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Arrives in Ipoh



"A true leader does not accomplish alone" – An Ipoh Success Story

By SeeFoon Chan-Koppen



GolfView Residence

It was never his goal to become a property developer. And being awarded the *Most Promising Entrepreneurship Award* at the *Asia Pacific Entrepreneurship Awards* (APEA) – the most prestigious award for entrepreneurship in Asia & the Pacific region, clinched that designation for Dr Tan Chin Yong, CEO of Ipoh-based property development company – the Kaizen Group. The accolade which is awarded to business leaders for outstanding leadership and entrepreneurial excellence is a feather in the cap for this relatively young company which saw Kaizen's revenue for the year 2014 shooting through the roof compared to the RM1.5 million in its first year of operations six years ago. The rapid growth and development of the company also won it the "SME 100 Malaysia Fastest Growing Companies Award" in 2012.

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"Think out of the box; learn to approach situations and challenges from different angles to create solutions."

Born in Brunei to parents who were school teachers, the seed of entrepreneurship was planted when his parents started a convenience store. Chin Yong remembers doing his schoolwork while helping to mind the shop after school hours. Little did he realise then that this first taste of entrepreneurship would take him down the road to where he is today.

Effectively working since the tender age of 13, the good work ethic instilled in him carried him through his university days where he climbed the ladder of academia to graduate with a PhD in Engineering from Cambridge University at a tender age of 25, backed by a Bachelor of Science (First Class Honours) in Computer Science from Edinburgh University.

In his 25-year career to date, he has worked as a senior R&D Engineer, co-founded a technology start-up company designing infrared wireless communication devices and successfully pulled what is today an internationally recognized company, back from the brink of bankruptcy, placing it on the road to being a globally-recognised brand today.

Stumbling into Property Development

Chin Yong's entry into the property sector was actually a "stumble" as it were. Married to the daughter of a conglomerate tycoon, voicing an opinion on some project plans earned him the recognition of his father-in-law and soon after he found himself thrust into the CEO's chair of Kinta Properties Group Sdn Bhd. As was the case with Revox, a Swiss company manufacturing high-end audio equipment, it was the case of having to turn a company around and, rising brilliantly to the challenge, he helped turn Kinta Properties into one of the largest property companies in Perak, by virtue of sales figures, in a matter of five years. By bringing in fresh ideas and new concepts for both marketing and business development, he gained the respect and admiration of his team with his tenacity and his open-door management approach. His pet project, the Meru Valley Riverside Residence, not only is today one of the sought-after residential areas of Ipoh but it also won the CNBC Best Property Award in its category in 2008.

Practice of Continuous Improvement

Today Chin Yong sits at the helm of his own property development company – the Kaizen Group – through which he creates homes of quality and excellence. In its short six years, Kaizen has grown from strength to strength, accurately personifying its very fitting name. Kaizen which is the practice of continuous improvement, was originally introduced to the West by Masaaki Imai in his book *Kaizen: The Key to Japan's Competitive Success* in 1986. Today Kaizen is recognised worldwide as an important pillar of an organisation's long-term competitive strategy.

Diverse Portfolio

The group today has a diverse portfolio of property projects in Ipoh and Melaka, mining explorations in Kelantan, a real-estate agency in Ipoh and investments in a Nasdaq-listed mineral processing outfit.

Chin Yong's sharp business acumen and his fine instincts for identifying viable projects and trustworthy

business partners are most certainly factors which have contributed to the success of his company. With the co-owner of his company, his wife Lim Pui San being the other founder, he is able to take a more conservative approach in the growth and development of the company, picking and choosing projects which he feels would benefit both the company and his purchasers.

GolfView Residence

His latest project, which was launched recently, is a residential offering of 14 exclusive 3-story semi-detached homes set within a perfect location with unobstructed views of the golf courses of the Royal Perak Golf Club. Positioned within a stone's throw of the Ipoh Swimming Club with the conveniences of the city within easy reach, the GolfView Residence is a guarded neighbourhood which includes a guard house, high perimeter fencing, CCTVs and round-the-clock security patrols integrated within a centralized security monitoring system. Set on 99 years leasehold land, these delightful homes have 4,600 sq. ft. built up area and sit on land sizes ranging from 35'x100' to 35'x120'.

What makes these homes particularly attractive are the built-in all-glass personal lifts which provide easy access to the upper floors and their panoramic views. The perfect home for those with elderly parents or for younger couples preparing for their eventual old age. Priced from RM1.5 million onwards with a current early bird special of RM30,000 rebate, free 2 years maintenance fee, free 2 years lift maintenance and free legal fee on transfer, these homes are certainly value for money and aligned with Chin Yong's philosophy in business, which like a general of ancient times who shares the spoils of war with his comrades, Chin Yong firmly believes that business must be a win-win arrangement. And so, for his purchasers he creates homes of value and distinction, offering the best of designs and prices.

Other Projects

The company's first offering in Ipoh was the gated and guarded homes of *Somerset @ Thomson* in 2010 which

was a sell-out. *Dorset Place*, a 188-unit mixed development project located in Taman Song Choon is scheduled for delivery later this year. It has also three larger mixed development projects on-going in Melaka, in Taman Bukit Emas 342 units (last phase); Taman Cheng Setia 66 units (completed) and Bandar Baru Tasek Emas 402 units (phase 1 launching end 2014), with total acreage of more than 100.

A sister company, PWP is the sales and marketing arm of the Kaizen group. This is a mutually beneficial set-up between Kaizen and other 3rd party sales as Kaizen has a ready team of highly motivated sales staff with wide ranging contacts in the property marketplace, while PWP has a steady supply of project properties to sell. Any conflict is avoided by not taking on a project that competes directly with Kaizen.

Well Loved by Staff

Chin Yong's keen insight and high analytical skills are a perfect marriage to his innovative and positive outlook while his open door leadership which invites and values input from every employee distinguishes him as a true leader who not merely manages but is able to draw out the best of his team and grow leaders.

Humbly acknowledging mistakes and accepting criticism as a way of learning and moving forward, he is well-loved and respected by his staff and all those who know him. His respect for the talents and skills of those he works with is much appreciated and one of the most heard lines

from him is: "You are the expert, tell me what to do". This has greatly contributed towards many of his successes throughout his career, especially so as much of what he set out to do has been, for all intents and purposes, things he had no experience with.

Chin Yong firmly believes that the mark of a true leader is not accomplishing things alone but by successfully drawing out the talents, skills and knowledge of others. He also credits much of his sound business decisions to Pui San, who is his confidante, sounding board, cheerleader and source of encouragement and strength.

At home, he values the time spent with his two boys and also with other family members. A man with quiet charm, a brilliant mind and a passion for his work, Chin Yong keeps cool and calm through the challenges of business through yoga and meditation and a focus on the spiritual.

As for his legacy, "I hope people will remember me for what they have received from me rather than what I demanded of them."

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*"For more info on Kaizen Properties visit:
<http://kaizen.com.my/> or call Stephanie
Chang 012 508 7238, 05 241 8863.*



GolfView Residence



Chin Yong and Pui San



Private lift inside GolfView Residence



GolfView Residence show house

From the Editor's Desk By Fathol Zaman Bukhari

Over the weeks preceding Merdeka Day on August 31, I have been receiving a steady stream of emails and text messages wishing me a happy and joyous Merdeka Day and Malaysia Day. The two occasions are a fortnight apart, the separation being caused by an unfortunate incident leading to the formation of Malaysia on September 16, 1963. I will not dwell on that as of now, let history be the judge.

The originators of the messages and emails were my former army mates with whom I had the pleasure of sharing many happy and unhappy moments while undergoing two years training at Malaysia's own Sandhurst, the Royal Military College, Sungei Besi, in the late 1960s. Most of us are in our twilight years although some are reluctant to accept the truth. Reminiscing on our troubled past is one sure way of overcoming our many discomforts, health and relevancy being the major issues.

Humorous incidents were being told and retold, as though they happened a day ago. We could still recall, with clarity, what took place on the drill square, in the swimming pool and on the road where we marched, swam and ran – in that order. And how Incik Wahab, the college Regimental Sergeant Major whose imposing looks sent the chills down our spines, would keep us in check when we were on parade on the college drill square. In the army the drill square is sacrosanct. You are not allowed to walk on it without a reason. You

NOT A TIME FOR MERRIMENT

With all these uncertainties impacting peace-loving Malaysians, will the 51st Malaysia Day on Tuesday, September 16 be any better?



either march in pairs or run when crossing the square or *tikar sembahyang*, in army parlance.

But the 1960s was, in all honesty, a time of turmoil in newly-formed Malaysia. Although it wasn't as bad as during the Japanese Occupation (1942 to 1945) and the ensuing Malayan Emergency (1948 to 1960), it was still a period of uncertainty. Hostilities with neighbouring Indonesia had just ended but Communist insurgents were still lurking in the jungles of Perak, Pahang, Kelantan and Sarawak. Their frequent attacks and ambushes kept the security forces on their toes. Furthermore the Vietnam War was in full flight following the failed Tet Offensive of January 1968.

