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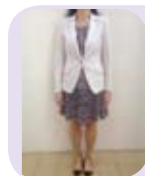
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ISSUE **211**

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Black Gold in Gopeng

By Ili Aqilah, Nantini Krishnan & Tan Mei Kuan

Tin miners of yore would have been very surprised if they were told there was gold in Gopeng. And wondering what they had missed. Yet there behind a high crenellated wall designed to resemble the Great Wall of China, sits the Gaharu Tea Valley, on 300 acres of land planted with Gaharu or Agarwood trees, known as the 'Wood of Gods' or more commonly, 'black gold'.

Gaharu is the resinous, fragrant and highly valuable heartwood produced by the *Aquilaria* tree which has been widely used by the aromatic industry. When the trees are infected with mold, it begins to produce an aromatic resin in response to this attack. As the infection grows, it results in a very rich, dark resin within the heartwood. The resin is commonly called *gaharu*, *jinko*, *aloewood*, *agarwood*, *pokok karas* or *oud* and is valued in many cultures for its distinctive fragrance, and thus is used for incense and perfumes and medicine. And hence the name 'black gold'.

Continued on page 2



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Emperors, royal families, noblemen and the rich used it for medicinal purposes

Gaharu Tea Valley Gopeng is the only organic plantation with 300 acres of the species 12-in-1 *Aquilaria* spp. trees. Due to its uniqueness, this special species of Gaharu has been aptly coined as HOGA (Holistic Gaharu).

There are seventeen species of Gaharu such as Subintegra, Crassna, Malaccensis and Baillonil and many more. The special species of 200,000 Gaharu trees planted here in the Gaharu Tea Valley coupled with other surrounding natural scenery has made Gaharu Tea Valley Gopeng a main tourist attraction.

History

The Founder and Chairman of Gaharu Tea Valley Gopeng is David Ho Kwan Meng. David Ho was an excavator supplier before starting the Gaharu plantation. He instinctively knew that a Gaharu plantation has a huge market potential and high commercial value based on research and statistics and he decided to plant Gaharu seedlings.

David learnt about Gaharu during his elementary school days when his school teacher used to tell him stories about how the Chinese emperor sent his ambassadors to Southeast Asia to look for Gaharu. This left a deep impression on David and later on recollecting this childhood story, David took the plunge, diverted his career path and started a Gaharu plantation with the recommendation of a Japanese researcher.

This Gaharu researcher who was from a generation of Japanese imperial doctors, succeeded in studying the pollination of Gaharu species and his new technology needed suitable soil to grow the quality Gaharu. This same researcher came to Gopeng and brought along 200 Gaharu seedlings. Fortune smiled when David met the researcher by chance and thus began the Gaharu Tea Valley Gopeng. However, it took fifteen years before the seeds could be germinated and it was by dint of sheer hard work and determination that the Gaharu Tea Valley is the flourishing business and main tourist attraction that it is today.

Parks and Attractions

For the best experience in HOGA, visitors are advised to purchase the tour ticket at HOGA's ticket counter. Only HOGA's official vehicles are allowed to be used to go around the valley including the parks and other attractions.

1. Gaharu Great Wall

Following the same purpose of having a strong wall like the Great Wall of China, HOGA Gaharu is surrounded by a 3m high, 6m wide strong concrete wall and it is built to protect the 300-acre land from possible intrusion. Upon climbing up the wall, visitors will get a chance to see the full view of the lush green of HOGA hill.

2. Hugging Park

While enjoying the green view of Gaharu Tea Valley, guests are encouraged to spend some time at the hugging park. Drawings of pandas, tigers, orang-utan, cats, dogs and birds are painted on the trees by local artists and guests are allowed to take as many pictures as they want. The name 'Hugging Park' was given because of the auspicious custom of hugging trees, especially the Gaharu and has been practised in Middle Eastern culture.

3. Lovers' Park

In the midst of Gaharu trees, lie a park called the lover's park. The main attraction? Two huge trees intertwined with each other in the middle of the park. It is said that lovers who make a love oath under the tree will be blessed with everlasting romance. The park is decorated with pink-coloured flowers and romantic decorations that will definitely spark some romance between couples.

4. Viewing Stage

Guests who wanted to see another side of the 300 acres of Gaharu trees would love the view on this three-storey viewing stage. The wall of this stage is painted with 3D drawings where guests can enjoy taking photos. The third floor is still under progress and hopefully will provide another fun attraction like the rest.

Medicinal Value of Gaharu

Breathing the fresh air in the 300-acre Gaharu plantation is believed to be good for health. Invaluable negative ions released from the 200,000 plants' branches, leaves and flowers help disinfection, removal of fatigue, stimulate the autonomic nervous system, promote emotional stability, and prevent organ diseases. In addition, Gaharu aroma can stimulate the central nervous system and balance emotions.

The use of Gaharu, also known as Black Gold, harks back to as early as 600 AD



in various kingdoms of the world. Emperors, royal families, noblemen and the rich used it for medicinal purposes. Gaharu incense is said to have a calming effect and can increase body energy. It is also an important component of traditional Chinese and Malay medicine. As early as the 8th century, Muslim and Indian traditional medicine dispensing records showed that Gaharu was used as incense.

The protected tree is claimed to adjust one's

magnetic field, defusing negative energy and can bring endless inspiration. The hybrid Gaharu trees can make 36 types of products such as Gaharu tea, Gaharu oil, Gaharu chips, Gaharu cookies, Gaharu tea leaf eggs, Gaharu ice cream, Gaharu cosmetics, Gaharu noodles and anti-cancer medicine to name a few. All are available at HOGA Deli and HOGA Mart.

HOGA Gaharu Tea is made of fresh leaves and foliage from the finest quality Gaharu trees which are uniquely cross-bred. The end product is a result of stringent quality control using special technology. Because of the unique formula in HOGA Gaharu tea, the method used in harvesting the leaves and the process of making are also different. Unlike harvesting other types of tea leaves which is plucking the foliar buds from the shoots, two-year-old branches and leaves are cut down before separating them manually. The branches and leaves will then mix with other Gaharu leaves and branches from trees of more than 15 years old, followed by the cleaning and sterilising process.

HOGA Gaharu Tea is formulated according to the ancient royal medicinal record which is able to help maintain the balance and harmony of our body system. Therefore, it is for long-term consumption. Tastes mellow and sweet, HOGA Gaharu Tea is processed without fermentation, preservatives, colouring and it is caffeine-free.

The Gaharu Tree leaf contains high levels of anti-aging, anti-cancer properties which scientific research has identified as Androsterone, Decanoic acid, Vitamin E,

Demecolcine and Tranylcypromine and many others. The leaves have been traditionally used for strengthening the heart, reducing blood sugar, lowering blood pressure and stabilizing the nervous system. Gaharu Tea helps to improve sleep, is anti-aging, promotes beauty, eliminate flatulence and expels oils.

Drinking the tea regularly would improve the urinary system, help maintain youthfulness and maintain the body's immune system. The tea is suitable for all men and women of all ages.

Well, an ounce of prevention is worth a pound of cure!

Opening hours of HOGA Deli and HOGA Mart: 9am-6pm everyday



DRESS CODE CONFUSING

It is not about imposing one's will on others. It is about accepting diversity as a way of life – baju kurung, cheongsam and saree, notwithstanding...

What was supposed to be a normal day for Susan, a corporate affairs executive with an Ipoh-based private hospital, turned sour when she was turned away by a security guard. The incident took place near the lifts at Ipoh City Council building, a public place by any definition.

Susan's fault was wearing an attire deemed unfit when visiting or when 'doing business' at government offices or agencies. Ipoh City Council is considered a government-owned entity, no argument about that.

So what is so wrong or unfit about her attire? She was wearing a knee-length black-striped skirt with a greyish coat like executives do. The dress, to my mind, is neither *menjolak mata* (eye-popping) nor figure-hugging, which could excite any normal male.

Upon questioning as to why her attire was considered 'unfit', the guard directed Susan's attention to an A4-sized poster pasted on the wall nearby. The poster depicted a picture of a man and a woman. The man was dressed in shirt and long pants while the woman was in *baju kurung* with *tudung* (headscarf). "That's the dress code," he said tersely.



Susan was mystified. Did the guard, in his simplistic mind, think that a *baju kurung* with a headscarf is the right attire for every woman visiting the Council's offices? Did he expect non-Malay women to wear *baju kurung* and head scarf too?

This is laughable. How could a simple guard decide what is okay and not okay with a woman's attire? Have we degenerated into a society that judges women disparagingly? Or was it an isolated case involving an overzealous security guard on the payroll of Ipoh City Council? A guard who interprets orders the way he sees fit.

Ipoh City Council is a public place frequented by Ipohites who are either there to do business or to pay bills and compounds. They are not there on

social visits, mind you. So being a public place, a confusing and 'demeaning' public notice is definitely improper and impolite, to say the least. Doesn't it matter anymore to the higher-ups that a wrong message, given at the wrong time and place, will have a negative impact on image and perception?

Susan, God forbid, will now think twice about going to Ipoh City Council to do business. She will, and this is only expected, find ways to avoid going there. Not with the confusing poster on the wall and an equally confused guard on duty.

According to many, Ipoh City Council is not the only place where they are being turned away. At almost all government offices in town, be it at the Urban Transformation Centre, the State Secretariat Building and the Meru government offices, they face similar treatment.

Granted that some are poorly attired, as they are not too well-versed in the habits of the well-heeled, but imposing upon a multi-ethnic society a dress code that is peculiar to one race and one religion is definitely in poor taste.

Susan may have opened a Pandora's Box of misdeeds and mystics, which have been impacting Malaysians for too long. Many are too reluctant to talk, preferring to remain silent and accepting their fate as something predestined. That is not the way.

The spirit of 1Malaysia, if it is still applicable, is not about imposing one's will on others. It is about accepting diversity as a way of life – *baju kurung*, cheongsam and saree, notwithstanding.

Joint Action Group for Gender Equality (JAG) presents

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For more info please call Perak Women for Women at 05-5469715

EYE HEALTH

FLOATERS

In our continuing series on Eye Health, Fatimah Hospital's Consultant Eye Surgeon Dr S. S. GILL talks to us about seeing **FLOATERS** due a condition called **VITREOUS DETACHMENT**.

