

TRIO CAFE
PUNJABI RESTAURANT
 锡克餐厅

AUTHENTIC PUNJABI FOOD

Opens **DAILY** 12noon (Lunch onwards) - 12 Midnight
 Serves Veg & Non Veg Meals (**Pork & Beef FREE**)
 Call us 019 279 2473 / 05 541 2462

No 22 & 24 Leboh Bercham Selatan 2/1 Bercham East Gate 31400 Ipoh
 (Behind Bougainvillea Club Ipoh) (N04 37° 31.63" E101 07° 53.69")

(BRING ALONG THIS ADD FOR SPECIAL DISCOUNT %)

www.ipohecho.com.my

IPOHecho

FREE COPY

Your Voice In The Community

March 16-31, 2014

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -
 ASK YOUR NEWSVENDOR

ISSUE **185**

■ Page 3



● A Convenient Front to Hide

■ Page 4



● When Water Becomes More Expensive Than Petrol



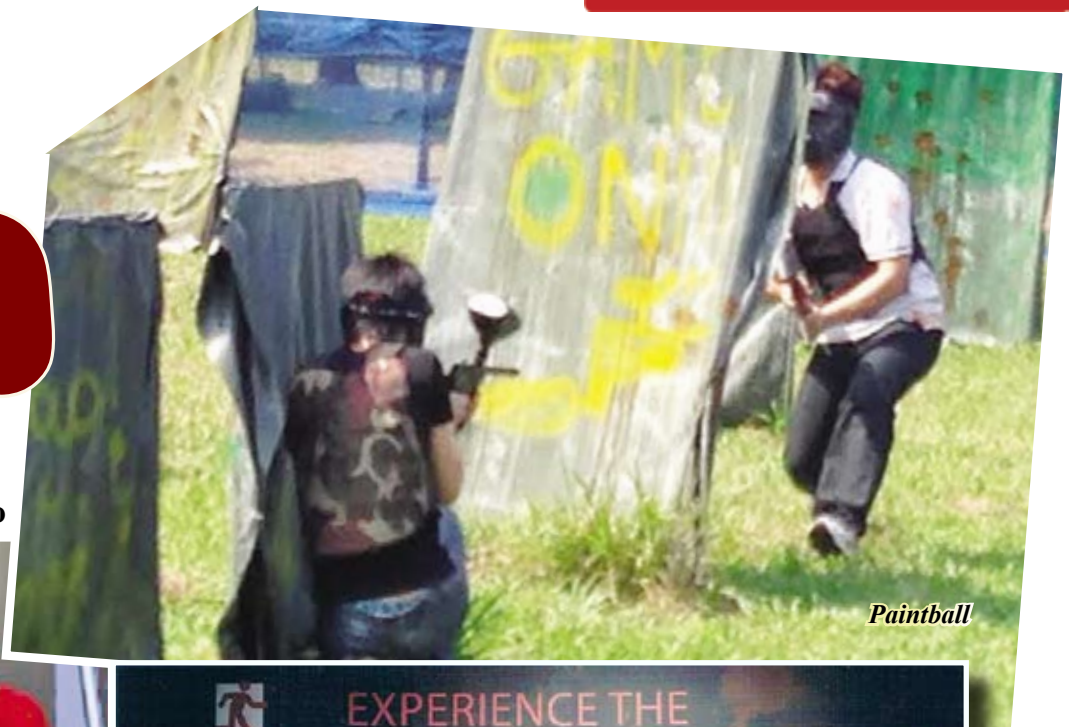
SUNWAY COLLEGE
 Ipoh

Open Day
22nd & 23rd March

+605 5454398

ARE YOU GAME?

By Susan Ho



Paintball



Laser Battle



It used to be commonplace for young people to be glued to their handheld devices, totally oblivious to their surroundings and avidly playing games. That fad appears to be on the wane as live interactive games where one participates physically is springing up everywhere and is now up and running in Ipoh.

Continued on page 2

For the WHOLE MARCH
 GET A GUINNESS HALF PINT AT
RM 9 NETT
 4pm to 9pm

ST. PATRICK'S DAY AT BRICKS & BARRELS

COME & CELEBRATE ST. PATRICK'S DAY
 at Bricks & Barrels
SATURDAY / 22nd MARCH / 6PM

Great places to work up a sweat, let off steam, problem solve and develop teamwork

There are currently three live action games available in Ipoh: Laser Battle, Paintball and Break the Code.

Laser Battle opened in December 2013. Located at the top level of Ipoh Parade and beautifully decorated by a mural artist from Australia, Laser Battle allows you to hunt down your enemies in an area filled with realistic UV art. You can never fail to spot characters from the movie "Pacific Rim" in the war zone.

Laser Battle is a war game which doesn't involve any pain. It does involve donning a vest with LED lights and you're given a laser gun which you aim at your opponent and try to aim for the lights on the vest. It targets customers ages four and up. A game could hold up to 20 pax and there are currently three coloured teams available. Every game lasts for 10 minutes and every time you get shot, your suit and gun will be shut down for four seconds. Although it only lasts for 10 minutes, you will feel like it has been forever as you will be worn out running around the entire area, hunting your enemies down. You have to constantly hunt them down or be hunted in return. Points will be accumulated by the end of the game for every enemy you have hunted down. The summary of points will be shown on the TV placed right outside after you have exited the war zone.

The director of Laser Battle, Jonathan, came across the idea of opening a branch in Ipoh because he feels we need more active entertainment, especially for the younger generation. He's a young visionary wishing to offer what others couldn't. To him, Ipoh has always been well-known for food and not much else and this is where Laser Battle can provide healthy diversion. The games on offer at Laser Battle include:

Capture the Flag is a mission where you are required to run to your opponent's base, collect their flag and return to your base to restore it without being shot in the process. If you are shot while you are having a flag in your hand, the flag will be taken back to their base. The team with the most flags at the end of the game wins.

Base Flag works the same way as 'Capture the Flag'. The only difference is that the base changes every three minutes. You will then have to keep moving until you have found the base you were searching for.

Zone Collector shoots their enemies, collects points and brings them back to their



3D Gipsy Danger statue from the movie Pacific Rim displayed in Laser Battle



Clues displayed on the table in a game from Break The Code

Break the Code originated from Japan and is widely spread all across Asia. This game is an intuitive, unique, interactive experience that you can never find by reading and online gaming. This game is for those who like answering riddles, solving complex puzzles or are just looking for a challenge. Teams are required to find mysterious clues based on various story lines to solve live puzzles and ultimately escape the room within a time limit. Players are encouraged to work together as a team to solve puzzles collaboratively and the Game Master directs gameplay to add a touch of drama to the story. What is unique about the game is that you will have to imagine yourself physically part of the story.

This game requires logic, intuition and collaboration with teammates. You need to search and make good use of every item that you find in the room. All puzzles must be solved in order for you to escape the room. No violence is involved and minimum movements are required. You could team up from two pax and up. However, the more members in the team, the collective effort makes things much simpler and much more enjoyable.

Break The Code is located at Greentown Square and has been open since January 2014. There are currently four themed rooms available with the 5th one on the way and



3-D art drawn on the walls in the war zone of Laser Battle



UV painted zombies at Laser Battle

base. Getting shot in the process will also bring them back to square one.

Friend or Foe is a game where you would need to identify who your friends are. You can only shoot your enemies to collect points. Shooting a friend only does the opposite, which means getting points off your chart.

Power Ball is a ball which enables you to score four times the normal points when you shoot your enemies. However, if you get shot in the process, the shooter will then have the power to own the ball together with the special four points.

Midnight Madness is a game where you have to hunt down your enemies in pitch darkness to score points. If you are afraid of the dark, you could also have the game in dimmed lights.

Infection Vampire is a seasonal game and can only be played under special requests due to extra preparation needed. In this game you turn other people into vampires by shooting them. You can expect random zombies and vampires popping up to scare you in the process. This game is not for the weak hearted.

Laser Battle games range from RM18 to RM50 per person. Packages like birthdays, customized corporate and tournaments are offered to universities and schools as well! You can call Jonathan at **012-2659249** or visit their website at <http://www.indoorlasertag.com.my/> for more information.



The 3 arm robot on the wall: The Crimson Typhoon art from the movie Pacific Rim at Laser Battle



A paintballer taking cover as he patiently waits and hunts down his enemies in the paintball field at YMCA

one of their target markets is the corporate market for team-building activities. The themed rooms are Kidnapped, Detective-X, Pirate Ship and Crazy Lab.

For more information, contact **05 242 0484** or visit www.breakthecode.com.my.

Paintball was started in the United States in 1981. Paintball is a sport which also involves teamwork and discipline. Players will have to tag their opponents with capsules made out of gelatine, water soluble dye and palm oil using a paintball marker, which is also known as gas marker. There are two kinds of gas markers, the mechanical marker and the electronic marker. The electronic marker is faster as it could fire 12 balls in a second.