Suddenly the nascent Domino Theory, first announced by President Dwight Eisenhower during a news conference in April 1954, was taking hold and was beginning to have an impact on our defence planners. Should South Vietnam fall, Thailand and Malaysia would be next.

The spread of Communism was unstoppable, so it

seemed. Thus a fledgling nation like Malaysia should be prepared for such an eventuality. Threats, real or otherwise, should be treated with caution and undesirable elements should be kept behind bars. Therefore, the existence of laws such as the Internal Security Act, Sedition Act, Official Secret Act and Emergency Ordinance, which were introduced by our British colonial masters, was necessary. The laws helped keep and maintain the peace while the government grappled with the problems on the home front.

But circumstances have changed today. The dreaded terrorists are long gone and so are their trusted followers. As such, are the draconian laws still applicable? Must citizens be held for speaking out? Are their utterances so despicable that they need to be silenced? Is saying something correct seditious?

With all these uncertainties impacting peace-loving Malaysians, will the 51st Malaysia Day on Tuesday, September 16 be any better? I posed this question to my army buddies. Unfortunately, none could give me an honest answer. Maybe they are more concerned for their well-being rather than the well-being of the nation. Or maybe, they just couldn't care less.

Does it matter if an academician or some opposition politicians are incarcerated for speaking the truth? Obviously, it does not matter to them. "Life goes on," said my *orang kampung*, a retired major-general.

In The Name Of My Father's Estate

Episode 33 • by Peter Lee

While having lunch in Fine Dining Café, John Lee (Lee Sr's eldest son and Co-Administrator) informed Connie (Lee Sr's second wife and Co-Administrator) that his mother, Mrs Patricia Lee agreed to release the cash of \$3 million from ZNA bank, Singapore which she had withdrawn from this joint account with her husband, Lee Sr for distribution to the family according to Intestacy Law. However, John explained to Connie that in exchange for this, his side of the family wanted to negotiate with her on how best to deal with her entitlement on the distribution of his father's 70% of shares in three family companies which she and her three minor children who are not involved in the business. John said to Connie "Since you are not involved in our family business, can you consider taking cash instead of shares in three of our family companies. I think in this way, it will be a much cleaner and smoother distribution for you."



Then Connie asked, "What's wrong with me and my children taking our entitlement to these shares?" In reply, John said, "Oh! there is nothing wrong with that but don't you think that cash is better than the shares?" to which Connie retorted, "How is that so?" John continued and said, "Well, if you and your children are the shareholders, then the benefits that comes to you is only through dividends distribution; if these companies make a profit. Furthermore, it also depends on the decision of the directors to declare the dividends." Connie then said, "So, are you saying that if these companies are making profits, the directors can decide not to declare these dividends?" John responded by nodding his head, indicating yes. With an expression of frustration, Connie sighed and said, "Looks like my children and I are going to be pushed to a corner again to accept your offer." John immediately said, "No. My offer merely asked you to sell your entitlement of these shares to my family members for a consideration. So, I don't think you and your children are going to be deprived of anything."

Connie asked further, "So, what's the sale price?" to which John's reply was that the value of these shares based on the latest audited accounts is RM20 million.

Connie continued to probe further on her cash entitlement for these shares. John explained, "Since father's share is 70%, then the amount to be distributed to family members according to Intestacy law will be based on 70% of the RM20 million which comes to RM14 million. So, one-third of the RM14 million will be shared out equally by my mum and you. In other words, you are getting roughly RM2.33 million. Whereas the two-thirds entitlement for the 9 children will be calculated using two-thirds of RM14 million. That equals to RM9.3 million and we have to divide this by 9 which works out to be roughly RM1.04 million for each child. Therefore, your three children will receive a combined amount of RM 3.12 million."

After hearing this, Connie was silent for a moment and then slowly sipped her cup of coffee. As she inhaled deeply and stared at John as if she was gathering her thoughts, John then asked, "Are you okay with this calculation?" Connie's reply was, "I am not good in this kind of calculation but what I understand is that my children and I are going to receive a combined RM5.45 million if we give up these shares. Is that right?" John nodded yes.

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 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

COLOURED CONTACT LENSES

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about the hidden dangers of coloured contact lenses.



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

Coloured contact lenses can be easily purchased anywhere from shops that sell ladies accessories, fashion vendors, Internet retailers and even the pasar malam (night market) these days. In comparison to countries like the US, it is illegal there to sell contact lenses to an individual without a prescription. In Malaysia today, these colored contact lenses are so easily available because there are no proper regulations in place. The fashion conscious young people who want to look cool and trendy by wearing these non-prescribed color contact lenses are often completely oblivious to the dangers that they expose their precious eyes to.

THE PROBLEMS

In the last few weeks, I have seen numerous eye problems in young adults and teenagers who have worn coloured contact lenses that have been purchased without a prescription. Almost all of these patients have walked into my consultation room looking miserable with blood shot eyes, eye pain, much tearing (lacrimation) and the inability to tolerate light (photophobia). Thankfully most of them have recovered well without any serious eye problems although they have exposed themselves to the risk of permanent vision loss due to corneal scarring and corneal infections.

THE COLOUR ON THE CONTACT LENS

The pigments on the coloured contact lenses usually create problems. The cheap coloured contact lenses that are found in most retail shops are manufactured poorly because these colour pigments easily rub off the contact lenses. The pigments are not securely embedded as in the more expensive reputable coloured contact lens. The loose pigments have harmful effects on the eyes.



INFECTION RISK

The surface colour pigments also allow bacteria to easily attach to the contact lens surface making the risk of serious eye infections including corneal ulcers. Quite often, most individuals also take shortcuts and do not take the same precautions in handling their coloured contact lenses as their regular non-coloured contact lenses.

POOR CONTACT LENS FITTING

All contact lenses must be properly fitted. In other words, a person desirous of wearing any contact lenses must be correctly assessed before they can be prescribed contact lenses. However, this is often an overlooked fact because the temptation of fashion and easy availability of such lenses, lures them into buying a pair without a prescription. Most people do not realise that poorly fitted contact lenses can cause injury to the eyes (cornea).

SOME POINTS TO NOTE:

1. Avoid purchasing contact lenses off the counter or over the Internet without a proper prescription. Remember, ONE SIZE DOES NOT FIT ALL!
2. If you must wear coloured contact lenses, make sure they are of a good reputable brand.
3. Adhere to proper disinfection methods of cleaning and disinfecting.
4. **Never ever** share contact lenses.
5. Seek immediate eye care from a doctor if you have eye problems from contact lens wear.

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

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Let the plants do the talking

You are a keen gardener but the soil in your garden is of poor quality. Fertiliser cannot work wonders and you can't afford to keep buying what the garden centre markets as "special soil".

Perhaps you are someone who consumes only organic fruits and vegetables, but find the cost of organic crops prohibitive. You would much rather grow your own, and enjoy the benefits of harvesting your own produce, but you don't know how.

The cumulative amount of vegetable and fruit peelings from your kitchen is sizeable and you wonder if you could reduce the amount of household waste.

The solution to these three problems is good compost. Recycling your household kitchen waste and converting it into good quality compost, free of preservative and harmful chemicals, is easy. The process does not take much effort, just a little patience. The hard work is done by the sun, earthworms and Black Soldier Flies (BSF). The finished product is known as vermi-compost, in acknowledgement of the worms which produce it.

Retired construction businessman PY Wong has started what he calls, 'Projek Cinta', in his community. When Ipoh Echo caught up with Wong, he said that there was no reason why the same results could not be replicated in Ipoh.

Wong said that Projek Cinta is all about love for our fellow Malaysians. He said, "Sustainable living is important and it is about going back to basics, with respect to agriculture, and living in harmony with the land, nature and our community."

The motivation for this project was propelled by Wong's passion for social justice and a determination to help secure the future of younger generations. He believes that rural poverty should be addressed through sustainable economic activities, which will benefit the farmers directly, instead of monetary grants.

In addition to the multiple benefits to the local community and environment, Projek Cinta is also about food security. Wong said, "Recycling our food and organic waste means that the council can reduce the load on our waste dump by over 50%. There will be reduced contamination of our ground water, whilst the vermi-compost that is produced, will promote chemical-free food."

"Rural communities could increase their incomes, and connect directly with the consumers, who will have access to a guaranteed supply of more healthy food at lower prices. This can be helpful to fight food inflation and promote food security."

Wong received some tips from the Centre for Environment, Technology & Development, Malaysia (CETDEM), and has some useful advice for people who are keen to start recycling. He said, "People could dump their food-waste into old tyres, then cover it with a vermin-proof, heavy lid that could not be moved by dogs. If the cover is cut to fit the



THINKING
ALLOWED

by Mariam Mokhtar

recess in the tyre, there is no way any rat could lift it up."

