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Different Strokes for Different Folks – The Generation Gap

By Ili Aqilah, Nantini Krishnan & Tan Mei Kuan

We are all human with similar physical characteristics but each of us is unique. Just like the saying, "Different strokes for different folks", everyone has different goals, priorities and dreams. Ipoh Echo talked to a number of Perakeans from different generations to get insights on how they see the world. Given that each generation is characterised by different experiences that shape their perspectives and behaviour, we sought to uncover the generational differences in answers to a set of questions that Ipoh Echo sent its team of reporters to ask.

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“Each of us is a unique strand in the intricate web of life and here to make a contribution.” – Deepak Chopra

We met some of the baby boomers, those who were born between 1946 to 1964. Born after the World War II, baby boomers are so called because the birth rate around the world spiked up after the war. Ipoh Echo also chatted with those who were born between 1960s to early 80s, known as Generation X (Gen X) and is statistically the generation who received the best education system among all. Next came the sophisticated and technology-wise Generation Y (Gen Y), babies born in early 1980s to the early 2000s and of course the current generation, Generation Z (Gen Z) who will soon be the future leaders of the world. Do these generations share the same opinions? Ipoh Echo sat with them to find out.

1. How do you see your future in this country?

Baby Boomers: Half of the baby boomers think that the future is bleak due to poor leadership, poor management of scarce resources, intolerance, rising cost of living, and rising crime rate. The other half is not worried because they think that the future is bright as long as the status quo is maintained. Plus, there is still much potential left which has yet to be exploited and tapped. A 64-year-old full-time housewife told Ipoh Echo, “I am living my life one day at a time without thinking much about the future. However, things are progressing quickly and there is definitely hope for the future.”

Gen X: Generation X has mixed opinions on the future in this country, some see the current job market as unpromising and offering poor compensation, while others see it as an opportunity to create new markets. Below are the opinions of the respondents;

A: I think this country would have a brighter future if corruption can be eliminated.

B: Malaysia is a wonderful place and there will never be another place to be called home. I might go overseas for a few years to gain some knowledge and wisdom, but I will certainly come back to my home.

C: The honest truth is that Malaysia is no place to build a career. Racism, racial inequality is the reason.

Gen Y: Some of the older Gen Y have set their eyes into settling down and having their own family as most of them have already started working and have their own vehicles. They believe that now is the perfect time to enter a new chapter in life and start becoming adults. A different point of view emerged from the younger generation of Gen Y where they have not yet established a toehold on their careers or future. Most of the young Gen Y have just finished their tertiary level education and are entering the workplace and starting to hold bigger responsibilities such as paying for education loans and saving money for travelling.

Gen Z: Living as a successful adult with fancy cars and big houses were some of the answers given by the youngest generation upon answering the question. Although they can't still figure what the future may hold, the majority of them agreed that Malaysia offered a bright future.

“I haven't figured it out yet. But I will work hard to achieve my dream,” said Syakirah, aged 12.

2. What are the things you can contribute to this country?

Baby Boomers: Baby boomers believe that their experiences could be utilised and also optimised for the betterment of the country. They are definitely not over-the-hill yet! Some plan to be active in charity and NGOs dealing in social issues after they retire.

Gen X: Gen X wishes to contribute to the country by doing any social service that can contribute towards development and progress of Malaysia.

A: My vote as a citizen. Every vote counts. All of us contribute in terms of personal income tax and GST implemented in our country.

B: It's all about knowledge. I will try my best to reach out to as many people as possible and ensure they are informed of the opportunities that are in Malaysia and the world. Many times we see a big mass of people living in a self-confined shell. We need to break that.

C: Education, I will try to educate people to tap their talents and use opportunities to the best. These people will develop other people. And this will be my contribution to Malaysia.

Gen Y: They are young, full of energy and have a lot to offer to the country. Gen Y is slowly making names around the world with their own talents. Take Natasha Zainal, 26, as an example, who was among the winners of the International Poetry Competition or Concorso Internazionale di Poesia in 2014, “I never expected to win, but it was good to put Malaysia on the map,” said the young teacher.

Gen Z: Gen Z is still trying to figure how they can contribute to the country and it is clear that it isn't their current priority. While some managed to list the things they wanted to do such as building new skyscrapers and becoming a well-known professor, others choose to go with the flow and prefer to enjoy the time being young and free.

