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ISSUE

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A Depressing Report



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Ipoh Echo is free because we want you to keep up with the news and happenings in Ipoh and Perak. This is YOUR community paper. If you wish to ensure regular delivery, tell your news vendor. It will only cost you 30 sen for delivery once a fortnight. There is no reason not to receive the Echo. We make the effort. Now you make yours. (If you have trouble with your vendor, call us.)

Mental Healthcare – Moving from Custodial to Community Care

By A. Jeyaraj



According to the 3rd National and Health Morbidity Survey (NHMS) 2006 (published 01 Dec 2008), 11.2% of the adult population in Malaysia has some form of psychiatric morbidity, with the Chinese population experiencing the highest prevalence at 31.1%; more females than males have psychiatric problems, with 55% of them females and 45% males; psychiatric morbidity is higher among the urban population than rural, 12.6% for urban population versus 8.5% for rural population; higher among those with no education or primary education, 15-16% versus 10% for those with tertiary education and it is higher among divorcees (13.6%); followed by singles (13.1%) widow/widower (12.2%) versus those who are married (10.5%).

Continued on page 2



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Champions and leaders needed to bring mental health to higher ground...

Many people have mental health concerns from time to time. This concern becomes a mental disorder when on-going signs and symptoms cause frequent stress and affect your ability to function. Signs and symptoms of mental disorder can vary, depending on the particular disorder, circumstances and other factors.

Some examples of signs and symptoms include, feeling sad or down; confused thinking or reduced ability to think; excessive fears or worries; extreme mood changes of highs and lows; withdrawal from friends and activities; detachment from reality (delusions), paranoia or hallucinations; inability to cope with daily problems or stress; alcohol or drug abuse; major changes in eating habits; sex drive changes; excessive anger, hostility or violence; suicidal thinking; an unusual drop in functioning, especially at school or work, such as quitting sports, failing in school, or difficulty performing familiar tasks; problems with concentration, memory or logical thought and speech that is hard to explain; loss of initiative or desire to participate in any activity; apathy; uncharacteristic, peculiar behaviour; rapid or dramatic shifts in feelings or "mood swings".

Sometimes symptoms of a mental health disorder appear as physical problems, such as abdominal pain, back pain, headache, or other unexplained aches and pains.

Deinstitutionalisation of Mental Health Care

Dato' Dr Suarn Singh informed that after the implementation of the Mental Health Act 2001 and Mental Health Regulation 2010 which came into operation in 15 June 2010, mental health care in the country has been streamlined. Mental health services have undergone changes away from the traditional custodial care in mental institutions towards more effective and comprehensive care in the community. The new Act legislates for the first time for residential programs and community treatment. Community mental health services are expected to grow at a faster pace with the withering of services in mental hospitals.

Facilities available for mental health care have been classified into three groups which can be run by the government or the private sector. The first is Psychiatric Hospital, where any hospital with a psychiatric ward is classified as a psychiatric hospital; the second is Psychiatric Nursing Home which provides stay-in care for patients with psychiatric conditions, including nursing and medical care, as well as therapy services and thirdly, a Community Mental Health Centre (CMHC), a non-residential centre with services for the screening, diagnosis, treatment and rehabilitation of any person suffering from any mental disorder.

Recognising Mental Disorder and Treatment

Dr Suarn said that regrettably, often when family members or friends become aware that a person has a mental disorder they go for alternative treatment and seek medical advice only when the patient is at an advanced stage. With advancement in medical science, if patients are brought in early they can be cured.

There are basically three forms of treatment: Medication; Psychological Therapy – a method in which a mental health professional and the patient discuss problems and feelings; and thirdly, encouraging social aspects – having social relationship with family, friends and society.

Primary Caregivers

The current mental health policy supports the continuing process of deinstitutionalisation, that is, the move from institutional to community care. The government is promoting families to take care of their relatives with mental disorders so that the patients can continue living in the community. This is to ensure that people with a mental disorder can live efficiently in the community.

Public Attitude towards Mental Illness

However, what hampers the progress of mental health care in Malaysia is public attitude towards mental illness. A study in Malaysia (Yeap and Low, 2009) found that 62.3% would not let others know; 61% believed sufferers are to be blamed for their own condition; 51.7% believed people with mental illness are often dangerous and violent; and 76.5% don't believe that anyone can suffer from mental illness.

Mental Illness Education Must Start in Schools

Dr Majumder stressed that our society has many misconceptions about mental disorders which in turn result in patients being stigmatised, ostracised and marginalised, including those who have recovered or are recovering from mental illnesses. The stigma associated with mental illness is still very strong and many people are shunned by society or denied jobs because of mental illnesses although they may have recovered from it.

Mental illness education must be started in schools to enable children to become aware of it. Education about mental illness and what is happening in the brain can help individuals and families understand the significance of symptoms, how an illness might develop, and what can be done to help. For example, families can learn the harmful role that stress can play in accelerating symptoms, and ways to reduce it.



Ceramics



Hospital Bahagia Tanjung Rambutan

Role of NGOS

NGOs play a vital role as advocates in bringing mental health to the forefront. To be effective, NGOs need committed and passionate champions. Strong leadership is needed to set the pace and direction, and more public health professionals should be involved as mental health advocates.



Helping a Loved One

If your loved one shows signs of mental illness, have an open and honest discussion with him or her about your concerns. You may not be able to force someone to seek professional care, but you can offer encouragement and support. You can also help your loved one find a qualified doctor or mental health provider and make an appointment. You may even be able to go along to the appointment.

Finally, just as with other medical illnesses, early intervention can make a crucial difference in preventing what could become a lifelong and potentially disabling psychiatric disorder.

Conclusion

Mental health is a huge public health burden in the world today.

1. People with mental illness experience high impairment to their role function.
2. There is still much stigma and shame associated with mental illness.
3. Not enough is being done to promote mental health.

Malaysia must invest more in mental health. Champions and leaders are needed to bring mental health to higher ground.

Link to more on page 6.

Go to page 6 for more on:

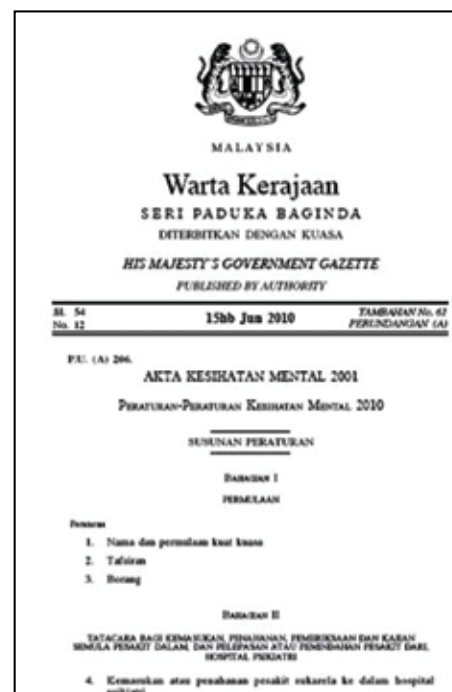
- *Mental Healthcare – Role of NGOs*
- *Where to go and who to call*

KNOW YOUR RIGHTS

As a patient in Hospital Permai Johor Bahru, you have certain rights. The Mental Health Act 2001 stipulated your rights as follows:

1. You have the right to know the reasons of your admission and detention;
2. You have the right to know the ways of discharge, leave or transfer;
3. You have the right to know your treatment plan, information about your illness;
4. The hospital will ensure that all information about you or your personal identity is kept confidential and private;
5. The hospital will respect your request for privacy and space;
6. The right to obtain adequate accommodation during your admission;
7. The right for appropriate recreational activities;
8. The right to practise the religious belief of your choice;
9. The right to communicate with persons outside;
10. The right to receive visitors;
11. The right to access to a second psychiatric opinion;
12. The right to obtain legal representation; and
13. The right to appeal to the Hospital Director, the Board of Visitors or the Director General for discharge. A reply to your appeal will be made to you within 72 hours.

Patients' rights at Permai Hospital



• From the Editor's Desk
By Fathol Zaman Bukhari

A DEPRESSING REPORT

The report by Khazanah Research Institute on the state of households is most depressing, as it is a sad reflection of Malaysians, in general.

My two thirty-something sons are in a bind. Both are married and are doting parents to a girl and a boy, respectively. They are gainfully employed and, unlike, many kids their age, do not depend on their parents for support and the proverbial roof over their heads mantra. Being financially independent, they are capable of taking care of themselves and their young families.

On that score I am fortunate. A number of my friends are not as lucky. Their extended families include their children, their children's spouses and their grandchildren – all living blissfully under a single roof.

Most are in their mid to late sixties and had held senior positions when serving the armed forces before retirement over a decade ago. They are, by definition, pensioners as they get a monthly stipend from the government, the amount a good percentage of their last drawn pay.

I have often been teased (taunted is a better word) by my retired friends, as they are not as blessed as I am. They do not "get paid" like I do.

So there are two distinct classes of oldies in Malaysia. One consists of pensioners, the other, retirees. Which of the two is privileged? That is up to your judgment. I better avoid discussing the subject, considering its sensitivity. No, not when the dreaded Goods and Services Tax is looming ominously on the horizon.

The intention of my discussion today is not about the merits and demerits of being a pensioner or a retiree. It has much to do with the state of affairs of the country at the moment. Although Prime Minister Najib Razak has painted a rosy picture of things to come, Malaysians are hardly impressed. Escalating prices of necessities are having a far-reaching effect on laymen than racial and religious tensions.

The latest report by Khazanah Research Institute on the state of households is most depressing, as it is a sad reflection of Malaysians, in general. The report highlights inequality in several areas. The poor are getting poorer while the rich are getting richer, a natural phenomenon of a classic Third World country, of which resource-rich Malaysia is one.

The report describes the spending habits of the poor and the rich. Consumers who opt for instalment payment could pay up to 50 per cent in annual percentage rate for products, such as televisions, washing machines and fridges.