Most homes have a corner in the garden, where a tyre could be placed and Wong claims that if the waste food is covered with a damp cloth, the smell is not noticeable. He said, "In Malaysia, the rotting food attracts Black Soldier Flies (BSF) which digests the food very quickly. BSF is considered a friendly fly, non-pathogenic because it has no eating parts, only a proboscis for drinking. The leachate will enter the soil and provide natural fertiliser for the plants."

Projek Cinta is still evolving, said Wong, "We have been through many trials and errors but we are working towards developing a low-cost system that anyone can set-up, at minimal cost. Once we get it working, we duplicate it."

Two years ago, Wong started off in SS17 in Subang Jaya, by working with the Rukun Tetangga. He said, "Now we are working to persuade our neighbours to agree on our Zero-Foodwaste Programme. This means that no food waste will leave SS 17. Everything will be recycled. On our road, we have 80% acceptance from those we have approached."

To show the success of recycling food-waste, he grew fruits and vegetables in the vermi-compost. He said, "The healthy okra and corn in the garden, which we created in front of our house, were a convincing argument. People were very impressed in the results."

When passers-by approach him to chat about his plants, he uses the opportunity to sell them the idea of going back to basics, and planting their own food, to maximise land-usage and convert food waste into compost.

He is keen to promote the need for food security, and the supply of food at prices lower than the supermarkets. In addition, the food is fresher and chemical-free, because it is grown with vermi-compost. He suggests growing one's own food, to offset the increasing cost of living.

Wong claims that Projek Cinta has changed his life. "Going back to agriculture and nature is what many people would like to do, given the opportunity. I feel blessed to be able to afford the time to do this."

"We let the plants do the talking and residents are attracted to the large and fast-growing plants. We hope to get more people on board our programme."

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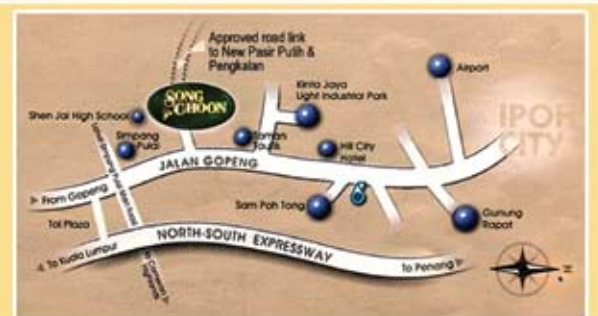


IKATAN BINA SDN.BHD. (41082-M)

No.26, Jalan Raja Dr. Nazrin Shah (Jalan Gopeng)

(next to Impiana Hotel & 1 Casuarina) 30250 Ipoh, Perak.

Developer's Licence : 3998-5/03-2015/01186(L) (22/03/2014-21/03/2015) Advertisement & Sale Permit : 3998-5/03-2015/01186(P) (22/3/2014-21/3/2015) Building Plan Approving Authority : Majlis Bandaraya Ipoh
Approved Building Plan : MBI-F2/276/856/05 Expected Date Of Completion : September 2014 Land Tenure : 99 years (expiring on 8/7/2095) Land Encumbrance : None
Restriction of Interest : This land can only be transferred or leased with approval State Authorities



MUSINGS ON FOOD



By **SeeFoon Chan-Koppen**
seefoon@ipohecho.com.my

SeeFoon takes a trip to Bali in Ipoh Garden East

When your speciality of the house is Cod fish head, people sit up and take notice. After all we're used to Grouper, Snapper, Salmon or even Tenggiri fish head but Cod? So when Ginla Chew mentioned **Cod Fish Head Assam Curry**, I jumped at the invitation. It was a group of us that descended on **Bali Assam House** in Jalan Medan Ipoh 1E and promptly ordered up a storm.

First of all, I like the way their menu is organised. It's very straightforward with different categories of food, the styles of preparation and priced accordingly either by weight as in fish head and prawns or by portion size for other types of food as in sotong or squid, chicken, eggs and vegetables. This makes ordering a lot simpler as one can sit down and decide on whether its going to be fish, prawns or whatever and go straight to the category and decide on the style and size.

The cod fish head comes in three sizes S for 250g, M for 400g and L for 550g; and three styles of preparation, assam curry, ginger steamed or black bean sauce steamed. Having a spicy palate, I naturally opted for the Assam Curry which arrived in a claypot, the cod fish head cut into pieces and an ample amount of soupy assam curry gravy filled with

ladies fingers and tomatoes. This is of course best eaten with rice as the gravy was velvety smooth, umami, creamy and not too spicy so that those with less spicy palates can eat this with ease. S – RM19.80, M – RM29.80, L – RM39.80. Other types of fish head are also available at the same price.

Prawns are again sold by weight at 170g/250g/330g portions and seven types of preparation of which I tasted two, the **Sambal Petai Prawn** and the **Prawns with dried prawns and spices**. Both noteworthy – RM19.80/RM29.80/RM39.80. Other styles include Salted Egg prawns, Tom Yam prawns and Western Butter prawns.



I am particularly fond of squid and on two occasions, I managed to sample two of their eight preparation styles. I recommend their **Salted Egg Sotong** which was light and fluffy while their salt and pepper squid (or what they called spiced salt sotong) tended on the dry side. I made a mental note to try their **Western Butter Sotong** the next time – S/L: RM12/RM20.

When it comes to chicken, we're spoilt for choice at Bali. With nine cooking styles to choose from, I find myself always opting for the **Pandan Leaf Chicken** which is priced differently from the other chicken dishes. At RM10 for three pieces and RM16 for five, the portions are generous. The chicken is well marinated and comes to the table after deep frying in the pandan leaf, still succulent and moist. This is a must-have dish as can be witnessed by the fact that every table in the establishment orders it. Other chicken dishes include the **Thai Style Crispy Chicken** (good but a tad sweet for my taste), **Salted Egg Crispy**, **Kung Poh**, **Black Pepper**, **Lemon Crispy**, **Ginger and Spring Onion**, and **Yam and Curry Chicken** which piques my culinary curiosity. S – RM12 & L – RM20.

All in all Restoran Bali Assam House gives good value for money, with a meal for 6-7 people averaging RM130. In today's age of spiralling food prices, I would keep coming here for a reasonable and satisfying meal. Bring earplugs though as the decibel level here can be deafening! Its what I would call an 'eat and run' place.



Restoran Bali Assam House

16 Jalan Medan Ipoh 1E, Medan Ipoh Bestari, Ipoh.

GPS: N 04° 37.164' E: 101° 07.033'

Business Hours: 10am-9pm. No reservations.

Closed 1 day every two weeks. Call 016 506 2122 to find out.

Nosh News

By SeeFoon

Citrus Wine and Dine held a Wine Pairing Dinner recently for the International Wine and Food Society of Ipoh (IWFS) with guest chef Horst Futterer which had guests still singing praises for the culinary evening.

Citrus owner and chef Simon Lee, who had worked with and been mentored by Chef Horst, describes him as an impeccable chef, one whose attention to detail is legendary and from whom Simon has picked up some of his culinary wizardry.

Coming from an impressive culinary background beginning 40 years ago in his family-owned hotel in the Bavarian Alps, Chef Horst embarked on a 3-year apprenticeship at the famous "Hotel, Vier Jahreszeiten" in Munich Germany and never looked back. Since then his career that spanned three decades saw him working as chef for the Westin and Shangri-la Hotels.

After spending two years with Shatec Institutes in Singapore as Principal of the Institute of Culinary Arts, and the Institute of Pastry and Baking and later as Senior Vice President for Hospitality operations, Horst decided to leave the corporate side of the Hospitality Industry and took up the offer to mentor a future generation of culinarians at Republic Polytechnic Singapore as a Chef Instructor.

Horst was twice Senior Advisor to the Singapore National Culinary Team in 2008 in Erfurt and 2010 in Luxembourg where Singapore was crowned World Champion of the culinary Arts. Horst also had various TV shows on Fitness, Nutrition and Gourmet Food in Singapore and even co-hosted with Martin Yan.

The Citrus evening menu

included enticing items like Truffle Namasu, red Kaiware Sprouts and a Kumamoto Test Tube; a palate cleansing treat called Cold Sweat which is a Chili, Ginger, and Lemon Grass Gelato in a black Sesame Cone and for the main course the Slow roasted Lamb loin with Macadamia Nut, Lehua Honey, Pommery Mustard Crust Jalapeno, Water Melon Salsa, Salsify & Pink Pepper Foam, Sundried Tomato and Tapenade Polenta.

Said Lee Nyit Fee President of the IWFS Ipoh, "My favourite dish was one Citrus called 'Cauliflower and Scallop' described on the menu as Cauliflower Velouté, XO Flavoured Tataki Scallop, Shellfish Flan & Ikura. I found the specially sourced Tataki scallop combined with the white creamy velouté sauce complemented the sweet freshness of the scallop and the richness of the creamy velouté. A delightful dish."