Our eye is filled with a firm gel like substance called *vitreous humour*. This gel maintains the eyeball shape and supports the retina. This vitreous gel that appears clear and transparent is actually made of up of fine fibres that are intertwined in a complex network. As with everything else, things can start changing as we age. The vitreous fibres can slowly pull away from the retina because the gel starts to shrink and become watery. This is called *vitreous detachment*. The eye doctors often refer to it as *Posterior Vitreous Detachment* or PVD. Thankfully, it is not sight threatening in most instances.

WHEN DOES PVD HAPPEN

PVD may occur anytime between the age of 50 years to 80 years. It is commonly seen earlier in the short sighted individuals. It may start in one eye and then gradually occur in the fellow eye.

APPEARANCE OF FLOATERS

The PVD is usually seen as floaters that appear as 'cobwebs' or dot-like specks that float around and is most noticeable when you look at a plain bright surface. The floaters dart around as you look at objects and sometimes may be mistaken for some flies hovering around. The floaters may be preceded or accompanied by a sensation of seeing bright flashes of lightning like streaks.

WHEN IS PVD A PROBLEM

In most cases, PVD is physiological and is not sight threatening. It will occur whether we like it or not and will vary in its intensity of symptoms from person to person. PVD is actually physiological and can be likened to 'menopause of the eye'.

Rarely, the vitreous fibres may pull so strongly on the retina (nerve) of the eye and cause a tear or hole in the retina of the eye. Should this occur, you may see a sudden shower of floaters which may or may not be preceded by seeing flashes of 'lightning streaks'. Sometimes the vitreous may pull on a blood vessel and cause a shower of red floaters (blood).

In any case, a tear in the retina may ultimately cause retinal detachment which can cause sight threatening vision problems. If you do experience a sudden large increase in floaters or an increase in flashes of light in your peripheral vision, you should have a proper eye examination done.

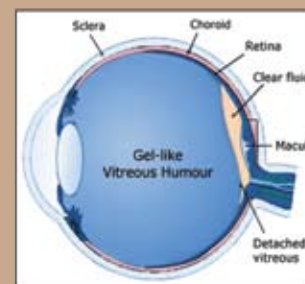
TREATMENT OF PVD

PVD does not need treatment because it is a harmless physiological occurrence, much like the eye undergoing 'menopause'. It will happen to all of us at some stage or the other.

The only fear is when the process of liquefying of the vitreous gel pulls on the retina causing a tear or retinal bleed. In order to be sure that it is a natural physiological process, get a dilated pupil eye examination done should you experience any of these symptoms.



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



Dream Of A Healthier Life

Old

High blood pressure, High Cholesterol, Diabetes, Legs not strong, urinary tract infection, sleep disorders, insomnia, hormone imbalance, menstrual pain, chest pain, backache, shoulder pain, arthritis, headache, migraine, hair loss, water retention problem, dizzy, gastric, dry skin, difficult in digestion, sensitive skin, irregular heart beat, heart burn, growth in breast.

Dreams

Enjoy a family life. To become a runner, a mountain biker, a dancer, a singer, a scuba diver, a racer, involve in martial arts, enjoy music, kayaking, windsurfing, boating, hip hop dancing, gardening, racing, yacht cruising, swimming, skateboard, sky diving, parachute etc.

Seminar details:-

Date : 16 & 17 May 2015 (10.30am-1.30pm)

Venue : Banyan Spa

40, Jalan Raja Dihilir, 30350 Ipoh Perak.

Contact : 05 - 2426 866/ 012 - 5073 866 (Ms Denis Eng / May)

16-05-2015 (For English Session) | 17-05-2015 (For Mandarin Session)

Seats are limited. Free Admission.



Banyan Spa



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Greentown 2, Greentown
Business Centre, 30450
Ipoh Perak Darul Ridzuan.
Tel: (605) 249 5936
Fax: (605) 255 2181
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

FREELANCERS

A. Jeyaraj
Emily Lowe
Serena Mui
Susan Ho

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Alam, Selangor.

USEFUL CONTACTS

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Ruth: "Ipoh is very special"

The word Iversen is a household name again, just as it was in the 1950s and 60s, but for completely different reasons.

In post war Malaya, Berthel Michael Iversen rose to prominence, as the Danish architect who helped rebuild war-torn Malaya, with prefabricated houses, and grand buildings throughout Malaya and Singapore, many of which remain to this day.

Last month, his daughter, Ruth Iversen Rollit, embarked on a tour to launch the book 'Iversen: Architect of Ipoh and Modern Malaya'. Her book tour covered Penang, Ipoh and Kuala Lumpur, finishing in London, where Ruth resides.

In London, the launch was hosted by the eminent British architect, Sir Terry Farrell. The guests were mostly people who treasured Malaysia's heritage and culture. Malaysia's foremost harpsichordist, the Oxford based Dr. Ng Kah-Ming was present, as was Dr. Annabel Teh Gallop, the curator for South East Asian Studies at the British Library, along with many Ipohites and Penang grandees, as well as representatives from The New Straits Times and TV3.

They came, to listen to Ruth, and her publisher, Khoo Salma Nasution from ARECA books, talk about the heritage of Malaysia, and the challenges they face in its preservation.

When The Ipoh Echo caught up with her, in London, a jubilant Ruth said, "I feel so much joy and pride in knowing that people would get to know or remember my father who had done so much for Malaya and Malaysia. Pride that I had achieved my long dream, and gratitude to Salma, my publisher and her wonderful team."

Iversen the book, had taken 6 years to come to fruition. She said, "I spent a lot of time locked away in the top room of my house, and enjoyed every minute of it, and hope that I behaved just like normal."

Despite a grueling three week tour of Malaysia for the Malaysian chapter of the launch, each city threw up a different experience.

"Penang was the first, and so exciting. I knew many of the people there.

"Ipoh was very special, being my hometown with many old friends and held in a most wonderful venue: The Sarang Paloh Event Hall, a beautifully restored OCBC Bank in Hugh Low Street. It is also a newly opened hotel and restored to perfection.

"KL was magical and the launch was at the Residence of the British High Commissioner. Her Excellency Vicki Treadell, is an Ipoh girl. Her father Rex Jansz was at Grenier's in Station Road, the same street my father had his office."

Ruth shared her personal ties with the High Commissioner; "Vicki's mother was Chinese and a great seamstress. She made my wedding dress in 1962. Vicki went to school in UK and joined the Foreign Office. Her first posting as a 21-year-old girl was to the British Embassy*, in Pakistan where she worked in my husband Philip's huge Immigration Section.

"When we met, I wrote to her parents, and promised them I would look after their young daughter, whom I had known since she was three years-old."

Ruth described why the British High Commissioner had hosted her KL launch, "After she met the chairman of the British Malaysian Society (UK), when he visited KL, Vicki wrote to me and offered to launch Iversen at her residence."

Ruth said, "In Penang I met three of my father's apprentices from the 60's. I met the architect who had taken over his business when the firm closed, in Penang. I met people who live in Iversen houses and who love their homes.

"I met so many people I knew before, that it was like coming home. I cannot remember all the names, but it was overwhelming and a total joy.

"In Ipoh the people who remembered him and had met him, like William Toh's father and the Yee family, came.

"In KL, I met Ahmad Merican, formerly of Radio Malaya, in Federal House when it was first built. I met many old friends there, like Valerie Albakri, architects Ken Yeang and Lim Take Bane, the number two from the Danish embassy and some friends who had flown in from Bangkok and Singapore."

Iversen painted many landscapes, some of which hang in Ruth's London residence. Her favourite is the one of 110 Tambun Road, her former home. She expressed

sadness that the Ipoh of today is filthy, unlike the Ipoh of her youth.

Her poignant message to Ipohites was; "Treasure the wonderful heritage of your city, and do not demolish your past. Tourism is the largest industry, but tourists do not want to come and look at a town that is a poor imitation of Shanghai, Chicago or any other place on earth."

When asked if she had plans for a second book, Ruth was emphatic, "No! I am too old and still have so many other things to do."

Proud that her father will be remembered as one of the pillars of modern Malaya/Malaysia, and thankful that her labour of love is accomplished, she described the day of publication, "After a long flight from London, I went to bed with a huge smile on my lips."

(*When Pakistan left the Commonwealth)



CHILD HEALTH

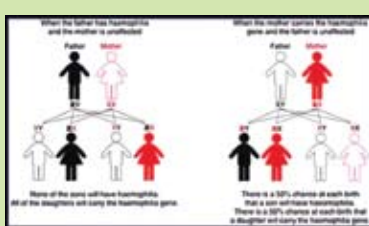
Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

**WORLD
HEMOPHILIA
DAY**

Haemophilia The Royal Disease

April 17 is World Haemophilia Day. It is a day observed internationally since 1989 to increase awareness and understanding of haemophilia and other bleeding disorders.

Most of us would have heard of haemophilia due to its royal connections. Queen Victoria's son, Prince Leopold, Duke of Albany had haemophilia. Although only two of her daughters passed the mutation to various royal houses in Europe, it is not surprising that haemophilia was called 'the royal disease'. So, what is haemophilia?



Haemophilia is an inherited lifelong bleeding disorder. It is due to absence or deficiency of clotting factor VIII or IX in the blood of the individual. The individual lacking clotting factor VIII is said to have Haemophilia A and those lacking clotting factor IX is said to have Haemophilia B.

This is a rare disorder; about one in 10,000 are born with Haemophilia A and 1 in 50,000 with Haemophilia B.

The haemophilia gene is passed down from a parent to a child. The genes for Haemophilia A and B are on the X chromosome. The X and Y chromosomes determine the sex of the child. Thus, the inheritance of haemophilia is sex-linked and to be specific X-linked.

Men have one X chromosome thus if they inherit the affected X from their mother they will have haemophilia. Women have two X chromosomes, if they inherit the affected X chromosome from their mother or a father with haemophilia, the effect is balanced by the normal X chromosome. However, as they have an affected X chromosome they become a carrier and can pass it on to the child.

When the mother is a carrier and the father is normal, there is 50% chance of their son having haemophilia and 50% chance of their daughter being carriers.