"The wealthiest pay by cash, the better-off by credit based on interest rates and the least well-off choose instalment payment which they think they can afford," said the report.

"Low-income households, who have low financial literacy and limited access to credit, appear to choose financing based on the affordability of the monthly or weekly



instalments rather than the true annual percentage rate."

A Perodua Viva costing RM24,936 at an annual interest rate of 3.38% for nine years may cost only RM271 a month. The purchaser, upon completion of his nine-year obligation, would be paying RM6827 in interest, or 27.4 per cent of the car price.

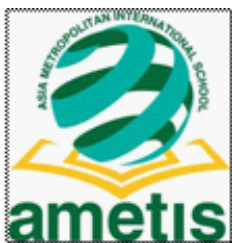
The report said that households earning less than RM3000 have a relatively low share of total household debt, but their borrowings are proportionately higher than the rest, at seven times their annual income.

"They spend most of their income and have little savings, making them susceptible to financial stress should interest rates and inflation rise," said the report.

The same applies to houses, where the repayment period has been extended to 35 years. Prices of houses in the country have virtually gone through the roof. Affordable homes, once the buzzword of the ruling party, are pure fiction. Houses, apartments and even the dingy two-bedroom flats are priced beyond the reach of most wage-earners.

Owning a house today is an elusive dream and the despondency of my two boys is fast becoming apparent. So what options do I have? "Bequeath your houses to them," said a friend. That sounds logical. But would they want to stay in Ipoh when I am dead and gone?

Advertorial



Educating Forward – With Performing Arts

"The arts are an essential element of education, just like reading, writing, and arithmetic... music, dance, painting, and theatre are all keys that unlock profound human understanding and accomplishment." – William Bennett, Former US Secretary of Education.

The 'Performing Arts' is increasingly gaining recognition as a significant aspect of a school's curriculum. Providing opportunities to participate in theatre, dance and music contributes positively to the social and emotional development of children and young adults. Some of the benefits include:

- **Developing creativity and confidence.** Being involved in drama and music encourages imaginative play, stimulates the brain and allows children to be innovative and think 'out-of-the-box'. Performing in front of an audience is a very valuable experience to develop confidence. The success of performing and receiving applause is a reassurance of achievement and self worth. It gives the performer a sense of power and will encourage a child to aim higher and give them the confidence to overcome any obstacles.
- **Exposure to art and culture.** Developing language and musical skills offers a valuable advantage for young people and creates a more liberal-minded person. This further produces sophisticated and cultured individuals who tend to be more successful in their professional work and personal lives.
- **Promoting self-discipline and motivation.** When involved in the arts, a person needs to be self-disciplined to develop healthy work habits and schedule training to be successful. The reward for dedication is the good feeling one gets from the audience's applause, which in turn keeps the person motivated.
- **Enhancing problem solving skills.** Dealing with unexpected situations and finding a solution is a skill gained from performing arts. Any performer will vouch that not all may go as planned – problems may be encountered on stage, things may go wrong and lines may be forgotten. However, the ability to think fast, keep calm and carry on is a necessary quality to acquire. Improvisation develops imagination and self-expression.
- **Improved intelligence and communication skills.** Working with music, memorising scripts and thinking about body language all helps to improve intelligence, cultivates reading and enhances communication skills. Reading, absorbing and retaining information is something many successful people advocate for triumph in the working world.
- **Promoting social interaction, cooperation and collaboration.** Performing arts promotes working together as a team as well as encouraging and developing individual talent. When a child has a part to play in a music ensemble, or a theatre play or dance production, they begin to understand that their contribution is necessary for the success of the group. Through these experiences children gain confidence and start to learn that their contributions have value even if they don't have the biggest role.

At AMETIS, learners are encouraged to be actively involved in performing arts. The annual school Christmas Pantomime this year is about the boy who wouldn't grow up – *Peter Pan*, which will be on **December 3**. Admission is by invitation only.

"The future belongs to young people with an education and the imagination to create."
– President Barack Obama.

Enrolment is now open for primary and secondary classes.
Please call **05 241 3141** or **019 388 3349** for enquiries, or visit us at www.ametis.edu.my.

EYE HEALTH – ARTHRITIS & THE EYES (PART 2)

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about RHEUMATOID ARTHRITIS affecting the EYES.

Arthritis may be a disease affecting joints and bones but that is not where the story ends. In the earlier issue of Ipoh Echo, Dr. Gill spoke about rheumatoid arthritis being a disease involving the immune system and how the body's own immune system eventually could cause eye problems such as inflammation in the eye. In a nutshell, the arthritis is actually a dysfunction of the immune system causing the joint inflammation and simultaneously leading it to attacking the tissues in the eye. The eye problems may range from mild to serious.

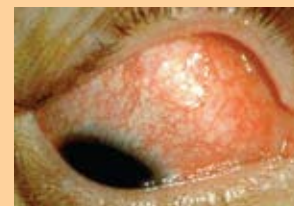


Dr. S.S. Gill
Resident Consultant
Ophthalmologist,
Hospital Fatimah

SOME OF THE ASSOCIATED EYE PROBLEMS

Discussed in the previous issue of Ipoh Echo were:

- Uveitis: Inflammation of the brown pigmented part of the eye
- Keratoconjunctivitis Sicca: Dry Eyes & Conjunctival (clear part) inflammation.



In this issue, Dr Gill talks about:

- Scleritis: Inflammation of the white of the eye.
- Glaucoma: High eye pressure that can cause blindness if uncontrolled.

SCLERITIS

This is the inflammation of the white part of the eye. The white part becomes inflamed and the eye looks red. The patient experiences pain, blurred vision and becomes sensitive to light (photophobia).

This condition can be mistaken for conjunctivitis and a patient may often start using some antibiotic eye drops only to find that the problem does not become better and may have even become worse. The scleritis is identified based on the area of the sclera (white of the eye) affected.

GLAUCOMA

The inflammation in the eye can be so prolonged and severe that it causes the drainage angles in the eye to become blocked. This does not allow the fluid in the eye (aqueous) to drain easily thereby causing the eye pressure to increase over time. High eye pressure causes blurring vision, halos around lights and glare. With prolonged eye pressure, it will eventually result in optic nerve damage. Visually, the patient starts losing vision from the periphery and this is often referred to as "tunnel vision". The peripheral vision loss can be determined by a perimetry or visual field test.

WHAT TO DO IF YOU SUFFER FROM RHEUMATOID ARTHRITIS?

Get your eyes checked annually. Be aware of eye problems that can occur because of your underlying arthritis. Watch out for them and seek professional help soon if they occur.

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

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Would you allow your underage daughter to get married?



From time to time, stories about child marriages will emerge and the details will doubtless shock you. A few months ago, a rapist in Sabah was allowed to marry his 12-year-old victim. The father received a RM5000 dowry and the crime would have gone unnoticed, but for the actions of the victim's aunt, who demanded justice for her young niece.

The shariah court rulings go against the civil courts. Why has Malaysia not banned child marriages? Under Section 376 of the Penal Code, sex with a minor is considered as statutory rape and is a criminal offence. Under civil law, sexual intercourse with a girl under the age of 16 is a crime, whether or not she consents to it.

Under shariah law, a 16-year-old Muslim girl can marry, with the consent of the religious court. Every case is considered on a case-by-case basis and exemptions are allowed for younger girls, who are below 16 years old. If she has the permission of the state's chief minister or Menteri Besar, she can also apply to get married. Why should normal, responsible parents allow the state to make decisions about their child?

In 2010, two 10-year-old girls were married off to men who were over 40 years old. There was a public outcry not because of the marriages, but because one girl had been found abandoned in a village mosque. The child's father had been offered money and was persuaded that the husband-to-be was of good character.

Child marriage is sexual abuse and legalised paedophilia. It is a violation of the human rights of the child. The exploited girl undergoes tremendous emotional and physical trauma. She stops going to school and denies herself an education. She has no access to skills and without knowledge, she is unable to secure good and stable jobs, to provide for her family and contribute to the growth of the country. Her personal freedom and growth are curtailed.

As she is confined to the house because she has to look after her children and care for her husband, she is excluded from interacting with her friends, or participating in social activities in her community.

Her husband may prevent her from refusing sex, and she could risk being infected with a sexually transmitted disease or HIV/AIDS. Her body is still developing and when pregnant, her health is at further risk from premature pregnancy or pregnancy related mortality.

Around the world, women are allowed to enjoy the right to higher education, an improved living standard, and the benefits of economic and financial freedom. Back in Malaysia, Muslim women are stuck in the middle ages, with their lives dictated not by one set of laws, but by two. To make them conform, the religious authorities may issue fatwas which further confine women's activities.

It is unacceptable for an underage girl to marry with the permission of religious officials. Why should her life and future be ruined by strangers?

We all agree that children need education, not marriage, for a good start in life. Will the government develop and implement systems to discourage child marriages?

Will there be programmes to make us change our attitudes to out-dated customs and old-fashioned practices? Who will make the first bold move, to review the shariah and civil laws, so that there is an emphasis on human rights, the rights of the child and the rights of women?

In one session in parliament, last October, there were proposals by an Opposition politician to review the law which would ban child marriages, including re-examining the shariah law which would allow 9-year-old Muslim girls to get married. That proposal was opposed by a government parliamentarian who claimed that the ban on child marriages would make some people the victims of "unforeseen circumstances".

Is marriage the answer to the problem of these individuals, some of whom may be below the legal age of marriage? Is marriage a means to stop illegitimate children

being born? When will sex education be taught in our schools? Sex education does not equate to having free sex. It is teaching children how to respect their bodies, to respect one another, and how to say "no".

Why are we hypocrites? Why do we call ourselves modern, but in our daily lives still practise medieval methods and act like we are in need of an education?



THINKING ALLOWED

by Mariam Mokhtar

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CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Speech and Language Disorder

Speech is the sound that comes out of our mouths. When it is not understood by others there is a problem. Speech problems, such as stuttering and mispronunciation can be very frustrating.