"At the beginning of every course Chef Horst would come out to talk about the dish, why he selected a certain fish, meat or cheese for a particular dish. I found this part interesting. I have been to fine dining places where the head waiter would introduce the dish but they were mainly repeating from a memorised script. With the Citrus event, we actually hear from the person who created the recipe," he added.

According to Nyit Fee, Simon and his wife Erica have taken the dining experience in Ipoh to the next level. Bravo Simon. Let's have more to come.



Chef Horst (centre) with Chef Simon & Erica



Community

A Viable Mining Blueprint For Perak



In an effort to prepare Perak's new Mining Blueprint, and to enhance the mining and quarrying industries in the state, Menteri Besar Incorporated (MB Inc) organised a workshop entitled "Perlombongan dan Pengkuarian Berhemah" (Proper Mining and Quarrying Methods), at Impiana Hotel, Ipoh recently.

The workshop saw participants from all over Perak, including interested parties from both the private and the public sectors, partaking in knowledge-sharing and exchanging of ideas pertaining to the subject matter.

According to State Public Utilities, Infrastructure, Energy and Water Committee Chairman, Dato' Zainol Fadzi Paharudin, the workshop's aim was to discuss ways to improve the mining and quarrying industries and to make Perak the largest mining and quarrying state in Malaysia by Year 2020. It was also aimed at tapping ideas and knowledge from the different parties and to promote sustainable mining and quarrying methods.

"Perak is rich in natural resources, especially tin and limestone. To improve productivity we should adopt sustainable mining methods so these natural resources would last longer. The workshop could also provide ideas and solutions to help solve mining issues, such as government red tape and ways to tackle them," he said.

Zainol, who stood-in for Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir, thanked those present for their support in making the workshop a success.

Chief Executive of MB Inc, Dato' Aminudin Hashim, added that with the increase in demand for tin products, Perak's mining industry had to move with time in order to remain relevant.

"Price of tin on the commodity market has increased ten fold from RM6, 355 per ton in 1985 to RM65, 320 per ton presently. I believe with such a high demand for the metal, Malaysia would, undoubtedly, gain in the long run," he said.

As part of an initiative to enhance the new blueprint, MB Inc recently signed an agreement of cooperation with the International Tin Research Institute and the Camborne School of Mines, University of Exeter, Cornwall, United Kingdom. The cooperation is aimed at preparing an effective mining road map for Perak.

Yvette

Wellness

By SeeFoon

A Medical Oncologist's Lament

"I wish people would go and see a real doctor as soon as something is wrong instead of going to witch doctors", laments Dr Mohd Syahizul Nuhairy Mohd Sharial as he sat in his 5th floor clinic in Pantai Hospital, Ipoh. "It is absolutely heartbreaking for me as a medical oncologist to see patients with terminal stage 4 cancer where all I can offer is palliative care and soothing words to ease their fear. If only they had come at the first sign of trouble instead of listening to well-meaning friends and relatives to seek all kinds of alternative help including witchcraft. Chemotherapy has made great advances in recent years and is not the terrible torture that people have in their imagination. Chemotherapy is very effective, particularly for certain cancers and especially if caught early enough."



Trained in Ireland, both for his first medical degree as well as his oncology specialty, Dr Zul speaks with the authority of 16 years experience in Irish hospitals and has now returned to share his expertise in Malaysia. Lured home by TalentCorp, a government project to bring more professional Malaysians home, this Rawang lad has moved his family and children back to Malaysia and Dr Zul has been the sole oncologist of Pantai Hospital's oncology wing who together with four oncology nurses, sees and manages all cancer cases undergoing chemotherapy for the past two years. Expansion plans for Day Oncology will see Dr Zul busier than ever.

As one of only 6 or 7 medical oncologists practising in Malaysia, Dr Zul explains that unlike clinical oncologists who perform both chemo and radiotherapy, medical oncologists only deal with chemotherapy. When asked why there is a need for this subspecialty, Dr Zul replied, "It means that we have more time to focus on all the latest treatments in the field of chemotherapy which is an ever-expanding sea of options especially as research and new drugs and protocols are discovered and found to work. We are therefore better armed to attack the different cancers with better choices and better protocols."

He went on to elaborate, for example, that if two people present with breast cancer, their chemotherapy may be completely different with one requiring a more aggressive form of chemo using intravenous drips while the other may be on light chemo using only pills. Hormone sensitive cancers respond very well to Tamoxifen and work on pre and postmenopausal women whereas Aromatase inhibitors will only work on postmenopausal women. The prognosis with these drugs which do not require intravenous infusion are very good."

Hormone insensitive tumours however, have a prognosis of 15-20% improvement on chemotherapy and may call for more aggressive measures that may include radiotherapy which will mean patients have to be referred to the other two hospitals of KPJ ISH and Fatimah. The one thing Dr Zul pleads with women in general is to give themselves a thorough self-examination of their breasts every month and at the first sign of a lump to rush to see their physician. Other preventative measures include mammograms or if radiation is a concern, to have ultra sound scans done on their breasts.

Lymphoma is another highly treatable cancer using chemotherapy and the outcome is good. As for colon cancer, Dr Zul cites a frightening statistic and that is that the incidence of this cancer will increase by 200% by the year 2020. He blames our lifestyle and food habits on this trend. To minimise the risk, Dr Zul advocates reducing the consumption of red meat, alcohol and processed foods. Also to stop smoking and if we eat chicken to not eat the skin.

"It's an educational process. Slow but necessary. People need to know that chemotherapy helps like in the case of a colon cancer patient who refused chemo and when she came to me was already in palliative care and oxygen dependent. I gave her light chemo and managed her symptoms and very soon she was back to driving and remained relatively pain free."

Although chemotherapy can be a very expensive treatment, Pantai Hospital, through their CSR programme under the auspices of the Khazanah fund, recommended and administered by Dr Zul, have helped over 30 patients with chemotherapy, each one costing an average of RM50K.

"I am gratified that this CSR programme is available in Pantai, without which, many of my lower income patients would be left with no treatment."

Contact Dr Zul at: Suite 505, 5th fl., Pantai Hospital Ipoh.
Tel: 05 540 5555 ext: 5425/5426.

Fresh Theme For Royal Belum



In conjunction with the six months long Royal Belum International Festival 2014, the Ministry of Tourism and Culture (Perak) and the Perak Information Department are jointly organising a Royal Belum-themed song-writing competition.

A press conference to announce the upcoming competition was held recently at the State Secretariat Building, Ipoh, to inform the public about activities slated for the Royal Belum International Festival 2014.

Executive Councillor for Tourism and Culture, Dato' Nolee Ashilin Mohd Radzi told reporters that the objective of the song-writing competition was to enable the

public to know more about Royal Belum. The competition is set to attract composers and lyricists to Royal Belum and seek inspiration from its natural beauty.

"We hope both locals and foreigners will gain from our promotional efforts to expose the premier state park. The winning song(s) will be integral to future promotions on Royal Belum. They'll be turned into saleable items such as set box compact disc," she remarked.

Syahrudin Abdul Hamid, Director of the Ministry of Tourism and Culture (Perak) said that his department would collaborate with Radio Television Malaysia to select six best theme songs from the many entries. The winning song (s) will be commercialised.

"We'll be organising the "Akarhijor" programme, which is based on natural elements surrounding the tropical rainforest. The "Citarasa" programme which introduces the varying local delicacies to visitors and the "IMCAT", an activity to showcase the different forms of arts and crafts by local talents," said Syahrudin to reporters.

As a prelude to events coming the way of the park, the Ministry of Tourism and Culture (Perak) held a preview on Friday, September 12 at the Curve, Kuala Lumpur to inform KLites on upcoming activities at the Royal Belum

The organisers are accepting compositions from participants and will continue to do so till closing date on October 3. Malaysian citizens, regardless of age, sex and religion, are welcomed to participate.

Registration forms are available at the Ministry of Tourism and Culture (Perak) office in Ipoh or download it from the department's Facebook page.

Yvette



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Community

LOST WORLD CELEBRATES MERDEKA

In conjunction with the 57th Merdeka Day celebration, Lost World of Tambun, Ipoh gave free passes to 12 selected Merdeka babies. The passes enabled these lucky recipients to have an enjoyable outing with their families and friends at the theme park. Some of the activities organised to commemorate the day were tiger-feeding, a mini Merdeka parade and a percussion show.

Prior to the opening of the shows, the management observed a minute's silence as a show of respect for victims of MH17.

"Even though we are here to celebrate the 57th anniversary of the country's independence, we wish to take the opportunity to show empathy for those who had lost their lives in the tragedy," said Calvin Ho, General Manager, to Ipoh Echo.

The night ended with a Merdeka birthday bash for the invitees. It was definitely a day to remember for these lucky individuals.

RM



Exploring Arty Talents

Artland Gallery, located at Jalan Leong Sin Nam, Ipoh, hosted a Children Creativity Art Exhibition organised by Focusart, recently. The exhibition aptly named, "This is Me: Love Me, Know Me, Hug Me" lasted for a week beginning August 24 till 31.

