with the aim of Creating Awareness on Dementia (organised by the Dementia Society Perak in conjunction with UniKL Royal College of Medicine Perak's Open Day), **Saturday September 28** commencing 7.30am at UniKL RCMP, No. 3, Jalan Greentown, 30450 Ipoh. For details and registration call Dr Mah Kin Kheong 012-596 7983 or Datin Dr Ramani 019-573 0618.

MUSINGS ON FOOD



By SeeFoon Chan-Koppen

seefoon@ipohecho.com.my

It is interesting as well as unusual to find a restaurant that combines both the more aristocratic North Indian Moghul style cuisine with the robust and fiery South banana leaf variety. While the southern style relies more coconut milk and rice and is more spicy, the northern more wheat based and utilises yoghurt to temper the heat from spices. It is also milder.

At the **Andersonians' Club and Cafeteria**, one will have to make two trips to sample both types of cuisine as it serves South Indian at lunch and North Indian mughlai food in the evening.

This club cafeteria has been around for many years with the current catering having changed hands 16 years ago. Under the able management of Karthar Singh, the restaurant has garnered a following of loyal supporters who enjoy the choice of cuisines, coming both for lunch and dinner for a change in textures and flavours.

Lunch is buffet style with one going to the counter and selecting the food which is then presented at your table in portions while dinner is à la carte. For lunch, as is usual with the banana leaf style of service, rice is served on your banana leaf with a choice of 3 vegetables and a dhal curry. These come in pails which are heaped on to the banana leaf in whatever quantities you wish for and top-ups are also included as part of the meal. For vegetarians, this is an economical meal for RM5 per person, with Rasam (a sour clear soup with herbs and spices) thrown in for free.

The lunch buffet has a wide selection of items. The **Mutton Curry** was tender, medium spicy with well blended flavours. The **Dry Chicken** was spicier with a more robust coating. There is a choice of **cutlets** made from fish or chicken. I opted for the fish which turned out to be spicy and very tasty. The fish curry was mild, with a smooth creamy sauce and the cauliflower and potato dry curry rounded out the meal nicely. Our total meal for two came to RM23 which was a very satisfying meal indeed.

For dinner, a printed menu is available from which to choose. There is the classic **Tandoori Chicken**, marinated with exotic herbs, spices and yoghurt and grilled in a clay oven. Our portion which was the entire thigh and drumstick, was grilled to perfection, slightly charred on the edges, marinated just right, and still succulent inside.

We had a **Mutton Vindaloo** which was delicately spiced and cooked with potatoes. The mutton was tender with a very dry gravy, the potatoes providing a slight thickening. A dish worth noting is the **Fish Methi**, pieces of boneless fish cooked in a thick sauce with methi or fenugreek leaves, a powerful herb containing many minerals and vitamins. The blend of spices in the sauce was robust and most appetising.

The back of the menu had a list of Chef's specials and I was recommended the

SeeFoon goes South Indian by day and North by night



Sizzling Tandoori Chicken, which arrived as its name implies, on a sizzling platter, smothered with a sauce which I found too sweet to my taste but which went down very well with my guest – RM12. I also noted on the same specials listing, Fish Head curry which is priced at RM25-30.

To accompany our meat dishes, I ordered the Brinjal or **Eggplant Masala**, prepared with onions in a spicy sauce. This was delicious, the eggplant with a perfect 'squishiness' and great with the **Cheese Garlic Naan** which was a large serving-plate-sized oven baked bread topped with the aforementioned ingredients. To temper the spiciness of all the various dishes, **Raita**, a yoghurt 'salad' of finely-chopped raw vegetables mixed in yoghurt completed the feast.

Lunch:

Vegetarian Banana Leaf Meal: a choice of 3 vegetables and dhal – RM5
Mutton Curry
Dry Chicken – RM4
Fish Cutlet – RM2
Chicken Cutlet – RM2
Fish Curry – RM4

Dinner:

Tandoori Chicken – RM8 per portion
Mutton Vindaloo – RM9
Fish Methi – RM8
Sizzling Tandoori Chicken – RM12
Eggplant Masala – RM6
Cheese Garlic Naan – RM5
Raita (chopped vegetables in yoghurt) – RM4



Old Andersonian Club and Cafeteria

932 Jalan Hospital

Tel: 05-241 1615 or 012-501 7377

Business Hours: 11am-3pm & 6pm-10.30pm, closed every 2nd Monday

GPS: 4° 36.244'N, 101° 5.240'E

RECIPE

By Margarita Lee

Taiwanese Beef Noodles

Ingredients (A):

400g Yellow Noodles
1.5kg Beef Shank
2 large Onions (sliced thinly)
6 Ginger slices
1 bulb Garlic
4 Tomatoes (cut into wedges)

Seasoning (B):

2 tbsp Soya Bean Paste
1 tbsp Chili Paste
1 cup Soya Sauce
4 whole Star Anise
½ tbsp Rice Wine
3-4 pieces Rock Sugar
1 tsp Five Spice Powder
6 pcs Cloves
2 Cinnamon Sticks
3-4 Bay Leaves
1 tsp Red Peppercorns
3L Water



Garnishing:

300g Salted Green Mustards – cut thinly
3 pieces Red Chilli – cut thinly
3 pieces Scallions – cut thinly

Method:

1. In a large stockpot, cover the beef shanks with water and bring to a boil. Once boiling, immediately drain the water and set the beef aside. (This step helps remove impurities to make a clear soup.)
2. Add the parboiled beef, all the ingredients (A) and seasoning (B) in a large pot. Boil on high heat.
3. Bring the mixture to a boil, reduce to low heat, and simmer for approximately 2 hours, or until the beef is tender. Turn off the heat. Let meat sit in the broth for another hour.
4. Remove the beef to a cutting board. Pour the stock through a basket sieve into another pot. Discard the fat and vegetable solids. Slice the beef and return to the stock. Skim the fat from the surface, and return the soup to boil.
5. To serve, bring a large pot of water to a boil. Boil the noodles for 2 minutes. Dish out.
6. Divide noodles into bowls. Ladle the beef and hot broth into the bowls. Garnish with cut salted green mustard, chilli, scallions and serve hot.