In individuals with haemophilia, due to the lack of clotting protein VIII or IX, depending on the severity, the process of blood clotting is very slow or does not occur. Thus they have prolonged bleeding following trauma, pulling teeth or surgery. Those with severe haemophilia have spontaneous bleeds and profuse bleeding following minor trauma. Spontaneous bleeding occurs mainly in the joints and muscle. It can also happen in the brain and other organs. Severe complications can arise from repeated spontaneous bleeding.

A diagnosis of haemophilia is made from a history (of prolonged bleeding and spontaneous bleeding including family history of bleeding disorder) examination of the child and specific blood tests.

Bleeding episodes are treated with Factor Concentrates (Factor VIII or Factor IX). In joint and muscle bleed, along with the Factor replacement, the child is advised to Rest, apply Ice Compression and Elevate the affected limb (R.I.C.E.). Once the bleeding has settled they need physiotherapy to improve the function of the joint/muscle. In serious bleeds such as intracranial bleed they will require hospitalisation and treatment.

Factor Concentrate, traditionally has been human plasma derived. In the recent years, it is being replaced with the safer recombinant factor concentrate. Older children with haemophilia and parents of younger children with haemophilia are trained to self infuse the factor concentrate.

Children with haemophilia can exercise and participate in sports. Exercise prevents bleed. Strong muscles protect the joints and prevent spontaneous bleed into the joints. These children can safely participate in walking, swimming, cycling and badminton. Contact sports are not encouraged.

The current trend is for children to be on prophylaxis factor concentrate as this reduces the episodes of bleed and allows them to lead a near normal life.

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



MUSINGS ON IPOH FOOD

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



SeeFoon Gets The Freeze on Sweet Sour Pork

Sweet Sour Pork on ice? Surely not I said, incredulous at the thought. But sure enough, there it was on the table in a basket, each mouth sized morsel glistening, on a bed of ice cubes, topped with lemon slices.

Aside from whimsical molecular cuisine from Simon Lee at Citrus Wine and Dine, this had to be one of the more unusual Chinese dishes I have ever encountered in my entire culinary adventure in Ipoh. Some of my friends wrinkled their noses in disdain at the mention of it but in reality, the taste was actually quite spectacular. If you like cold food that is. And I do....always being scolded by friends and family for my love of too much ice in my drinks and eating too much cold food by my Ayurvedic doctors. Now I can indulge behind their backs!

Iced sweet and sour pork is even crunchier than its warm cousin and this version at the **Mandarin Kitchen** appealed to my taste buds....not too sweet and not too sour, with just the right blend of flavours in the batter. Definitely worth ordering for the experience even if you're not into cold food – **RM16**.



Mandarin Kitchen is a relative newcomer to the restaurant scene in Ipoh having been set up 4 years ago by a husband and wife team with Chef Ng Wen Lih helming the kitchen and his wife Chong Lee Yong taking care of service. Chef Ng who has worked in the Nilai Convention Centre and was head chef at Tai Thong in Ipoh, dishes out some other unusual creations like the **Blueberry Prawns**, deep fried battered prawns, crisp and crunchy on the first bite revealing fresh succulent prawns inside and smothered with a creamy mayonnaise laced with blueberry juice. An added flavour which I found quite delectable. **RM19** for a small portion.

Signature dishes here are their **Red Yeast Rice** residue (the dregs from making rice wine) with chicken, their **Tong Poh Yoke**, and their fried Shanghaiese 'Nian Gao'. The **Red Yeast Rice Chicken**, a Foochow dish, which arrived in a claypot, was kampong chicken braised in the dregs of rice wine called ang chow or lees (a Malaysian Foochow-specific rice wine) was sweet and redolent of the pungent alcoholic paste – **RM20**. **Tong Poh Yoke** was superlative, tender morsels of belly pork, the meat succulent and the fat and skin a jellied consistency, sure signs of a good **Tong Poh Yoke**, served with steamed Man Tou or white buns – **RM18**.

The **Shanghaiese 'Nian Gao'**, flat slivers of a dried rice cake which is rehydrated and stir fried with bean sprouts, small prawns, pork slices and dark soya is a rare find in Ipoh. The 'Nian Gao' was the perfect texture, still slightly chewy, wonderfully contrasted with the crispy bean sprouts and the slippery Wan Yee or cloud's ear mushroom – **RM12**.

The vegetables came in the form of stir **fried Kailan** or Kale with different varieties of crunch provided by a clever combination of crispy prawns in their shells, cashew nuts, crispy dried squid and the fresh green crunchiness of the kailan stems. Superb – **RM13**.

The fish dish was a special **Red Tailed Cat Fish**, braised in soya sauce, the fish fresh, with not a trace of muddiness and braised to perfection. There is a choice in preparations style for the fish. Ask for the choice. Seasonal price. That day: **1kg RM50**.

We even managed to polish off a heaping bowl of **vegetable curry** consisting of long beans, eggplant, ladies fingers, cabbage and Dao Kun or Soy Gluten. The curry was mild but had great flavour and was well liked by all at the table – **RM14**.

On another occasion I had the opportunity to sample their mini '**Fatt Tiew Cheong**' or 'Buddha Jumped Over The Wall' which appeared remarkably reasonable to me at a starting price of **RM29.90 per tureen for one person**. Knowing what this would cost in other restaurants, I decided to order one to see what the ingredients were as we



all know that some Chinese ingredients cost an arm and a leg. To my surprise, the tureen had all the usual goodies, minus the sharksfin and the fish bladder or 'Fa Gao' which are the most pricey. The soup was umami (I didn't have an MSG attack afterwards) and it had spare ribs, black mushrooms, sea cucumber, dried scallop, goji berries and even one sliver of abalone. Certainly great value for those wanting to treat themselves to this special dish.

All in all I would rate the **Mandarin Kitchen** as a great place for family style meals. It's not quite the banquet style restaurant of its neighbour down the road, the Kim Wah but certainly can hold its own in terms of quality of food and creativity of its dishes. One thing it could do though is to clean up its premises and its toilet, which leaves a lot to be desired.

Mandarin Kitchen

#2 & 4 Jalan Mas 4, Taman Mas, Ipoh.

(Inside road of Jalan Kledang Utara near Taman Mas)

Tel: 05 281 2207 Ms Chong: 012 475 7513

Closed one weekday every two weeks.

GPS: E 101° 3.283' N 4° 34.753'



Nosh News

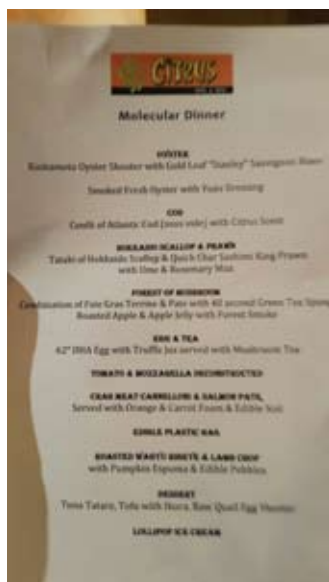


By SeeFoon

Molecular Spectacular

Another brilliant and successful molecular gastronomy dinner was held again at Citrus Wine and Dine where Chef Simon Lee and his wife Eric Kok closed the restaurant and wowed 24 guests with the same menu as reviewed in Musings IE 209. This time however, there were even more refinements as in more avaras, subtler nuances in taste, and as the service staff were more confident, more efficient service was experienced from start to finish.

Said Puan Sri Datuk Sandra Lee who has dined at some of the best tables around the world, "This is some of the best food I've ever experienced or tasted. Now I won't have to go to Michelin Star restaurants in other places knowing we have our own superlative chef in Simon Lee, right here on our Ipoh doorstep. We are so proud of you Simon and so glad you decided to come home to Ipoh to roost. Keep it up."



CITRUS WINE AND DINE
Tel. 05 545 1010

Bar.Racuda Banana Leaf

It can be quite onerous to find a place for lunch in Greentown especially around Greentown Business Centre. Waiting for a seat is already a headache but looking for parking space is a migraine! Now people can rejoice especially office workers in the area, as Bar.Racuda, that Bar cum restaurant in Greentown with its ample car park and almost wide open spaces has started serving Banana Leaf set lunches in their comfortable and air conditioned restaurant.

Priced very reasonably at RM10 for vegetarian; RM13 for Chicken and Fish and RM15 for mutton, the sets are served with steamed white rice, 3 types of vegetables which change daily, cucumber Raita, Rasam and Papadam, the cooking styles for the various vegetables, chicken, fish and mutton change daily. Also for the fish set, one can opt for the fried fish instead of curry and ask for fish curry gravy on the side or order up a side dish of fried fish for RM8.



A western set lunch is also available consisting of a soup, a choice of main course and dessert for RM15.

Why sit and sweat it out at lunchtime when you can enjoy your meal in the cool comfort of the Bar.Racuda?

RESTORAN BAR.RACUDA

131 Jalan Sultan Abdul Jalil, Greentown
Tel: 05 255 1311

Community

Fundraising for Church Renovation

The Parish of Holy Trinity organised a food and fun fair at St John's (Anglican) church hall recently. It was aimed at raising funds for the renovation and refurbishment of the Holy Trinity Church in Batu Gajah.

The Holy Trinity Church, which precedes many churches in Perak and Malaysia, celebrates its 120th anniversary this year. For the betterment of services rendered to the community in Batu Gajah, refurbishments such as changing the roof, a new coat of paint, re-polishing the floor, renovating the entrance and foyer, as well as re-varnishing the wooden panels of the altar and the pews would be completed in June.

the meaningful event, there were different booths offering exciting games, mouth-watering food, heart-racing lucky draws and free medical check-ups. Steven, a member of the organising committee told Ipoh Echo, "Around 1000 tickets were sold, hence an estimated RM10,000 were collected in anticipation of the fun fair." He also said that more donations were needed as the approximate cost of the refurbishment is in excess of RM70,000.

"Out of every RM50 blood test voucher purchased at our booth, RM10 would be donated to the church. We would like to chip in and do our part for charity," said Veshallini, 24, from the Sigma Lifesciences Sdn Bhd. Stephanie, the business development manager,



an avid reader of Ipoh Echo along with her son, agreed passionately, "Charity events are always very important on our agenda."

Lizamaria, 24, a visitor to the fair, shared similar sentiments, "This event helps create a bond among Christians. I am here to support a good cause."