It showcased paintings, drawings and sketches by children who came in droves to see their friends' "masterpieces". Those whose works were on display were given specially-designed certificates as a form of appreciation and encouragement.

Founder of Focusart, Shum Lai Wan, said that the objective of the exhibition was to provide children a platform to explore their interest and talent in art. She too hoped that it would encourage parents to be more supportive of their children's ability.

"Drawing and painting enable children to improve their visual eye-hand coordination function besides cultivating patience and good character," Shum added.

Yvette



Business

Launch of Ipoh South Precinct

A new much-needed shopping mall has been confirmed in Ipoh South Precinct, a sizable integrated township project sandwiched between two major roads of Ipoh, Jalan Gopeng and Jalan Pasir Puteh. The agreement signing ceremony between anchor tenant TF Value-Mart, a reputable and experienced hypermarket operator, and Ipoh South Precinct developer, Team Keris Berhad, took place on May 9, 2014.

Within the 80 acres of freehold, virgin land in the southern part of the city that is named Ipoh South Precinct, there will be among others, a residential gated and fenced development, hypermarket, commercial shops and food court.

Another significant development by Team Keris Berhad which will have a great impact on Ipoh properties, the above-mentioned components of commercial and residential development in Ipoh South Precinct have already commenced construction work and will complete simultaneously by the end of 2016.

Expected to be one of the most highly appreciated developments in Ipoh, neighbouring Ipoh South Precinct are matured townships such as Bandar Seri Botani, Taman SPPK, Pengkalan, Pasir Pinji, Taman Song Choon and Rapat Jaya Tambahan, making this one of the most well-connected integrated townships in Ipoh, and a choice location for many local residents. The population catchment here is 280,000.

The first launch price of the 67 two-storey premium shop offices, directly next to the confirmed hypermarket to provide residents with a complete retail experience, is from RM538,800 per unit.

Also announced was 155 units of first-of-its-kind 3-storey basement concept super-



link residences, at a most budget-friendly price of RM448,800 and above, for a dimension of 23' x 70'.

Security features within Ipoh South Precinct Residences include perimeter fencing, intercom system linked to the guardhouse, access card entry, 24-hour patrolling security and closed-circuit television (CCTV).

All Ipoh South Precinct properties, including the first project launched here, a condominium project called Treetops Residency, are open for sale now. Early birds will enjoy a 10% discount on the price of the newly launched commercial shops adjacent to the hypermarket and shopping mall.

For more information, visit Ipoh South Precinct Sales Gallery, open daily from 9am to 7pm, or call Team Keris Berhad at +6019-7012222 or +6019-7032222.

Emily

Community

Charity Food Fair

Pertubuhan Pengurusan Pusat Jagaan 1Malaysia, Perak (Society for the Management of Care Centre 1Malaysia, Perak) held its annual charity food fair at the society's premises along Jalan Dato' Lau Pak Khuan recently. The event was co-sponsored by the Malaysia Mountain Bike Club (MMBC) who organised a charity ride to broaden the fair's scope.

The objective was to raise funds to extend the society's infrastructure to include a dormitory, a children's activity room and an open-air basketball court. It is also sourcing for funds to purchase a van.

According to its Chairman, Choong Kam Hoong, the reason they decided to work with the cycling club was to promote a healthy lifestyle to the public. The club had helped to sell coupons for the fair and, in doing so, brought in the crowd.

"There are about 500 cyclists participating in the morning ride. We're grateful to MMBC for its support," said Choong to reporters.

Some 60 stalls were operating at the fair that day. Most were either managed by the stall owners themselves or by non-governmental organisations. Items on sale were mainly food stuffs, handicrafts, clothing and knick knacks.

The launching cum flagging-off ceremony was officiated by the Deputy Minister of International Trade and Industry, Dato' Lee Chee Leong.

The Society for the Management of Care Centre 1Malaysia is a non-profit organisation established in 2012 to care for orphans and homeless kids of all races.



Sixteen children are presently being cared for at the society's home which also doubles as its base. More are expected to join once extension works are completed.

Yvette

Association Needs Help



Establishing cordial relationship with the public is part of the community-policing programme undertaken by the newly-established Department of Crime Prevention and Community Safety of the Perak Police Contingent Headquarters, Ipoh.

To start the ball rolling, the department donated a number of wheelchairs and walking frames to the Buntong Community Rehabilitation Association recently. The handing-over ceremony was held at the association's office located within the compound of the Tamil Methodist Church, Buntong recently. The department's deputy chief, Assistant Commissioner of Police S. Suresh Kumar handed over the much-sought after items to the association chairman, S. Jayagopi.

The Buntong Community Rehabilitation Association was formed in 1999. It caters for the needs of those with physical disabilities in this part of Ipoh. The association has been with the Buntong church since its formation. However, it has been told to move out as the church requires the space for its Sunday bible classes. And it has a year to do so.

S. Jayagopi is in a fix, as the grace period is fast approaching. Although he has asked for a temporary reprieve, the church is adamant that they move out as planned. The association made several applications for a new site to the state government but was turned down.

"We're grateful to the church for providing us the space but we understand their limitations. We haven't given up hope yet. I feel the state government will relent, considering our predicament," he told Ipoh Echo.

Jayagopi took the opportunity to convey the association's appreciation to the public and the Police for their unsolicited support.

"We've come a long way since 1999. We started out with only four clients and today we have some 800 registered clients, of all races and beliefs, who are using our services. Although the association receives annual stipends from the Perak Welfare Department, the Perak Turf Club and some well-wishers, the amount is wholly inadequate to cover our expenses," he lamented.

ACP Suresh responded by urging the public, and those who care, to help the association in its hour of need.

"We, the police, are not only responsible for the community's safety but its welfare too. I hope our little gesture will help bring us closer to the public, whose support and cooperation we seek in order to ensure a safe and peaceful environment," he remarked.

Yvette

Business

'Bespoke' Arrives in Ipoh

I asked Liew Yu-Wei the Executive Director of the soon-to-open WEIL Hotel whether in this age of mass production, anyone understands the meaning of the word 'Bespoke' which in the Oxford dictionary is defined as 'made to order'. For that is what they are calling the newest hotel to come on the Ipoh scene in their advertising: *'A bespoke hotel – fuelled by the desire to provide a unique experience for today's traveller'.*

"We plan to be the best hotel in Ipoh, not just in hardware as in our product but also in software as in our people," he replied. "Hence the description of 'Bespoke'. We are putting in the best of the best in decor, furnishings and fittings and we are recruiting and training the best service professionals in the hospitality industry," he added.

Scheduled for a soft opening at the end of October, the WEIL Hotel will be giving all other hotels in Ipoh some stiff competition when it opens. The WEIL hotel will be managed by WEIL Resources Sdn Bhd, a member of the Thong Fook Group under the chairmanship of Dato' Liew Sew Yee, whose late father started the Thong Thye Groundnut Factory under the popular Pagoda brand in 1945. This will be the company's first venture into the hospitality business and will serve as a flagship for other projects which the group hopes to grow into a chain.

Thong Fook whose historical roots are in the manufacturing of plastics and electronic components and best known for their Pagoda brand of peanuts and nuts, has been looking at diversification after the manufacturing arm was sold. Coincidentally at the same time, younger son of the family, Yu-Wei decided to leave his management consulting job at Accenture in Kuala Lumpur to return to the family business in Ipoh.

During their manufacturing days when their German partners came to Ipoh for meetings, they would have so many complaints about the hotels in Ipoh that many preferred to come in for the day and return to KL in the evening rather than to spend a night here. It was then that the seed for venturing into the hospitality business was sown in Dato Liew's mind when he made a promise



to his German friends of "in the future I'll build an hotel where you'll be happy to stay". This promise accounts for the development of the WEIL Hotel and their branding of 'A Bespoke Hotel'.

Yu-Wei's decision to return to Ipoh came at an opportune time and the decision to develop the WEIL Hotel was made. A Mechanical Engineering graduate from Imperial College in London, Yu-Wei has been involved with the family business in various capacities. During his time as a Consultant with Accenture (Malaysia) he had been exposed to various consulting projects ranging from business process re-engineering, system integration and outsourcing. But hotel management expertise was missing. That was when Yu-Wei decided to take a year off to do his Masters in hospitality management at EHL in Lausanne, Switzerland. This he did with alacrity and returned to spearhead the group's



first hotel.

The name 'WEIL' is an anagram (real name written backwards) of the family name. The hotel will be the first 'green' hotel in Ipoh with sustainable and energy efficient features like double glazed windows and all carpeting, wallpaper and many other items will be 'green' certified. The 313 rooms with sizes ranging from 32sq m (344sq ft) to a maximum of 65sq m (699sq ft) will all

have complimentary mini-bars, tea and coffee-making facilities and all bathrooms will have standalone shower stalls with handheld as well as rainforest showers as well as bathtubs. A Presidential Suite of 303sq m (3272sq ft) offers the epitome in accommodation.