Sport

Perak's First Duathlon

Perak's first duathlon, tagged "My Duathlon @ The Haven" will be held on Sunday, **August 25** beginning at 6.30am.

Unlike traditional triathlon where participants have to run, swim and cycle, the 30-km duathlon will require participants to run, cycle and run.

They have to run the first 5 km then cycle 20 km before finishing with a 5-km run. The final 600 metres is through The Haven before the finish line.

The event is a joint effort by *My Triathlon Shop* and Perak's premier cycling club, Kelab Roadrunners Ipoh (KRI), the organiser of the annual *Century Ride*.

Karen Geh of *My Triathlon Shop* said she chose to organise the duathlon at The Haven because she was impressed with the location, its beautiful scenery and fresh morning air. "The participants could complete the course while in a very natural environment," she said.

Geh added that there is no time limit. "As such it takes away the stress and allows the participants to enjoy nature along the route."

KRI President, Chong Him Shoong said the event has attracted participants from Malaysia, Singapore and Thailand. He anticipated a thousand participants to register before the closing date.

Chong announced that the *Brooks-KRI Annual Run*, the 15th in the series, will be held on Sunday, **October 6** also at The Haven.

The run will feature a 10-km and a 21-km route to appeal to a wider range of participants and family members.

JAG



Entertainment

Dulang Washers on the Kampar River

Ipo Echo was taken aback to see Dulang Washers at the Kampar River recently. Hoping for a resurgence in tin mining, only to discover that they were just actors for an upcoming Chinese serial being produced by Media Corp Singapore Pte Ltd.

The crew were in Ipoh for two weeks in July and were doing shoots throughout the Kinta Valley at Gopeng, Papan, Jelapang and Ipoh.

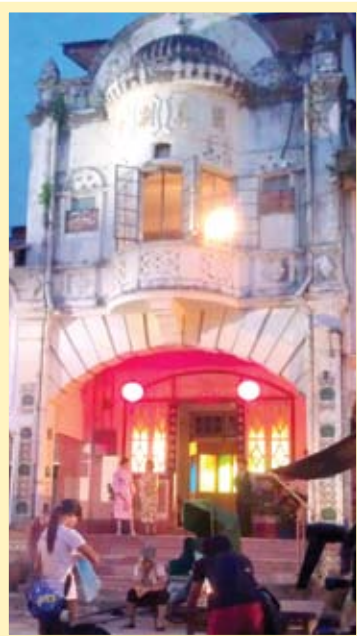
According to one of the crew who declined to be named, he said that the 30-part Chinese serial, entitled 'The Voyage' is scheduled to be shown over Singapore Channel 8 in November.

The theme of the drama is set in the 1920s to 1930s and depicts the voyage of migrants from China coming to Nanyang (Malaya and Singapore) in search of their fortune.

A member of the production crew added that Ipoh and the Kinta Valley have lots of good shooting locations which were close to Ipoh town. This was convenient and made it easy to start shooting early in the day.

Besides Ipoh, filming was also done in Penang and some in China.

JAG



KVSS MPO Music Camp Project at NASAM

The Kinta Valley Symphonic Society (KVSS)/ Malaysian Philharmonic (MPO) Music Camp Project 2013 performed at the National Stroke Association of Malaysia (NASAM) recently. About 25 stroke victims were present as MPO musicians Sun Yuan (viola), Steve Retallick (cello), Chia-Nan Hung and Martijn Noomen (violin) performed the String Quartet No.14 by Mozart.

KVSS, a non-profit organisation in collaboration with the MPO Outreach and Education Division, held the concert for NASAM and the Salvation Army Children's Home as an effort to spread joy and musical knowledge to the less fortunate through music.

The Music camp project, was opened to members and interested musicians, which saw them having weekly rehearsals, a series of workshops, two outreach programmes, a chamber concert by the MPO musicians and culminated with the 'Be Spirited Away' concert on July 20 which played to a full house.

Designed to fine-tune the performing skills of musicians and to attract and recruit new members to increase the size of the Kinta Valley Wind Orchestra (KVWO) and the Perak Philharmonic Orchestra (PPO), the music camp was a huge success.

Susan Ho



In Memory of Teresa Teng



Late Teresa Teng's songs are still among the favourites of many today. At an upcoming charity dinner in her honour, themed 'Unforgettable Teresa Teng' and organised by Shekinah Community Centre, songs by the legendary songbird will be brought back to life by Chinese singer Tong Yao.

Tong is dubbed "Little Teresa Teng" for resembling Teresa in appearance and

voice. She sang to a full house at her concert in Genting recently. HT Long, also known as the "Elvis Presley of Malaysia", will make an appearance.