Mei Kuan

Heritage Trail Revisited

Historical sites, buildings and establishments are physically linked to our past. It is not about saving bricks and mortar but about preserving information about the current and the past for the future to see and reflect. A random survey reveals that Ipohites are generally not too keen on learning about the city's heritage, as opposed to foreign visitors.

Realising the importance of heritage preservation, Ipoh City Watch (ICW) took the initiative by providing young Ipohites a glimpse of Ipoh's past thus giving them a reason to love their city. The non-governmental organisation conducted its very own heritage trail walk involving 50 students from Cosmopolitan College, Ipoh recently. The walk started at the Birch Memorial Tower, one of the historical spots along the heritage trail.

"We want to instil the sense of belonging among youths of Ipoh. They're the future, the ones who'd tell the world what Ipoh is about," said event organiser, Ram Naidu to Ipoh Echo.

The tour was also joined by a Canadian tourist who happened to be on a 8-week vacation in Malaysia. Ipoh was Stacey's second destination after Kuala Lumpur. She

was impressed by what Ipoh had to offer.

"Throughout my journey so far, the locals were very friendly and helpful. I haven't faced any difficulties so far. The only problem I face is to decide what to eat," exclaimed Stacey.

The 2-hour walk included a cursory visit to the cenotaph, Straits Trading Building and other 22 historical spots.

Before the tour began, Ram Naidu spoke on the importance of 3R (Reduce, Reuse, Recycle) to the participants. ICW is currently making attempts to educate the locals, especially school children, on the benefits of recycling trash.

Ili Aqilah



Court Grants Leave to Challenge

The Perak High Court had granted the joint management bodies (JMB) of the Haven Lakeside Residences and the Permai Lake View Apartments, represented by General Tan Sri Mohd Zahidi bin Zainuddin (Rtd) and Said bin Ahmad, respectively, leave to challenge the planning approval given by Ipoh City Council on August 11, 2014 to MH Amanjaya Properties Sdn Bhd to develop and build two blocks of 15-storey apartments next to the two complexes.

The high court also ordered a stay of the planning approval until the trial of the case. This effectively stopped all works on the land that are being carried out pursuant to the planning approval. The suspension is effective on Monday, April 20.

The applicants, who were represented by Derek Fernandez, S. Selvarajah and R. Ramanathan, claimed that the planning permission was inconsistent with the zoning plan for the area and, moreover, the land was not suitable for the proposed development.

"The approval given is improper because the land is zoned for infrastructure and utilities," said Derek Fernandez. "The planning approval had breached a provision of the Town and Country Planning Act 1976."

The work would have deleterious impact on the environment and would deny property owners the enjoyment of their properties.

"The lake here used to be emerald green with lotus plants but now it has turned dull brown," said Jeffrey Tan, a member of The Haven joint management body, to Ipoh Echo. "Whenever it rains, the water could not flow fast enough and it's flowing backwards, causing water retention in our land," he added referring to the waterlogged drains near The Haven Lakeside Residences and the unusual flooding in the area.



Meanwhile, MH Amanjaya Properties Sdn Bhd, which was in the midst of constructing the retention-pond upgrades, stated that it had not received any official letter regarding the stop-work order from the Ipoh High Court.

Mei Kuan

Latest on The Haven Impasse

The joint management committees of Permai Lake View Apartments and The Haven Lakeside Residences have sent a letter of objection and appeal to both the Menteri Besar and Datuk Bandar not to rezone the 1.93-acre site, currently earmarked for infrastructure and utilities, to 'kediaman' (residential development) and not to allow the building of the QUBE development on the said land. They have obtained over 800 signatures of owners and residents of both the projects in support.

In the letter, they explained that both east and west of the said land were zoned as 'kediaman'. In fact, both these lands are earmarked for low-cost houses. The 1.93 acre is a sandwiched piece of land in between the 'kediaman' lands and has been gazetted as 'Infrastructure and Utilities'.

The two committees reasoned that "if the ground condition was suitable, this 1.93-acre piece of land would have been zoned 'kediaman' in 2012 and a low-cost development or a larger low-cost development connecting the two low cost developments would have been built on the said land."

They added that to change the use of this piece of land for the building of high-rise buildings would be catastrophic and dangerous. They have two independent specialist geophysical reports to support their claim.

Both committees have written eight letters to the authorities, thus far. And this letter, with over 800 signatures, they are appealing to both the Menteri Besar and Datuk Bandar once again.

Ed





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Sculptfitness

BELIEVE & ACHIEVE



Sculptfitness....Classes Galore!

If you want to improve your fitness level, Group Classes are a great way to get results says Suraya Elland Yusoff, Founder of Sculptfitness, and herself an Achper(Australia) certified Instructor with 20 years of experience in the fitness industry. Sculptfitness embodies high standards where fitness is concerned. Whether your goals may be increased endurance, improved strength, or a complete body transformation, Group Classes could be the best option for many. At Sculptfitness, you will be spoilt for choice, with something for everyone!

Benefits from working out in a group include MOTIVATION within a positive environment, HEALTHY COMPETITION with everyone being encouraged to deliver their best effort, and last but not least, having lots of FUN! If you are smiling and sweating at the same time, results will come more effortlessly. Exercise doesn't have to be lonely, boring or painful. Group Classes are a great way to bring intensity, productivity and fun into your workouts.

We offer a very comprehensive range of classes to choose from including Circuit Training, TRX, Tone Zone, BnG, Crossfit, Step, Spinning, Cardiodance, Zumba, Hilo aerobics, Pilates, Vinyasa Yoga, Hatha Yoga, Power Yoga, and Restore and Release (a restorative class, focusing more on recovery) under the one roof. Talented instructors work hard to come out with constant fresh choreography and challenging moves in line with latest fitness trends. Leave it to us to make fitness become your passion!

Sculptfitness is currently having a Labour Day Promo, offering 70% off the joining fee, for a limited time only.

Sculptfitness Add: No. 4 Lebu Ceylon, 30350 Ipoh, Perak.

Tel: 05-2546232

Website: www.sculptfitness.com.my

Food for Thought

We welcome your thoughts and will accept contributions from individuals with thought-provoking opinions. Please ensure that the content is relevant to Malaysia in general and Perak in particular. We reserve the right to edit and refuse publication to those articles we deem unsuitable.

Banana Wars

By Chelvi Murugiah

We Malaysians love bananas. It's affordable and therefore, we consume it regularly. This little piece I'm writing is to share my view on the humble banana.

Globally, bananas are the most commonly eaten tropical fruit either eaten raw or fried. We Malaysians have an innate fondness for bananas, most of us grew up in households where the sweet smells of the 'pisang goreng' frying for tea, brings out the fuzzy warm feel of home. Having such memorable thoughts of the banana, ever took a second to ponder how this mouthful of delicious goodness affects livelihood as a commodity?

Fundamentally, bananas are serious business. There are a number of articles and books that provide factual evidence that the banana isn't a simple fruit. The article by Cohen provides a useful summary and background to the banana industry. The production and trading of bananas in the international front, which Malaysia is a part of, gives an insight into the complexities of the banana trade and its effects on humanity.

Although bananas may only look like a fruit, they represent a wide variety of environmental, economic, social, and political problems. The banana trade symbolises

economic imperialism, injustices in the global trade market, and the globalisation of the agricultural economy. Bananas are also number four on the list of staple crops in the world and one of the biggest profit-makers in supermarkets, making them critical for economic and global food security. As one of the first tropical fruits to be exported, bananas were a cheap way to bring "the tropics" to North America and Europe. Bananas have become such a common, inexpensive grocery item that we often forget where they come from and how they got here.

— Rebecca Cohen, *Global Issues for Breakfast: The Banana Industry and its Problems*, The Science Creative Quarterly, Issue 3, September 07 - April 08

Peter Chapman, a writer and journalist in his

book (Jungle Capitalists, Canongate Books, 2007) mentioned that many lives and jobs depended on the banana. Interestingly in the global scene, just 5 companies—Dole, Del Monte, Chiquita, Fyffes and Noboa—control some 80% of the international banana trade, according to Banana Link, a UK-based organisation campaigning for fairer and sustainable banana trade. Fair trade is often presented as a fair way to help banana growers, but when international trade is dominated by the wealthier nations and companies, poorer farmers and nations are often left with an uncertain future.

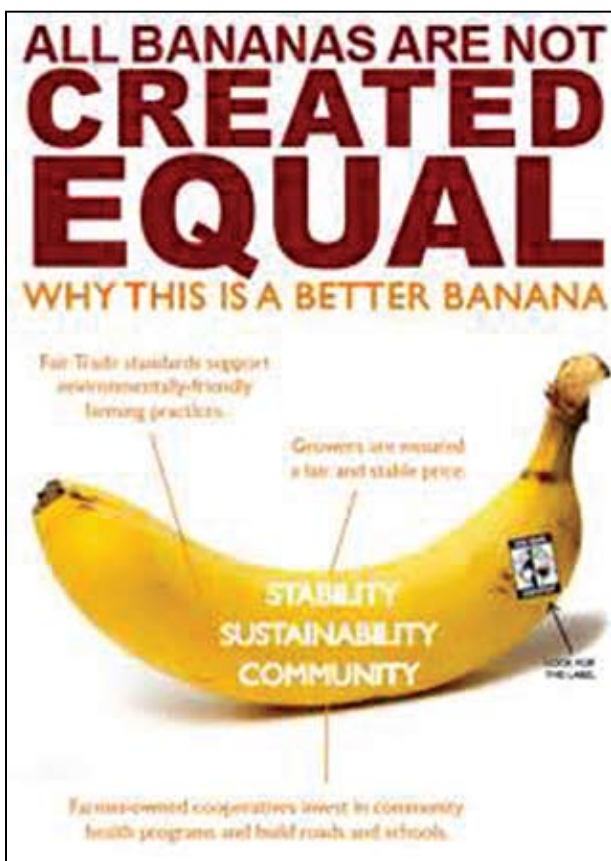
Cohen, details how workers are exploited by a "race to the bottom" where supermarkets demand lowest prices for consumers, which results in low wages for workers in plantations. Some workers work very long hours, sometimes exposed to hazardous chemicals, some which are often banned from nations with better ability to provide for worker safety, such as in the US and Europe. Child labour, gender discrimination and other problems accompany this drive for low consumer prices.