Food and Beverage venues spanning two levels and the rooftop offers a tantalising selection of international and local cuisine. Eight wining and dining experiences await guests with a Chinese, Japanese, Western restaurant, rooftop Gastro Bar, All-Day Dining & Alfresco, Tea Lounge, Delicatessen and a Cuisine Academy take on an elevated experience where cooking demonstrations and Chef's Table dining soirees will be held. The WEIL Ballroom on Level 6 will be the ideal venue for banquets and momentous occasions while their Conference Centre located at Level 2 compliments events catered towards



Lift Lobby

industry leaders and aspiring entrepreneurs.

The WEIL Hotel will be raising the bar on leisure and relaxation with extensive facilities which includes a gym, yoga & aerobics room, spa and rooftop infinity pool. The convenience of their strategic location with a dedicated connection to Ipoh Parade Shopping Centre makes WEIL Hotel a distinguished landmark, a preferred address – the quintessential destination for business and leisure. 296 dedicated parking bays plus the ones available for Ipoh Parade will make the WEIL Hotel a convenient and attractive magnet for leisure and pleasure.

Other enticing and exciting developments in the pipeline include a Members Town Club whose details are being finalised. Watch this space for more news about Ipoh's latest 'Bespoke' hotel and its team of dedicated hospitality professionals.

SeeFoon

News

Charity Bike Ride

The Northern Punjabi Bikers of Ipoh organised a bike ride from Ipoh to Perlis, visiting Sikh temples along the way. It was also to create awareness in youths about the sins of immoral activities.

The flagging-off ceremony was held at the Gurdwara Sahib Temple, Buntong on Saturday, September 6. This was the second such ride organised by the club which was established in September, 2013. The Ipoh-Perlis ride consisted of 50 super bikers and lasted two days.

According to club president, Maninder Jit, 26, the objective of the ride was to visit temples along the route and to donate much-needed funds for repairs. They would also visit family members of a victim of the MH17 tragedy in Bukit Mertajam.

"We want more youths to join our organised rides. This is to remind them the importance of upholding and respecting our belief and that of others. We'll take this opportunity to visit Sikh temples along the way and contribute in kind," he told reporters.

Present at the morning ceremony was the Adviser on Non-Islamic Affairs, Keshvinder Singh. He said that the Perak government had allocated RM10,000 for the Sikh community for their use.

In conjunction with the International Turban Day, the bikers wore turbans instead of helmets and would travel at a much slower speed.

Yvette



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Community

DAYBREAK Carnival a Great Fundraising Success



The recently held Great Daybreak Carnival, saw thousands of people supporting the event. The fund-raising event was launched by Datin Paduka Chew Mei Fun, Deputy Minister in the Ministry of Women, Family and Community Development, and although the event started with a drizzling rain, people were seen walking around the 50 stalls that were at the venue.

There were food, drinks, exhibitions and game booths such as laser tag by Laser

Battle. Cosplayers, Star Wars characters and clowns were also seen walking around the event.

Tables were provided to the public to feast on the food that was provided at the venue. All transactions were made through coupons. Trainees of Persatuan Daybreak were also seen at the venue enjoying themselves.

Contests were held throughout the day. There were colouring contests for children, Karaoke contests for all ages and also a Street Dance competition with winners of 2013 and 2014 Astro Battleground competitions as judges. All prizes were sponsored by generous donors.

DAYBREAK which is an acronym for Disabled Adults and Youths Being Rewarded, Encouraged and Awarded in Kinta, managed to create great awareness of its charitable activities on that day and raised a total of RM450,000.

Susan



A Joyous Mid-Autumn Celebration



Meru Properties Sdn. Bhd. organised a mooncake party at The Estate in Meru Desa Park to usher in the Chinese Mid-Autumn Festival. It was held on Sunday, September 7 involving some 200 people mostly guests and house buyers.

To give those present an opportunity to better understand traditions behind the Chinese Mid-Autumn Festival, the organising team conducted activities such as the "tea-pairing presentation". This is done to determine the types of tea to drink when eating different mooncakes.

The guests were then treated to lunch and were given mooncakes and lanterns as gifts. A "buyer bring buyer" incentive was also introduced to encourage new patronage. Current buyers who recommend a successful sale will be given a complimentary free air-conditioning unit.

The celebration ended on a high note with guests all contented with the event's activities.

The Estate is the latest phase of the Meru Desa Park's development project. It has 154 different housing units consisting of double-storey and 3-storey terrace houses and double-storey semi detached houses.

The houses are tastefully designed incorporating modern features and fixtures. They are located within a gated and guarded environment augmented with a 24-hour security system.

Yvette

Instilling Patriotism In Youths

The Perak Public Library Board organised a talk by two former military officers titled, "Program Bicara Tokoh Perajurit" (Talk by Warrior Soldiers). It was conducted in conjunction with the nation's 57th Merdeka Day celebration. The event was held at the state library along Jalan Cadwell, Ipoh recently.

The two former soldiers who graced the event were Lieutenant-Colonel Dr Syed Othman bin Syed Omar (Retired) and Major Nor Ibrahim bin Sulaiman (Retired). They recounted their experiences and exploits during the height of the Second Malaysian Emergency (1975 to 1989).

Colonel Othman started his military career as a recruit undergoing basic military training at the Recruit Training Centre, Port Dickson in 1972. His leadership qualities enabled him to be picked to attend officer cadet training at the Royal Military College, Sungei Besi in 1977. He was commissioned as a Second Lieutenant into the Royal Malay Regiment.

While leading his platoon during a search and destroy mission in Gubir, Kedah Othman stepped on a land mine. Splinters from the terrorist-laid explosive damaged both his eyes causing him to lose the use of his eyesight. He soldiered on regardless and enrolled in courses to improve himself academically. Othman has written a couple of books detailing his challenges as a "walking wounded" in the army.

Major Nor Ibrahim was an active helicopter pilot in the Royal Malaysian Air Force before his retirement in 1999. He was commissioned as a Second Lieutenant into the Royal Malaysian Artillery on completion of his officer cadet training at the Royal Military College, Sg Besi in 1969. When a proposal was made to form an army air wing to assist the air force in the deployment of ground troops into troubled areas, Nor Ibrahim answered the challenge. He underwent training at the Sungei Besi air force base flying light and medium-lift helicopters.

Upon completion of the flight training and the non-formation of the much-anticipated army air wing, Nor Ibrahim was assigned to the 10th Squadron of the Royal Malaysian Air Force, which was based in Kuantan.

During his tenure as a copter pilot he was involved in many missions flying troops and supplies into some of the most hostile regions of the country then. He endured some harrowing moments when he was shot at by communist terrorists from the ground when



he approached a LP (landing point) at Bukit Berapit and Lapangan Nenering near Kroh (now Pengkalan Hulu). His copter was badly damaged but, miraculously, he escaped unscathed. Major Nor Ibrahim was awarded the Pingat Tentera Udara for his bravery.

Chairman of the Perak Public Library Board, Puan Salbiah binti Mohamed, told reporters that the purpose of this talk was to instill patriotism in Ipohites by informing them the significance of being an independent nation and the exploits of those who fought and gave their lives in defence of the country.

"Our country has gone through many upheavals. I hope Ipohites, especially the youths, understand the meaning of "Merdeka" from this talk. The sacrifices made by these two gentlemen are not small. They're the epitome of a true Malaysian warrior who gave their best for the well-being of the nation," she said.

The ceremony continued with the official launching of the programme and ended with the presentation of souvenirs to the two former military officers.

Yvette

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.

Sam Tet Brass Band proudly presents 'Harmonious Enchantment', Saturday September 20, 7.30pm at SMJK Sam Tet. For more information, contact: Huan Jen Ee **010 232 0655**, En Omar **019 577 9735**, Ng Wai Kin **012 404 3063** or Lam Chee Choong **010 464 0128**.

Malayasia Day and Onam Celebrations. The Perak Malayalee Association will celebrate the two occasions on Sunday, **September 24** at the Cultural Hall, Jalan Tun Perak (formerly Connolly Road) beginning at noon. For details call Mrs Sakuntala at **017 579 8062**.

Public Forum: Medical Management & Bridging the Gap Between Caregivers and Children with Special Needs, Saturday, September 27, 2pm to 4.30pm at 5th Floor, Dewan Anugerah, KPJ Ipoh Specialist Hospital. Speakers: Dr Wong Woan Yüing (Consultant Paediatrician); Ms Bala Swaminathan (Principle of Taarana School) and Ms Priya Menon (Perak Family Health Association) Resident Cardiologist. Enquiries, contact: Pn Aziera or Ms Sarah Toh at **05 240 8777** ext. **8111**.

Art & Colouring Contests for 4-6 years old, 7-12 years old and Open categories, **September 28** from 10am at Le Greene, Tambun. Other activities are lion dance, 18 autumn drum performance and clown entertainment. Refreshments and ice cream will be served. Free admission and all are welcome. For details and registration, call **05 253 2463** or David Chong **012 598 5043**.