Language has to do with meanings, rather than sounds. Language is a measure of intelligence and language delays are more serious than speech problems. Language delay is when a child's language is developing in the right sequence, but at a slower rate.

Speech and language disorder describes abnormal language development. Delayed speech or language development is the most common developmental problem. It affects five to ten per cent of preschool children.

When a person is unable to produce speech sounds correctly or fluently, or has problems with his or her voice, then he or she has a speech disorder. Difficulties pronouncing sounds, or articulation disorders, and stuttering are examples of speech disorders.

When a person has trouble understanding others (receptive language), or sharing thoughts, ideas and feelings completely (expressive language), then he or she has a language disorder.

Both children and adults can have speech and language disorders. They can occur as a result of a medical problem or have no known cause.

Developmental speech and language disorder is a common reason for speech/language problems in children. This is a disorder that is caused by the brain working differently. These children may have trouble producing speech sounds, using spoken language to communicate, or understanding what is being said to them.

Hearing loss is often overlooked, and easily identified. If your child is speech/language delayed, their Intellectual ability is often affected.

Extreme environmental deprivation can cause speech delay. If a child is neglected or abused and does not hear others speaking, they will not learn to speak.

Prematurity can lead to many kinds of developmental delays, including speech/language problems.

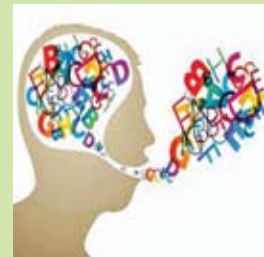
Auditory Processing Disorder describes a problem with decoding speech sounds. These children can improve with speech and language therapy.

Neurological problems like cerebral palsy, muscular dystrophy, and traumatic brain injury can affect the muscles needed for speaking. Autism affects communication.

Speech/language/communication problems are often an early sign of structural problems like cleft lip or cleft palate which can interfere with normal speech.

Apraxia of speech is a specific speech disorder in which the child has difficulty in sequencing and *Selective Mutism* is when a child will not talk at all in certain situations, most often in school.

It is important to identify speech and language problems early. Management of the speech and language disorder and its underlying cause should start soon after the problem is identified.



For more information, call Dr Shan's clinic at Hospital Fatimah
05 546 1345 or email shaniea02@gmail.com.

MUSINGS ON FOOD

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



SeeFoon Dines in Palatial Style

With the Ipoh Echo office in Greentown, I have had, on many occasions, driven past the Excelsior which in recent months has been undergoing a massive renovation. Curious to see the transformation, my steadfast Foodie friend Ginla Chew, organised a humongous meal for a group of us recently at their newly-opened Palace Restaurant.

Located on the 5th floor of the spanking newly refurbished Excelsior Hotel, the **Palace Restaurant** is cavernous, able to accommodate up to 500 people at one go. A further 500 can be seated upstairs where they have a pillarless ballroom for all functions, serviced from the same kitchen.

Our group sat down to a 12-course meal that had us totally groaning with surfeit. We began with a dainty dish of **crispy batter cups** filled with stir fried mixed diced scallops, prawns, water chestnut, carrots, celery and fish. The batter cups lent crunch to the delicate seafood and these were wolfed down with alacrity. **RM5 per cup** with minimum order of 4 cups.

The **Stewed Pork Belly** served with flower bun (they probably meant flour!) is one of their signature dishes. The pork was smooth and succulent and braised to perfection with the addition of Chinese wine – **RM33**. This was followed by the **Lamb Rack with marmite sauce**, melt-in-mouth chops coated in a sweetish marmite sauce. Unlike a lot of other places, this lamb was good quality and was tender to the bite. **RM12 per piece**. Minimum 2 pieces.



The wok-fried **Hong Kong kailan** with preserved vegetable (*mui tsoi*) was unusual and interesting, preserved vegetable lending piquancy to the *kailan's* crunch – **RM15**. The next vegetarian dish was pricey owing to its ingredients of mixed fresh mushrooms and a generous helping of macadamia nuts paired with sliced lotus root and yacon, a tuber that I was unfamiliar with but have subsequently discovered to be full of health giving benefits – **RM30**.



Baked cod with honey sauce was next on the menu, juicy pieces of omega rich cod, coated in a smooth sweetish sauce – **100g RM25**. This was followed by their stewed stuffed beancurd with seafood. This was a delectable dish of **homemade bean curd**, stuffed with a seafood melange, velvety smooth as it slides down the gullet and the seafood lending its umami sweetness to the otherwise bland tofu – **RM3.80 per piece** (minimum order 3 pieces).

Fried prawns with Batong sauce followed, the tangy *asam* or tamarind base tinged with a hint of chilli offsetting the pungent *petai* or stinky bean – **RM30**. I found the stewed chicken with special sauce a bit too sweet for my taste but it appealed to some of my other friends – **RM15**.

Finally, the **braised bean curd with golden sauce** was divinely smooth, homemade velvety goodness in a carrot tinged transparent sauce.

Certainly the Palace Restaurant in Excelsior will be taking its place amongst some of the top Chinese restaurants in Ipoh. Chef Kum Kin Mun, who hails from Ipoh, has been honing his culinary skills in Hong Kong and Singapore and is now back to wow diners here. Now if they keep their toilets in the pristine condition that I found it just after its soft opening, and maintain its luxurious decor, it'll certainly be one of the places I'll be taking my guests to in future.

Palace Restaurant

5th Floor, Hotel Excelsior, 43 Jalan Sultan Abdul Jalil, Ipoh.
Tel: 05 253 6666 Business Hours: 11am-2.30pm; 6-10.30pm

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Another popular haunt, one cannot miss this coffee shop near the Paragon Hotel. Just follow the trail of cars parked along the road. It opens for breakfast but some stalls start later for lunch; best to go early.

Here are some to try:

- **Fried Noodles** – their *Dai Luk Meen* (RM4.50), according to our 'expert', this may be one of the best (if not the best) in Ipoh. They also do Fried Rice (RM4) and other noodles.
- **Beef Noodles** – recommended with lots of 'spare parts' (innards). RM7.60 for the works.
- **Turf Club Laksa**, one of the mainstays of the coffee shop, has Siamese Laksa and *Asam Laksa* – recommended. They start at 12pm and close on Wednesdays and Thursdays.
- **Lou Kai Fan** (braised chicken rice) is recommended and there is also Chicken Rice and Chicken-pork Rice. Prices start from RM3.50.
- **Curry Mee** at RM4 is good, so is the **Pork Noodles** (RM4) and **Chicken Wine Noodles** (RM6).
- The **White Coffee** can give any reputable coffee shop a run for their money – RM1.60 for hot and RM1.80 for ice.

There is also: Jawa Mee, Pan Mee and *Chee Cheong Fun*.



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NGOs Role in Mental Healthcare Thwarted by Lack of Funding

Continued from page 2

Perak Society for the Promotion of Mental Health

Dato' Dr M. Majumder, President of the Society said that it was established in 1970 and has its own building in Batu Lapan, Ulu Kinta. She stressed that this is not a Community Mental Health Centre, but a Rehabilitation Centre which is not covered under the Mental Health Act 2001 and as such, is not recognised by the Ministry of Health. The objective of the Society is to rehabilitate emotionally disturbed persons and those with psychiatric disorders and help them to reintegrate into their communities and recover from the symptoms that have excluded them from leading productive lives; assist those who have been treated for psychosocial disabilities to gain and develop the skills and resources necessary to live in the community and to promote mental health awareness among Malaysians.

There are some hundred full-time female residents and day patients (male/female) who come on a daily basis. The patients must be recommended by psychiatrists. They have 30 full-time staff and provide social and occupational rehabilitation, counselling, medical supervision by hospital-based psychiatrists and administration of prescribed medication by staff.

The Society also runs two community homes, one in Cempaka and the other in Tambun which are financed by the fully rehabilitated residents who stay there and have full-time jobs. A supervisor visits the centres on a weekly basis.

Dr Majumder said her main worry is getting sufficient funds to run the place. They need a minimum of RM850,000 per year and from inception, a lot of administrative time is spent on raising funds. The welfare department used to give them an annual grant, but stopped doing so from this year stating that they should apply for a grant from the Ministry of Health. It would be of great assistance if more corporate bodies would provide financial aid. Till now the centre is run by the funds raised by organising various charity programmes.

In the past, doctors used to come to the centre to treat the patients, but now the patients must be taken to the hospital which incurs additional expenditure and manpower. The two vans they own are old. Dr Majumder hopes one of the well-wishers would donate a van.

The centre needs a trained psychologist, but is not in a financial position to hire one; they also need supervisors and caregivers and with their current cash-strapped position they are unable to hire trained personnel. Other issues include difficulties in getting employment for rehabilitated patients who are trained to do candle threading, plastic bag packing and ceramic projects in the centre for which they are paid.

Fees are determined by a sliding scale according to the individual's ability to pay, but many do not pay. For further information and donations call: **05 633 2167**.

Community Mental Health Centre

This centre is located in Kg Simee Clinic and was opened in July 2012. The setting up of this clinic is part of the process to move from custodial care to community care for people with mental illness. It is a day-care centre for patients with a mental disorder who have been referred by doctors. It has a staff of four including a doctor and occupational therapist. The centre is opened on weekdays from 8.30am-3.30pm.

The centre carries out screening, diagnosis, treatment and rehabilitation. The activities include, cooking, gardening, games, education, self-awareness, etc. Once a week a nurse visits the homes of the patients.

For further information call: **05 547 4203**.

The Dementia Society, Perak

Dr Esther G. Ebenezer, Chairperson of Dementia Society said that dementia is a progressive brain dysfunction which results in a restriction of daily activities and, in most cases, leads to long-term care. People with dementia suffer mainly from poor memory and orientation, limitation of concentration and later develop personality changes. Dementia is a progressive condition that cannot be cured. Medicines are available to slow down its progression.