The purpose of the dinner is to source funds for the expansion and renovation of a multi-purpose hall belonging to the Shekinah Centre. The hall will be used for community-based services such as medical screening and consultation for the needy.

It will also be utilised for income-generating activities like weddings, conferences and seminars.

The projected amount required is estimated to be about RM350,000.

The dinner will be held at the Kinta Riverfront Hotel on Thursday, September 12, beginning at 7.30pm.

Tables are priced between RM1500 to RM5000 each. For reservations or enquiries call Maggie at **012-473 7262** or Ruby at **012-512 2817**.

Lena



Tourism

Ipoh City Fun Ride

Following the success of the Ipoh City Nite Ride in May, Ipoh City Council has decided to hold a similar event named Ipoh City Fun Ride on Sunday, **September 15**, with the Malaysian Interaction Culture Association as co-organiser.

"The purpose is to promote Ipoh as a tourist destination. Participants can enjoy the beautiful sceneries along the route," said mayor Dato' Haji Roshidi Hashim during a soft-launch ceremony held at the Ipoh City Council recently.

The cycling route covers 50 km, starting and ending at MBI Square (Dataran MBI). Participation fee is RM60 per person, goodies, spectacles and limited-edition jerseys await all participants.

Those interested can take part either individually or as a group. The group with the most number of entries can win RM1000, with the first and second runners-up getting RM500 and RM300, respectively.

Expected to draw up to 2000 contestants, the Ipoh City Fun Ride has already received enquiries from Singapore, Thailand and China.

Participants can register at the council's lobby counter beginning Thursday, August 15. Registration ends on Sunday, September 8.

Lena



Kinta Riverfront Park Abandoned

The Ipoh Waterfront Project spanning from Tanjung Rambutan to Pengkalan costing RM200 million was initiated by former Menteri Besar Datuk Seri Tajol Rosli Ghazali in 2004. The first phase of the project was Kinta Riverfront Park which was built at the site of former People's Park costing RM4.4 million. It is located beside the Kinta River Bridge along Jalan Iskandar Shah (Hugh Low Street).

It has fountains, a children's playground and a recreation pool for children. There are a number of shelters with benches. The trees along the perimeter provide shade. The anchor tenant was a *nasi kandar* restaurant.

The recreation pool is now dry and the fountains are not working. The restaurant has closed down. On a Sunday morning visit, the place was deserted except for old men sitting under the shelters. Youngsters were

sleeping on the benches.

The pool was very popular with young children. With the pool closed there are hardly any visitors. The *nasi kandar* restaurant was also popular and when it was opened there was congestion along Jalan Iskandar Shah at night.

There is stagnant water in the basin of the fountains which is a breeding ground for mosquitoes. There are also other receptacles containing stagnant water. Although the landscape contractor keeps the place relatively clean, which is easy due to the low numbers of visitors, however, the plants are not properly trimmed. Also there are signs that the contractor is burning garbage next to the river bank.

There are three entrances to the park through arches and the signages on the arches are missing.

At night, the lighting appears inadequate for a public park. Two ladies are running a stall with no sign of customers. It's no wonder as there are no signboards and people are not aware of its existence.

I'm wondering why MBI is abandoning this park. This was one of the popular recreational places in the city.

A. Jeyaraj



Environment

Quarry's Response to COMPLAINTS

Lafarge Malaysia's Kanthan plant in Chemor has taken a number of steps to protect biodiversity within its quarry, which has received adverse publicity the last few months.

After a sudden increase in the number of people visiting the quarry, and Kanthan Cave (or Cathedral Cave) in particular, the plant has restricted public access to the area to protect the biodiversity within the cave until the findings of external experts have been completed.

Kanthan plant manager, Sekar Kaliannan, in a press statement explains:

"Preliminary studies by the University of Malaya's Institute of Biological Sciences, who is working with us on this project, have indicated that Kanthan Cave could contain 'sensitive biodiversity', which we have a responsibility to manage and protect, as part of our development programme."

"Unfortunately, inaccurate publicity about our plans has also encouraged a big increase in visitors to the cave whose presence and activities could upset this sensitive biodiversity."

"Therefore, we are taking steps to erect signage and restrict access to the cave whilst the university completes its studies alongside members of Lafarge's International Biodiversity Panel."

The Kanthan Cave appears to be home to, amongst others, an endemic trapdoor spider, which is listed as critically endangered on the International Union for Conservation of Nature (IUCN) Red List. Further work will be undertaken in understanding its presence, along with the development of measures to fully protect any endangered species.

"Our quarry development programme," said Sekar "has identified two areas for development. They are Area C and Area D. With Kanthan Cave's presence in Area D, our focus is on managing this biodiversity-rich area appropriately."

"However, initial studies of Area C which is on the other side of the southern part of Kanthan Hill, indicate that it does not contain sensitive biodiversity, and a number of caves in this area have been used in recent years without permission. In fact, this activity may have disturbed the presence of biodiversity in these caves."

In view of this, the company has erected signage to warn visitors. The plant will also liaise with interested parties, including the state government, on understanding the use of these caves. Preliminary biodiversity screening of Area C to determine its sensitivity will be done before the launch of the 18-month preparatory work prior to accessing raw materials from the said area.

Kanthan plant maintains an 'open-door policy' and anyone who is keen to know more about the plant's quarry development programme is encouraged to email: info@my.lafarge.com.