Although gas markers may cause bruises, it is a very safe sport. Children ages seven to 12 years will need a parent's consent letter to be able to join in. Non aggressive actions will be seen in the paintball field. When an aggressive behaviour is seen during a game, the game will be stopped immediately and the player will be given a warning. If the behaviour persists, he/she will be banned from joining the game. This game is all about discipline. You will train your stamina playing this game. This game is all about protecting your life in a war zone. Teamwork is important as you will learn to protect your teammates without being hunted down in return.

Games can be played indoors or outdoors of various sizes. The paintball field is usually monitored by qualified marshalls and professional paintball players. A game field is scattered with terrain which players use for tactical cover. Game types in paintball vary, but can include **capture the flag**, elimination, ammunition limits, defending or attacking a particular point or area, or capturing objects of interest hidden in the playing area. Depending on the variant played, games can last from seconds to hours, or even days in scenario play.

Players are to be in full sports attire to join a game. They are then given a mechanical marker, protective masks/goggles and chest protectors to put on. They will then be given game rules and are briefed on the safety of being in a game.

You can find a paintball field at YMCA. Games range from RM25 and up. Those wishing to play will need to call Issac at **019 571 1188** for more information or game appointments. You can also search "Ipoh Paintball Park - YMCA, Ipoh" in Facebook.

• **From the Editor's Desk**
by Fathol Zaman Bukhari

A Convenient Front to Hide

I shall leave the non-IT savvy out (especially those of my generation), as many of us do not even know the difference between tweeting and texting...

The disappearance of Malaysia Airlines flight MH370 on the morning of Saturday March 8, has resulted in some very exciting exchanges in the social media. Suddenly everyone who owns a Facebook or Twitter account or uses instant messaging services such as WeChat and WhatsApp, becomes an expert in airline crash investigation. They gave varying theories, some absurd and some hilarious, how the Boeing 777-200ER with 239 people on board went missing barely an hour after taking off from the Kuala Lumpur International Airport.

The fact that these very ordinary 'commentators' have found sudden fame, real or otherwise, speaks plenty about social media, particularly Facebook and Twitter, and its influence on people. Little wonder why Facebook is being considered the fifth most successful start-up company of all time. In January 2014 it is valued at USD 134 billion with almost 1.23 billion active users on its website every month. Facebook founder, Mark Zuckerberg, has acquired fame and wealth, all in a matter of years, since the online networking service made its debut on February 4, 2004.

The evils of social media have been debated many times over. And unless one is privy to its benefits and its downside, there is no reason for any lengthy discourse. In a recent survey it was found that people use the site for at least 30 minutes a day and most are apt at reading the contents rather than posting them.

I shall leave the non-IT savvy out (especially those of my generation), as many of us do not even know the difference between tweeting and texting. The advent of Android devices and smartphones has given rise to a new set of problems. We struggle on the virtual keypad and are at odds with touch-screen technology, the mainstay of the gizmos. One very disinterested user has solemnly declared never to touch a smartphone and has sworn allegiance to his trusty keypad-driven mobile phone instead. But this antiquated device of yesteryears is already a dinosaur by IT standards.

However, not all of us are as ignorant as I have painted them to be. There are those who are as savvy and as receptive as any youthful techno geeks. Although I am nothing compared to my 9-year-old granddaughter who gave me a crash course on how to upload pictures on to my WhatsApp page, I can safely say that I am much better than



my good friend who cannot comprehend why smartphones are smart.

Here are some negative traits of social media aficionados. After being bombarded by requests for friendship upon my opening a Facebook account many moons ago, I decided to give it a try. Soon I received a long list of requests from friends, peers and former students. Being discerning enough, I picked the safe ones leaving the rest in a virtual limbo, so to speak. And now after being in the FB (Facebook) loop for a while I am getting a little wary of some. Their true colours are beginning to show each passing day.

A very extrovert former army mate is now a born-again Muslim. Not a day passes without him preaching us the evils of apostasy. His liberal quotations of verses from the Quran bespeak of doomsday and how we will meet our Maker on Judgment Day. He is definitely not the person I used to know then.

My friend's wife is a totally different woman when on FB. She frequently talks of the scenic KL skyline when her apartment in Gombak is being obliterated by a tall tower. She once described her joyous sojourn on a Port Dickson beach when she was in Ipoh on that fateful day. When I commented that there were discrepancies in her stories, she snapped back saying it was none of my business. What surprised me most was the number of 'Likes' she registered on her wall, including one from my kid brother.

A former student talks about nothing but his numerous overseas trips in his postings. However, his accompanying photographs gave him away. He looks much younger than what he is supposed to be. Obviously, social media brings the best and the worse out of individuals like those I have the misfortune of knowing.

Sharing thoughts and views come with a responsibility. You should be able to support your views with facts and not scribble some profanities when confronted with the truth. Never use social media as a convenient front to hide your true identity.

What irritates me most are those who prefer some foreign-sounding names to their own. But this phenomenon is as old as time itself. Even during my pen pal days we would use anglicized names to promote ourselves.

Having said so, we are no better than the Facebook freaks of today. I rest my case.

In The Name Of My Father's Estate

Episode 27 • by Peter Lee

After meeting with their mother, Mrs Patricia Lee (Lee Sr's first wife), John and Michelle Lee set up a meeting with Connie (Lee Sr's second wife) in John's office to discuss the condition imposed by Mrs Patricia Lee before releasing Connie's entitlement to part of the S\$3 million in the Singapore account jointly owned by Mrs Patricia Lee and her husband. In the meeting, John said, "Connie, mum has agreed to release your family's entitlement to the money in the Singapore joint account but on condition that you renounce your claims to my father's shares in three of our family companies and all her jointly owned properties with father. Furthermore, we have no problem with your entitlement in father's two bank accounts in Malaysia amounting to RM5 million together with the rest of the accounts in Australia with a sum of A\$6 million and the one in U.K. with a balance of £2 million." In response, Connie said, "To be frank with you, I am entitled to my share of the entire estate of my husband and whether you have a problem or not with my entitlement is not my problem. So, please cut the crap of implying that I have enough just from the cash alone in the bank accounts."



"As far as the shares in your family companies are concerned, I want to know the value of it. So, can you people roughly tell me how much it is worth?" For a few seconds John and Michelle were looking at each other considering whether to let her know. Then, Michelle slowly said, "I think it's roughly RM20 million." In reply, Connie said, "Okay! When can I have a copy of the latest audited accounts of all these companies?" John then said, "The auditors are in the process of auditing the accounts and it should be ready in two months time." Connie then said, "In that case, I will decide whether to keep my family's (she and her three children) entitlement of the shares or sell it to your family members." At that moment, both John and Michelle were irritated by Connie's reaction. Michelle further asked, "So! Are you going to renounce your family's entitlement to my mother's properties jointly owned with father if you have all these shares and the cash?"

Connie's reply was "Oh! I can transfer these properties back to your mother but pay me by cash according to my entitlement based on the present market value." Michelle blew her top and shouted "Don't you think that is going too far? Connie smiled and said "I am just merely asking for my family's entitlement my dear and nothing more." In a fit of anger, Michelle gave Connie a tight slap and pushed her to the floor. While Connie was on the floor, Michelle started to punch her and she responded by kicking Michelle. Immediately, John tried to pull both the women apart but was also dragged to the ground. In the midst of the chaos, John was also accidentally punched by Michelle. Upon hearing the commotion, John's staff scrambled into the meeting room and pulled all parties aside. Each of the women was pulled aside to opposite ends of the room while John stood up panting and in a daze. After the three of them regained their composure, Connie said to Michelle, "This will be a police report."

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 excelsccms@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



World Glaucoma Week
March 9 - 15, 2014

In conjunction with World Glaucoma Week 2014, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. Gill about this "silent thief of sight." – Part 2

Glaucoma, as you know, has been nicknamed the "silent thief of sight". This disease results in permanent irreversible blindness in the affected eye(s) that often goes unnoticed until the loss of vision is advanced.

What do you mean by "SILENT" or UNNOTICED LOSS OF VISION?

In some types of glaucoma such as *Primary Open Angle Glaucoma* and *Normal Tension Glaucoma*, the visual loss occurs very slowly without the patient ever noticing until the disease is in its advanced stage. You may wonder how a person can be losing vision without noticing it. Well, this is because the visual loss is from the periphery.

This vision loss is typically described as "tunnel vision" because it starts from the periphery and moves slowly to a central total loss of vision. Furthermore, glaucoma is 'silent' because it does not cause any acute pain or symptoms.

EARLY GLAUCOMA



This picture simulates the early tunnel vision that a glaucoma patient may experience. A major part of the central vision is good and the patient is still able to see well. The loss of vision noticed around the periphery can only be detected by a specialised testing known as *Perimetry* or *Visual Field Testing*.

ADVANCED GLAUCOMA



This picture shows advanced glaucoma. Most of the peripheral vision has been lost here. Only a small tunnel of vision is left. At this stage, the patient usually experiences difficulty moving around in poorly lit places or outdoors at night. Many people end up seeking treatment at this stage when a significant vision loss has already occurred.