The day-care centre was opened in September 2012 and is located at 15 Jalan Foo Choong Nyit and is opened five days a week from Monday to Friday from 9am to 3pm. It offers respite for the caregivers and stimulating activities for people with dementia. The patients are also taken out for short trips to the local museum and other places of interest.

The centre also organises support group meetings to provide opportunities for the caregivers to get together and share their experiences, suffering and pain they are going through. The main emphasis is on social interaction and exchange of practical tips. The aim is to make the caregivers realise that they are not alone in their struggle to cope with life and challenges ahead of them.



Simee Community Mental Health Centre



Entrance



Dr Majumder singing session



Their charges are affordable and based on the number of days a person comes to the centre. Transport services are available for those who need to attend the day care. For further details call: **05 241 1691**.

Befrienders Ipoh

The motto of Befrienders is "If you think you have a problem...call".

Befrienders are anonymous caring volunteers whose aim is to provide emotional support to anyone feeling despair, depressed or suicidal. They believe that everyone has the right to control his or her own destiny – they offer confidential emotional support and will help anyone of any race, colour or creed.

Their belief in providing this service is that people in trouble may need someone to talk to, in a supportive and compassionate manner when no one cares and no one listens. The main method of service is through telephone. The service is free and confidential. Nothing their callers say ever goes beyond their centre – whatever the circumstances, age of the caller or state of mind.

If a person is worried that his friend or co-worker may be suicidal, he is encouraged to get the person concerned to call Befrienders personally.

The volunteers are carefully selected and trained to offer emotional support in a crisis. Befrienders Ipoh is looking for volunteers. The centre receives more calls during weekends than normal days.

Operational hours: 4pm to midnight daily and for 24 hours on Sundays.
Call: **05 547 7933** or **05 547 7955**.

St John Community Health Centre

St John Community Health Centre provides counselling services to people with any problem. After discussions with the persons they are referred to an appropriate specialist for further consultation.

Operational hours: Tuesdays – noon to 6.30pm

Saturdays: 9.30am to noon

For further details call: **05 254 8146**.

Perak Women for Women Society (PWW)

Perak Women for Women Society provides counselling for women. It has a psychiatrist who co-ordinates a support group for women.

For further details call: **05 546 9715**.



Dolls



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Events

Theme Park Holiday Attractions



In conjunction with the year-end school holidays, a number of children-oriented activities are in the pipeline at the Lost World of Tambun theme park. Assistant General Manager, Jasmy Othman said that it will be a double celebration, as Christmas is just around the corner.

"Visitors will be entertained with a special treat from the Perak Society of Performing Arts, who will be presenting a musical called 'A Christmas Miracle'. This is in addition to street parades, which will be held every weekend as well as on Christmas Eve and Christmas Day beginning at 4.30pm.

"On Christmas Eve and Christmas Day, a special session will be held at 8pm. We'll still have our regular attractions such as Malayana Story, Tiger Feeding Show, Fish Feeding, Lost World FM and Flaming Percussion."

This time around, visitors who spend a minimum of RM300 stand a chance to win a CTric eco-friendly motorcycle sponsored by Edaran Modenas Sdn Bhd.

From December 12 to 14 Asia's first live action 3D animated edutainment cartoon characters from "Chichi and Chacha" will be on parade.

"With so many fun-filled activities in store, a visit to the theme park will be most ideal for all," said Jasmy.

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Community

Family in Dire Straits

Nur Athirah Ayu Suhardy, 16, has spent almost a year at home, lying in bed, hoping to return to school, should she recover. Her father, Suhardy Che Omar, 40, and mother Zalifah Mustafa, 37, explained that their eldest of five children underwent surgery to remove a 5-cm tumour in her head at Hospital Raja Permaisuri Bainun on October 3.

"The effect of the tumour caused Athirah to suffer from pain in her back (chronic neuropathic back pain). Three months ago, she suffered from severe headaches, was weak and nauseated. Her doctor confirmed that she had a tumour on the left of her head (left subarachnoid cyst).

"Following the surgery, Athirah's condition improved and she could lie down without pain on her back. However, she has not been able to move her left hand completely. A special implement has to be used for blood transfusion," said Suhardy when met at their rented home in Taman Klebang Restu recently.

What is more painful for the family is that Athirah's two siblings are also in poor health. Nur Ameera Aisyah Suhardy, 10, the third child of the family suffers from serious bronchial asthma since 2012. The couple's fourth child, Muhammad Airel Daniel, suffers from kidney complications, hypertension, cardiovascular disease and glaucoma in his left eye. Their health conditions have forced them to skip school.

The Suhardy family receives RM350 monthly from Majlis Agama Islam Perak to cover their medical expenses and RM450 monthly from the Social Welfare Department.

"I am grateful to these agencies as it helps cover medical expenses for my three children. I am unable to work because I have to take them to the hospital for regular check-ups. Athirah goes twice weekly while Airel needs to visit the clinic and hospital more frequently because of his many illnesses. Besides, his glaucoma is being treated at the Alor Star General Hospital in Kedah. We travel by bus for his appointments," said Suhardy.

A former security guard who was once assigned to work at a bank, Suhardy was asked to leave his job because he could not concentrate fully due to stress caused by his children's illnesses. "Luckily, my wife is still able to help support the family with her job at a nearby factory."

Readers wishing to help the family financially can do so by depositing money into Suhardy Che Omar's Bank Simpanan Nasional savings account No.: 08100-41-00011038-4.

RM



Volunteering for Better English

Twenty eight Gavel Club members from SMK Gunung Rapat had a taste of volunteer work by teaching Year 4 and Year 5 children English in five neighbouring primary schools recently. As the junior affiliate of Toastmasters International, Gavel Club aims to encourage better communication and leadership skills among its members. It is for that reason this programme was devised to provide a hands-on experience to youngsters on volunteer work and to provide a platform for them to utilise and hone their communication skills. Selected schoolchildren in SK Wira Jaya, SK Rapat Setia, SK Sg. Rokam, SK Sg. Rapat and SR Al-Hidayah participated in language games and activities, all run by Gavel Club members whose ages range from thirteen to sixteen. The brainchild of the principal of SMK Gunung Rapat, Puan Rahimah Mohamed, it is hoped that this programme will foster networking between neighbouring schools and the spirit of volunteerism amongst Malaysian youths.

For more information contact: Nur Aida Ahmad Nazeri **013 364 9490** or email: aidanazeri@gmail.com.



Thailand Tour of Hope 2014



This year's edition of Thailand Tour of Hope began from the north-east of Thailand in a town called Udon Thani. The opportunity to cycle along the Mekong and see the city of Vientiane, Laos from across the river was too great a temptation to resist. However, to get to Changmai we had to move inland and traverse some difficult mountain passes.

This year was by far the longest and the hardest of Tours. The distance was over 800km in seven days and over some of the most mountainous regions in Thailand. On certain days we had to climb over 1500m in elevation at 18-degree gradients to reach our destinations.

We went from severe heat wave of 38° Celsius to non-stop rain on certain days, which made descending the mountains extremely difficult. This took its toll on the participants and, for the first time ever, we had a record number of crashes with three participants having to leave to seek medical treatment in their home countries.

This year's library initiative was held at a village in Mae Teang, some 80km north of Changmai. It is a school nestled in the hills where the students are children of the hill tribes. As always, accessibility to the school is problematic. The foundation donated 50 bicycles. We also had the opportunity to visit our first library initiative, a school in Mae Rin about 50km north of Changmai. Here we also donated additional bicycles, as the ones donated in 2011 had fallen apart.

One plus point of this year's tour was that the organisers arranged for us to have our lunch at schools along the way. What a great relief it was having a hot meal instead of eating out of styrofoam boxes at shacks along the road sides. This gave us the opportunity to help out another school with a USD500 donation to replenish its library.

What touched me the most about this year's tour is seeing the first library built in 2011 being well maintained and utilised. Our donations have certainly gone a long way in making that difference.

Having spent eight days with 40 cyclists from different parts of the world, whom I have ridden four tours with, reinforces my commitment to continue with the tour in November next year.

If you want to read more about the tour and how you can be part of it in 2015, please go to <http://ttoh2013.wix.com/ttoh2014>.

The Tour of Hope (TOH) is an international non-profit initiative of cycling enthusiasts who come from all walks of life. They aim to convert their passion for cycling into support for the less privileged. Since 2006, they have held yearly bicycle tours in which riders raise funds for charitable causes that improve health and education.

In 2014, as in the previous years, TTOH worked together with World Vision of Thailand to build a library, along with books and computers, north of Chiang Mai so that more than 200 school children and 900 adults will have access to better knowledge. TTOH will also donate bicycles to needy children so that they can cycle to school.

Ernest Balasingam

Mosquito Breeders be Warned

Those who do not keep their compounds clean may be fined up to RM50,000 or two years imprisonment or both as it could be a breeding ground for Aedes.

Executive Councillor for Health Dato' Mah Hang Soon believed that this was a reasonable punishment in view of the rising cases of dengue in the state. According to him all parties have to work together to maintain the cleanliness of the areas around their residences, besides their own compounds.

"Health Minister Datuk Seri S.Subramaniam and I feel that this fine is not unreasonable in an effort to educate the public. Therefore, we'd like to encourage people to take the initiative to manage and keep their area clean, especially those which have been breeding grounds for mosquitoes all this while."

Mah said this while making an inspection to Lorong Pari in Lim Garden recently, together with officers from the Perak State Health Department. Present was the department's director, Dato' Dr Nordiyana Hassan. Mah hoped that property owners would clean up their respective areas, and also surrounding vacant lands. He reiterated that those who do not may be slapped with a heavy punishment according to the law.

"We hope they'll bear this in mind. Land that is left uncared for will encourage others to turn it into an illegal rubbish dumping site. Besides dirtying the place, it will be a breeding ground for Aedes mosquitoes," said Mah.

RM



All I Want for Christmas...

By Seefoon Chan-Koppen

If I believed in Santa Claus, instead of two front teeth, as in the lyrics of that song published in 1948 and made popular by a host of singers including Nat King Cole and the Platters, I would head straight for Adris Jewellers in Greentown and ask Santa for some of these.