3. Asked about their goals in life and how are they going to achieve it.

Baby Boomers: A 67-year-old retired florist disclosed to Ipoh Echo, “I just want to be happy and healthy. It is that simple.” Some are forever young at heart as they wish to travel and experience different cultures. Meanwhile, one thinks that he does not have that many goals left as whatever he has aspired for and dreamed of have been achieved. Hence, he is now a satisfied man, both morally and also mentally.

Gen X:

A: My goal is to reach out to as many people as possible and at the same time, be the best of what I can. It's going to be hard to juggle both, but hopefully I'll achieve it.

B: My goal is to be the best of what I can be. I will capture the opportunities that knock on my door and try to make the best of it.



C: As a reporter and also as a photographer my goal is to open up my own newspaper company someday and for that I am still gaining working knowledge in my current company.

Gen Y: There were mixed opinions when this question was asked of the Gen Y. For those who have found their dream job, they wanted to travel as often as they could and to do so, they planned to earn as much as they could to afford the trips.

However, there is a group of Gen Y who are still trying to figure out what their life goals are and of course there are those who have set their eyes on settling down.

Gen Z: Engineers, doctors, firefighters and detectives were among several ambitions dreamt by generation Z. It was a delight to know that even though they are still young, they managed to figure out how they will achieve it. Pursuing studies in overseas universities like Caltech, Ivy-Leagues such as Brown, Princeton and Harvard, and several who mentioned a prestigious university in Malaysia, are their way to achieve their dreams.

4. What is the best thing about Malaysia?

Baby Boomers: Responses relating to food and the people of diverse culture reign supreme for this question! In addition, they love the weather and the peace in Malaysia.

Gen X:

A. Food

B. Natural resources

C. Multiracial nation

Gen Y: Up and coming art scenes, good food and having most of the families members staying here has become the best things about Malaysia for the Gen Y.

Gen Z: Like all the other generations, Gen Z agreed on Malaysia's beautiful sceneries and assorted delicious food being some of the best things about Malaysia. In fact, it was the reason why some of their parents chose to settle here.

5. If you have the power, what changes would you like to see in Malaysia?

Baby Boomers: For this question, Ipoh Echo received mostly politics-related answers. For instance, they would advocate a more inclusive and transparent government which preaches equality and fairness to all Malaysians. Other answers include improving the public transportation system, the education system, crime fighting, facilities for the physically challenged and safety in Malaysia. Interestingly, one baby boomer told Ipoh Echo that he would surely turn back the clock to the good old days!

Gen X: Gen X have a variety of answers for the changes they would like to see in Malaysia such as:

A: I will focus on getting our own people to work on the resources we have in our country.

B: I wish to change Malaysia into an Islamic country as Brunei,

C: Eliminate corruption in this country to make better lives for the next generations.

Gen Y: Generation Y is loud and not afraid to share their opinion on the changes they can bring to the country. While most wished to bring some changes in the political field others believe that although Malaysia is still far behind in becoming a world class country, nevertheless is improving.

Gen Z: Their eyes shine on hearing this question and Gen Z is not shy to talk about the changes they want to bring to this country. Some of the answers received included wishing Malaysia to have our very own space launch station. Quoting them, “The world is moving forward with high end and advanced technology, it is about time for us to have our own rockets,” said Fong, 10 years old.

6. Ask if they would come back to work in Perak?

Gen Y: Whether they are currently working overseas or just finished studying, returning back to their hometown is definitely on Gen Y's mind. “I've been living in Kuala Lumpur since I pursued my studies till now, I've been planning to return home to Ipoh and stay with my parents once I am financially stable,” said Damia, 24, who believed it is her turn to take care of her parents.

Gen Z: Majority of the responses did not want to return to Perak (their hometown) and work. “Ipoh will be my hometown, a place where I will visit my parents on the weekends but not a place for me to stay,” added Sanjif 13 years old. Surprisingly, most of them choose to stay with close relatives like uncles and aunties but not with their parents.

In short, it was clear that each generation shares different views and hopes. Which in our opinion is a good thing for the future of our country.