I have had patients walk into my Consultation complaining of poor vision in one eye, where upon checking, were found to have advanced glaucoma. This happens in cases where regular eye checks have not been the norm until such advanced symptoms have come about. The other unfortunate thing for such a patient is that whatever vision which has already been lost cannot be reversed. In other words, this vision loss is permanent. It is for this reason that those above 40 years of age should have their eyes checked routinely as part of their general health screening.

More on Glaucoma in the next issue of the Ipoh Echo.

FREE GLAUCOMA SCREENING:

In conjunction with World Glaucoma Week, Gill Eye Centre is offering free glaucoma screening for a limited time. BY APPOINTMENT ONLY.

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



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

PUBLISHER

Ipo 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

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

FREELANCERS

A. Jeyaraj
Emily Lowe
Serena Mui
Susan Ho

PERMISSION AND RE-PRINTS

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

PRINTER

Pacific Press Sdn. Bhd.
No. 37, Jalan SBC 8,
Taman Sri Batu Caves,
68100 Selangor.

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

When Water Becomes More Expensive Than Petrol



Not many people are aware that water, can be more expensive than petrol. Just ask the people in some parts of Selangor, or the people who live in the interior of Sarawak and Sabah, or the Orang Asli villages in peninsular Malaysia, about the scarcity of water.

In Selangor, water treatment problems, replacement of old water pipes and politics have muddled the waters when it comes to the supply of water for consumers. The problems in the interior villages may be different but they are just as difficult to resolve. Many streams which once provided these communities with fresh, clean drinking water, have been contaminated by mining, palm oil production, or logging. These activities have threatened the only sources of potable water, for many villages.

Water is needed to satisfy a basic human need but for the residents of towns and cities in Malaysia, the convenience of piped water is only appreciated when there is a water shortage.

As we read in the newspapers about water shortages and rationing in parts of Selangor, does it ever cross our minds that water rationing might occur in Perak? We only become conscious of this precious commodity when the water board informs us that they are fixing a broken pipe, and supply will be disrupted for a day. If a reservoir runs dry, because of drought, and we have to restrict water consumption, will we be prepared? Many households and businesses currently do very little to conserve water.

UN Secretary-General, Ban Ki-Moon once said, "Safe drinking water and basic sanitation are intrinsic to human survival, well-being and dignity". Although water covers 70 per cent of the earth's surface, only a small percentage of that water is safe and clean enough for human consumption.

In Malaysia, when it rains, it pours; but many Malaysians have the mistaken belief that they live in a tropical climate, where water is abundant. As we become more industrialised, factories and agricultural activities will continue to pollute our waterways with effluents, pesticides, fertilizers and chemical run-off. As our townships become bigger, raw sewage will be dumped into freshwater supplies and rivers, rendering them unsafe for human consumption. If sewage is discharged into the sea, it makes swimming and fishing unsafe.

There are some simple and effective ways to conserve water in the home, in the garden and in the office. Conserving water will not just preserve the environment, but these steps will also save money, in the long-run.

Indoors:

1. Don't let the water run whilst brushing your teeth. Similarly, don't leave the tap running, when cleaning vegetables, in the kitchen.
2. When washing dishes, do not let the water run continuously. If you have a double basin, fill one with soapy water to clean the dishes and fill the other with clean water for rinsing.
3. Take shorter showers.
4. Use a washing machine or dishwasher only when there is a full load.
5. Check your plumbing and toilet for water leaks.
6. Replace worn washers to prevent taps from dripping.
7. Install a low flush toilet which uses less water, or convert an existing toilet to low flush by inserting a plastic bottle filled with sand or gravel, into the cistern.
8. Divert water from the washing machines to the garden, and save the water from rinsing vegetables to water the plants.
9. Do not fill the kettle up to its maximum level, just to make one cup of tea.
10. If you boil too much water, allow it to cool, then refrigerate it for drinking.

In the garden:

1. Water plants in the morning or in the late afternoon, when

it is cooler. This reduces water loss due to evaporation.

2. Collect rainwater in a water butt and use this for watering plants or the lawn.
3. Grow drought resistant plants, which do not need much water.
4. Place mulch or organic matter around the base of fruit trees, ornamental trees and plants to reduce evaporation, increase water retention, and prevent weeds from taking hold.
5. Only water the lawn when necessary and use drip irrigation systems or micro hoses.
6. Use buckets of water rather than a hose to clean the car.
7. Clean the drive and drains, with a rake or a broom, rather than a hose.
8. Group plants with similar water needs together and where possible, grow plants which are native to the area.
9. Use the gel from lightly used Pampers as a water retaining gel for flower pots and flower beds.

In the office:

Turn-off taps, after use.



THINKING ALLOWED

by Mariam Mokhtar



Dr Saravana.K

Consultant Physician,
Gastroenterologist & Hepatologist

Digestive Health

Liver Cancer

Liver cancer is cancer that begins in the cells of your liver. Your liver is an organ that sits in the upper right portion of your abdomen, beneath your diaphragm and above your stomach.

The most common form of liver cancer is **hepatocellular carcinoma**. Not all cancers that affect the liver are considered liver cancer. Cancer that begins in another area of the body and then spreads to the liver is called **metastatic cancer** rather than liver cancer.

Risk Factors

Factors that increase the risk of primary liver cancer include:

- Chronic infection with hepatitis B or C virus
- Cirrhosis. This progressive and irreversible condition causes scar tissue to form in your liver
- Certain inherited liver diseases, e.g., Wilson's disease
- Diabetes
- Non-alcoholic fatty liver disease
- Excessive alcohol consumption
- Obesity



Symptoms

Most people don't have signs and symptoms in the early stages. When signs and symptoms do appear, they may include:

- Loss of weight and appetite
- Upper abdominal pain
- Nausea and vomiting
- General weakness
- Abdominal swelling
- Yellow discoloration of your skin and the whites of your eyes (jaundice)

Tests and Diagnosis

Tests and procedures used to diagnose liver cancer include:

- Blood tests may reveal liver function abnormalities.
- Imaging tests. Ultrasound, (CT) scan and (MRI) may be able to detect lesions in the liver
- Removing a sample of liver tissue for testing. Your doctor may insert a thin needle through your skin and into your liver to obtain a tissue sample for examination under a microscope. Liver biopsy carries a risk of bleeding, bruising and infection.

Treatments and Drugs

Treatments for primary liver cancer depend on the **extent of the disease** as well as **your age, overall health and personal preferences**.

Liver cancer treatment options may include:

- **Surgery to remove a portion of the liver.** Your doctor may recommend surgery to remove the liver cancer and a small portion of healthy tissue that surrounds it if your tumour is small and your liver function is good.
- **Liver transplant surgery.** During liver transplant surgery, your diseased liver is removed and replaced with a healthy liver from a donor. Liver transplant surgery is only an option for a small percentage of people with early-stage liver cancer.
- **Heating cancer cells.** In a procedure called radiofrequency ablation, electric current is used to heat and destroy cancer cells. Using an ultrasound as a guide, your radiologist inserts a thin needle into small incisions in your abdomen. When the needles reach the tumour, they're heated with an electric current, destroying the cancer cells.
- **Injecting chemotherapy drugs into the liver.** During the procedure, chemotherapy drugs are injected into the hepatic artery – the artery from which liver cancers derive their blood supply – and then the artery is blocked. This serves to cut blood flow to the cancer cells and to deliver chemotherapy drugs to the cancer cells.
- **Targeted drug therapy.** Targeted drugs work by interfering with a tumour's ability to generate new blood vessels. They have been shown to slow or stop advanced hepatocellular carcinoma from progressing for a few months longer than with no treatment.

Prevention

Cirrhosis is scarring of the liver, and it increases the risk of liver cancer. You can reduce your risk of cirrhosis if you:

- Drink alcohol in moderation, if at all.
- Maintain a healthy weight.
- Get vaccinated against hepatitis B. You can reduce your risk of hepatitis B by receiving the hepatitis B vaccine, which provides more than 90 per cent protection for both adults and children
- Know the health status of any sexual partner. Don't engage in unprotected sex unless you're certain your partner isn't infected with HBV, HCV or any other sexually transmitted infection
- Seek safe, clean shops when getting a piercing or tattoo.

Screening

It involves an ultrasound examination twice each year. It is recommended for those thought to have a high risk, including people who have:

- Hepatitis B
- Hepatitis C infection and liver cirrhosis
- Liver cirrhosis from other causes, such as an excessive alcohol use and non-alcoholic fatty liver disease.

For more information call Saravana.K Gastroenterologist and Liver Specialist Clinic at Hospital Fatimah (05-5487181) or email gastrosara@gmail.com.