And my letter to Santa would say:

“Dear Santa, I have been a good girl throughout the year. And I do want to dazzle my friends at the Christmas party I’ve been invited to. So please, please Santa may I have this?”

This delectably divine set is guaranteed to dazzle at any party and make all your gal pals rush to Adris. But alas, once Santa has given it to me for Christmas, that’s it gals. Its a one-of-a-kind, painstakingly handcrafted

by Adris’s team of master jewellers. So dear Santa, please grab it now before someone else does.



Ring set

“And if this first set is out of your budget, please, please Santa, how about these? Diamond Earrings set with Natural Yellow Diamonds, or the Ring set with Rubies & Diamonds and the Dangling Earrings set with two Pear Shape Emeralds of 2.05cts & Diamonds. Oooh, I DO love coloured gemstones and especially when set with my favourite white stone: Diamonds! (they are a girl’s best friend aren’t they Santa?)”



Diamond Earrings



Emerald and Diamond Earrings

So ladies and also you gentlemen, hurry to Adris this Christmas. If you get there before December 16, the sale is on and there’s a huge selection to choose from to suit every pocket. So whether you’re buying for yourself or for your loved ones Adris is the jeweller of choice in Ipoh.

“Oh well, if I don’t get any of the above from Santa, maybe I can afford to buy these for myself. Ooh, imagine this South Sea Pearl Pendant set with Diamonds showing off my décollete, or the simple insouciant studs for everyday office wear, and how I’d make the ladies green with envy with this pair of simple Diamond Dangles (earrings) to dress up any outfit.”



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News

Negara-Ku Forum

“The nation has been hijacked and we need to collectively reclaim the country,” declared social activist cum lawyer Haris Ibrahim at the *Kembalikan Negara-ku* forum held at Kinta Riverfront Hotel and Suites, Ipoh recently.

The two other panelists were Dato’ Dr Muzahid Yusuf Rawa, Chair of an anti-racism coalition Gabungan Anti-Perkauman and Stanley Yong Yew Wei, Secretary-General of KL and Selangor Chinese Assembly Hall.

The forum, organised by *Negara-Ku*, a people’s movement, was supported by local non-governmental organisations Perak Women for Women Society (PWW) and Pertubuhan IKRAM Malaysia.

Haris continued, “We found that there are no racial issues at the ground level but every time the ruling coalition feels the pressure, the race and religious card is played because those in authority want the power that is in the hands of the *rakyat*. In order to keep the power perpetually, they are prepared to sacrifice national unity. Although the power under the constitution is with the *rakyat*, we are useless if we are divided.

Forty per cent of our population is living in poverty. Therefore, we urge you to step forward and be part of this movement because if we do not collectively reclaim this nation for them, we are all going to join them at the bottom of the pile.”

Dr Muzahid was of the opinion that the biggest culprits are the politicians for fanning racial dissent for their own benefit, and the mainstream media for continuously releasing such news

in the papers and on TV, when they should help to promote the true sense of Malaysia.

Despite being a politician himself, Dr Muzahid opined, “What we need are not politicians, who only think of the next election, but statesmen, who think of the next generation. Political parties need to reform to be more inclusive to adapt themselves to the needs of the people.”

Stanley Yong believed that the

country is not moving in the right direction. He said, “Malaysians own this country. The fundamental understanding and harmony is still among our different communities. From my travels, I find that countries that are making good progress are those that value talent and merit but these values, while not lacking in Malaysia, are not appreciated.”

Negara-Ku aims to carry the message of peace, harmony and unity, through their *Kembalikan Negara-Ku* forums, to at least seven states in Malaysia. The Ipoh forum, a part of their roadshow, was their second after Malacca.

These forums serve as a platform for people to voice their concerns for Malaysia with the hope that the fragmented Malaysian race will be reunited.

Emily



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Business

FMM Perak Annual Dinner



A big turnout of prominent industrialists and guests was seen at the Federation of Malaysian Manufacturers (FMM) Perak's 46th Annual Dinner held at Impiana Hotel, Ipoh recently.

The number could be attributed to the anticipation of some important news concerning the manufacturing industry by Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir, the guest of honour.

They were not disappointed as both Dato' Gan Tack Kong, Chairman FMM Perak and Dato' Saw Choo Boon, FMM President, spoke on the very subjects which they had come to hear.

Some of the salient points raised by the hosts were the reduction in fuel subsidy, the implementation of the Goods and Services Tax and foreign labour. These would invariably drive up costs and would impact both manufacturers and consumers.

In order to remain relevant, manufacturers, they cautioned, should increase productivity, improve competitiveness, convert operations to automation and upgrade technology.

Zambry, in his speech, outlined some initiatives taken by the state government to help spur growth in Perak.

Projects in the pipeline are the creation of the District of Mu'alim (Tg Malim and Slim River), establishment of the Southern Perak Development region, construction of the West Coast Expressway connecting Taiping to Banting and making the Sultan Azlan Shah Airport more vibrant with more incoming and out-going flights. This provided some glimmer of hope for the diners.

Mementos were also presented to the recipients of the 'Top Supporters of FMM Institute Perak Training Programmes 2013/2014'.

SH Ong

New Mall in Taiping



The official launch of AEON Mall Taiping in Kamunting recently signifies the opening of the 32nd store of the retail chain in the country and in Perak, this is the fourth store following the first one in Ipoh Kinta City, then in Station 18 Pengkalan, followed by Manjung.

Chairman of Aeon Company (M) Berhad, Datuk Abdullah Mohd Yusof in his address during the launch said, "The opening of AEON Mall Taiping is in recognition of the rapid development of Taiping, and generally, Perak."

"Construction costs may have exceeded RM66 million but our mall has adopted the green concept. Responding to the call of the government to keep the earth green, we are planting 13,000 trees of various species around our building, just like how we have done at our other shopping malls throughout the country."

Datuk Abdullah believed that the opening of AEON Mall Taiping would help improve the state's economy, what with the various sales and promotions that would attract shoppers from in and around the area.

The official launch was graced by HRH Raja Permaisuri Perak Tuanku Zara Salim, who presented donations from Yayasan AEON Malaysia to welfare homes and orphanages in and around Taiping. Also present at the function was Kamunting state assemblyman Dato' Mohd Zahir Abd Khalid.

RM

Sport

Coronation Cup 2014

Cheered on by a boisterous crowd of racing enthusiasts at the Perak Turf Club, Ipoh, jockey Jose de Souza rode home horse No. 2 *Good Baby* to win the Coronation Cup that carried a purse of RM300,000 and a golden challenge trophy.

Raced over a distance of 1,600 metres on soft turf, *Good Baby*, from Golden Knight Stable and trained by Ooi Chin Chin, was two lengths ahead of its closest rival.

The most prestigious annual classic race for Class 1 Malaysian thoroughbreds aged three and older, was held on Sunday, November 23. It was inaugurated in 1985 to commemorate the installation of the late HRH Sultan Azlan Shah as the Sultan of Perak.

Earlier in the day, the Perak Turf Club Charity Cup Race was won by *Littlebitoffoy* from Mas Stable and trained by Edylyn Goh. Winning by half a length, it was apprentice jockey Amirul Ismadi's biggest win in his two-year career.

The Charity Cup, inaugurated in 1998, is raced over a 1,800-metre distance. It comes with a prize money of RM125,000 and carries a winner's trophy.

As with the Club's long-standing tradition, following the completion of the races, donations were distributed to non-governmental organisations in Perak, as part of its annual outreach programme for the needy.



This year, cheques amounting to RM193,000 were presented by Deputy Chairman of PTC Dato' Cheah Choon King to 51 beneficiaries. They included Persatuan Pemulihan Sultan Azlan Shah, Perak Society for the Promotion of Mental Health, Noah's Ark, Red Crescent Society (Perak), Vision Home, and ISPCA.

The Perak Turf Club, besides assisting charitable organisations and NGOs in the state, also responds to disasters at home and abroad, as well as lending a helping hand to deserving individuals.

Emily

Young Perak

Tiny-Tots Montessori Centres 40th Anniversary

Ipoh's Tiny-Tots Montessori Centre's 40th Anniversary Concert held at Sun Lee How Fook Restaurant recently was a success in more ways than one. It highlighted the great efforts put in by a small dedicated teaching staff under the efficient leadership of TTMC's Principal, Mrs Ong Lee Li, to ensure that the children (dressed in coloured costumes) from ages of 3 to 6 put on a creditable performance of songs and dances that enthralled the audience of parents and invited guests who enjoyed themselves tremendously.

It was a marvel that those tiny tots entrusted to announce their respective concert events could remember the speeches they had to deliver in Bahasa Malaysia, English and Mandarin.

The presence of former teachers and students who graced the event made TTMC's 40th Anniversary Concert a very memorable occasion.



Wellness

By SeeFoon Chan-Koppen

New Facility for Stroke and F.A.S.T. Detection

A new Neurology service under the capable hands of Dr Swa Beng Wei, Consultant Neurologist and Consultant Physician, has recently begun in Hospital Fatimah. Boasting the only Transcranial Doppler Sonography machine in Ipoh, combined with judicious treatment administered promptly, Dr Swa hopes to increase 100 per cent recovery rate in patients who suffer a stroke.

The key to recovery lies in quick detection and getting to the hospital in the fastest time possible. Using the easy acronym of F.A.S.T. which stands for Facial weakness, Arm raising (inability), Slurred Speech and Time to get to the hospital, patients and relatives can quickly determine if indeed a stroke has occurred and rush immediately to hospital.

According to Dr Swa, if a stroke victim gets to the hospital within 1.5 hours, one in five will have a 100 per cent recovery; between 1.5 to 3 hours, one in nine can expect full recovery; between 3-4.5 hours, one in fourteen will recover and the numbers diminish further the longer the time taken to be treated. As for the prevention and management of strokes, the two most important factors to monitor and control are blood pressure and diabetes.