Characteristics	Baby Boomers (1945-1960)	Generation X (1961-1980)	Generation Y (1981-1995)	Generation Z (Born after 1995)
Formative experiences	Cold War Post-War boom “Swinging Sixties” Apollo Moon landings Youth culture Woodstock Family-orientated Rise of the teenager	End of Cold War Fall of Berlin Wall Reagan / Gorbachev Thatcherism Live Aid Introduction of first PC Early mobile technology Latch-key kids; rising levels of divorce	9/11 terrorist attacks PlayStation Social media Invasion of Iraq Reality TV Google Earth Clastonbury	Economic downturn Global warming Global focus Mobile devices Energy crisis Arab Spring Produce own media Cloud computing Wiki-leaks
Aspiration	Job security	Work-life balance	Freedom and flexibility	Security and stability
Attitude toward technology	Early information technology (IT) adaptors	Digital Immigrants	Digital Natives	“Technoholics” - entirely dependent on IT; limited grasp of alternatives
Attitude toward career	Organisational - careers are defined by employers	Early “portfolio” careers - loyal to profession, not necessarily to employer	Digital entrepreneurs - work “with” organisation not “for”	Career multitaskers - will move seamlessly between organisation and “pop-up” businesses
Signature product	Television	Personal Computer	Tablet / Smartphone	Google glass, graphene, nano-computing, 3-D printing, driverless cars
Communication media	Telephone	E-mail and text message	Text or social media	Hand-held (or integrated into clothing) communication devices
Communication preference	Face-to-face ideally, but telephone or e-mail if required	Text messaging or e-mail	Online and mobile (text messaging)	Facetime
Preference when making financial decisions	Face-to-face ideally, but increasingly will go online	Online - would prefer face-to-face if time permitting	Face-to-face	Solutions will be digitally crowd-sourced

IPOH **echo**

• From the Editor's Desk
By Fathol Zaman Bukhari

CHEN, YOU'RE OUR HERO

Lim would beat to a pulp enemy sympathisers and then release them. This was his method of getting the message across the Rejang wilderness...

The action by ASP Chen Ah Kooy, Officer-in-charge Police Station (OCS) Menglembu, Ipoh was commendable although his superior thought otherwise.

Chen on May 16 had shot a 42-second video clip of him warning 'ah longs' (loan sharks) not to stick their banners and posters in and around Menglembu. And he did this in true underworld fashion, reminiscent of the Malayan Emergency era (1948 to 1960).

"I don't want MCA and DAP complaining to me about *ah long* stickers in Menglembu. If you have guts, you *ah long* should come and see me. *Kita cek chow, kita bertarung* (we've a one-to-one fight). If you've a pistol bring it with you. I know you have pistols bought from Thailand," said Chen in the video.

The police officer's vitriolic rant against loan sharks and their habits of plastering and hanging banners and posters all over Menglembu had enraged him no end. This could be the reason behind Chen's decision to shoot the video and circulate it on social media. His masterpiece went viral in matter of minutes after it went on air. And by the following day people were praising him for his bravado.

Ipoh Police Chief, ACP Sum Chang Keong, however, chastised Chen for his unprofessionalism in making the video without prior approval of the Ipoh Police Headquarters.

The word "professionalism" is very subjective and if taken literally what Chen has done is professional, by any measure of guilt. He has done what is expected of him as the officer-in-charge of a police station. And being crude and downright threatening, he has successfully conveyed the message to the underworld. I hail him a people's hero for taking the fight to the crooks. Unfortunately, there are not many Chens in the Police force today – the ones that do their job of policing to a "T".



Policing job today, regrettably, involves plenty of politicking and apple-polishing. To be seen on the side of the Establishment remains a priority with the top brass. That explains why our police are prompt when dealing with the Opposition but are slow when it involves the ruling party.

Why have I alluded Chen's "impropriety" to the Malayan Emergency era is simply because the fight against communism then was very much a police action. It was an internal threat emanating from the outlawed Malayan Communist Party, which required police rather than military action. However, the military was requested to assist the police in subduing communist terrorism.

I had my share of dealing with the police's Special Branch (SB) when operating in the Rejang Area Security Command (RASCAM) area in Sarawak in the 1970s. The remnants of the North Kalimantan Communist Party, numbering a handful, were active around Sibul, Sarikei, Kanowit and Binatang. They were very elusive and locating them was like looking for a needle in a haystack. In spite of these, one SB officer stood head and shoulders above the rest.

Lawrence Lim and his boss, Naferi, were instrumental in checkmating the Down River Group and the Oya Mukah Tatau Group led by Hung Chu Teng and Ubong, respectively. The group's eventual surrender, along with party operatives, in 1990 was an indirect result of the duo's efforts, employing both psychological and open-warfare tactics.

Lim would beat to a pulp enemy sympathisers and then release them. This was his method of getting the message across the Rejang wilderness. It worked. And I believe Chen's method will have the desired effect, crude though it may be.