To Advertise

IPOH echo



05-2495936

Deanna Lim

016 501 7339

MUSINGS ON FOOD



By SeeFoon Chan-Koppen

Pics by Ginla Chew

Chatting with Chef Alex Chiam, a Penangite who has lived in Australia for 18 years and who is the proprietor and visionary behind **Oz**, recently, a provocative question popped up which had us discussing animatedly for the next half an hour. The question, "Is there an Australian cuisine?" brought out a slew of suggestions.

Just as pasta and pizza is synonymous with Italy, Foie Gras and Escargots (snails) with France, Pork Pies and Fish and Chips with United Kingdom, Hamburgers and Apple Pie with USA, we were racking our brains as to what was definitive Aussie cuisine. Of course there is famous 'Barbie' or barbecue which all Australians love but we couldn't come up with a single item that hasn't been borrowed or adapted from their Oz ancestors, the early settlers who came primarily from England, followed by an influx of Italians, Greeks and other European countries. I offered the idea of Kangaroo burgers which made Alex shudder, crocodile and emu steaks which he claims are very tasty but hard to come by and we were stuck. And of course, there is the Witchety Grub, the most authentic of bush tucker, a worm with a nutty-flavoured bite that has been enjoyed by indigenous Australians for thousands of years though today's modern Aussies find eating them raw somewhat difficult – to put it mildly!

The diet in Australia is as diverse and ethnically influenced as that of America. Immigrants from Ireland, Greece, Italy and Asia have all made lasting changes to the Australian food culture and today, Aussie food is an eclectic mix of many cuisines.

The same applies to Oz's menu, borrowing from Australia's mix of ethnicities and more focused on quality of ingredients than on fancy recipes. In other words, wholesome food; and as a friend from Kuala Lumpur remarked, at incredibly reasonable prices.

With today's prices skyrocketing on all fronts, it is a pleasure to find a restaurant that is not hell bent on profit and passing all the rising costs onto the consumer.

It is rare to find a restaurant with good quality food at reasonable prices and where a 4-course meal is RM20, 3-course RM16.50 and for lunch, a main course and drink for RM12.50.

SeeFoon wanders Down Under



When William Balasingham, who is a champion of new small struggling restaurants striving to produce good quality food, and another of my foodie friends, invited a group of us, the set menu offered **Creamed Mushroom Soup or Minestrone** which is Italian vegetable soup with vegetables cut into chunks. The soup was umami and robust. Five main courses provide a good choice with **House Roast Chicken**; **Fish Mornay** which is fish served with a white sauce tinged with hints of cheese; **Pork Schnitzel** (coated in breadcrumbs and fried to a golden crisp) with Garlic Basil mayonnaise; a **Chicken Chop** with black pepper sauce; and a savoury **Minced Pork Puff** (light pastry and a tasty filling).

We ordered a mixture of the set menus and à la carte dishes and shared our food almost Chinese style as we dipped into one another's plates and tasted each and everyone's choices.

Recommendations

The **Outback Style Aussie Roast Chicken** is quarter chicken is marinated in herbs, It is served with an interesting bread pineapple as well as a choice of three. It is difficult to choose between thick fries, coleslaw, roast potatoes, rice, potato salad, Caesar or Russian onion rings but I would recommend **coleslaw**, the **thick fries** and the **onion rings**. Choosing a sauce is also a dilemma as they all look so yummy on the menu. I settled for the **herb bread sauce** which was thick and fragrant but the creamy mushroom and onion sauce looked just as tempting – **RM19.90**.

A great value for money is their **Aussie burger**, a generous pattie of your choice of beef, chicken, pork or lamb with fries, salad, pineapple, egg, cheese and onion rings. A meal to satisfy the most ravenous appetite at **RM14.50**. The **Fremantel Fish and Chips**, crispy chunks of fish coated in batter and deep fried, served with equally crispy chips which I found irresistible – **RM16.90**.

Someone at our table had ordered the **Aussie Braised Lamb**, tender chunks of lamb braised to a succulent tenderness, served with its own braising sauce, thick and redolent with onions – **RM23.90**.

Pasta Carbonara which is spaghetti tossed in a sauce of chicken, mushroom, cream, egg and bacon was creamy without being cloying and generous in its ingredients. The spaghetti could have been more al dente for my taste and those who like it springy must request for it when placing the order which I did. Otherwise it arrives soft as per local taste – **RM19**.

Desserts are missing from the à la carte menu at Oz as Chef Alex explained that his clientele primarily come for the mains, however upon request, it's easy for him to whip up some **crepes** and top it off with something delectable from the fridge.



their signature dish. The garlic and roasted stuffing with hints of accompaniments. mashed potato, tomato salad and the



Restoran Oz

26 Jalan Medan Ipoh 1D,
Medan Ipoh Bestari
(near Festival Walk).
Business Hours: 11.30am-3pm
5.30pm-10pm

Closed Tuesdays
Alex Chiam: 016 442 5472

MARIANIS
Italian Ristorante



Call 05 5486505 for An Authentic
Italian Cuisine in Ipoh!

HAPPY HOUR

every
FRIDAY & SATURDAY
30% off from our beverage menu

Buy our
BEER TOWER

@

RM 68++
All Nite Long



Wednesday Ladies Nite!

50% Ladies will get 50% off for our classic Pastas
and Selected Pizzas.

GR-11,12,13 & 13A DeGarden
No 3, Persiaran Medan Ipoh, Medan Ipoh
31400, Ipoh Perak Darul Ridzuan



Community

RMN Lumut Family Day

Headquarters Fleet Operations Command, Lumut celebrated its Family Day recently. The annual festivity was held at Hadari Square, Teluk Batik. The objective was to provide an avenue for the Lumut-based Royal Malaysian Navy personnel and their families to let their hair down. The occasion was officiated by Vice Admiral Dato' Abdul Hadi Abdul Rashid, the Fleet Operations Commander, with the symbolic cutting of a cake.

Team games aimed at maximising interaction among members of the force, regardless of their ranks and positions, were held. The ones who enjoyed the most were the children and the wives, as it was an occasion tailor-made for them.

After a joyous day in the sun they settled down to a sumptuous lunch consisting of mouth-watering delicacies laid out in selected stands. The much-awaited event was the lucky draw held towards the end of the day. The lucky winner walked away with the grand prize, a microwave oven.

Ed



Tasek Corporation Berhad Funds Dialysis Centre

Tasek Corporation Berhad (TCB) has expanded its Corporate Responsibility initiatives with funding of a dialysis centre in Ipoh, Perak.

The original idea, initiated by TCB's Executive Director / Group CEO, Mr Philip Ting in 2013, has been realised when TCB donated a dialysis machine worth RM45,000, to *Yayasan Dialisis Pendidikan Akhlak Perak* recently for the use of patients suffering from end-stage renal disease (ESRD) where they require haemodialysis treatment.

TCB together with the assistance from the National Kidney Foundation Malaysia (NKF) had worked hand in hand from the beginning until the handover of the dialysis machine to the NKF



Flood Warning System No Solution for Flood Mitigation

It was reported in Streets Northern (February 22) that a new Smart Flood Warning System was installed on one bank of Sungai Pari. I have been living in Pari Garden for more than 20 years and a flood warning siren would come on when the water level in the river reached the bottom of the bridge along Jalan Raja. During the rainy season the siren came on often. The new system may be more sophisticated, but the

old system worked well.

Recently, a scale was installed on the opposite bank of the siren. There were markings on the scale, but no indication as to which water level was the signal for precaution to be taken. Anyway, during flooding, residents are not going to look at the scale.

Meanwhile, when the siren comes on, the level of the water in the river is not high enough to cause massive flooding. The low deck bridge is the problem, blocking the flow of water with the water level rising upstream of the bridge. During the major flooding a couple of years ago, the river overflowed the bund at the junction of the bridge. Downstream of the bridge, the water was at a lower level.

It was identified that one of the causes of flooding was low deck bridges which block the flow of water and they must be upgraded. So far only one bridge along Jalan Menteri in Kampung Manjoi has been upgraded.

What the residents want is a flood mitigation project to stop flooding; not a warning of imminent flooding. Under the heading "150 flood evacuees



Ipoh Police's CNY Open House



The public is urged to provide the police with information that would help in solving criminal cases.

During a belated Chinese New Year open house, hosted by the Ipoh District Police Headquarters at the Town Hall on Friday, February 28, state police chief Senior Deputy Commissioner Dato' Acryl Sani bin Hj Abdullah Sani told media representatives, "Don't hesitate to contact the police. We'll try our level best to provide unbiased service to everyone."

He took the opportunity to thank those who attended the open house. He added, "The police always observe open houses for all major festivities with the objective of fostering good relationship and unity. We aim to create a peaceful and harmonious society for all Malaysians. We are neutral in protecting all members of society."

The open house was graced by about 500 people. They included police personnel from 24 police stations within Ipoh led by the district police chief, Assistant Commissioner Sum Chang Keong, community leaders, members of non-governmental organisations and community voluntary service groups.

Guests were entertained by a pair of energetic traditional lion dancers and Chinese drums performance. While they feasted on the vast array of food and delicacies, the Ave Maria Convent Chinese Orchestra presented Chinese New Year folk songs on stage.