As consumers we must stand accountable for the influence we have in the supply and value chain. Remember the price we choose to pay affects the value chain. We, as consumers, have the power to ensure that fair trade is applied which respect fairer retail price, workers' rights and minimise environmental damage. Choose to be informed and to not tolerate child labour, gender discrimination nor be party to unfair worker wages just to benefit from cheaper prices.

Please look up the following links for further details on this subject matter.

- <http://forcechange.com/15186/protest-doles-unfair-and-unsafe-labor-practices-on-banana-plantations/>
- <http://www.makefruitfair.org.uk/get-involved/appeals/end-violation-women-s-rights-chiquita-dole-and-del-monte-plantations>
- <http://www.theguardian.com/sustainable-business/banana-pricing-unsustainable-nature-uk>

Readers' comments welcome at chelvim@sunway.edu.my.



Han Chin Pet Soo

To book a tour go online to: <http://www.ipohworld.org/reservation/> or scan the QR code.



News

Public Speaking for Tertiary Institutions

The Sathya Sai Baba Centres of Perak Darul Ridzuan organised the 3rd Annual Human Values Public Speaking Competition between students in tertiary institutions in Perak, recently.

The Guest of Honour was En. Azsar bin Ramli, the Ketua Penolong Pengarah Bahasa Inggeris, Jabatan Pendidikan Negeri Perak.

Eight speakers from five tertiary institutions participated in the finals, held at Olympia College Auditorium, Ipoh and six judges from the Toastmasters Clubs in Perak were the adjudicators.

The objectives of this annual competition are to enhance goodwill and understanding among youths of different racial and religious backgrounds and compliment the government's efforts to encourage the use of the English Language in our tertiary institutions; to expose the youths, to the knowledge and practice of Universal Human values, in their daily life thereby boosting their personal and emotional well-being; to help the youths in the development of the soft skills of diplomacy, public speaking and social etiquette which is vital for effective parliamentary debates, international relations and domestic harmony; to encourage tertiary level students to understand how the objectives of Malaysia's Rukun Negara, viz: Unity, Justice, Peace and Progress can be achieved by the practice of human values at all levels of our Malaysian society.

The five tertiary institutions that participated this year were Sek. Men. Anderson Ipoh Sixth Form; Sek. Men. Sam Tet Ipoh Sixth Form; Sek. Men. Jalan Tasik, Ipoh Sixth Form; Universiti Tengku Abdul Rahman Kampar (UTAR KAMPAR); and Quest International University Perak.

For the Prepared Speech Contest, the eight speakers were judged on eight different topics, and for the Impromptu Contest a common topic was given to all the participants.

Champion of the Prepared speech contest: Muhd Isyrafiddin bin Zainuzzaman



(Anderson) with 1st Runner-up Kajel Kaur Gill (Quest) and 2nd Runner-up Kenny Chin Wei (UTAR). The champions of the Impromptu Speech Contest were: Kajel Kaur Gill (Quest), 1st Runner-up Shathis Vengadasalam (Quest) and 2nd Runner-up, Muhd Isyrafiddin bin Zainuzzaman (Anderson). The Overall Winner was Quest International University Perak.

Ipoh City Council Full-Board Meeting

Outcome of Ipoh City Council Full-Board Meeting held on Wednesday, April 22.

Income and Expenditure

- Revenue Generation. Of the RM182.3 million budgeted for March 2015, the Council, as at the end of March 2015, generated revenue worth RM80.1 million.
- Revenue Collection. A sum of RM78.6 million was collected in the month of March 2015, an increase of 6.5 per cent over the same period last year.
- Expenditure. The Council has spent RM37.4 million of its projected budget. This figure represents an increase of RM3.9 million over the same period in 2014.

Announcements

The Council will take action to seal business premises, including factories, for failure to settle assessment rates at the end of this month. Owners who still owe the Council in unpaid assessments are advised to settle them immediately to avoid their premises being sealed and their movable assets seized.

Ipoh City Council and the state government will absorb the Goods and Services Tax (GST) on public amenities, such as vehicle parking fees, rental of halls, playing fields, swimming complex and other associated facilities.

Suppliers and contractors are required to submit their GST registration number with supporting documents to the Council's Supply and Procurement Unit as proof of registration with the Customs to facilitate payment.

Complaints

Residents have various alternatives to lodge a complaint either at the information counter



within the Council's building or to its hotline: **05 255 1515** (office hours only) or through online complaint via: www.mbi.gov.my or to 019 550 3083 for WhatsApp, short message service (SMS) and multi-media messaging service (MMS).

Residents are required to submit complaints with details of the locations and photos. Incomplete details will be rejected. Action will be taken once the complaints are being processed.

From January 1 till March 31, the Council has received a total of 4,578 complaints through these applications out of which 3,838 complaints (83.8 percent) have been resolved. The remaining 740 complaints (16.2 percent) are still being processed by the Council.

Nantini

Excellence Awards for Council Staff

Eighty three former staff of Ipoh City Council received awards during a purpose-made event named, 'Jasamu Dikenang' (Your Contribution Is Recognised). Serving staff of the Council, numbering 171 in all, were similarly honoured for their excellent services.



The event was held at the ballroom of Casuarina @ Meru Hotel, Meru recently and was graced by the Executive Councillor for Local Government, Dato' Saarani Mohamad and mayor, Dato' Harun Rawi.

The awards, according to Dato' Harun Rawi, were a form of recognition and appreciation for those who had served the Council with distinction.

"Ipoh City Council appreciates the contributions of past and present officers and staff in ensuring that the Council achieves its goals of making Ipoh a better city," he remarked.

Former mayor, Dato' Roshidi Hashim was one of the recipients. He felt that the ceremony was not only timely but also relevant as it would help boost the morale of Council workers who had sacrificed their time and effort in fulfilling their responsibilities while in service. It would also be a motivating factor for those still in service.

"I love Ipoh and that's why I am still here although I've retired. I want to see the city prosper economically," he told reporters after the ceremony.

Roshidi has joined Ipoh City Watch (ICW), a non-governmental organisation dedicated to improving the quality of life of Ipohites. "Being a member of ICW I can still contribute towards making the city liveable."

Another recipient was Mohd Syahrizal Azmi, 39, the Council's Assistant Public Relations Officer. This is Syahrizal's second excellence award.

"I won a similar award last year. It serves to motivate me to work harder for the betterment of the Council," he enthused.

Senior Administrative Officer Azahari Effendy, 32, expressed happiness at being nominated to receive the award. He thanked his wife for her support and encouragement.

"My success tonight will not end here. It's spurred me to work harder," he added.

RM

Daulat Tuanku

HIS ROYAL HIGHNESS
PADUKA SERI SULTAN PERAK DARUL RIDZUAN
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IBNI ALMARHUM SULTAN AZLAN MUHIBBUDDIN SHAH AL-MAGHFUR-LAH
D.K., D.K.S.A., D.K.A., D.M.N., D.K.(KELANTAN), D.K.(SELANGOR), Ph.D(HARVARD)
SULTAN, YANG DI-PERTUAN AND RULER OF THE STATE OF
PERAK DARUL RIDZUAN

AND

HER ROYAL HIGHNESS
RAJA PERMAISURI PERAK DARUL RIDZUAN
TUANKU ZARA SALIM
D.K.S.A., D.K.A.

Heartiest Salutations and Congratulations
in conjunction with the
Installation Ceremony of the 35th Sultan of Perak Darul Ridzuan
on 6 May 2015 (17 Rejab 1436 Hijrah)

with Utmost Sincerity



Sport

Getting Them Young

To all Beckham wannabes, there is football training organised by the Ipoh Fridays Club every Sunday from 4pm to 6pm at the Ipoh Padang.

The club was champion in the recent U-19 Piala 1Malaysia Grand Finals. Its list of achievements includes being the champion of U-12 Perak Football Tournament in 2012, champion of U-12 Invitation Football Tournament Batu Gajah 2012, runner up of U-20 Malaysian Indian Football Association 2013 and third in the U-16 Malaysian Indian Football Association 2014.

Ipoh Echo spoke with the humble yet passionate 47-year-old President and co-founder of the club, Steven Raj Kolandaisamy (the other founder is former state player, Vikneswaran).

Ipoh Echo: How do you come up with the name of the club? Why "Fridays"?

Steven: All coaches and myself are football players. After our football peak season, we went into badminton. Our badminton games and friendly tournaments were on Fridays, so we named ourselves "Fridays". We registered the club with the Registrar of Societies in 2007. We started this academy in 2008. That's the story behind the name.

Ipoh Echo: What are the club's objectives?

Steven: To impart knowledge of basic football to the youngsters and to fill their spare time productively, as nowadays they are too attached to gadgets! We want to give them the opportunity of playing in a secure environment besides producing players who are capable of representing their schools, clubs, state and even country!

Ipoh Echo: How do you get coaches?

Steven: It is voluntary, as all of us are friends. Later on, we provide them with allowances. Currently, we have 12 coaches.

Ipoh Echo: Are you a coach yourself? What do you enjoy the most about coaching?

Steven: Yes, all of us have coaching certificates. I enjoy watching small kids playing and winning competitions in their jerseys. And the pride I feel every time they greet us as "coach" outside the field.

Ipoh Echo: What is the football scene like in Ipoh? Do you think we have the potential here?

Steven: It is growing. During my time in the 90s, it was dead. Nowadays, there are people organising football competitions and tournaments.

Ipoh Echo: What are your hopes for the future?

Steven: I hope that there would be more academies like this in every district in Perak to scout for potential players. We then can have inter-district competitions. We hope for more allocations from the state and recognition from the public. I'm happy I can do this



for the community. Even if the boys cannot become good footballers, I hope they will become good and a disciplined citizens.

Ipoh Echo: Can you share any lessons we learn from football that we can later apply in life?

Steven: Respect, commitment, teamwork and most importantly, self-discipline.

One of the young players, Devendran who has been playing soccer since the age of 7, dreams of becoming a state or a professional player. He proudly declared, "I want to become like David Beckham."

Sivakumar, one of the coaches, has 25 years of experience. Regarding the win at the U-19 Piala 1Malaysia Grand Finals, the 40-year-old coach told Ipoh Echo, "We gave motivational talks to the players before the game. Teamwork played an important role. When we won the trophy, we're very proud."