Ah long's banners and posters have proliferated around the country. It is a nuisance, as they have a tendency to mar the beauty of a housing estate. It is about time the authorities come down hard on the transgressors. Petaling Jaya City Council, I am told, pays residents for bringing in such banners and posters. Ipoh City Council should do the same.

Education

Are You Better Than The Rest?



No one can deny the power with which technology has transformed education in our schools today. The pace at which children learn is consequently affected and we, as parents and educators, must play our role effectively to ensure that we nurture our children to achieve their best.

So then, is it Nature or Nurture? What makes your child do well in school? And then again? What is doing well?

When this question was put across to the parents, a myriad of responses emerged ranging from infrastructure, facilities, teachers quality, curriculum and others.

Though these may contribute in some small way, the success of great learning lies within the children themselves. It is innate and waiting to be realised. It's not as much about facilities but about awakening the inner strength in each individual.

This can only come about through a strong parental involvement and the sound values implanted when young. Any child can learn given a textbook but whether it is learning for acing examinations or to equip him for the future lies very much in the hands of parents and educators.

The role that parents play cannot be understated. It is the first five years that define the path children take and the values and learning implanted then last a lifetime.

However, given the current learning system in schools, parents seem to be left out of this learning loop probably seeing their children's teachers for receiving report cards at year end. This hardly holds any value now as children pick up knowledge from various sources not discounting the effect of social media. We can sit back and watch the rise in crime, civil war, the danger to our environment, child abuse and child labour or choose to take positive action so that our children will grow up to be responsible global citizens.

The International Baccalaureate (IB) programmes for the Primary Years (PYP) and Middle Years (MYP) offer a broad based education with a structured curriculum framework focused on not just amassing readily available knowledge but strengthening it with skills, values and sound attitudes, building children ready to take on the future towards creating a better world for all.

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Professor Gopi is the Academic Director of Fairview International Group of Schools. He delivers his presentation in an exciting and lively manner, captivating his audiences with his vast energy. Professor Gopi is regularly invited to deliver talks at national level conventions and conferences, sharing his knowledge and expertise in education in many countries. He is also a faculty of University College Fairview International (UCFI), the new praxis university that focuses on IB-related degree qualifications.

To register for the talk, kindly call 05 313 6888 or email to enquiries_ipoh@fairview.edu.my. The talk is complimentary and subject to availability of seats. Concurrently, there will be kids' activities 'Canvas Painting' for kids of all ages (minimal fee involved). To avoid disappointment, please register in advance.



EYE HEALTH – EYE STRAIN

In our continuing series on Eye Health, Hospital Fatimah's Consultant Eye Surgeon Dr S. S. GILL talks to us about EYE STRAIN.



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

WHAT IS EYE STRAIN?

The medical term for eye strain is *asthenopia*. When we say 'Eye Strain', it is actually describing a symptom of the eye. Eye strain occurs when your eyes get tired from intense use, such as reading, computer use or driving for extended periods. It basically stems from looking at something over a long period of time without adequate breaks in between. Even surgeons are not spared from eye strain if they perform surgery under a bright operating theatre light without adequate breaks.

WHAT CAUSES EYE STRAIN?

Symptoms of eye strain include blurring vision, headaches, irritated eyes, and occasionally doubling of the vision. Headaches may start from the periorbital area (area around the eyes) of the face because a person may unconsciously clench the muscles of their eyelids, face, temples, and jaws when concentrating. This may in turn trigger migraine headaches if you are one of those people who frequently suffer them. **Eye stress** is increasingly affecting more and more people these days. Eye stress is as much of a concern as any other illness of the body. It makes the eyes tired and you get drained of energy. We need to remember that the eyes are used constantly throughout the waking hours of a day for various tasks including even socialising!

RATE OF EYE BLINKING!

The normal blink rate in human eyes is 16-20 per minute. Studies have shown that the blink rate decreases to as low as 6-8 blinks per minute for persons working on something that requires concentration like looking at the computer screen. This leads to dry eyes which can further worsen the situation.

DISTANT AND NEAR VISION

It is interesting to note that humans evolved biologically as hunters and gatherers. This means that our vision was developed primarily for seeing distance (98% of all humans are born farsighted). Our eye muscles (ciliary muscles) are at their **most relaxed state** when we use our vision to look at distant objects. When looking at near objects for long periods, it causes a **strain on the ciliary muscles** which are the eye muscle responsible for **near vision**. In other words eye strain is caused by visually concentrating on one thing or on one distance for too long.