Ten underprivileged senior citizens from Buntong and ten children from Hannah Home, who are orphans or from broken homes, received ang pow from the state police chief.

Emily

Dialysis Centre. Present at the presentation ceremony were Benc Cha – Tasek Corporation Berhad Group Human Resource Manager, and NKF Ipoh Dialysis Centre, Haji Khalik Bin Untong – NKF Regional Manager.

**Yayasan Dialisis Pendidikan Akhlak Perak is at:
260-264, Jalan Chung Ah Ming, 31650 Ipoh.**

A Walk in the Park

Spreading the message of love, peace and unity, the ladies from the Perak Women For Women Society (PWW), with the support of associates and friends, initiated A Walk in the Park at Polo Ground on Sunday, March 9. Recognising International Women's Day, which was celebrated a day earlier, the colour purple was adopted that Sunday.

According to PWW President, Dr Sharifah Halimah Jaafar, the walk, themed "We are 1 Family – Let's stand united, together we move the country forward" was to celebrate the country's social and religious diversity.

"To fight the lies and hatred, we need to stand up and show other Malaysians, and the world, that we are together in love for our fellowmen and we reject all forms of actions which threaten to tear our family and society apart," she remarked in her welcoming speech.

True to Malaysia's multiracial and multicultural population, some 500 people from all walks of life, men, women and children, participated in the morning's activities, sharing laughter and joy, expressing love, care and respect for each other regardless of colour, race or faith.

Dr Nagara Chakr Sri, a prominent gynaecologist, also joined in the activities, including forming the peace circle. He said, "Having travelled around the world, I find Malaysia to be the best country. The people here love one another. They are caring and tolerant of each other. As for the small group of troublemakers, the best is to ignore them. If possible, show them love; love them like your own family, as love conquers all."

Convener and emcee Azrul Mohd. Khalib, called upon all present to hold hands to offer a prayer for the families of passengers and crew members of Malaysia Airlines flight MH370, which at that point was still declared as "missing".

Polo Ground was turned into a huge family picnic ground that Sunday morning. Those who turned up danced, sang and participated in outdoor games such as tug-of-war.

Emily



return home" (NST Feb 22, 2012) it was reported that Dato' Dr Mah Hang Soon, Exco for Local Government said that the state government would wait for a detailed report on the floods. It is two years now and there is no sign of any official report on the causes of flooding.

Residents in flood prone areas do not want to live in fear of flooding. Instead of installing warning systems, carry out proper flood mitigation projects so that residents can live in peace.

A. Jeyaraj

Personality

By SeeFoon Chan-Koppen

Kevin Chandra

The Consummate Professional Bartender

His memory is phenomenal and his ability to single handedly manage the drinks station at large parties is legendary. That is why Kevin Chandra is always in demand at private dinner parties, large weddings, special functions and in fact any occasion where bartending is required.

I was impressed by Kevin the first time I met him at a private dinner when I first arrived in Ipoh many years ago. Not only did he remember my name the next time I was at a function but he remembered my drink and how I like to have it as well. And subsequently whenever Kevin was at a function I attended, I could rest assured that my glass was always replenished and in the right proportion of scotch to water.

This wasn't just partiality on his part towards me but a service attitude which he applied to all of the people who are often on the social scene. Today whenever I am giving a large dinner party at home, Kevin is the first person I call for service. And I can relax for the rest of the evening playing hostess to my guests, leaving Kevin to take care of serving the food and the drinks.

And he is in great demand. Not only does he hold down a full time job at the Ipoh Swimming Club where he has been since 1979 and has worked himself up from waiter to his current position of Head Supervisor in charge of Food and Beverage, but he finds time to serve at all the functions where his polished bartending is much appreciated.

Perak's Sultan Azlan Shah is particularly fond of Kevin and he is always requested to

serve His Royal Highness whenever there is a public function. The Perak Turf Club where the Sultan is a patron, has engaged Kevin so often that he has now been made an honorary member by Chairman Tan Sri Jeyaratnam.

Kevin is also very proud of the fact that he was awarded the *Pingat Jasa Kebaktian* (PJK) in 2006, a medal given to anyone who has made a contribution to the state other than heroic deed.

Kevin began his career as a waiter in training at the then stately Station Hotel where he spent his four years observing and learning to serve. Honing his skills at the Swimming Club over the past 30 something years, Kevin is the consummate professional, akin to some of the best I've had the pleasure of being served by in Europe and with much less hauteur.

He's chatty to guests and yet never misses filling an empty glass or clearing away an empty plate. "I always take leave when I accept private functions and sometimes I have to decline as my commitments at the Swimming Club come first before I accept outside assignments," he said in response to my query about finding the time and coping with his popularity. "I also have a small share in a wine supply business but that doesn't really take up too much of my time. I just take orders when I'm at functions and deliver them when I am free."

So having spent so many years serving and bartending, I posed the question to Kevin about his future plans or if he has a dream that is yet to be fulfilled. "I want to own my own business and a restaurant is my dream. I just need to find an investor who will partner with me and I know that with my knowledge in the Food and Beverage business it will be very successful."

With his drive, energy and determination, I am confident that Kevin will succeed in his restaurant. However, many people in Ipoh will be at a loss as to whom to engage for their functions when his restaurant becomes a reality.



My Say

By Jerry Francis



City Council's Front Yard a Breeding Ground for Dengue

The Ipoh City Council's health department must stop inspecting private dwellings in the city and stop issuing summonses to residents found to breed mosquitoes in their premises. Continuing to do so will be a mockery. The department should first look at the council's front yard – Dataran MBI. It is one of the many places the city council has neglected and it is becoming a potential mosquitoes' breeding ground. Others include clogged drains along the main streets of the city.



The health inspectors need to just take a look at the bases of the six ornamental concrete units, once filled with plants and waterfalls and has since stopped functioning for years, lining two sides of the Dataran. They are now, filled with 5 cm deep of brownish stagnant water and litter thrown by passers-by and patrons of the night eating stalls at the fringe of the Dataran, emitting a stench.

Hundreds of people walking across the Dataran, located between the City Council Complex and Greentown Business Centre daily, can be observed looking into them with disgust. However, it appears that the sight of the filth and stagnant water has escaped the city council's officials for months.

I have refrained from highlighting it for a long time in the hope that the city council would soon clear the stagnant water, but till now nothing has been done. Are the pools of stagnant water in the bases of the ornamental concrete units not becoming breeding grounds for the Aedes mosquito? What are the health inspectors doing about it? Why is the city council not being issued with summons? If not, why not? Is the city council above the law, which it readily enforces?

I do not blame the newly-appointed Mayor, Datuk Harun Rawi, who at a recent city council's full board meeting stated that 40 localities in the city has been declared as dengue hot spots, for not realising that the city council's front yard could soon become one.

Described as a straightforward person whose primary concern is to serve the *rakyat* to the best of his ability, Datuk Harun needs to stamp his authority as Mayor quickly before the 'Little Napoleons' in the city council overshadow him. He must show that he is determined to work towards making Ipoh once again the cleanest city in the country. Otherwise, he is doomed to fail just as his predecessors.

The city council must set a good example in fulfilling its responsibilities to the ratepayers to eventually get their full cooperation. It needs to show its determination and clear all the illegal rubbish dumps and clogged drains in the city. Do not give the excuse of lack of cooperation from the people for its own negligence. It also needs to set a good example.

In its efforts to combat dengue in the city, which has reached over 120 cases, the city council has issued over 20 compounds to homeowners, business operators, schools and construction sites which were found to be breeding mosquitoes. It is also working together with the state health department and other agencies to organise gotong-royong programmes that are designed to raise public awareness while destroying mosquito breeding grounds.

The irony of it is when the Mayor Datuk Harun called on residents to help fight dengue by thoroughly cleaning their houses and surrounding areas as "Aedes larvae can even live in stagnant water the size of a 20 sen coin", he should have looked at his own patch just outside, where city council has neglected to clear much bigger pools of stagnant water in Dataran MBI.

It is a case of the left hand not knowing what the right hand is doing.

BRT- The Gentle Path to Wellness

BRT – Bioresonance Therapy In Ipoh

- No pain
- No drugs
- No invasive procedures

German Technology widely used by doctors in Germany, UK, Switzerland and other parts of Europe. Used in most pediatric hospitals in China and as complementary therapy in Australia and Singapore.

If you're suffering from Allergies, Asthma, Sinus, Diabetes, Skin diseases, joint pains, Hypertension, food intolerance, Insomnia, Vertigo, sport injuries, Fibromyalgia, Migraine or need Cancer support, detoxification and anti-aging treatment, the Oasis of Hope is the place to come.



A-2-01A Second Floor, Wisma MFCB, #1 Persiaran Greentown 2, Greentown Business Centre, 30450 Ipoh, Perak,
Tel: +605 2415 122.
CM Wong: 012 5102555

URL: www.bioresonancetherapy.com.sg and
email: contactus@bioresonancetherapy.com.my.