Public Forum: The Asthma Action Plan, Saturday October 18, 1.30pm to 2.45pm at PCS Secretariat. Strictly for asthmatics only. Pre-registration is required for free admission (walk-in not allowed). Closing date: **October 11**. Contact: Perak Chest Society, 178-180A Jalan Pasir Puteh, Ipoh. Tel: **05 255 6302** (Ms Vasugi).

NASAM Perak 'Walk for Health' to commemorate World Stroke Day, Sunday October 19 from 7am to 10am at Polo Ground Ipoh. NASAM provides rehab therapy, prevention measures, treatment short and long-term care and support for stroke survivors. For registration call **05 321 1089** or **012 438 0185** (Jennifer).

Nature Camp for Children. The Malaysian Nature Society (Perak Chapter) will organise a children camp at Taman Herba, Papan over a weekend on **October 25 and 26**. Activities include jungle trekking, bird watching, water ecology, learning nature, importance of recycling and others. Open to all children between 9 to 12 years old. Registration closes on Monday, **October 13**. For details call Lee Yuat Wah at **017 577 5641** or email him at leeyuatwah@yahoo.com.

News

Merdeka Babies

It started out as a joke when K. Nehru Dass, 32, told his pregnant wife that they would have their first born on Independence Day, August 31. As fate would have it that dream became a reality.

T. Velliammal, 29, gave birth to their first born on that auspicious day in the delivery room of Hospital Raja Permaisuri Bainun, Ipoh. Dass joked about his wife giving birth after receiving news regarding the delivery dates from her doctor.

"The doctor predicted that I'd give birth on August 20. But when the date arrived and nothing happened, my husband jokingly told me to wait till Merdeka Day. He wanted a Merdeka baby," she said.

Dass's wife was admitted to the General Hospital on Friday, August 29. She was in pain so the nurses gave her painkillers to withstand the discomforts. At around 11pm on the eve of Independence Day, she was wheeled into the delivery room after going into labour.

Velliammai gave birth to a 2.8kg baby girl 17 minutes into Independence Day. So the couple's wish for a Merdeka baby was fulfilled.

"We'll organise a thanksgiving ceremony with our family members to celebrate this joyous occasion," she told Ipoh Echo.



Dr Saravana.K
Consultant Physician,
Gastroenterologist & Hepatologist

Digestive Health

Helicobacter Pylori Infection

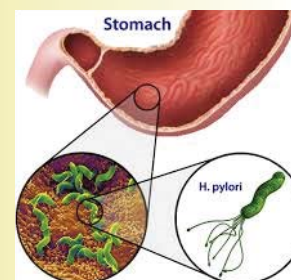
Occurs when a type of bacteria called *Helicobacter pylori* (H. pylori) infects your stomach. The bacteria may be passed from person to person through direct contact with saliva, vomit or fecal matter. It may also be spread through contaminated food or water. This usually happens during childhood.

Risk factors for H. pylori infection are related to living conditions in your childhood, such as living in crowded conditions, without a reliable supply of clean water, unsanitary living conditions and living with someone who has an H. pylori infection.



Symptoms

Most people will never have any signs or symptoms. When signs or symptoms do occur with H. pylori infection, they may include: an ache or burning pain in your abdomen, abdominal pain that's worse when your stomach is empty, nausea, loss of appetite, bloating and unintentional weight loss.



Complications

- **Ulcers.** H. pylori can damage the protective lining of your stomach and small intestine. This can allow stomach acid to create an open sore (ulcer). About 10 per cent of people with H. pylori will develop an ulcer.
- **Inflammation of the stomach lining.** H. pylori infection can irritate your stomach, causing inflammation (gastritis).
- **Stomach cancer.** H. pylori infection is a risk factor for certain types of stomach cancer.

Tests and procedures used to determine whether you have an H. pylori infection include:

- **Blood test.** Analysis of a blood sample may reveal evidence of an active or previous H. pylori infection in your body. However, breath and stool tests are better at detecting active H. pylori infections than is a blood test.
- **Breath test.** During a breath test, you swallow a pill, liquid or pudding that contains tagged carbon molecules. If you have an H. pylori infection, carbon is released when the solution is broken down in your stomach. Your body absorbs the carbon and expels it when you exhale. You exhale into a bag, and your doctor uses a special device to detect the carbon molecules. Acid-suppressing drugs known as proton pump inhibitors (PPIs), bismuth subsalicylate (Pepto-Bismol) and antibiotics can interfere with the accuracy of this test. You will need to stop taking those medications for a week or two weeks before you have the test. This test is available for adults and children.
- **Scope test.** You'll be sedated for this test, known as an endoscopy exam. During the exam, your doctor threads a long flexible tube equipped with a tiny camera (endoscope) down your throat and esophagus and into your stomach and duodenum. This instrument allows your doctor to view any irregularities in your upper digestive tract including cancer and remove tissue samples (biopsy). These samples are analyzed for H. pylori infection.

Treatment

H. pylori infections are usually treated with two varieties of antibiotics at once, to help prevent the bacteria from developing a resistance to one particular antibiotic. An acid-suppressing drug, to help your stomach lining heal would also be prescribed.

You would need to undergo testing for H. pylori at least four weeks after your treatment. If the tests show the treatment was unsuccessful, you may undergo another round of treatment with a different combination of antibiotic medications.

For more information call Saravana.K Gastroenterologist and Liver Specialist Clinic at Hospital Fatimah (05 548 7181) or email gastrosara@gmail.com.

The hospital had a total of 15 babies delivered on Independence Day. Out of which nine are girls. The babies were delivered naturally and by Caesarean. Both mothers and babies are fine.

RM

FASHION

Colourful Gemstones 'Rock' Indulgence Restaurant

The gala "Gems Galore" event was a glittering affair with over 100 of the who's who of Ipoh gathered as they sipped Moët (champagne) over a lavish luncheon. Award winning designer and entrepreneur, Amee Philips started with welcome speeches followed by a gemstone talk by the Irish Andrew Philips, a coloured-gemstone expert.

A glittering fashion show was enjoyed by all after which a charity auction was held. Amee Philips donated three sets of gemstone jewellery for the auction. They were



an amethyst convertible ring tagged at RM6,000, a citrine set with earrings and a necklace priced at RM11,100 and an akoya pearl set with earrings and a necklace valued at RM16,000.

The auction garnered a sum of RM26,500. The money was then presented to the Chief Executive Officer of the Perak Palliative Care Society, Dato' Dr Ziaudin Ahmad bin Abdul Karim.

Undoubtedly, Amee Philips shone as bright and beautiful as her jewels. Her jewelry is world class, a testimony that Malaysians are ahead of their South-East Asian competitors and stand on par in the international jewellery arena. Philips has catapulted into an elite group and put Malaysia and specifically Penang on the jewellery radar.

The collection showcased bespoke formal pieces using natural coloured gemstones as the central focal point, accentuated by surrounding diamonds. Amee's use of coloured gemstones is commendable as is her quality design and craftsmanship.

Amee Philips is one of Malaysia's foremost authorities on gemstones and jewellery. She annually judges a student design competition in conjunction with the Malaysian

International Jewellery Fair. Her jewellery has featured at New York Fashion Week and in the Rolls Royce Enthusiasts Club Year Book. Her innovative jewellery has been recognised with the Malaysia Good Design Award, and worldwide patents. Amongher personal accolades is an Entrepreneurship Award from Enterprise Asia, featuring in Malaysia's Top 100 Women Entrepreneurs list.

This was Philip's third "show and tell" event to Ipoh's jewellery and gemstone connoisseurs.

Puan Sri Pamela Regan Fox
Gemologist, FGAA, ICA, AIGS



Young Perak

Mother Teresa's Reading Shelter 5th Anniversary



Mother Teresa's Reading Shelter (MTRS) celebrated its 5th anniversary recently. Dr J. Anantham, Director of MTRS, said that the celebration was to appreciate supporters and to brief them on its activities. He added that many things have changed at MTRS but their principle of every child being cared for, educated and allowed to mature to full potential remains steadfast.

The Shelter's main activity now is to provide tuition for primary and secondary school students and is very popular among the students. The shelter continues its programmes like Kindergarden, My Book, My Pal Reading, Personal Development Sessions, Gardening & Landscaping and other one-off activities.

A charity lunch, organised earlier in the year raised a sum of RM18,000. Due to the good response this would be held annually. Guests for the anniversary celebration were entertained by a Choral Speaking performance by secondary school children.

The Shelter needs volunteers and sponsors to carry out its activities. For further details call Mary at **011 2836 6019**.

A. Jeyaraj

SMC Kalvi Yathirai 2014

Some two thousand students and parents participated in the Kalvi Yathirai 2014 (Education Pilgrimage) organised by Sri Murugan Centre (SMC) in Sri Thandythabani Temple, Lahat Road. The ceremony was held simultaneously in all twelve SMC centres in the country.