Foodie's Guide to Ipoh's Best Eats

Get your copy from

1. Indulgence, Jln. Raja DiHilir, Tel: 05-2557051 / 2426297
2. Royal Ipoh Club, Jln Bkt. Gantang Tel: 05-2542212 / 2545646
3. Burps & Giggles, Jln. Sultan Yussuf (Old Town) Tel: 05-2426188
4. SS Mubarak & Sons, Jln. Sultan Yussuf (Old Town) Tel: 05-2540416 / 2431362
5. Manaff Store, Jln SA Lingam, Ipoh Garden South Tel: 05-5459648
6. Citrus Wine & Dine, Ipoh Garden East Tel: 05-5451010
7. Tandoor Grill, Greentown Tel: 2555995 / 2535995
8. Pakeeza Restaurant, Greentown Tel: 05-2530407 / 2414243
9. Impiana Hotel, Jln. Raja Dr. Nazrin Shah Tel: 05-2555555
10. Lourd Enterprise, Canning Garden Tel: 05-5459299
11. Restoran Ipoh Padang, Jln. Raja Ekram Tel: 019-5115137 / 016-5140122
12. Ipoh Echo's office or Meru Valley Golf Club members' desk.



RPP RM29

News

MTC Engages Environmental Ambassadors

The Malaysian Timber Council (MTC) was recently invited by Malay College Kuala Kangsar (MCKK) to participate in the 6th Malay College Youth Development Summit 2013 (MCYDS 2013), aptly themed “Grooming Green Societies”, in recognition of the Council’s commitment to promoting Sustainable Forest Management (SFM) in the country.

Hosted by MCKK, MCYDS 2013 saw some 100 students, aged 16 to 17 from 22 high-performing schools in Malaysia, Indonesia, Brunei, Thailand and India taking part in the Summit which was held recently.

MTC is a strong advocate of leveraging education in engaging and equipping youth with the right knowledge to become future champions of environmental conservation. The Council’s participation in this year’s MCYDS is part of its public awareness initiative to imbue in students the importance of conserving the environment

and its natural resources through SFM as well as promoting timber as a natural, recyclable, energy efficient, sustainable, carbon-locking and environmentally friendly material.

At the Summit, MTC Senior Director of Communications & Investments Division, Suria Zainal explained that the carbon absorbed by growing trees will return to the atmosphere when those trees die or rot. Harvesting trees before they die will prevent the carbon from returning to the atmosphere. Hence, the more wood we use, the more carbon we can lock up. This helps to address climate change.

MCKK Second Student Chairman, Mohamad Safwan bin Abdul Rahman, 17, said the talk gave him a clearer picture of managing the forest more responsibly and how timber is a sustainable and eco-friendly natural resource.

“I’ve always thought that felling trees was bad. I never knew how harvesting older trees allows sunlight to reach younger trees at the lower level of the forest, enabling them to grow and absorb more carbon. Now I understand why sustainable forest management is vital to ensure that timber can be produced forever,” he said.

Meanwhile, MCKK Principal, Anand Baharuddin



commended MTC’s participation at the Summit as such education enables the youth to be responsible stewards of the environment and learn to inter-relate this with their society’s well-being and their nation’s economic needs.

About MTC

The Malaysian Timber Council (MTC) was established in January 1992 to promote the development and growth of the Malaysian timber industry. MTC was formed on the initiative of the timber industry and governed by a Board of Trustees, whose members are appointed by the Minister of Plantation Industries & Commodities.

MTC’s main objectives are to promote the Malaysian timber trade and develop the market for timber products globally, to promote the development of the industry by upgrading the industry’s manufacturing technology base, to augment the supply of raw materials, to provide information services and to safeguard and promote the Malaysian timber industry’s global image. Further information on the Council’s activities can be obtained from www.mtc.com.my.

Tourism Appreciation Nite

Tourism players in Perak were entertained to a dinner-cum-beach party at the Lost World of Tambun recently.

Besides the need to celebrate, the occasion was also to recognise the exemplary services rendered by their employees with the prestigious, “Pride of Workmanship Award” which made its debut that evening.

The 21 winners, selected on merits, received their certificates from the Executive Councillor for Tourism, the Honourable Puan Nolee Ashilin Dato’ Mohd Radzi.

It was indeed a proud moment for them as some, like those in the hospitality industry have been on the frontline for over two decades. They had never expected to be given such recognition considering the job they performed.

“I am simply over the moon,” said one recipient who has been a doorman at one top-notch hotel in Ipoh.

The event was organised by the Perak Tourism Association (PTA). Association President, Hj Mohd Odzman Abdul Kadir, concluded that the participation of major tourism players meant that they were willing to promote the state and to enhance the productivity of the tourism industry.

“PTA is willing to be the liaison and coordinator towards achieving this goal,” he said in his opening remarks. “The association plans to organise two promotional trips this year; one to Singapore and the other to Fukuoka, Japan.”

The two promotional trips were given the green light by Nolee who, in her return speech, pledged financial aid for the association from the state.

Nolee thanked those who had helped organise the recent Ipoh International Waiters’ Race and the organising committee of the Tourism Appreciation Nite. “You’re simply wonderful,” she exclaimed.

The party ended with the crowning of the best dressed male and female guests.

Emily



Spreading Hari Raya Joy

Now that the festive Hari Raya Aidilfitri season is upon us, we should not forget those who are sick and in need of tender loving care. With that in mind, KPJ Ipoh Specialist Hospital (ISH) decided to spread the joy of Hari Raya to those who were forced to spend the holidays in the hospital.