ACTIVITIES that may cause eye strain include:

- Prolonged digital media use.
- Reading for long hours.
- Watching television for long periods.
- Driving long distances without breaks.
- Sewing and knitting for long hours.

ENVIRONMENTAL factors that can add to eye strain:

- Improper lighting.
- Poor ergonomic computer setup.
- Glare and brightness.
- Poor & uncorrected vision (refractive errors).

Make efforts to consciously try to reduce the strain on your eyes by watching out for these contributing factors.



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

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Mara Maths Scholar Needs Monitoring, Not Mollycoddling

The International Business Times reported that, in November 2014, a young man from Malim Nawar, near Kampar had been caught in a Mara hostel, in London, dealing in child pornography. When his digs were raided, the Metropolitan police found 23-year old Nur Fitri Azmeer Nordin “with an open laptop, next to a life-size mannequin of a young boy”.

Sara Keane, a spokesman from the Metropolitan Police's Serious Crime Unit said, “Nordin was involved in the making and sharing of some of the most extreme images that have been seen by policemen who work in this field.”

Police seized 30,000 images and videos of child pornography from Nur Fitri's collection. The images were considered category A (abuse involving penetrative sexual activity with children), as well as thousands from categories B and C.

On 30 April, Nur Fitri was jailed for five years, and will be deported, once he has served his sentence.

Malaysians recoiled in horror at Nur Fitri's exploits in child pornography, and Mara issued a statement to say that his study loan had been suspended.

After the verdict was announced, at the end of April 2015, Mara said, “However, following his conviction and sentencing, the loan is terminated, with immediate effect and he has to pay back all the money extended to him.”

Incredibly, when the verdict was announced, Mara council member Nazir Hussin Akhtar Hussin was alleged to have said that Nur Fitri was entitled to a second chance, simply because he is a maths genius.

Nazir said, “Any individual who repents, for a mistake, should be given a second chance, after being punished, especially among gifted students who can become national assets.” (sic)

“We will support him in any way possible, to help him rebuild his character, and one way is to give him a chance to study in any Mara institution. He is a smart student and it is a pity to waste someone who can be an asset to the country.”

The turnaround by Mara filled Malaysians with horror but they were further incensed when the Malay group, Gabungan Pelajar Melayu Semenanjung (GPMS) suggested that Nur Fitri be allowed to study at a local university, following his deportation.

The GPMS president Jais Abdul Karim said, “GPMS will discuss with Mara on this issue, so Nur Fitri will be allowed to continue his studies in any education institution in this country after he is sent home.” (sic)

The Rural and Regional Development Minister Shafie Apdal allegedly said that he was trying to get a lighter sentence for Nur Fitri.

Shafie's request was immediately quashed by the Prime Minister Najib Abdul Razak who said in a blogpost that, “Nur Fitri was on trial in Britain, under the laws of that country, and given a chance to defend himself, and he pleaded guilty. We must respect the law of the country and anyone found guilty must be punished.”

The people who think that this is another simple case of indulging in pornography may need to do some serious self-reflection.

In many parts of the world, distributing, viewing, and making child porn is a crime but unfortunately, Malaysia does not specifically legislate against this. However, the offense of rape and other forms of child sex abuse are punishable under Section 376 and Section 376B of the Penal Code, as well as the Child Act 2001.

Dr Sharifah Halimah, the former president and founder of the NGO, Perak Women for Women (PWW), which deals with abused women and children, is no stranger to the physical and sexual abuse of children.

She said, “The gravity and seriousness of his offence is shocking. It is not something we could brush aside as a mistake. This kind of character should accept the consequences of his actions and face the full measure of the law. His criminal behaviour must be condemned.”

The obstetrics consultant criticised Mara. “What is more shocking and petrifying is the decision of Mara officials to offer him a scholarship, to study in a local



university and give him a second chance, as he is an ‘exemplary’ student and a potential asset to the nation.

So what if he is a genius and a Malay? He is a paedophile.”

Lawyer and the Vice President of PWW, S. Sumathi said, “Mara is not only giving a second chance to a paedophile, but encouraging a monster to be introduced into our society.”

“A person who has been convicted, and deemed unsafe to mix with society is welcomed back and will be allowed to interact with young adults. I feel so disappointed that our society gives a second chance to undeserving individuals, for very wrong reasons.”