In the upcoming school holidays (Sunday, May 31), the club is organising a football carnival in which the Goldhill Football Club from Kuala Lumpur and Ipoh Bug will be participating.

The club focuses on youths of age 7 and above who are interested in football. The registration fee of RM200 is inclusive of attire, equipment and insurance. The monthly subscription is RM20.

Those keen on joining can contact Steven: **012 551 3517** or visit the club's website at www.ipohfridays.blogspot.com or come to Ipoh Padang during training sessions on Sundays.

Mei Kuan

Happenings

Festival of India 2015

The “Chennai Nalla Chennai” (Beautiful Chennai) exhibition showcasing Chola temples and lives in Chennai was held at the Rayan Cultural Hall along Jalan Tun Perak recently.

It was a unique tourism exhibition featuring photographs and panels from Chola temples, which are part of UNESCO's heritage sites in India.

These famous houses of worship are described as the “Great Living Chola Temples” of the Chola Empire, which covered southern India to the neighbouring islands. The exhibits included photos of Chennai city offering a colourful perspective on the people, customs, quirks and lifestyles.

Executive Councillor for Tourism and Culture, Dato' Nolee Ashilin Mohammed Radzi, Indian High Commissioner to Malaysia, T.S. Tirumurti and the Perak State Assembly Speaker Dato' Seri S.K. Devamany were among the VIPs at the event which was attended by over 100 people.

According to Nolee Ashilin, the exhibition was part of the Festival of India 2015 held for the first time in Malaysia from March to June of this year. The objective was to show the richness of the Indian culture via events held in several towns and cities across the country, she told reporters after launching the exhibition.

“This is the best medium to encourage the younger generation to appreciate the tradition, culture and heritage of the Indian community which is fast becoming extinct and forgotten.”

Nantini



Ipoh Drug-free Youth Day

Drug abuse and addiction are an on-going problem among teenagers and adults. According to the National Anti-Drugs Agency's statistics, in 2013 there were 20,887 addicts in Malaysia and of the number about 2789 were from Perak.

Realising the gravity of the problem, Bangkit Event Management (BEM), in partnership with Malaysia Drug Free Youth Association (DFYAM) and People of Remarkable Talent (PORT) will organise an ‘Ipoh Drug-Free Youth Day’ on Saturday, May 2 at PORT premises from 10am to 11pm.

Technical programme manager from BEM, Mohd Azlan Zulkifli in his short speech, expressed the objectives of the event, “Currently, there are less than 30 registered members of DFYAM in Perak. With this event, we hope to recruit more to join us for future activities,” he told reporters.

Local musical bands such as Couple, Geo and Meddthelin will perform live. There will also be an art demonstration using wheat paste by Syed Imran Naim. A street art competition is also on the cards. Founder of DFYAM, Khairi Aziz will conduct a talk and a workshop on drug misuse and abuse.

“Malaysia Drug Rehabilitation Centre will be joining us for the event, where former drug-addicts will tell their side of the story about drug addiction,” said Azlan.

Azlan hoped the event would attract the crowd he envisaged. Donation boxes will be placed at strategic points during the event. Money collected will be used to cover cost of activities organised by the rehab centre.

Ili Aqilah



International Waiters' Race 2015

The winner of the Ipoh International Waiters' Race (IIWR) 2015, to be held on Sunday, May 24 at Lost World of Tambun, will get to represent Malaysia at international competitions, fully sponsored by Tourism Perak.

Dato' Nolee Ashilin Mohammed Radzi, Executive Councillor for Tourism and Culture revealed this to reporters during a press conference at the State Secretariat Building, Ipoh recently.

“We have participants from Singapore, Indonesia and Japan taking part in this year's race. The Malaysian Association of Hotels (MAH) is hosting this event for the third time, in a row,” she said.

Participants will compete in three categories namely, Classic Tray, Sportive Tray and Fun Tray. According to Patrick Ong, the president of MAH, Classic Tray is for professional waiters who work in hotels. Sportive Tray, on the other hand, is for waiters from fast-food diners and students. The third category, Fun Tray, is for members of the public.

Entry fee for participants is as follows: Classic Tray RM50 while for Sport Tray and Fun Tray participants will be charged RM30 each.

For details on the race, visit IIWR's official website at: www.ipohwaitersrace.net.

RM



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.

YWCA Ipoh Youth Camp (Development & Motivation), from (Friday & Saturday) **May 8-9** at its premise, 132 Persiaran Anderson, Ipoh. Open to girls between 15 to 30 years. Camp facilitator is Mr Martin Jalleh, a prominent Youth Motivational Speaker. Registration fee is RM20 inclusive of food and accommodation at the YWCA hostel. For registration and enquiries contact Linda **05 241 7635** or **017 503 8328**.

‘Taking Charge of Our Mental Health’, a forum by Betty Ong author of ‘Ripples’. First session on Saturday, **May 9** from 3.30pm to 5pm. Subsequent sessions: 2nd Saturday of every month except on public holidays. Venue: Perak Parkinson's Association, 128, Jalan Hala Wah Keong, Taman Mirindy, Ipoh. Admission: Free. For details call Betty **019 431 5053**.

Public Forum: ‘Evidence Based Treatment of Osteoarthritis of the Knee’ (current American guidelines) by Dr K. Raveendran, Saturday **May 9**, 2pm at Hospital Fatimah Ipoh, 4th Floor Conference Room. Entrance is free. For more information, call **05 545 5777 Ext. 276**.

Perak Academy Books Launch. Four books written by “Ipoh mali” authors namely, Alexandra Wong, Dr S K Teoh, Bridget Eu and Jasemin Siboo will be launched at Kong Heng Square (behind Kong Heng coffee shop and Plan B) on Saturday, **May 9** at 3pm. For details call Perak Academy **05 241 3742** or Wai Kheng **016 551 8172**.

Malaysian Nature Society (Perak Branch) 3D2N Royal Belum Trip, June 2-4 (during school holidays). Royal Belum is a state park in northern Perak that has 130 million years of tropical rainforest. Closing date for registration is **May 10**. Those interested, contact Lee Yuat Wah **017 577 5641** for further details.

Family Wellness Club Ipoh forum: ‘Men in Charge? Gender Equality and Children's Rights in Contemporary Families’ in conjunction with the United Nation's International Day of Families on Friday, **May 15** from 2.30pm-5.30pm at the main hall of YMCA Ipoh. The forum aims to create awareness in both civil and syariah laws on issues relating to families. Panel speakers will comprise lawyers, academics and NGO representatives. Open to the public. For details and reservations call Denis/May at **05 242 6866** or **012 507 3866**.

Events for Parkinson's and Down Syndrome, Sunday **May 17**, 7am to 1pm at Potpourri House (behind Heritage Hotel), No. 2 Jalan Woodward, 30350 Ipoh. (i) Pet Event (for dogs only) – 10am-noon; (ii) Charity Cycling; (iii) Food & Fun Fair – 9am-1pm. Jointly organised by Perak Parkinson's Association and Ipoh Down Syndrome Centre. Contacts: Terry Wong **05 545 5610**, **011 1640 8406** or Samuel Ng **012 557 1682**.

PestaRia 2015 organised by PIBG of SK(P) Methodist Ipoh, **May 30**, 8am to 2pm at MGS Primary Ipoh, 69 Jalan Chamberlain Hulu, 30250 Ipoh. Proceeds will go towards the building of a new 4-storey block that will add 12 classrooms (allowing a single morning session for all primary students) and a car park. Coupons are available at the school office **05 254 5453**. Donations are welcome.

Kiwanis Ipoh Youth Camp from **June 5-7** at Sufes Campsite, Tapah. The camp targets youths between 12 and 14 years and aims to train and empower young people with leadership soft skills and to improve their emotional quotient (EQ). Registration fee is partly subsidised by the club. To register, please call Steven Chong **016 521 3986** or Ann Yong **012 522 2291**.

YMCA of Ipoh Toastmasters Club Mission provides a supporting and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. The group meets every **2nd & 4th Wednesday** at 7.45pm at 211 Jalan Raja Musa Aziz (Anderson Road), 30300 Ipoh. Contacts: Ramesh Victor 016 566 2866, May Foo **017 466 0943** or Nur Aida **013 346 9490**.

Performances of Traditional Songs and Dance every Wednesday every week from March 25 at 3.30pm. Held at Kompleks Jabatan Kebudayaan dan Kesenian Negeri Perak, Jalan Caldwell, Off Jalan Raja DiHilir, Ipoh. Come and experience dances like Dikir Fusion, Nego (Kelantan), Joget Kete Lembu, Tangtung, Kollatum, Joget Malaysia and traditional music. Free admission. For enquiries, contact: Puan Nor Fairus Binti Alias **018 958 9049**.

The Dementia Day-care Centre is open daily from 9am till 3pm. The centre also holds support group meetings every **2nd Saturday and Monday of each month**. All carers who have loved ones with dementia and others are welcome to attend. These are sharing sessions. For more details kindly call April at **05 241 1691** before 3pm.

Entertainment

Trio's Penultimate Show

An acoustic jazz performance by 2v1G was held at Sepaloh Art Centre, Ipoh. The trio are an international jazz group who sing a mixture of Chinese and English classics from the 70s, 80s, 90s and the best of their three albums. They performed to an appreciative crowd numbering over 80 at the centre recently.

Fans were clearly charmed by Winnie Ho's and Serena Chong's soothing vocals as they belted out one song after another. Guitarist Roger Wong accompanied the duo as they mesmerised the audience with their songs.

Besides entertaining the fans, 2V1G shared their experiences and related the history of their group throughout the three-hour show. Since this was the penultimate concert, Ipoh Echo spoke to Leslie Ho, the band's manager as to the reasons behind the disbanding.

"Winnie and Serena are going solo after this tour while Roger plans on joining another group. 2V1G has earned a name for itself in the jazz world. Now it's time to try another project," said Leslie. However, all three will still be managed by Poppop Music.

For those who missed the 2V1G in Ipoh, they can watch the band in Penang. It will be their last port of call. For details contact Leslie Ho at 012 2083 790.