And he should know, having received his MRCP UK in 2008, he completed his Neurology Fellowship at some of the most prestigious hospitals, renowned for Stroke, Epilepsy and Parkinson and movement disorder management in 2013. These are the Stroke and Neuro ICU Centre, at Massachusetts General Hospital, under the tutelage of Professor Aneesh Singhal, Stroke Director of Stroke centre, MGH, and Stroke Professor, Harvard, Boston, Massachusetts; The Cleveland Clinic at the Epilepsy and Movement Disorder Centres, Cleveland, Ohio under their respective directors.

Dr Swa is no stranger to Perak having completed his internship in Hospital Ipoh, Perak, Malaysia and worked as Medical Officer and Registrar from 2004-2008, Internal Medicine Specialist from 2008-2009 followed by a stint for one year at Hospital Taiping, Perak, before moving to Kuala Lumpur to complete his Neurology Fellowship at the National Neurology Institute and subsequent attachment to the Neurology Department at UKM. A year as Visiting Neurologist to Hospital Ipoh in 2012 followed, prior to his departure to the US for his final completion of the Neurology Fellowship which landed him at Hospital Fatimah.



In addition to managing stroke victims, Dr Swa's specialties include treating Epilepsy and patients suffering from Parkinson's disease. Fatimah's Epilepsy monitoring unit with 30 minutes electroencephalography (EEG) recording and sleep deprived EEG recording or the in-patient 24 hours video telemetry EEG recording for further diagnosis and treatment are some of the facilities available under Dr Swa's care.

Nerve issues as in exact location and severity of nerve entrapment such as carpal tunnel syndrome, ulnar, radial or common peroneal nerve entrapment also come under Dr Swa's purview as is the Sleep Study Laboratory for diagnosing *Obstructive Sleep Apnea* (OSA) vs central sleep apnea, resulting in improved sleep quality which may help to reduce high uncontrolled hypertension, cardiovascular and cerebrovascular risk associated with OSA; assist those with Insomnia, hypersomnolence (recurrent episodes of excessive daytime sleepiness or prolonged nighttime sleep), or *Narcolepsy* (excessive daytime sleepiness and sudden sleep attacks in the day).

Dr Swa also provides a *Headache and Pain* service (diagnosis and treatment programme for recurrent headache and neuropathic pain) and takes care of Parkinson's patients with medication as well as *Deep Brain Stimulation* pre-surgical evaluation.

As time is of the essence in the management of stroke, Fatimah's hospital ambulance service to transport suspected acute stroke patient from their house is available by contacting the hospital Fatimah at 05 545 5777.

Dr Swa Beng Wei
Neurology and Medical Specialist Clinic,
Ground floor, Hospital Fatimah, Ipoh.
Tel: 05 545 5777 Ext. 502/503

Arts & Culture

Orchestral Delights

It was full house at the Ipoh Town Hall on Thursday, November 13, when music lovers came together for an evening of music. Presented by BP Healthcare Group, the performance, themed *Orchestral Delights*, was a collaborative project by the Malaysian and Penang Philharmonic Orchestras.

The two orchestras, comprising 80 musicians of 25 nationalities including three 10-year-olds, embarked on a series of concerts and outreach programmes in November in northern Peninsular Malaysia, and Ipoh was one of their stops.

With Malaysian Philharmonic Orchestra Resident Conductor Cairán McAuley in the lead, the repertoire for the evening was a blend of Western classical masterpieces and local traditional music by the gamelan group from Universiti Teknologi Petronas.

The orchestras enthralled the appreciative audience with a musical splendour that included Mozart's Symphony No. 39, Strauss' Emperor Waltz, Beethoven's Egmont Overture and Mendelssohn's A Midsummer Night's Dream. Popular local tunes, namely Tanah Pusaka, Pahlawanku and Dato' Siti Nurhaliza's hit Cindai, were performed in between.

The feast of musical pleasures was made even more memorable when BP Healthcare Group presented donations to a number of local non-profit organisations and schools as part of its Corporate Social Responsibility effort. A total sum of RM36,000 was handed out to 11 organisations.

Guests-of-honour were HRH Raja Dihilir Perak Raja Iskandar Dzulkarnain Sultan Idris Shah and his consort HRH Raja Puan Muda Perak Tunku Soraya Sultan Abdul Halim.

Emily



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Education

Vocational Training

Since the establishment of vocational colleges in Malaysia, many highly competent graduates have been trained to meet the needs of the country's industrial sector.

"Karnival Jom Masuk Kolej Vokasional" organised by the Lebu Catur Vocational College was a good opportunity for PT3 (formerly PMR) students to check out where their interests lie and how to pursue them.

Executive Councillor for Public Facilities, Infrastructure, Energy and Water, Dato' Zainol Fadzi Paharudin said that for the 2015 intake, only 45,000 students would be accepted into the 88 vocational colleges nationwide.

"This is a chance for students, teachers and parents to have an understanding of courses available and the mode of enrolment into these vocational colleges. It'll also be helpful for students who are undecided on which technical field to pursue."

The carnival, which saw the participation of six vocational colleges in Perak, attracted over 700 students from 16 schools around Ipoh. It was held at the Lebu Catur Vocational college grounds recently.

Director of the college, Mokhtar Zakaria, said this to Ipoh Echo when met, "Those who graduate successfully from vocational colleges can venture into careers such as technicians in the electrical fields, both in private and public sectors. And they could also further their studies."

RM



Tourism

Royal Belum Theme Songs

'Royal Belum Belum Tercemar' (Royal Belum Hasn't Been Polluted) was selected as the winner in the Royal Belum Theme Song competition organised in conjunction with the Royal Belum International Festival 2014, which took place recently.

Its composer, Syarifah Baizura Datuk Syed Alwi, 31, took home RM10,000 in cash, along with a certificate of appreciation. Executive Councillor for Health, Tourism and Culture Dato' Nolee Ashilin Mohd Radzi presented the prize.

"This is the first time I've won in a song-writing competition. I owe this success to my father who has been supportive of my efforts in writing this song. It was inspired from his visit to Royal Belum some time ago.

"It took me just two weeks to come up with this song which reflects the beauty of Royal Belum which is pristine and unpolluted," said Syarifah Baizura (pic), who hails from Kg. Gelok in Lenggong, Perak.

Armed with a Diploma in Music from Universiti Teknologi Malaysia, Shah Alam, Syarifah Baizura hopes that this first success will inspire her to compose more songs, contributing to the local arts scene. "I presented my own composition because I wanted to express my love for Perak and its natural beauty, a gift from God."

Nolee, in her opening remarks called upon all segments of society to appreciate and preserve the beauty of Royal Belum, the crown jewel of Perak. "Tonight, we're presented with a beautiful song, 'Royal Belum, Belum Tercemar', composed by a Perakian. I hope the song would inspire everyone to embrace the beauty and uniqueness of Royal Belum."

RM



News

Cyber Crime on the Rise

Cyber crime is one of the seven identified threats to the nation's peace and stability. Of the many criminal offenses committed in cyberspace, topping the trend in Malaysia is the Filipina Love Scam. Most of the victims have been men, lured by beautiful Filipino women to video chat over Skype. Many of these men ended up having videos of themselves in various stages of undress recorded and were subsequently blackmailed.

In Ipoh, about one to two such cases per week are reported to the Ipoh office of Malaysian Communications and Multimedia Commission (MCMC). Eighty cases have already been received by MCMC Northern Regional Office from January 1, 2014, to date.

The second most common cyber crime in Malaysia is the Nigerian Scam, whereby most victims are career women above 40 years old. Some of these victims ended up being international drug mules.

Cyber bullying is the third common cyber crime in the country. It is an offense under Section 233 of the Communications and Multimedia Act 1988 which carries a maximum fine of RM50,000 or imprisonment of up to one year or both. Victims, usually teenagers, are advised to call the Helpline (Talian Nur) at 15999 to seek help.

This information was shared by Mohd Faizal bin Azizan, Head of MCMC Perak Office, at a dialogue session organised by the Perak Information Department, at MH Hotel Ipoh on Wednesday, recently.

The luncheon talk, held once a year on different topics, was one of the department's Key Performance Indicators with the objective to foster closer ties with government agencies and departments as well as with the media.

In the opening speech of department state director Muhamad Aszahari bin Abdul Rahman, which was delivered by his assistant, Yosri bin Abu Mahsin, he said that the seven threats included terrorism, human trafficking, petrol or diesel smuggling and drugs. Aszahari said, "Every citizen has a responsibility to help protect the country from these threats."

The other panelist was ASP Mohd Nor bin Kassim from the Perak Police Contingent. Having worked in Japanese and American companies prior to joining the Malaysian police force, he believed that technology-wise, Malaysia is behind first world countries easily by five to ten years.

The conclusion of the dialogue was that information and communications technology is good but it shouldn't be misused. The onus is on parents to control the usage of internet by their children.

Emily



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.

Ipoh Family History Center of the Church of Jesus Christ of Latter-day Saints Family History Week from **December 2-6** (Tuesday to Saturday) from 10am to 6.30pm daily at 12 Lorong Cheah Cheang Lim, Greentown, Ipoh (opposite Secret Garden). A photographic exhibition by *IpohWorld* will be featured along with the church's FamilySearch.org, My Family Booklet, genealogy, etc. Wira Association Malaysia will also have a display. Admission is free and light refreshments will be provided. For enquiries call **016 538 0121**.

Christmas in the Sun Tour with Juwita Suwito and Friends, **December 5**, 8pm sharp at Canning Garden Methodist Church. Admission is free. For more information, contact: Canning Garden Methodist Church **05 546 2023**; Email: cgmcpoh@gmail.com.

"Walk the Talk – Men on Board" jointly organised by Soroptomist International Ipoh and Perak Women for Women Society as part of a global 16 days of activism to stop violence against women. Saturday **December 6** commencing at 7.30am at Polo Ground, Ipoh. A number of activities are in place. All are welcome, especially the men. For details call Ms Lata **012 519 0189** or Ms Yip **012 521 2480**.