Goodies in the form of raya cookies were distributed to a total of 300 patients on Monday, August 5. To heighten the festive mood and lift the spirits of the patients, ISH Chief Executive Officer, Hj Asmadi Mohd Bakri, along with non-nursing staffs and dressed in their respective cultural costumes, was on hand to distribute the goodies.

“This has been ISH’s tradition every Hari Raya session,” said Asmadi.



Semarak Ramadan with Nolee



Perak Tourism organised the annual pre-Hari Raya Puasa programme Semarak Ramadan on Sunday, July 28 at Taulang Sekah. Berita Harian, Adabi and Taulang Sekah Community Service Centre were the co-organisers.

At the *gotong royong* style event, six cauldrons of *bubur lambuk*, a traditional breaking-fast dish, were cooked and distributed to the public at the nearby Ramadan bazaars.

Taulang Sekah assemblywoman cum State Executive Councillor for Health, Tourism and Culture, Puan Nolee Ashilin Mohammed Radzi said the objective of the event was to help foster good relationship with the local community.

She too hoped that the people would use the local mosque as a one-stop centre for social and religious activities in the future.

Sixty orphans and nearly 160 poor folks received *duit raya* from Nolee at the end of the function.

RM

Friendship Forever

Members of the Anglo Chinese School Alumni, Ipoh held their annual dinner to commemorate their alumni’s 118th anniversary.

The event, aptly named “Friends Forever Dinner”, saw a gathering of over 600 former students, a portion of whom were from Singapore.

Alumni President, Dato’ Lean Mean Seong, in his address encouraged those present to become members of the association. The alumni’s goal is a membership of a thousand. By the end of the dinner the registered number stood at 525. “Hopefully, we’ll achieve this magic figure by 2015 when we meet for our 120th anniversary dinner,” said Lean to Ipoh Echo.

It was a busy night for those present, as they started the dinner by singing the ACS song. Once dinner was served many were seen moving from table to table taking photographs and exchanging stories.

Eddy Tham and Tong Kam Fei, currently working in Singapore, recalled fond memories as they walked through the hallways of their alma mater earlier in the day.

With a banner reading, “Back2school 2013”, principal Mrs Lee Hock Hin beckoned the former students to walk through the school’s corridors. For Tham and Tong, who had not been to the school for over two decades, the experience was exhilarating. “It’s like going back to the past,” they exclaimed.

JAG



Education

TENBY SCHOOLS IPOH MOVING TO BANDAR MERU JAYA

Tenby Schools Ipoh, the pioneer in international education in Ipoh, will be moving to a new 13-acre purpose-built campus situated in the silver state's new Bio-D township, Bandar Meru Raya.

With more than 20 fully facilitated specialist rooms, alongside a multi-purpose sports hall, swimming pool and auditorium, the new campus will provide greater opportunities for students to pursue academic and extra-curricular activities.

The new university-style library provides not just reading and revision materials, but discussion areas and computer facilities for students' research purposes. The new campus encapsulates the school's goal to nurture well-rounded individuals who will be responsible, articulate and participatory citizens and leaders of the world.

In line with the school's vision of "A United World at Peace – Through Education", Tenby Schools Ipoh offers both International and Malaysian curricula on one site to promote a living model of racial and cultural diversity, international mindedness and global citizenship.

In addition to being fully accredited by the Western Association of Schools and Colleges, the school has also established strong ties with Stranmillis University College (a College of the Queen's University in Belfast) that is renowned for its teachers' training courses.

With this new campus opening in September 2013, the school will be holding its Orientation Day on **August 23 and 24** between 9.30am to 2pm.

For more information about the new campus and programmes offered at Tenby Schools Ipoh, call **05-525 2628** or visit us at www.tenby.edu.my.



Community

Myanmar Community Donates Blood for Hospital Sungai Siput



A charitable blood donation campaign was organised by *Ashin Sucitta* (foundation of Buddhist Monk U Thu Seik Ta) at Sukhayadanar Buddhist Temple with the help of 10 Medical Specialists and lecturers from University Kuala Lumpur, Royal College of Medicine Perak and one from Quest International University Perak.

The blood accepting team came from Hospital Sungai Siput headed by Medical Officer Dr Nurul Shairah Binti Shahidan and a 10 member staff.

The campaign was held at Sukhayadanar Buddhist Temple in Ipoh on a recent Sunday. A total number of 63 bottles of blood was collected with all donors being Myanmar nationals and another four Cambodians.

About 300 Myanmar nationals working around the Ipoh area participated in this campaign. *Ashin Sucitta* contributed for the free testing of blood and urine assisted by Pathlab.

Free Myanmar cuisine lunch was served and all blood donors received one dozen eggs and other foodstuff as well as RM10 each.

The next blood donation campaign is scheduled to take place during Chinese New Year in 2014. Those who are interested to donate, can contact Associate Professor Dr Tin Win, **UniKL-RCMP, 016-896 7355**.

Happy Bercham Residents



In mid-July residents at Lengkok Bercham Timur 4, Taman Pakatan Bercham voiced their annoyance over the dust being stirred up daily due to construction work being carried out at the retention pond on the road where they live.

The construction work being carried out is part of a RM422,000 flood mitigation project by MBI to alleviate the flood woes of the nearby housing estates of Taman Desa Impian, Taman Kinta Mas, Taman Syabas and Taman Syabas Baru.

The project which started in March was scheduled for completion by June. Due to the ongoing construction work, Lengkok Bercham Timur 4, was dusty daily and the residents voiced their impatience when the completion deadline was extended.