Ili Aqilah



A Dazzling Show



Ipoh-based MY DanceSport Studio held its 14th annual dinner recently at Hee Lai Ton Restaurant. Dancers, mainly students of the studio, put up a dazzling performance for the entertainment of the 500-odd diners.

Malaysia Ballroom Dance Association President, Dato' Dr Henry Ooi and Datin Catherine Ooi were among the guests-of-honour. The master of ceremony was the founder of MY DanceSport Studio, Michael Yeap, who was the choreographer for the blockbuster movie 'Anna and the King'.

The dancers did the rhumba, quick step, line dance, Latin aerobic, cha-cha and the samba much to the delight of the appreciative dinner crowd.

A total of 67 dancers, aged six to 60 years, stunned the audience with their moves. Not a single second was wasted, as the dancers gyrated to a steady beat in their sequined costumes. The climax was performances by Malaysian amateur Latin dance champion, Derek Yeap and his partner, Joey Chan. The couple mesmerised their audience with a samba, a rhumba and a cha-cha number.

The studio will host the 4th Ipoh International DanceSport Championship on August 8 at Kinta Riverfront Hotel, Ipoh.

Nantini

Do You Feel Down Lately?

We are looking for volunteers to participate in an international Major Depressive Disorder research study which aims to test the effectiveness and safety of the study drug by comparing it with another drug and placebo.

You may qualify to take part in this research study if you:

- Are at least 65 years old
- Suffer from depression for at least 5 years
- Do not have other mental health disorders (other than depression)
- Are not currently participating in any other research study

If you are eligible to participate, you may receive the following :

- Up to 12 scheduled visits over a maximum of 27 weeks at designated clinics
- Lab tests
- Electrocardiogram

The participating research centres are:

- Pusat Perubatan Universiti Kebangsaan Malaysia, Kuala Lumpur
- Hospital Bahagia Ulu Kinta, Tanjung Rambutan
- University Malaya Medical Centre, Kuala Lumpur

If you are interested to participate in this research study, or would like more information, call the below sites (Mon – Friday, 9am to 5pm):

- Pusat Perubatan Universiti Kebangsaan Malaysia, Kuala Lumpur; Contact person: Nasyimatul Johari (Tel: 019 391 1739)
- Hospital Bahagia Ulu Kinta, Tanjung Rambutan; Contact person: Sister Ooi (Tel: 05-533 2333 ext 5917 or 5977)
- University Malaya Medical Centre, Kuala Lumpur; Contact person: Farah Ayob/ Pushparany Ponniah (Tel: 03-7960 4367)





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Mother's Day Happenings

Weil Hotel



Weil Hotel's all-dining restaurant, Tiffin is having their Mother's Day buffet dinner package at RM68++ for adults and RM34++ for kids aged between 6-12. The buffet comprises more than 50 dishes including Thai Seafood Salad, Caesar Salad, Lobster Risotto, Thai Duck Curry, Korean Chicken Soup with Ginseng, Slow Oven Roasted Beef Ribs and a variety of dessert to spoil your mother on this special day.

Tiffin's Chef De Cuisine, Lee Choon Boon and his culinary team will be preparing all the dishes from scratch including four type of pastas. The buffet begins at 6pm and lasts till 10.30pm. While mothers will receive a special complimentary mocktail on the house, other guests will get to enjoy a free flow of wine and beer with additional charges of RM60++.

Meanwhile Yuk Sou Hin the Weil's Chinese Restaurant, will be offering scrumptious Cantonese cuisine on Mother's day including Hong Kong Master Chef, Chung Ho Shi's signature dishes. There are three different set menus ranging

from RM988 to RM1388 per table for 10 persons.

Call Weil Hotel at **05 208 2228** for reservation and more information.

Potpourri House



Potpourri House at Jalan Woodward has prepared three special menus for the upcoming Mother's Day. The offer is available from May 8 until May 10 and the restaurant will be giving a special gift for every mother who dines in.

Priced between RM50 to RM98, visitors get to enjoy their signature dishes like the River Lobster or Smoked Duck Spaghetti. As for meat lovers, it is highly recommended to try the Black Angus Tenderloin.

Please call **016 534 4303** or **05 254 6886** for reservation.



Chicken Parmigiana

Healy Mac's Irish Bar & Restaurant

Mothers who come to Healy Mac's Irish bar and restaurant will be eating for free. This special offer will only be valid if the mother is accompanied by a minimum of four family members and only for the Mother's Day dinner set menu. Try their Chicken Parmigiana, Spaghetti Alio Olio or Organic Pork Spare Ribs, including a starter, dessert and selected drink, all at RM55 nett.

Book now at **05 249 3627** to avoid disappointment.



iSpeak

A. Jeyaraj

Price Difference in Pharmacies

Iwent to a newly-opened pharmacy near my house to buy Refresh Plus eye drops and found the price too high compared to the price I had paid earlier in another pharmacy. I checked the price in two other pharmacies and was shocked at the price differences.

The prices quoted including GST in three pharmacies were, HTM Pharmacy, First Garden RM28.10, Farmasi Manjoi, Kampung Manjoi RM40.30 and Guardian Pharmacy, Ipoh Parade RM42.70. The price difference between the lowest and highest is RM14.60 or 52%. Why must there be such a big difference?

Virtually every day I read in the papers that enforcement officers are checking prices of goods and take action against traders who jack up prices. Why has no inspection been carried out in the pharmacies?

Discussion is going on regarding the Separation of Dispensing and if this materialises, then due to the price differences in pharmacies, the majority of patients would end up paying more for their medicine.

While browsing the internet on this topic I came across some interesting information and one was the statement by Associate Professor Mohamed Azmi Ahmad Hasalli, Universiti Sains Malaysia (School of Pharmaceutical Sciences), who said "The lack of a price control mechanism has caused drug prices to escalate faster than in a developed nation."



He added the situation was worse now (Star Online, 7 Dec 2014) than it was in 2012 when he published a report on a study he made comparing retail drug prices in Penang and Australia. The report in the Journal of Pharmaceutical Health Services Research said the average retail price of the 10 most prescribed drugs in Penang was between 30.3% and 148.3% higher than in Australia.

Currently, there is no control on pharmaceuticals' prices in Malaysia, where the manufacturers, distributors and retailers are allowed to set their own prices.

A few years ago I visited India and I bought eye drops and noticed that the price was printed on the package. This should be done here as well.

In India there is a National Pharmaceutical Pricing Authority (NPPA) under the Ministry of Chemicals and Fertilizers which monitors the prices of medicine and drugs in order to keep them at reasonable levels.

A similar authority must be established to check prices of medicines, otherwise patients would be forced to stop taking their medications, because they cannot afford to buy the medicine. GST will worsen the situation further as almost all newer medicines with better results and less side effects will be taxed 6%.

Action must be taken to control the price of medicine.

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SULTAN, YANG DI-PERTUAN AND RULER OF THE STATE OF PERAK DARUL RIDZUAN

AND

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Heartiest Salutations and Congratulations

in conjunction with the
Installation Ceremony of the 35th Sultan of Perak Darul Ridzuan
on 6 May 2015 (17 Rejab 1436 Hijrah)

with Utmost Sincerity



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.

Price Increase for Gua Tempurung

My name is Isvari Narenthiraraj from Gopeng. This is in regard to the Gua Tempurung entrance fee increase after GST implementation. When I asked them why the increase was so much, the reason given by them is due to GST. Below is the breakdown of charges before and after GST for *Tour 3 – Top of the world & short river adventure*. I always bring my local and overseas friends.

- Before GST: RM11 per pax for local and foreigner
- After GST: RM15 per pax for local + 6% = RM15.90 per pax
- RM40 per pax for foreigner + 6% = RM42.40 per pax

The increased price including GST for local – 44.5% and foreigner – 285.45%. I, as the end user, feel very frustrated with the tremendous price increase without any prior notice. In a way, I am helping to promote tourism in Perak to my friends both local and foreign but with the price increase it demotivates me to promote Perak.

Isvari Narenthiraraj
Gopeng

Han Chin Pet Soo – On the Crest of a Wave

I write this to thank you for your fantastic coverage of our museum-quality exhibition at Han Chin Pet Soo, the Hakka Miners' Club, published in Issue 205. Your article has been mentioned many times by our visitors and I am sure was the inspiration that brought the National Dailies to our door.

Riding high on such great coverage we have promulgated our existence across many countries. This has been well received internationally and quickly led to us being personally reviewed by a wide range of visitors from home and overseas, which in turn, has led to us taking number 1 spot on TripAdvisor for things to do in Ipoh and Kinta District (http://www.tripadvisor.com.my/Attraction_Review-g298298-d7806166-Reviews-Ipoh_World-Ipoh_Kinta_District_Perak.html). This has put us above old favourites like Kellie's Castle, the cave temples and the more recent Art of Old Town (the murals). We are also featured with a great article and photographs on the Dutch site 'Wonderful Malaysia' (<http://www.wonderfulmalaysia.com/attractions/ipohs-latest-attraction-han-chin-pet-soo.htm>), at 'Veelzijdig Maleisie' (www.veelzijdigmaleisie.nl); the biggest Dutch language travel guide on Malaysia, and the Australian site 'Planet-Boomer' (<http://www.planet-boomer.com/david-erica/2015/4/1/david-erica-the-highlight-of-our-visit-to-ipoh-so-far>). All of which provide independent reviews from visitors to the Miners' Club.

Having only been open to the public for less than 3 months we see this as a great first step to further success in putting the story of the Hakka immigrants in the forefront of Malaysian tourism.

Thank you, Echo, for your support.

Ian Anderson
Director
Ipoh World Sdn Bhd
www.ipohworld.org

Comments on IE 210

1. Gua Tempurung

The chambers dating back to approximately 10,000 years ago is totally inaccurate. They are more likely to have been there for 10 million years, maybe even 100 million years.

2. Saving the last tin dredge

Once again Jerry Francis has described the Tanjung Tualang dredge as the last dredge. It is not, there is still one in Selangor at Dengkil.

In IE 1 Aug 2013 Jerry also wrote it was the last dredge, and I posted a comment on the www correcting this. Prior to that in IE 131 (Nov 2011) Jerry again said it was the last dredge.

I enclose a photo of the Selangor dredge as proof! It can also be seen on Google Earth.