Sprout Talk, 'How to Live a Beautiful Life', Saturday **December 6**, 7.30pm at Zakka Loft, 2 Jalan Medan Ipoh 1C, Medan Ipoh Bistari, Ipoh. Talk is free to attend but participants are required to purchase a drink/voucher to support the venue host. For further information, contact: **016 391 2518**.

Fun Day with NGOs by Perak Parkinson's Association, Sunday **December 7**, 8.30am-1pm at Sekeping Kong Heng (Plan B), 75 Jalan Panglima, Ipoh. Free — all are welcome — Come and check out non-governmental organisations (NGOs) in Perak and fun stalls. Line dancing, body painting, art & crafts, clogs painting, fruits, heroes photo shoot, etc. Tel.: **05 545 5610**, **011 1640 8406** or Samuel **012 557 7682**.

Musical Concert entitled, 'Remember the Heights' presented by Ipoh Christian Chapel, Saturday **December 20**, 8.15pm at 72 Jalan Raja Perempuan Mazwin, Taman Rishah, Ipoh. Admission is free. For further details, contact Mr Chan **019 573 3020** or Mr Low **016 566 9945**. For non-Muslims only.

Asia Leadership Seminar 2015 by Sunway College Ipoh, Tuesday **January 13**, 2015, 9.30am to 1.30pm at Lost World of Tambun. Target Group: Young Leaders aged between 15-25 years old. For details call Sunway College **05 545 4398** or **019 391 2655**. E-mail: asialead@sunway.edu.my.

Ipoh Down Syndrome Centre, a non-profit making organisation, is now open for registration. Parents of down syndrome children aged between 2 months and 12 years can register their children by calling **05 546 8386** or dropping by the centre at: 2 Persiaran Bercham Selatan 27, Taman Sri Kurau, 31400 Ipoh, during office hours.



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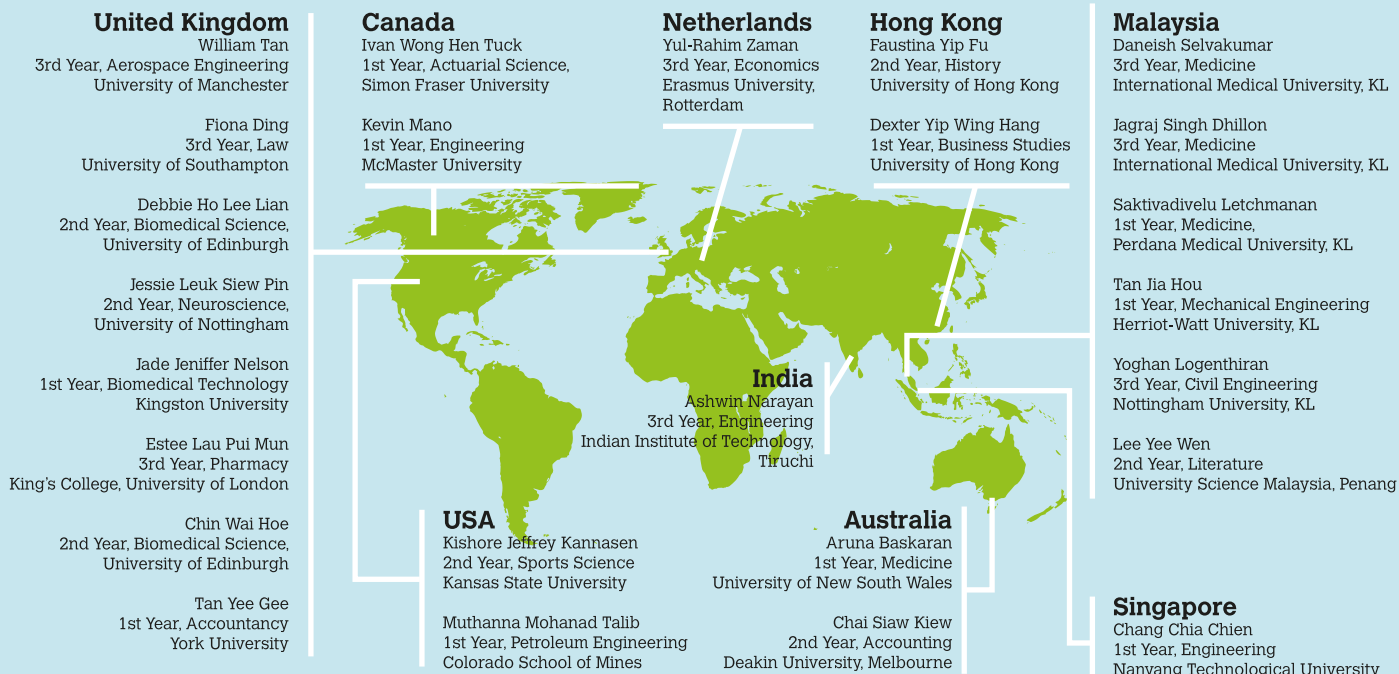
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News from Tenby Schools Ipoh

Top in the World' Award for Tenby's Sixth Former

Ashley Wong Lei Peng of Tenby International School's 6th Form, who completed her A Levels earlier this year, was recently named among Cambridge International Examinations' (CIE) "Top In the World" achiever for Thinking Skills at A2 Level. Ashley scored three A* (Thinking Skills, History and Biology) and two As (Maths and Psychology) in the CIE A2 examination.



Noted for her prowess in drama, music and debate, Ashley had been home-schooled from primary school. She won the SiWu scholarship for 6th Form entry in 2013 and has since soared to greater heights. Ashley has now applied to study History/Creative Writing at universities such as Cambridge and Durham in the United Kingdom, to name a few.

JSKL U-15 Soccer Championship 2014/2015

In the sports arena, Tenby Schools Ipoh's U-15 Boys Football Team took part in the U-15 Soccer Championship 2014/2015 organised by the Japanese School of Kuala Lumpur (JSKL). This year the boys made the school proud by emerging 2nd place overall in this competition. The team was accompanied by Mr Des Wilson the U15 Football Coach and Mr Darren Nicoll, the U18 Football Coach.



LETTERS

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

Royal Belum – Perak's Crown Jewel

The seminar on Royal Belum, held at Syeun Hotel, Ipoh on October 13 and 14, was a success. Some 200 participants from both the public and private sectors attended the two-day event aptly named, "Royal Belum Intellectual Discourse". It was organised by the Perak Tourism Association with the support of the state government. I was among those invited.

The opening ceremony was graced by Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir, Executive Councillor for Tourism and Culture, Dato' Nolee Ashilin Dato' Mohd Radzi and officials from the Ministry of Tourism and Culture. Zambry, in his opening remarks, stressed on the importance of maintaining the sanctity of the 130 million-year old rainforest, which is older than the rainforests of Amazon and Congo.

The most inspiring presentation was on the Sabah

Experience by Datuk Seri Tengku Zainal Abidin, Chairman of the Sabah Park. Although he is 71 years old, he is so energetic. He treks, dives and para-glides like a man half his age.

Royal Belum, located to the north of Perak and bordering Thailand, is considered the crown jewel of the state. It is one of the last frontiers of the world's dwindling tropical rainforest. And being in Perak, we should take pride in its existence and make attempts to care for it.

As a member of the Y's Men International, I will be writing to the International President, Isaac Palathinkal in Kerala, India informing him of Royal Belum. I hope to encourage members worldwide to visit the rainforest.

R. Letchimanan

Dog Patting and Religious Sentiments

It is heartening to read news reports that the Islamic authorities have been forgiving to the organiser of the controversial "dog-patting" event. The organiser, Syed Azmi Alhabshi, was cautioned and advised by the religious authorities not to upset the religious feelings of the Muslim community in the country. Syed Azmi, in return, had apologised for the uneasiness and anger he had caused.

Syed Azmi Alhabshi may have good intentions in organising the event but he failed to take into consideration the feelings of the majority of the Muslim community. Being a non-Muslim, I was taken aback with the event, especially when it was held at a time when we are facing several religious issues which threaten to tear our society apart.

As an ardent animal lover, I am of the opinion that

Syed Azmi should not have proceeded with the event, in the first place.

Muslims in the country are generally caring for all animals, including dogs, although they don't touch or have them as pets. If there is a need to clear any negative perceptions about dogs, hold a forum on the subject instead.

The event did more damage to the image of the poor creature, judging by the many negative comments in the social media. It was exploited by extremists to the fullest to create unnecessary animosity towards non-Muslim animal lovers.

Some events may appear harmless but they may have other implications and consequences.

Param

Arts & Culture

Remembering Yasmin Ahmad

Stepping foot into Yasmin Ahmad's gallery in Ipoh, all Mak Inom could do was shed tears. Yasmin's mother said, "Looking at my daughter's personal belongings and photographs, I couldn't hold back my emotions. It has been almost six years since she left us but we all still miss her. She never left us, just like she never left you."

Inom Yon, her husband Ahmad Hashim and younger daughter Orked were the hosts of Yasmin Museum Festival, a two-day celebration of Yasmin's legacy at her gallery, *Yasmin@Kong Heng*.

The museum was Mak Inom's dream for Yasmin and it was realised by her friends and fans who pooled their resources to establish this gallery in the Old Town section of Ipoh.

Besides immortalising and honouring the late award-winning filmmaker and advertising personality, Mak Inom hoped that Yasmin's knowledge in film, art, advertising, poetry and photography, as well as her deep insightful way of thinking would be passed on and continue to inspire new works of love and kindness.

The gallery at Old Block Apartments, which welcomed its first visitors in mid-October, is only open on Saturdays and Sundays from 10am to 4pm. Admission fee is by a minimum donation of RM3 per adult. This first curation is by Stanley Wong of Hong Kong, famously known as *anothermountainman*. As Yasmin's personal friend, he took photographs of Yasmin's personal effects as soon as she passed away. This curation on Yasmin was exhibited in Hong Kong and Shenzhen, China, prior to coming to Ipoh. The gallery will evolve over time to include additional exhibits.