Bercham Councillor Ir David Lai Kong Phooi met



with the residents, Karen Lee who runs the Minda Jaya Kindergarten as well as neighbours Gloria Christy and Seraphim Teresa, all residents on the road and committed to them that MBI would resurface the road by the fourth week of July in order to alleviate the dust problem.

To the joy of the residents, MBI went the extra mile and resurfaced the road the same week.

The flood mitigation project includes construction of box culverts to divert water to the retention pond and rubbish traps called Gross Pollutant Traps to filter out rubbish. Once completed, a 5-foot fence will close off the pond to prevent residents from throwing rubbish into the pond. The work includes cleaning the pond and its surroundings.

JAG



Charity Food Fair

Pertubuhan Kebajikan "Aurora" Perak and JT Line Dance Centre held a food fair at the Bercham GP Food Court on Monday, July 22.

There were a total of 90 stalls selling a variety of stuffs.

Almost all the existing food traders in the food court took part, along with some others. The goods for sale were mainly food, clothes, daily household items, groceries, health products, and even second-hand books.

According to Chong Kok Yoong, one of the organisers of the event, the fair took about three months to plan and implement. The response from stall owners was overwhelming. Two jumbo sales were also held at the food court over two Sundays.

Chong said the total earnings of the fair and jumbo sales came to roughly RM160,000.



All proceeds will be donated to charities, namely Perak Parkinson's Association, Kiwanis Ipoh Youth Camp Fund and eight selected Chinese primary schools.

Lena

Family History in Ipoh

A two-day event of sharing Family History was held at the Church of Jesus Christ of Latter-day Saints at 12, Lorong Cheah Cheang recently for residents of Ipoh.

Photos and lineage charts filled the walls. Banners inside and outside invited and welcomed all with an interest in genealogy. The Ipoh Family History Center was opened to help visitors enter their family information into the Family Tree, the new genealogy programme launched by Family Search, the Church's genealogy site on the internet. Not only were people signed into Family Tree but they also recorded the names of their ancestors and then added photos and stories bringing their ancestors to life for all to read about.

Visitors were also able to watch several videos such

as "Granite Mountain" and "Searching for Emma" which tells about the huge effort of the LDS Church to preserve records from around the world. These records are digitized, indexed and made available online to anyone regardless of nationality or creed. Family Search, the name of the organisation that collects, maintains and makes available these records, is a free service and is the largest depository of genealogy records in the world. Those interested can visit the website: **familysearch.org**.

The Ipoh Family History Center is open on



Sundays from 1pm to 2pm and on Fridays from 1.30pm to 3.30pm. For further information call Loh at **016-538 0121**.

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.

Sultan Abdul Aziz Park

I am one of the regular joggers at the Sultan Abdul Aziz Park (also known as the Polo Ground), in Ipoh. As such, allow me to give a few suggestions for further improvement. It would be good to widen the present track to at least 2-3 feet. Planting more trees along the track gives more shade to the users as well as those who wish to relax along the benches.

While I am grateful for this service provided by the Municipal Council, I would also like to highlight some inconveniences which have cropped up lately. These things may be minor yet in the long run it will cause more harm than good to those who frequent the park.

The tiled jogging track has of late been used by motorcyclists and this is very dangerous for the joggers/runners, and especially dangerous to children who also play around the area. It is not just random members of the public who do this but also policemen, enforcement officers and DBI workers. They seem to use this track as a shortcut to their pondok. Another issue is the mowing of grass during peak hours (when there is a fairly large crowd using the grounds).

However, what bothers me most are the many vendors around the grounds. It seems that this place is no longer a scenic exercise ground but more like a market. These vendors not only sell drinks and cooked food, but also sell vegetables, clothes, bakery goods and others. I have no qualms against these vendors but I am just wondering how these vendors have multiplied over time.

I do hope the enforcement officers and those responsible for the maintenance of this park will look into this matter, and perhaps take the necessary actions. I am sure many others, like myself, would want to preserve this beautiful park for many more years to come as this is one of the better jogging grounds in Ipoh City.

Lourd Nathan

Preserving the Trees

I read from The Star (dated August 1) that the Ipoh City Council has appointed two companies for the Waller Court re-development project. The nearby clinic will be demolished for this project.

My concern is for the fate of the beautiful trees that have been growing around the flats serenely for many years. Will they still be there when the project is completed or will they be sacrificed?

Over the past few years, we in Ipoh have seen many majestic trees being cut down for the sake of development. I sincerely hope that the Ipoh City Council will try its best to maintain Ipoh's charm and beauty by preserving the few spots of greenery still found in the city.

It is distressing to see only stumps and sawdust left on the ground after the chainsaws have done their work.

Trees that have stood for decades should be treated as landmarks and allowed to keep their place in the city that they grew up with.

Robert Percival

The Trees of Old Tenby Speak

What about me? What will happen to us? We've been here for hundreds of years, and brought joy to thousands of children.

Will the land be developed?

Will we be cut down to make way for big beautiful houses and buildings?

Conserve us, build around us, let future generations enjoy us. We don't take up too much space, please protect us!

Visit <http://chn.ge/136dF7E> to give your support, and let's protect them for future generations.

Jasvin Josen



Arts & Culture

Sharanagati – Absolute Surrender

A night of wonder and beauty in motion. Listening to the crystal clear vocals of O.S. Arun along with his team of live music accompaniments was a rare treat indeed.