SMC Perak Co-ordinator, K. Nachemuthu explained that Yathirai brings parents and children together for education at a religious place. This is the 20th year the function has been held where prayers are conducted for students sitting for their UPSR, PT3, SPM and STPM to get good results. The ceremony is held before the public exams.

The mental and physical preparation of the student is crucial for the success of the Kalvi Yathirai. All students are requested to observe a vegetarian diet for seven days before the Yathirai so that they will be in the right frame of mind and body to receive the blessings.

The students were given motivational talks and took a pledge that they would concentrate on their studies to get good results. The parents were encouraged to provide a conducive learning environment in their houses for the students to study.

The highlight of the function was the honouring of 11 former students who have graduated and are working now.

A. Jeyaraj



Arts and Culture

Wood-Fired Ceramics

The three-day ceramic exhibition at Gallery@Sekeping Kong Heng, Ipoh from September 5 to 7 marked the completion of a joint project by 21 ceramic artisans from Malaysia and Singapore.

The project, which began with the construction of a cave kiln at the premises of Xin Fa Pottery in Jalan Kuala Kangsar in December 2013, was an effort to preserve the legacy of wood-fired ceramic art. The cave kiln, smaller in size compared to a commercial kiln, and now named Ipohgama ("gama" Japanese for kiln), was made from materials from an abandoned kiln.

With Chin Kam Peng, Xin Fa Pottery partner, as adviser, the construction of the kiln took about eight months to complete. Its first job was to fire 200 ceramic creations for 33 hours at an extremely high temperature of up to 1300 degrees Celsius.

About half of the finished artworks were selected for display at the exhibition, jointly organised by Studio Taojie Fang, Xin Fa Pottery, The Living Art and Culture Creation Art Con. It was launched by Dato' See Tean Seng, adviser to Ipoh Traditional Cultural Centre.

A photo gallery detailing the history of the project, from construction of the kiln to the production of the first batch of ceramics, was also on display.

"Hopefully, with this exhibition the public will have a better understanding on the process of making wood-fired ceramics and appreciate the beauty of this fine art," said Tan Voon Yam of Studio Taojie Fang to Ipoh Echo.

Besides preserving this traditional technique of ceramic-making, the collaborative effort helped strengthen the friendship between artisans from Malaysia and Singapore, thus creating a convenient platform for the exchange of ideas and knowledge.

Visitors to the exhibition got first-hand knowledge on ceramic-making, most of whom were exposed to ceramic art for the first time.

For further information on Ipohgama, log on to Facebook at: <https://www.facebook.com/groups/657105124380578/>

Emily



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New Snail Species Discovered in Kinta Valley



Kanthan untouched side

A new species of snail has been discovered on a hill in the Kinta Valley in Perak. The snail shell was found on Gunung Kanthan, one of the major hills in the Ipoh area. The snail has been named *Charopa lafargei* and was given this name due to the fact that LaFarge are quarrying the limestone hill.

The snail is apparently endemic to this hill and is found nowhere else in the world, and will soon be listed as 'Critically Endangered' on the IUCN Red List. The snail was described in a scientific journal published in the Netherlands in mid August, co-authored by a Dutch and a Malaysian scientist.

Four other species of fauna are also endemic to this hill, two of which are already listed as 'Critically Endangered' – the *Liphistius kanthan* trapdoor spider and another snail *Opisthostoma trapezium*. The other two are another snail and a gecko. There are also three plant species endemic to the hill. There are 9 plant species that are on Malaysia's Red List of Endangered Plants.

The hill is already being quarried by LaFarge. This means that the future of the new snail, as well as the other endemic species is in the hands of LaFarge. It is probably the first time that a species threatened with extinction has been named after the company that can determine its fate.

Gunung Kanthan is also home to a wide variety of fauna and flora including some large mammals. As the hill is totally isolated by roads, a railway, industry, farmland and housing, there is nowhere for the animals to go.

Gunung Kanthan has already been identified as one of the most important limestone hills in Perak and in a 1991 survey published by MNS, it was listed as one of the four that topped the list of hills with the greatest conservation importance. In May 2012, the Mayor of Ipoh announced that 16 prominent limestone hills, with Gunung Kanthan heading the list, were important areas for their unique biodiversity and should be protected for tourism, research and recreation instead of being destroyed by mining or quarrying (NST 2012).

So the future of this hill and its flora and fauna are in the hands of LaFarge. Currently LaFarge have made no comment on the name choice for this new snail.



Kanthan *Charopa kanthanensis* crop res.
– photo by Liew Thor Seng

Liz Price



Kanthan quarried side

Advertorial

New Ivy Show Houses

In conjunction with the launching of its new show houses on Sunday, August 31, Ipoh's premier property developer, Kinta EcoCity Sdn Bhd held a joint Merdeka Day celebration and the upcoming mid-Autumn festival at its Bandar Baru Sri Klebang grounds in early September.

The event offered a number of fun and interactive activities for visitors such as "Count the Flags and Win Contest", "Lantern Riddles Contest" and selfies with Chinese



mythical character, "Chang-Er". A lion dance performance was also on the programme.

Over 500 people, mainly residents of Bandar Baru Sri Klebang and those from the vicinity partook in the merriment to honour the auspicious occasions.

The highlights of the event were the presentation of a Redmi Note Smartphone to Beh Heng Sin, the winner of the "Count the Flags and Win Contest" and moon cake to those who signed up for new houses on that special day.

Visitors were treated to a rich variety of local cuisines such as burger, *laksa*, *pasembur* and ice-cream, hawker-style. Ten stalls, erected for the occasion, kept the crowd entertained and fed offering mooncakes, knick knacks and various merchandise.

The new 22'x75' Ivy 2-storey link houses each comes with four bedrooms, three bathrooms, a spacious kitchen, a utility room, a family room, balcony and a car porch. The houses are located within a guarded precinct named Strand Park.

Residents of Bandar Baru Sri Klebang are a fortunate lot. There are several recreational facilities available for their use such as a public driving range, a recreational park, a swimming pool, tennis courts, a gymnasium and cafe.

Yvette



Arts and Culture

A Nonya Affair

A solo Peranakan-themed exhibition, was held recently at the Sepaloh Art Centre. Themed 'A Nonya Affair' the paintings were by Sherin Ng, an Ipoh-born artist who used to have a shop in Canning Garden but is now based in Kuala Lumpur.

Sherin, who is a self-taught watercolour and acrylic artist, has a passion for Batik and Peranakan culture, thanks to her grandmother's influence. She used to be surrounded by her grandmother's beautiful fabric and embroidered lacework which bonded the two of them.

Sherin's art is based on childhood memories and experiences and using her imagination, she explores a variety of media for her expression. Sherin uses wax to complement her paintings, lending a distinctive Batik feel while accentuating the rich heritage of the culture.

With endless support from her husband, Sherin picked up painting at age 43, taking 4 years to complete 32 beautiful art pieces which exhibited at the Sepaloh Art Centre, Ipoh. Every piece of artwork is very detailed. From certain angles, the 3D effect is very evident. By observing them, one can see how much time and concentration she has committed to each of the paintings.

The displayed artworks were not for sale. However, selected artworks such as postcards by Sherin were for sale.

Susan



Wellness

By SeeFoon

Hope for Ingrown Nails



Extremely rolled nail



After 12 months, using 13 B/S-braces

A new technology is helping people with ingrown toenails relieve their suffering without having to resort to surgery. Called the **B/S-brace** Classic, the nail correction kit was developed in Germany as an alternative therapy concept for the gentle yet highly efficient treatment of ingrown toenails.

Holding US patents, the brace has been in use for over two decades. Made of synthetic fibre glass, it is ground with the aid of computer technology to a thickness of exactly two thousandth of a millimetre. The brace is applied to the affected toenail and gently lifts up the nail from either side of the nail bed as the nail grows. After the brace is fitted onto the nail, the usual nail polish can be applied and the brace is barely noticeable.

Available exclusively at Kuku Spa in Ipoh Garden South, I had the brace put onto one of my affected toenails. There was a slight pulling effect on the toe for the first two days after application and I had a second application two weeks later with a new brace. Lo and behold, after 4 weeks, my toenail no longer gave me pain on the side which meant that it was no longer ingrown. If this was available sooner I would not have undergone surgery for my big toe which was giving me excruciating pain at one point in my life 10 years ago.

For more information call Charmaine 012 512 2300 or Kuku Spa 05 545 1899.

Announcement

"Islam and Public Policy" talk by **Zainah Anwar** formerly of Sisters-in-Islam. Jointly organised by Perak Academy and Perak Women for Women Society. Date and Time: Friday, **September 26** commencing at 8pm. Venue: Syuen Hotel, Ipoh. For details and reservations call Wai Kheng of Perak Academy at **016 551 8172** or Ms Yip of Perak Women for Women Society at **05 546 9715**.

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