During the launch of the festival, Mak Inom said, "Ipoh had a special place in Yasmin's heart. Today, I can see why. She never liked the glamour of city life. Instead, she loved Ipoh for its heritage values and the people here. And the people here loved her in return." Many of Yasmin's movies were filmed in Ipoh, such as *Sepet*, *Gubra*, *Muallaf* and *Talentine*.

Yasmin was so appreciative of the essence of Ipoh that she even built a house with an "Ipoh design" for her parents in Padang Matsirat, Langkawi.

Mak Inom was Yasmin's inspiration and role model. Despite having gained recognition and bestowed accolades for her work in advertisements and films, Mak Inom was still the first person that Yasmin sought out for feedback.

Speaking to Ipoh Echo, Mak Inom said, "Yasmin was truly a loving child and a very forgiving person. She championed racial unity in her films but was criticised by many.



It hurt her tremendously but she forgave them. Yasmin was also very generous with her ideas, knowledge and finances. People would knock at her door at all hours seeking her advice and she would willingly help. I only knew about this aspect of her when she passed away and her friends came to see me to show support."

Orked, Yasmin's muse, was very touched by the reception they received from all who joined in the celebration of Yasmin's life and work. She said, "I am so proud to be a part of Yasmin's family. She was just so talented that at this moment, no one is capable of filling her shoes."

Indeed, Yasmin had inherited her musical talent from her father, a music lecturer who composed the song "Kami Guru Malaysia" and her flair for languages from her mother, a lecturer of Bahasa Malaysia and Methods of Teaching.

"Following the success of 'Yasmin, How You Know?', we're in the midst of preparing a second book. Part of its proceeds would be used to fund this gallery."

'Yasmin, How You Know?' is a book compiled by friends and family consisting of a collection of her poetry, jokes and sense of the ridiculous. It includes her last two television scripts and is available for sale at Yasmin@Kong Heng at RM35 per copy. All proceeds go to Yasmin's favourite charity, Mercy Malaysia.

On the first day of the festival, the organisers brought together artistes to perform on stage to pay tribute to Yasmin Ahmad. One of the guests was actress Sharifah Amani, who was involved in all of Yasmin's movies.

"I remember meeting Yasmin for the first time at 3am one morning. I can't really tell why there was this chemistry between us but she told me that I reminded her of herself when she was at my age," said Sharifah.

On Yasmin's deep love for Ipoh, Sharifah recollected the first movie they filmed in Ipoh. "It was *Sepet*. I was only 17 then. I guess we all fell in love with Ipoh during the time spent here filming *Sepet*. Ipoh looked like it was trapped in a time capsule. It was real, the people were helpful. I believe that was when we set our roots here," she recalled.

On the second day of the festival, fans were treated to a series of showings of Yasmin's films, including the making of *Sepet*, *Gubra*, *Mukhsin*, *Muallaf* and *Talentine*.

Emily

Sourcing for Fresh Talents

The Department of Arts and Culture Perak held a dance festival recently with the objective of sourcing for fresh talents with the potential to represent the state at national-level competitions.

The event, opened to the public between the ages of 18 to 35, was divided into two categories. The Traditional Dance Category had ten teams participating while the Street Dance Category, eight teams. The competition began at 9am in the morning.

The participants were judged on their movements, facial expressions, showmanship and how well they performed as a team.

Guest-of-honour and Adun for Manong, Mohamad Kamil bin Shafie, told Ipoh Echo that he was overjoyed to see so many youths taking part in the festival. He was pleased that they were taking part in a healthier and beneficial activity rather than wasting time with their smartphones.

"I believe the programme would not only provide the youths the opportunity to showcase their dancing talents but it would also help develop our country's rich heritage," said Shafie in his opening remarks.

The 2014 dance festival ended with the award-giving ceremony. Bakes from the Royal Malaysian Navy was the winner in the Traditional Dance Category while Blazin Squad was the champion of the Street Dance Category. Both teams did an encore to the delight of the approving audience.



Festival Tari Malaysia is an annual dance event organised by the Ministry of Tourism and Culture since 1992. Until 1999 the festival was only opened to professional dancers. Beginning from 2000, the Ministry decided to allow public participation, widening its scope to encompass amateur groups throughout the country.

Yvette

Ipoh's Busking Corner



The newly-established Malaysian Buskers Corner (MyBc) at Kinta Riverwalk in Ipoh is set to be a platform for budding artistes to showcase their talent.

Chief Secretary of the Ministry of Urban Well-being, Housing and Local Government, Datuk Seri Arpah Abdul Razak said that MyBc is a federal initiative to assist those who are musically-inclined, especially street musicians.

Realising the positive impact that this group generates, primarily for a city's well-being, her ministry has been working with local authorities to create an avenue for them.

"MyBc will be a good place for them to showcase their talent to the public. Besides, busking will now be structured and controlled and will only be possible at selected locations throughout the country," she said at the launch of Malaysia Buskers Corner in Ipoh recently.

Her speech was read out by the Ministry's Deputy Chief Secretary (Urban Well-being), Datuk Halimi Abd Manaf. Present at the launch was Ipoh City Mayor, Dato' Harun Rawi.

Besides busking, MyBc is also a site for other art forms such as magic and animal shows. It could also be a place for the trading of items related to arts like books, musical instruments and implements. The Ministry hoped that the opportunity offered would be beneficial to local artistes.

Malaysian Buskers' Club will be the organiser of the programmes. All performers have to register themselves as "Friends of My Buskers Corner" prior to performing. The Kinta Riverwalk Busking Corner is open on Fridays, Saturdays and Sundays.

Luqman



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Arts & Culture

Programme for Cartoonists

Over 700 people visited *Pekan Kartun* (Cartoon Village) at People of Remarkable Talent (PORT) recently. According to Zarul Syed Hisham, the centre's assistant manager, the number of visitors met the target set by PORT. Organised for the first time in Perak, "Program Pekan Kartun Ipoh 2014", was a school holiday programme aimed at instilling a new interest in cartoon drawing among youths.



Pekan Kartun, a collaboration by PORT and Persatuan Penggiat Komik Malaysia (Pekomik), will be held once a month at the centre. Activities, among others, will include cartoon drawing workshops, caricature and portrait painting, comic and animation workshops, as well as the sale of comic books and related products. Animation videos will also be shown and chat sessions with professional cartoonists are also in the offing," said Zarul.

"There were 20 booths by major players of the industry, namely, Persatuan Animasi Malaysia, PTS Publication (Komik-M), Malaysian Cartoon Parade, Comicare Club, Penggiat Komik Indie Malaysia, Karikaturis, Seeds Studio, Animasia Studio and Addeen Studio.

This inaugural event in Perak also featured River Kids Studio, Stokin Tidur (Gila-Gila Fan Club), Kotakbox, Kerajaan Komik (Dr Luv, Ijoi and Meo188), Akeetoon Studio, Last Spinters, Sketches Online Store, Trilog, Malaysian Mandarin Comic Society, Inai Syadat serta Ozi Airbrushing Studio," he added.

It also saw the launching of Komik Zine 555, Komik Indie Trilog, Komik Galeri Kartunivasi Dr Luv and Lawak Sembang Binatang by none other than Datuk Mohd Nor Khalid or more popularly known as Datuk Lat.

Executive Councillor Dato' Zainol Fadzi Paharuddin said that *Pekan Kartun* is an event not only confined to talented Perakeans but to others in the country. "PORT focuses on all art forms such as dance, art, graphics, acting, music, voice and many more. The objective is to provide exposure to our artistes and highlight their respective fields."

Zainol, who officiated at the event, added that the programme was to acknowledge those in the comic industry, apart from giving new talents the opportunity to showcase their works.

RM

Wedded to the Violin



The Greentown Indian Cultural Society hosted a musical event recently titled, "Wedded to the Violin". It was a violin solo by Viidushi A. Kanyakumari from Chennai, India and was held at the ballroom of Impiana Hotel, Ipoh. Accompanying her were Vidwan Prasad, Vidwan Amrit and Vidwan Anand from Mumbai and Chennai, respectively. Some 280 Indian classical music lovers attended the Ipoh show.

Viidushi A. Kanyakumari is an internationally renowned Carnatic violinist. She is also an innovator and organiser of Carnatic instrumental ensembles. Her extensive experience, spanning over four decades, has earned her an enviable place in the field of classical Indian music.

She is the first female violinist to have performed non-stop for 29 hours in 1988. Among the awards she has won over the years are, Kalaimamani from the Government of Tamil Nadu; Ugadi Puraskar from the Government of Andhra Pradesh; TTK Award from the Music Academy, Chennai.

"The success of this show is a boost for the image of our society, as it's one of the top-notch events organised since its formation ten years ago," said society president, Subian Singam, to Ipoh Echo.

The society plans on hosting more high-calibre shows for the benefit of Indian music lovers in the city.

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- ✓ home security system
- ✓ residence access smart card system

SHOW HOUSE OPEN FOR VIEWING
SALES GALLERY OPEN DAILY : 10.00AM - 6.00PM



FOR ENQUIRIES

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Developer : YOON LIAN REALTY SDN BHD (30704-W)

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SALES GALLERY

No. 62, Lorong Bercham 19,
Taman Bercham Utara, 31400 Ipoh,
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• Developer's License No : 1596-13/08-2015/0483 • Validity Date : 21/08/2013-20/08/2015 • Advertising Permit No : 1596-13/08-2015/0483 • Authority Approving Building Plan : Majlis Bandaraya Ipoh • Building Plan Approval No : OSC(031-A)/L/B/1/6/162/13 • Tenure of Land : Freehold
• Land Encumbrances : NIL • Total Unit Link Bungalow : 6 Units • Total Unit Cluster Semi-D : 84 Units • Expected Date of Completion : December 2015 • Selling Price Link Bungalow : RM808,800.00(min) - RM860,800.00(max) • Selling Price Cluster Semi-D : RM550,800.00(min) - RM771,800.00(max)