Liz Price



GST

The long waited GST finally rolled out in April this year. It had initially caused inconvenience to traders especially those in grocery, hardware and Chinese medical shops. It not only incurred additional expenditure, and other resources to meet the requirements, it also wasted our time in ensuring that entries are correctly entered to avoid facing any subsequent legal matters.

The Domestic Trade Department's checks merely for sundry shops and supermarkets to ensure no high price hike in daily items seem a failure, as restaurants, hawkers and coffee shop operators grab the opportunity to make fantastic profits, cheating the consumers, although the items they use are classified under zero rated tax free items. Consumers are forced to pay a high price due to these irresponsible traders. A bowl of mee was dearer by 30 to 50 sen.

The authorities should conduct price checks on eateries as well and take those traders to court. I had a few times been cheated with traders just issuing a handwritten receipt with GST. Their attitude is really broad daylight robbery, GST collected just go to their pockets. We Malaysians can boycott those hawkers for cheating the public, but the awareness is low. Only exercising our rights will bring results.

Chris Ng Chong Phee



Han Chin Pet Soo

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Environment

Mei Kuan

Education

Mini Sports Day



Tadika KinderJoy held its Mini Sports Day 2015 themed, 'Kids in Motion' recently at KinderJoy's multi-purpose hall.

Children, aged between 18 months to 6 years old, were assembled in their uniforms awaiting the arrival of Jamila Shaaruddin, Perak Education Department Assistant Director (Private Education Unit). When she arrived the kids gave her a rousing welcome singing the national anthem and the school song.

Jamila, in her opening remarks, said that Tadika KinderJoy provided an optimal setting for children to achieve educational excellence. The achievements, standards, environment and holistic programmes put in place had contributed to the Perak Education Department's recognition of Tadika Kinderjoy as a model kindergarten.

"The success of KinderJoy, would not have been possible without the cooperation of parents, teachers and the school authorities," she added.

According to Principle of Tadika KinderJoy, Looi Lee Ying, through sports and games, children will learn and develop skills such as sharing, cooperation, helping and caring for one another.

"We're thankful to have so many supportive parents, friends, teachers and children to make this a successful event," said Looi Lee.

Games, such as Rainbow Treasure Hunt, Space Tunnel, Ziggy-Zaggy, Giant Ice-cream and Funny Obstacles, specifically designed for each age group and even the parents, were held. The kids had an enjoyable morning.

Nantini

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2. MPH Bookstores
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5. Lourd Enterprise, Canning Garden. Tel: 05-5459299
6. Indulgence, Jln Raja DiHilir. Tel: 05-2557051/2426297
7. Royal Ipoh Club, Jln Bkt. Gantang. Tel: 05-2542212/2545646
8. Burps & Giggles, Jln Sultan Yussuf (Old Town). Tel: 05-2426188
9. Citrus Wine & Dine, Ipoh Garden East. Tel: 05-5451010
10. Barbeza, Bandar Baru Medan Ipoh. Tel: 012-5205877
11. Impiana Hotel Ipoh, Jln Raja Dr Nazrin Shah. Tel: 05-2555555
12. Ipoh Downtown Hotel, Jln Sultan Idris Shah. Tel: 05-2556766
13. D'Eastern Hotel, Jln Sultan Idris Shah. Tel: 05-2543936
14. YMCA Ipoh, Jln Raja Musa Aziz. Tel: 05-2540809/2539464
15. Meru Valley Golf Club members' desk
16. Khimzian Enterprise, 75 Jln Yang Kalsom. Tel: 05-2427381
17. Sunway College Ipoh, Psrn SCI 2/2, Sunway City Ipoh. Tel: 05-5454398
18. Break the Code, Greentown Business Centre. Tel: 05-2420484
19. Symphony Suites, Jln Lapangan Symphony. Tel: 05-3122288
20. Olympia College, 18 Jln CM Yussuff. Tel: 05-2433868
21. Ibis Styles Ipoh, 18 Jln Chung On Siew. Tel: 05-2406888
22. Daybreak, Lot 75242 Jalan Pulai, RPT Pengkalan Pegoh. Tel: 05-3235908/09
23. Banyan Beauty, 40 Jln Raja Dihilir. Tel: 05-2426866/012-5073866
24. Ipoh Echo's office



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Garvy's In The Park French Dining

Hard-pressed to find a proper fine dining restaurant, let alone a French one, in the convenience of our beloved old-world charm that is Ipoh? Ooh la la, Francophiles, your wishes have been granted!

Since its opening in November 2013, Garvy's In The Park French Dining has been held as the epitome of French cuisine in Ipoh and even Perak.

Located along the main road of Jalan Raja Permaisuri Bainun, Garvy's manages to steer away from the traffic and noise as it nestles amongst the lush urban greenery surrounding it. A classy orange "Garvy's" sign in their cursive signature font, greets guests at the entrance. Inside, the black and white table setting and cream bucket chairs exude a discreet air of understated quality. The glass panels of the dining room are shaded by the trees, allowing just the right amount of sun in, bringing ease to the diners.

The lighting is soft, giving warmth and enhancing the modern décor; reflecting the surroundings, bringing nature indoors for a relaxed, yet chic ambiance. The dining room is built around a Banyan tree which harks back to more than 35 years ago. The glass-enclosed Banyan tree is illuminated at night.

Meanwhile, Garvy's open kitchen allows mouth-watering aromas to permeate the air. The layout is done with both bigger configurations and couples in mind, with communal-style tables and also the smaller, intimate tables for two. Its limited seating of 35 diners creates further intimacy. At the helm of Garvy's kitchen is Executive Chef, Agustin Ignacio from the Gastronomy Institute Argentinian. He has worked in various top restaurants such as Restaurant Gekkos, Democratic Republic of Congo, Hotel Terrado Suites 5 star Antofagasta, Chile, Hotel Design Suites 4 star El Calafate, Santa Cruz, Argentina and La Comarca Hotel 4 star Purmamarca, Jujuy, Argentina.

Augustin is ably supported by Sous-Chef Romain Fabre, from the Paul Bocuse Culinary School. He has worked in Auberge Basque, France and David Tarnowski, Switzerland, both Michelin star restaurants.

Their wealth of experience in prestigious gastronomic restaurants combined with their culinary dexterity, is guaranteed to delight even the sharpest of palates. Food that comes out of the kitchen is faultless, nouveau masterpieces with definitive excellence. Its detailed menu contains dishes combining French elegance with Asian flavours that can only be described as out-of-this-world with its explosion of flavours.

The single-page menu changes weekly, featuring a line-up of French classics with an inspired twist. Expect favourites such as "pan seared foie Gras and beetroot"; "escargots, mashed potatoes and herbs"; "vegetables and fish soup with local prawns and wasabi"; "chocolate Soufflé"; "homemade ice

cream" and "duck breast from France, shimeji mushrooms and squash".

Each dish is an edible work of art where some molecular gastronomy techniques are applied. For instance, foam and gelation are used on mint, french cheese, chocolate, watermelon, green peas and celery. Ingredients which are imported all the way from France are butter, cream, cheese, lamb, lobster, sea bass, scallops, oysters, foie Gras, escargot and duck while its vegetables, fruits, prawns, skate fish, herbs and spices are sourced locally to complement the menu. Organic produce is used whenever possible.

Priced at RM128 for 2 courses, RM158 for 3 courses and RM238 for 4 courses, be prepared to give the highest compliments as you savour the chef's creation of the day using the best and freshest ingredients.

Garvy's also offers a special degustation menu for occasions such as Valentine's Day, Christmas, Chinese New Year, New Year's Eve and others.

It does not matter if you are looking for a weekend indulgence or looking to impress your

significant other, Garvy's which ranks third on TripAdvisor is definitely the place to be.

To add fizz to the celebration, there is an extensive selection of wine available. Do not forget to complement the joviality with their signature dessert of homemade ice cream!

Service is efficient, unobtrusive and impeccable, headed by the charming Willy Maudet (Dining Manager) from France. Willy has years of experience at Europe's top restaurants, including La Bastide St Antoine in South of France, L'Hotel de Ville I, Switzerland, Georges Wenger and David Tarnowski.

The Parisian-style fine dining restaurant is the brainchild of 21 year-old Garvy Beh who has just graduated from the University of Virginia in May 2014, majoring in Economics and Sociology. When asked about the inspiration behind Garvy's, the young Garvy told Ipoh Echo, "In Perak, there is no real good French restaurant. We took this opportunity to start this French restaurant to give Ipoh folks the experience to taste real authentic French cuisine. French cuisine is healthier compared to Italian, Middle Eastern or Chinese, with its small portions. Plus, it is very artistic."

Garvy is a fan of French cuisine, citing ("real good") pan seared foie Gras and escargot as his favourites. He also disclosed the future plan of expanding the business to Kuala Lumpur.

Everything is executed with such flair, including the design. Explaining the restaurant's design which runs on the theme "In the Park", Garvy explained that the Banyan tree is preserved as it is believed to be a sign of prosperity and luck because of its significance to the Buddhists. Plus, it gives a sense of being in the park as guests dine under the tree.

For Perakeans, be ready to be whisked away to Paris without ever leaving Ipoh!

Right next to Garvy's French Dining is **Garvy's Café**. Equally stunning, it makes use of flowering vines and attractive climbers to create a living roof to furnish a welcome shade to its guests. Its menu which changes every 3 months, offers breakfast, salads, sandwiches, mains, pasta and dessert. For those who prefer non-alcoholic beverages, specialities such as milkshake and fresh mocktail juices are available. Burgers and homemade ice cream become instant crowd favourites. It is built for the convenience of BP Specialist Centre clients who fast for the blood testing. After the tests, they could then break their fast at **Garvy's Café** which is just a stone's throw away. What better way to break fast than to *breakfast* at all times of the day at **Garvy's Café**.



Garvy's In the Park French Dining
275 Jalan Permaisuri Bainun, (Kampar Rd)
Ipoh 30250.

Business hours: 12pm-2pm & 7.00pm-10pm. Closed Mondays.

Garvy's Café

Business hours: 8.30am-2pm & 6pm-10pm (drinks only from 2pm-5pm)



Garvy's French Dining



garvysfrenchdining



www.garvysmy.com



Garvy's French Dining