BRT IPOH
50% OFF
Comprehensive check worth
RM180.00
Valid till 31st May 2014

News

Indian High Commissioner Visits Ipoh

Greentown Indian Cultural Society held a welcoming ceremony in Ipoh for the new High Commissioner of India, His Excellency Mr T.S. Tirumurti, together with the Malaysia India Cultural and Tourism Friendship Day at Auditorium Kebudayaan dan Kesenian Negara. The High Commissioner was given a presentation about Perak and the activities of the Society.

During her welcome speech, Dato' Dr M. Majumder, one of the founding members of the Society, said that Ipoh was a cultural desert and the society was formed to promote culture and arts of the different ethnic groups. Since its formation in 2004, the society has organised 38 free cultural programmes. She requested the Indian High Commission to provide a financial grant to promote cultural activities.

In his speech H.E. Tirumurti said that Perak was the first state he is visiting after being appointed High Commissioner in December 2013. His reason for choosing Ipoh was based on the fact that Nobel Laureate Rabindranath Tagore visited Ipoh in 1927 and freedom fighter Netaji Subhas Chandra Bose came to Ipoh in the forties.

He added that Malaysia and India have a long cultural link as well as a strong bond of friendship. The monorail project in Mumbai is being constructed by a Malaysian company and an Indian pharmaceutical company is setting up a plant in Johore.

A number of cultural groups, including Greentown Cultural Centre, Ministry of Tourism and Culture Malaysia, Perak Heritage Society honoured Tirumurti with the presentation of Golden Shawl and garlanding him.

There were Malay, Chinese and Indian dance performances. The highlight of the evening was the performance by Pandit Santosh Kumar Chatterjee from the Indian Cultural Centre, KL. Chatterjee created the sound of a train moving out of the platform, crossing another train, arriving and stopping at the next station by just tapping the floor with his feet. The *salangai* or anklet tied around his ankles provided the sound effects.

The following day the Perak Indian Chamber of Commerce (PICC) hosted lunch for the High Commissioner at their premises in Jalan Sultan Iskandar. In his address, M. Kesavan, President of PICC said that their members want to create a link with their counterparts in India. They are interested in the import/export business. Currently there are about 18,000 registered Indian SMEs and about 3000 limited companies in Perak.

H.E. Tirumurti said that businessmen in India are more concerned with meeting the local demand. He added that in India, the export component of SMEs is about 40 per cent whereas in Malaysia it is only 19 per cent and there is scope for expansion. He informed that the Comprehensive Economic Agreement on Trade between India and Malaysia is coming up for review. PICC must have their input on what changes they would like to see. He promised that the Indian High Commission would provide assistance to PICC.

AJ



Kuala Kangsar's New Railway Station

The newly-opened Kuala Kangsar Railway Station has been well-received by local residents. Chan Bao Sheng, 70, impressed with facilities at the station such as elevators, waiting lounge and ample parking space, said that this was a vast improvement from the previous station. "I used to take the train from this station to Butterworth when I was a young boy. Now, I can do the same, just like years ago, but with more comfort," he enthused.

Another local, Abd Sani, 33, said he was no longer concerned about the safety of his vehicle parked at the station whenever he takes the train because of tighter security. Seeing the improved condition of the station compared to the old station previously, he said, "I can't wait to use the rail service."

French tourist, Natacha Kinidian, 28, expressed satisfaction with the facility. She found it comfortable, something which travellers would appreciate. "The building is very beautiful, too," she added.

According to the station's spokesman, Azizul Rahman Muhammad, 16 closed-circuit television cameras are installed around the station as part of the security-enhancement measures. "The waiting lounge on the first floor can accommodate up to 90 passengers at any one time. We also have four elevators and disabled-friendly facilities such as toilets and other amenities." Train tickets to all destinations can be purchased at the station. Train schedules are also available for perusal by commuters.

RM



Library Activities

The Association of Wives of State Assemblymen Perak (BAIDURI) led by its chairperson, Datin Seri Diraja Saripah Zulkifli, wife of Perak Menteri Besar, visited the Perak State Public Library during its two-day programme of activities one recent weekend, to create awareness among parents on the importance of instilling the reading habit in children.

Speaking to the press, Saripah said, "Adults can also benefit from programmes organised by libraries. We urge everyone to come to the library. This is not only a place to read, but also a good venue to seek information. Besides lending moral support, we are looking closely at how we can implement some of these activities at smaller libraries in the state."



Saripah felt that the visit provided her the opportunity to get close to the people. She added that members of BAIDURI and other non-governmental organisations could also participate in certain events to pick up new skills, such as the Firewall programme.

Aktiviti@perpustakaan is an annual two-day event for children and adults alike, to cultivate the love for reading. According to library director, Cik Nor Aini Mohd Nordin, adults should be more aware of their responsibility to instil the reading habit in their children. "It's up to parents to control the contents that children consume, particularly over the Internet." She hoped non-governmental organisations would partner with the library to run programmes for their members or the public.

Activities carried out during the two-day event included colouring and spelling contests for children. Some 20 booths, manned by governmental agencies and the private sector, were established to promote their respective products.

Emily



Tourism

SPOOKY Kellie's Castle Paranormal Night Tour

Haunted houses in fun fairs and malls do not excite us anymore. It is merely a gimmick, the scary monsters and ghosts are, after all, people in costumes. But for the diehards who want to experience the thrills and spills of haunted houses there is one place to go – a tour of Batu Gajah's Kellie's Castle after dark.

Aptly named, "Pelancongan Malam Paranormal: Merungkai Fakta Misteri" (Paranormal Night Tour: Unlocking Factual Mysteries) is a unique touristic programme aimed at providing visitors a chance to experience Kellie's castle at its haunting best.

According to Zamri Hj Muhyi of Le Shuttle Event (M) Sdn Bhd, the company that organises the tour, the event is not intended to scare visitors but to give them an opportunity to experience, first-hand, what it is like inside Kellie's Castle in pitch darkness and after midnight. There have been claims that ghosts roam the building.

The programme is conducted four times a month – on Friday and Saturday of the first and fourth weeks of the month. Each tour can accommodate 40 people beginning at 9pm. Participants need to make prior booking with the management. The length of the tour is 30-45 minutes and the fee is RM80 per person, inclusive of food and insurance.

Ghostly Experience

On Friday February 28, media representatives were invited to be on the inaugural tour before it is opened to the public. I was on the list, being a scribe from Ipoh Echo.

I arrived at 7pm and was astounded by the beauty of the incomplete castle built by Scottish planter, William Kellie Smith, during the British colonial era. Sited on top of a hill with a crystal clear stream running at the front, it was a sight to behold.

Soon after the sun had set, media representatives began to trickle in. By that time, the castle was illuminated by large colour-changing spotlights. We were given T-shirts and told to don them before being ushered into a room for the official launching.

The inaugural night tour was officially opened by the guest of honour, Dato' Haji Jamry bin Sury, President of the Batu Gajah Municipal Council. A video presentation detailing past paranormal experiences within the castle followed soon after.

We were then split into five groups of 11 individuals, including two staff members. Each group would spend approximately 30 minutes touring the castle. A period of 15 minutes would be spent, with a partner and without torchlight, inside an area of the building where paranormal activities had been reported.

It was past midnight when my group was called for briefing. We were told to stick to the group at all times and not to stray away. If we feel, hear or see anything unnatural, get assistance from the two staff members. After handing us torchlights, we were led past the bridge and into Kellie's Castle. The time was 1.15am.

The environment surrounding the castle exuded a spooky aura. Against the background of tall dark trees with branches waving ghoulishly in the cold night air, we were showed the Kellas House, the original mansion prior to William Kellie building the castle around it. It was badly damaged by Japanese troops during World War 2.

Laundry Man

We were then brought into the castle proper and into the guest room, which is now used as an information counter, and then to the linen room where the alleged sighting of Gopal, the laundry man, was reported. Our next stop was Helen's room. Helen was William Kellie's daughter. There have been reports of strange childlike laughter and sightings of toys drifting in the girl's room. The wooden floorboards creaked under our weight, as we moved upstairs to the master bedroom. It is said that the ghost of William Kellie roams the area and the corridors outside the room.

Here we were split into pairs and placed in designated areas without torchlights. Three were placed along the master bedroom corridor, two each in the guest room and Helen's room and two in the wine cellar. The wine cellar, apparently, is the spookiest because it is located underground and is seemingly more dark and scary. Being a little adventurous, I coaxed fellow reporter, Khairul, to come along with me into the wine cellar.

Wine Cellar

We walked down a flight of steps and were soon greeted by the still air and the dark stone walls inside. The cellar is small but there was plenty of room for the both of us to move. After repeating the warnings of how to react if faced with any paranormal entities, the two accompanying staff took our torchlights and left us there for 15 minutes.

From where I was standing, there was a window to my left and to my right was a passageway to the rest of the cellar. In front and behind were empty wine racks. It was pitch

black. I heard the occasional 'whoosh' sounds coming from the side of the window, but I discounted them as traffic from outside.