When the lights dimmed, the audience excitedly waited with bated breath for the performance to begin. Sukanya Venugopal's very expressive narration in English, only heightened the anticipation and was a welcomed inclusion, for those, who otherwise, may not have been able to understand or fully absorb the beauty of the night's performance.

The original choreography by P.T. Narendran, Leena Mohanty, O.S. Arun and Dheeraj Kumar Mohapatra gave the audience both a visual and aural feast as the dancers demonstrated their artistic talents in an engaging and playful manner. So encapsulating was the performance that everyone stayed glued to their seats in rapt attention, applauding enthusiastically. Even children attending the occasion were on their best behaviour, which is rather unusual for a local audience. This fact alone, speaks volumes for the night's performance.

Exploring the beautiful Indian philosophical concept through the unique confluence of classical dance and music styles of Odissi and Bharatanatyam, the dancers drew the audience into their world of majestic traditions, grace and beauty. The lighting cast artful shadows of the dancers off the surrounding walls of the auditorium, and this further added to the surreal feeling, as the intricacy of each movement was skilfully executed. The gifted voice of O.S. Arun with its mellifluous, sonorous and fluent textures, made it possible for the audience to enjoy listening to a breathtaking range of pure and pristine melodic compositions. Such was the characteristic of his

musical expressions that the audience didn't really want to leave their seats, even during the short intermission.

The excitement just kept building upon itself right up to the end, which featured a magnificent final performance that truly merited a standing ovation.

With such world class performances, brought to the people of Ipoh, the Ipoh Fine Arts Society (IFAS) hopes that the rich traditions of the performing arts will inspire and encourage its young to be part of this rich heritage of traditional music and dance art forms. The IFAS is dedicated to encouraging and supporting artistes of the performing arts by covering a broad spectrum of classical, folk and contemporary arts, while striving to preserve the integrity of traditional dance and music in the community. Tapping into this jewel of diverse art forms, IFAS work tirelessly to help establish a vibrant rapport with the artistic community through its music workshops and cultural programs.

If the support shown is anything to go by, the people of Ipoh are ready and willing to be a part of this awesome journey.

Serena Mui



Young Perak

Toastmasters Can Help

The YMCA of Ipoh Toastmasters recently organised a public speaking awareness campaign at SMK Anderson Ipoh for their lower-six students. The Toastmasters Can Help – Awareness Campaign was aimed at cultivating the interest of public speaking which would be a useful skill for them in the future.

The programme kick started with an opening speech by the President of the YMCA of Ipoh Toastmasters, Pak Peter, explaining the purpose and objectives of the campaign. Various speeches were given notably youth member, Angaindrankumar Gnanasagaran who has been in the club for a year with his speech on "How TM has help me become

who I am today". This was followed by Nor Aida Ahmad with her presentation on verbal crutches such as "Ah, Um and You know".

Overall, the campaign received rousing support from an estimated 80 students who attended the talk. This programme marked the effort of the YMCA of Ipoh Toastmasters club to influence young minds to embrace public speaking and understand its importance to one's future.



News

Y's Men's Club Of Ipoh Celebrates Its Anniversary

Over 200 members and guests from Malaysia and Singapore attended the 48th Installation and Anniversary of the Y's Men's Club of Ipoh recently. K.N. Chandran was installed as the new president along with members of the Board of Directors for the 2013/2014 term.

Guest-of-Honour, Dato' S.K. Devamany, the newly-elected Speaker of the Perak Legislative Assembly, praised the club for carrying out charitable projects in and around Ipoh for the betterment of the community.

Mementos were presented to the out-going committee members while new members received their membership certificates. The Y's Man of the Year Award was won by K. Letchimanan.

Guests were treated to light entertainment, including songs by two German exchange students. The fortunate few walked away with hampers and electrical goods won in a lucky draw.

Ed



Proceeds Given to Charity



The recently-concluded 5th Ikenobo Ikebana Flower Arrangement Exhibition organised and held at the Ikenobo Malaysia Floral Art Centre, Ipoh attracted over a thousand visitors.

According to its president, Professor Too Sooi Keng, the charity corner set up during the exhibition successfully raised RM6900.

Proceeds from the charity sale were donated to the Yayasan Dialysis Pendidikan Akhlak Perak. The foundation's executive secretary, Shim Foong Cheong, received the cheque at a simple ceremony on Thursday, August 1.

Flowers for the charity sale were donated by growers from Cameron Highlands.

Ed

Free Haircuts



The Bercham-based rehab centre, *Persatuan Pemulihan Sultan Azlan Shah* was privileged with the presence of Sri Kopinath, a barber from Fair Park recently. Kopinath took time off from his busy schedule to provide free haircuts for clients of the centre.

It was no easy task trying to coax the more difficult ones to sit quietly and have their hair groomed. But with the advantage of experience on his side, Kopinath managed to complete his work on time, with some help from the centre staff, of course. When it was finally over, Kopinath had cropped a total of 50 clients.

They were then treated to snacks as a reward for their compliance. Kopinath received a letter of appreciation from Regina, Chief Executive Officer of the centre for his invaluable contribution.

Ed

Perak Bar Committee Charity Drive



The Perak Bar Committee, led by its Chairman Vivekanandan Periasamy, launched the *Heart2Heart Charity 2013* programme recently. The primary objective of the initiative is to help orphans and handicapped children in the state.

In the month of July a food collection drive by lawyers from all over Perak was organised.