There was complete silence; the kind of silence, if it were to continue for long, would prompt you to imagine the unimaginable.

I asked Khairul whether he felt anything. He shook his head. Although it was dark I knew what he meant. I decided to keep the small talk going with Khairul. As we were talking, I could feel the place warm up and beads of sweat were trickling down my forehead. I attributed it to the dry weather and nothing else. However, I felt the lower part of my forearm warming up a little more than the rest of my body.

Soon I saw torchlight flashes from the steps of the cellar. Our 15 minutes were up but it felt like an eternity. We were led up the stairs

and out to the castle compound. There, we were brought to an "ustaz" who purified us in case of any paranormal disturbances.

Members from my group then exchanged experiences. One of them saw a fleeting sight of something unnatural in the guest room. Another showed a picture of a mysterious bright light on his camera taken along the corridor. The "ustaz" confirmed that they were indeed paranormal activities.

I smiled nervously, as I ambled out of the castle grounds and into my car to drive back home. The roads were deserted and my thoughts were back to the "whoosh" sounds I heard in the wine cellar. Could it be the wind?

Safety

The programme is managed by skilled professionals and is opened to those above 17 with no health problems. Women who are menstruating are not allowed on the tour. Those who are not spiritually sound should also refrain from going. However, there is an "ustaz" to provide visitors with spiritual protection should things prove "spooky".

Details

Zamari said that plans are in the pipeline to expand the programme to include an overnight stay inside Kellie's Castle. "It'll be a true test of courage to stay a night inside one of the spookiest places in the country," he enthused.

For further details, contact the management between 9am to 6pm at **05 365 3381**.

Angain

Announcements

Announcements must be sent by fax: **05-255 2181**; 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.

World Kidney Day Campaign 2014, March 21 (10am-4pm) & 22 (9.30am-1pm) at Lobby, KPJ Ipoh Specialist Hospital. Exhibition and sale of healthy food and free health screenings. Healthy food demonstration on March 22 at 11am. For enquiries contact Pn Aziera or Ms Sarah Toh at **05 240 8777 ext. 8111**.

Public Forum on 'Chronic Kidney Disease and Aging' by Dr Fauziah Khairuddin in conjunction with World Kidney Day Campaign 2014, Saturday **March 22, 2.30pm** at Dewan Anugerah, 5th Floor, KPJ Ipoh Specialist Hospital. For enquiries contact Pn Aziera or Ms Sarah Toh at **05 240 8777 ext. 8111**.

English Language Communication Skills Training Course for Women. Perak Women for Women Society (PWW) will commence training of the second intake of students beginning April. The 3-month course is free and is fully funded by CIMB Foundation. Classes will be held on **Saturdays between 9am to 1pm**, for women who need to improve their spoken and written English so as to secure better jobs and business opportunities. Application forms are available at PWW office. Please call **05 546 9715** for details. Closing date is on Saturday, **March 23**.

Dementia Society Perak 4th Annual General Meeting, Saturday **March 29, 2pm** at The Dementia Care Centre, 15 Jalan Foo Choong Nyit, Ipoh. All are welcome to attend. Light refreshments will be provided. For more information call Ms April **019 571 2738**.

Craft & Flea Bazaar @ De Garden, March 29-30, Saturday (2-10pm) and Sunday (10am-6pm) – last weekend of every month. Calling for vendors. For enquiries, call **016 551 6018** or email: dollyqu@gmail.com. Facebook: [Kinta Craft Trail](https://www.facebook.com/KintaCraftTrail).

Parkinson's Awareness and Fund Raising Open Day, Sunday **March 30, 10am to 6pm** at Leong Wan Chin Hall, (Perak Girls School), Jalan Kampar, Ipoh. An invitation to: people with Parkinson's, family members and caregivers. Admission is free. Register early. Call: Ms Terry Wong **011 1640 8406** or **05 545 5610**. Email: ppaiph@gmail.com.



FMM INSTITUTE
PERAK (475427-W)

Looking to enhance your knowledge and skills?
Looking to maximize your employees' performance through
skills and knowledge upgrading?

**FMM Institute Perak offers Public, In-house, Certificates,
Executive Certificates and Executive Diploma Courses.**

FMM Institute Perak will be organising the Certificate in Energy Management and Executive Certificate in Industrial Relations Management in April 2014 and Certificate in Boilerman in May 2014!

For more information, please contact us at: **05-5488660** or email: fmmperak@FMM.ORG.MY

Bring out the best in your workforce!

No. 1, Lorong Raja Dihilir, 30350 Ipoh, Perak. Tel: **05-5488660** (hunting line) Fax: **05-5488221/ 5488331**



Community

Forty Years On and Still Waiting for Land Title

Ten families have been living in *rumah papan* (wooden houses) which is adjacent to the Land Transport Department in Kampung Simee since the fifties. From the late sixties onwards they have been writing to the Land Office to allocate the land to them with no success. Yet two years ago the Land Office allocated two lots of land to outsiders.

The residents comprising single mothers, contract and odd job workers and retirees formed an 'Action Committee for Kampung Simee Families' and had several meetings with the Land Office requesting for land.



Eventually they were given Temporary Titles on March 2013 and were told to pay a premium between RM13,000 to RM15,000; which they did. In June 2013, the Land Office wrote to the Survey Department to survey the land and demarcate the ten plots. The Survey Department returned the letter to the Land Office stating that the plan sent by the Land Office overlapped with the plot given to the two outsiders and they cannot carry out the survey.

I went to the Land Office three times with Jaswinder Singh and Alexis Raj, members of the action committee enquiring about the problem. We were not able to meet Tn Hj Mohamad Hariri Bin Ahmad, Assistant Land Officer (*Penolong Pegawai Tanah Tinggi*), with whom the residents had their meetings. However, he informed us through his staff that he is aware of the problem and would resolve it. No time frame was given as to when it would be done. We met Zaiteena binti

Wan Nasir, Director General, Kinta (*Ketua Pengarah, Pegawai Daerah*) and she said that she would ask Hariri to call me; he never called.

Jaswinder said the residents are concerned as they borrowed money to pay the premium about a year ago and still do not have their plot of land. The irony of it is the residents have received notice to pay quit rent. The residents are worried for how long more they have to wait to get the title for their individual plots of land.

AJ

Taman Boon Bak Rukun Tetangga International Women's Day



Taman Boon Bak Ipoh Rukun Tetangga celebrated International Women's Day at their premises recently. The objective was to create awareness and recognition of women in the nation's development. Officiating at the opening was ex-Parliament Member of Ipoh Timur, Dato' Thong Fah Chong.

Speaking at the ceremony, Fah Chong said that we need to recognise the contribution of women in the various professions and their importance in all aspects of the nation's development adding that behind every successful man is a woman.

Koperal Noraini representing Pasir Puteh, also spoke on the importance of women's safety and the steps taken by the police force to curb crime in the area. She also encouraged more Chinese youths to join the police force. The organising chairman of this function, Mr Sit Wai Yin, Vice Chairman of Taman Boon Bak Rukun Tetangga, stressed the importance of education and contribution by women in all areas of growth.

Community Policing

A strong partnership between the community and the police is essential in preventing criminal activities, especially in Taiping and its surrounding areas. This view was expressed by Taiping District Police Chief, Assistant Commissioner Yusuf Mohd Diah who said the public and local residents have a major role to play in helping the police to combat crime.

"Through several initiatives, including Community Policing Programme such as this one, we aim to work closely with the public," said Yusuf after launching the programme at the Taiping District Police Headquarters recently.

"We enjoy a cordial relationship with local residents, as evidenced by the 400-strong participation during our recent cycling event. Besides members of the public, participants from social organisations and clubs also took part," he told the audience.

The gathering was an opportunity for the police to get to know the people and also a platform to impart information on criminal activities prevalent in Taiping and its surroundings. Yusuf hoped that future initiatives by the police would receive similar support from the public. "Your support is not only timely but is most welcomed," he reiterated.

RM



Now it has taken on a newer significance, as there is accountability to his sponsors and donors. Many of his contemporaries, he said, find what he does commendable. However, he hopes that more will come forward to support his cause.

This year, barring injuries, Ernest plans to swim, cycle and run a cumulative distance of 1,320 kilometres. He hopes that other athletes will adopt this model and turn their passion for endurance sport to raise monies for charities.

To find out more about what Ernest does and the charities he supports, e-mail your queries to: ebalasingam@gmail.com.