Food collected during the month-long effort were handed over to two orphanages on Friday, August 2. They were the Pertubuhan Jagaan Kanak-Kanak Cacat Setia, Silibin and Asrama Anak-Anak Yatim Dar'us Salam, Tambun.

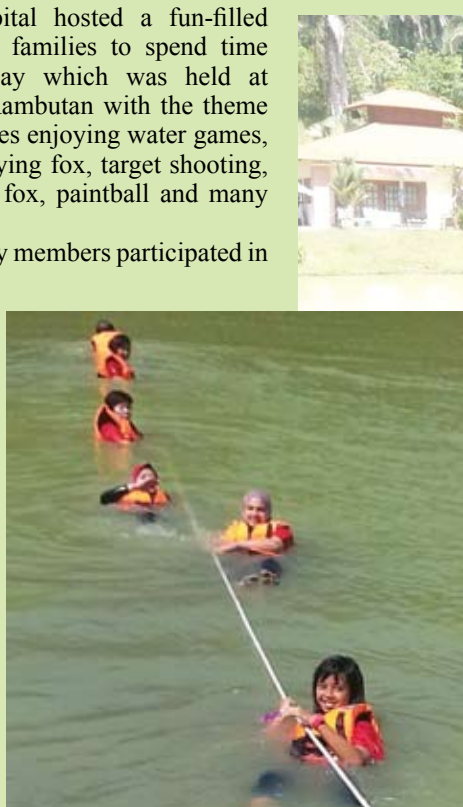
Ed

KPJ Ipoh Family Day-Out

KPJ Ipoh Specialist Hospital hosted a fun-filled family day to encourage families to spend time together. The Family Day which was held at Bukit Kinding Resort, Tanjung Rambutan with the theme "Adventure in Nature" saw families enjoying water games, an "amazing race" inclusive of flying fox, target shooting, an obstacle challenge, the flying fox, paintball and many more activities.

More than 450 staff and family members participated in this family outing joined by En. Mohd Sahir, Board of Directors of KPJ Ipoh Specialist Hospital, Tn. Hj. Ahmad Nasiruddin Harun, Deputy Chairman of KPJ Ipoh Specialist Hospital, Tn. Hj. Asmadi Mohd. Bakri, Chief Executive Officer of KPJ Ipoh Specialist Hospital and Dr David Yeo Keat Him, Board of Management of KPJ Ipoh Specialist Hospital.

A lucky draw was one of the programme highlights and the grand prize was a 4-day-3-night stay in Pulau Perhentian besides other lucky draw prizes worth RM5000.



We are pleased to announce that **Certificate of Completion and Compliance (CCC)** has been issued for

Double Storey Terrace House @ The Sierra


Meru Desa Park
 Ipoh's Premier Address
 美露新豪城



News

New Animal Rescue Society for Ipoh



Animal Rescue Mission Society (ARMS) is a non-governmental organization which has managed to rescue and rehabilitate over 90 stray, abandoned and abused dogs in the city within five months. The rescue operations were started with a group of 10 dedicated volunteers and are still active up to this day. They strive to make Ipoh a stray-free city within the next five years. So far, 30 of these dogs have successfully found new owners and indeed, new lives.

ARMS' objectives are to build a 'NO KILL' sanctuary to help stray domestic animals through adoption drives. They also want to establish a Bureau of Complaint and even for an Animal Police Department to ensure that the public may make reports on animal abuse, illegal breeding and selling, etc. They would also like to encourage the setting up of more government hospitals/clinics for animals to ensure that everybody can afford to treat, vaccinate, neuter their pets and strays.

Founder S.S. Daniya said that the society has made good progress, despite the fact that it had only been started in February. They have set up a temporary shelter in Lahat for the rescued animals, which houses around 60 dogs. The shelter which was set up in May, only houses members of the canine population, as it does not have the necessary facilities to take in other animals.

However, Daniya claimed that the main problem faced by society currently was a lack of public awareness about the group and its activities. They do not have enough manpower to directly promote the society on a consistent basis. However, they have reached out to a number of Universities and corporations for assistance via Facebook.

Daniya adds that the awareness is higher in other cities compared to Ipoh because there are many non-governmental organizations (NGOs) that speak out for animal rights. She hopes to gain more publicity to change this.

Looking towards the future, Daniya outlined a number of plans for the society. There are plans to act as the official 'dog catcher' and pound for DBI that is well accepted and respected via handling of strays, rehabilitating and rehoming. They

could assist the official bodies and the government in identifying and demolishing illegal breeding and trading of domestic and exotic animals. They would also like to establish a rescue team to clean up the streets of Ipoh. They aim to work closely with Independent Animal Rescuers in successfully operating the shelter and rehoming of animals.

"We are hoping to build a 2-acre sanctuary on the outskirts of the city to accommodate not only the canine population, but also cats, birds, and other animals that need help. To this end, we have been in contact with the Ipoh City Council (MBI) and the Menteri Besar's office, the latter of which has responded favourably. Ipoh has incredible potential, as the people are very understanding and conscientious about the plight of animals. "All they need is food twice a day, and a place to stay and play."

Members of the public who would like to find out more about the Animal Rescue Mission Society (ARMS) can visit their Facebook page at www.facebook.com/animalrescuemissionsociety. They can also call S.S. Daniya at **012-969 9194**. Contributions in kind and cash are highly appreciated. For cash contributions, kindly bank in to Maybank Berhad under Pertubuhan Penyelamatan, Pemulihan Dan Perlindungan Haiwan Perak (ARMS) – 5082 8930 2659.

Susan Ho