Ed

Buy SeeFoon's Food Guide to Ipoh

Get your copy from

1. Popular Bookstores
2. MPH Bookstores
3. SS Mubarak & Sons, Jln Sultan Yussuf (Old Town). Tel: 05-2540416/2431362
4. Manaff Store, Jln SA Lingam, Ipoh Garden South. Tel: 05-5459648
5. Lourd Enterprise, Canning Garden. Tel: 05-5459299
6. Indulgence, Jln Raja DiHilir. Tel: 05-2557051/2426297
7. Royal Ipoh Club, Jln Bkt. Gantang. Tel: 05-2542212/2545646
8. Burps & Giggles, Jln Sultan Yussuf (Old Town). Tel: 05-2546188
9. Citrus Wine & Dine, Ipoh Garden East. Tel: 05-5451010
10. Barbeza, Bandar Baru Medan Ipoh. Tel: 012-5205877
11. Impiana Hotel Ipoh, Jln Raja Dr Nazrin Shah. Tel: 05-2555555
12. Ipoh Downtown Hotel, Jln Sultan Idris Shah. Tel: 05-2556766
13. D'Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
14. YMCA Ipoh, Jln Raja Musa Aziz. Tel: 05-2540809/2539464
15. Meru Valley Golf Club members' desk
16. Khimzian Enterprise, 75 Jln Yang Kalsom. Tel: 05-2427381
17. Sunway College Ipoh, Psrn SCI 2/2, Sunway City Ipoh. Tel: 05-5454398
18. Break the Code, Greentown Business Centre. Tel: 05-2420484
19. Ipoh Echo's office



RPP RM29

Ernest's Contributions to Charities

In the last six years, cycling has become the fastest growing sport in the country and is evidenced by the increase in bicycle sales. This has given rise to many cycling-related events where cycling is one of the many disciplines. Endurance events such as triathlons (swim-cycle-run) and duathlons (run-cycle-run) are sold out in a matter of days upon being opened for registration.

The last three years has seen lawyer Ernest Balasingam actively participating in these events to raise money for local community projects, wherein for every event he enters he raises RM1 per kilometre for the cumulative distance he covers.

The idea came about when he participated in a charity bike ride in Thailand in 2011 called the *Tour of Hope* (a charity that builds libraries in rural Thailand so children can have access to information, which is not so readily available through the education system) where the cyclist who participated raised anywhere up to USD1 for every kilometre they cycled.

For the past two years Ernest has used this model to raise money for two local charities, namely Noah's Ark, an animal shelter and a centre in Ipoh Garden East which provides free tuition for the community. He does it for Thailand's Tour of Hope too.

"I am fortunate that at age 51, I am able to do triathlons and running events relatively injury free. And for as long as I am able to do so, I'll use my ability as a tool to benefit the community," he told Ipoh Echo.

He encourages his children to participate as well. One of the intangible rewards he gets from his participation is to cross the finish line with his kids. In the past it was the challenge of finding the time of the day to train. Hence he is up at 5am almost every morning to either swim or cycle or run or do weight training in the gym.



Ernest (left) with his children, Nathaneal and Natalie

News

ICT Training for Adoptees

KPerak Inc, with the collaboration of Yayasan Bina Upaya Darul Ridzuan (YBU), is planning a long-term strategy to provide pro bono (free) ICT-based training courses to the adopted children of Perak Menteri Besar.

According to KPerak Inc Chief Executive Officer, Mohd Nazaruddin Mohd Yusoff, they decided on this as these children should be a shining example of today's technology, besides being agents of education development in Perak.

"In the past, KPerak had provided certain ICT programmes for these kids. Moving forward, the agency together with YBU, will now draw up plans that would enable them to organise ICT-based carnivals at selected schools. At the same time, they get to pick up new ICT skills as well," Mohd Nazaruddin said during the handover ceremony of computers under its KPerak Computer Aid Programme at the Perak Techno Trade Centre in Meru recently.

Computers were donated to eight adopted children of Perak Menteri Besar for outstanding achievements in the recent Peperiksaan Menengah Rendah (PMR) examination. The function was also attended by BAIDURI Chairperson, Datin Seri DiRaja Saripah Zulkifli, State Executive Councillor for Education and Higher Education, Science, Environment and Green Technology, Dr Mohd Amin Zakaria, and Chief Executive of YBU, Dato' Ismail Saffian.

According to Saripah, who is also the adoptees' 'mother', this was the second time that computers were donated by KPerak Inc. "Hopefully, they would put the computers to good use. We'll definitely continue with this sponsorship programme in the near future," she mused.

One of the recipients, NurAmirah Ahmad Yaacob who obtained 8As, was grateful to receive the computer, as her existing one is out of order. "I can now revise my lessons better, surf the Internet for information and do research on certain school subjects," she told reporters when met.

RM



Water at Safe Levels in all Dams in Perak

The water supply in Perak is still good and water level in all the treatment plants in the state is normal in spite of the dry weather.

Menteri Besar, Datuk Seri Dr Zambry Abdul Kadir was speaking to reporters after chairing a meeting of the Perak Water Board (PWB). There are 46 plants in the state and water level is normal in all except for one in Taiping. The water level decreased by 23 per cent. There was disruption of water supply to about 200 houses during peak hours. Tankers are on standby to deliver water if the situation worsens.

He added that the water level in the Sultan Azlan Shah Dam, which is the main source of supply for the Kinta Valley and supplies water to more than 800,000 people, is well above the critical mark.

All the dams in the state have enough water for the next four months even if the dry weather continues. Zambry informed that the Meteorological Department expects the dry weather to end by the end of March.

Zambry said that Non Revenue Water (NRW) is 30.4 per cent and is comparable with other states. One per cent decrease in NRW can save RM2.4 million. Perak Water Board plans to reduce it to 25 per cent by 2020 and has allocated a budget of RM20 million this year to commence mitigation projects.

Zambry said that the state government has set up a special team under the State Security Council to monitor the increase in number of fires and how to combat them.

AJ

SETTING UP or RENOVATING YOUR OFFICE???
LOOKING FOR EXPORT QUALITY AT LOCAL PRICE!!!
LET THE HOME-GROWN MANUFACTURER, PYRAMID LANE DO THE JOB.

platos
OFFICE FURNITURE

- (A) Manufacturing knocked down system furniture since 1997.
- (B) Fully equipped with German Wood-Working Technologies and Machineries.
- (C) Producing reliable and consistent quality product.
- (D) Cater for international market and wide range of clientele

EXECUTIVE PLAN

YOU

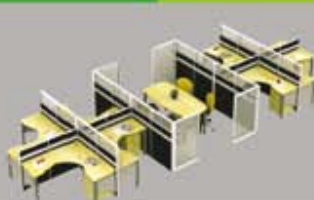
- ① Provide your floor plan (if any)
- ② Let us know your requirements
- ③ Select furniture according to your preference and budget

PLATOS

- ① Space planning and maximisation
- ② Design furniture layout
- ③ Advise on cable & wire management
- ④ Manufacture & quality control
- ⑤ Delivery & installation
- ⑥ 1 year WARRANTY exclude wear & tear

High Quality Office Chair
Offer Valid Until June 2014

CONTACT US



Fitz Algae monza USKA uchan Sigma



新天地 *Bandar Baru*
Sri Klebang
FREEHOLD

YOUR SAFE & SERENE
GUARDED NEIGHBOURHOOD

* 5% discount for bumiputera on bumiputera lot

Alder actual show home - Roof Balcony



Our newly launched detached homes at Grand Retreats 2 combine the elements of retreat-style living, everyday comfort and modern convenience for the perfect choice of a home. Homebuyers have the option between three different but equally wonderful designs, namely:

Aster – Single Storey Detached Homes

Amber – 2-Storey Detached Homes

Alder – 2 ½ Storey Detached Homes



Congruent with the essence of sustainable living, our homes are configured with eco-friendly traits that include roof sisalation, solar reflective paint, solar water heaters and inverter air-conditioning conduits. All designs feature large windows, allowing ample natural lighting and ventilation to permeate the homes. Homeowners will have piece of mind as Grand Retreats 2 is equipped with a 3-tiered security structure that encompasses stationed and patrolling guards, a secured perimeter fencing surrounding the development, and CCTV cameras mounted at strategic locations along the fencing.

Grand Retreat 2 show homes are open daily from

10:00 a.m. to 6:00 p.m.

For more information, please contact our sales personnel at

012 519 2008, 019 513 3315 or 05 292 1333

or visit our website at **www.kintaproperties.com**

GPS Coordinates : 04° 41' 40.75"N 101° 06' 42.40"E



A Premier Development by:
KINTA PROPERTIES™
Building Homes. Developing Communities

Developer : Kinta EcoCity Sdn. Bhd. (58562-M)
No 2, Jalan Sri Klebang A/12, Bandar Baru Sri Klebang,
31200 Ipoh, Perak • sales@kintaproperties.com

Developer Licence : 8456-29/06-2015/0259(L) Advertising Permit : 8456-29/06-2015/0259(P) Validity Period : 25/06/2013 - 24/06/2015
Approved Plan No.: OSC(221-A)/L/B/1/46/740/12 Land Encumbrances : Charged To Malayan Banking Berhad Total Units : 100
Exp. Completion Date : Oct 2015 Land Tenure : Freehold Price : Min RM 956,210 Max RM 1,267,800 Approving Authority : M.B.I