“We have a sexual predator, who will be introduced into our society. We have to work hard and watch carefully for the safety of our young people both male and female.”

Malaysian Mental Health Association deputy president Datuk Dr Andrew Mohanraj said, “It is not possible to fully cure a person with the condition, but we can teach them techniques to control their impulses.”

Consultant psychiatrist Dr Abdul Kadir Abu agreed that rehabilitation would be very difficult and said, “Most countries opt to monitor such offenders, so long as they can give an appearance of stability where they do not approach children, it is fine.”

He stressed that the law enforcement agencies would need to monitor the paedophiles and said, “... But as a father, I would not want him around.”

CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Child Abuse

There are many reports of Child Abuse every year. There is a need to put an end to this. In this process, increasing awareness is an important part.

What is Child Abuse?

Child abuse is when a parent or caregiver, whether through action or failing to act, causes injury, death, emotional harm or risk of serious harm to a child. There are many forms of child abuse, including neglect, physical abuse, sexual abuse, exploitation, and emotional abuse.

Physical abuse of a child is when a parent or caregiver causes any non-accidental physical injury to a child. This includes striking, kicking, burning, biting, hair pulling, choking, throwing, shoving, whipping or any other action that injures a child. Even if the caregiver didn't mean to cause injury, when the child is injured it is abuse. Physical discipline from a parent that does not injure or impair a child is not considered abuse. However, this is not encouraged.

Physical abuse can result in:

- Bruises, blisters, burns, cuts and scratches.
- Internal injuries, brain bleed and damage.
- Broken bones, sprains, dislocated joints.
- Emotional and psychological harm.
- Lifelong injury, death.

Emotional Abuse is when a parent or caregiver harms a child's mental and social development, or causes severe emotional harm. While a single incident may be abuse, most often emotional abuse is a pattern of behaviour that causes damage over time.

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a child's health, safety and well-being. Child neglect includes:

- physical neglect and inadequate supervision
- emotional neglect
- medical neglect
- educational neglect.

Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement.

Sexual abuse of children includes:

- Making a child view a sex act
- Making a child view or show sex organs
- Inappropriate sexual talk
- Contact abuse
- Fondling and oral sex
- Penetration
- Making children perform a sex act
- Exploitation
- Child prostitution and child pornography.

Child abuse and neglect can have lifelong implications for victims, affecting their well-being. While the physical wounds heal, there are several long-term consequences of experiencing the trauma of abuse or neglect. A child or youth's ability to cope and even thrive after trauma is called ‘resilience’, and with help, many of these children can work through and overcome their past experiences.

Children who are maltreated often are at risk of experiencing cognitive delays and emotional difficulties, among other issues. Childhood trauma, at a very young age, also negatively affects nervous system development, putting children who have been maltreated at a higher risk for health problems as adults.

I will discuss other aspects of Child Abuse and its prevention in my further articles.

Shaken Baby Syndrome:

Injury to a baby caused by being shaken violently and repeatedly. Shaking can cause swelling of the brain, internal bleeding, detached retinas leading to blindness, mental retardation, and death.



THINKING ALLOWED

by Mariam Mokhtar



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 Goes on a Road Trip to Lawan Kuda

Being the couch potato that I am, I am usually reluctant to travel far for my meals but when my Foodie friend Ginla Chew insisted that I go to Lawan Kuda for dinner, what choice did I have but to meekly follow. After all Ginla knows where the best food is to be had. And if travelling some distance is what it takes, so be it.

And so it is that a group of us found ourselves at the **668 restaurant in Lawan Kuda**, ready to sample the specialties of the house.

Proprietress Ng Ta Ling (we call her 'darling') was most hospitable, ushering us into the corridor leading to the kitchen to show us the **big grass carp** which had just been fished out from the tank and flapping around on the ground. That sure is a fresh fish I thought to myself as Ta Ling went on to explain that this was no pond raised fish but a wild one from the river.

As the fish was huge (2-3kg), we opted for a portion of the fish weighing in at slightly over a kilo. She suggested cooking it in her signature style which was charcoal baked with a mellow soya sauce. The fish arrived baked to perfection, the flesh, although prone to bones, was smooth and tender and like many freshwater fish with just a hint of muddiness which happily, was masked by the garnish and sauce – **RM50 per kg**.

Restaurant 668 is known for their game and serve the acceptable ones like wild boar and terrapin (well I wasn't going to eat any endangered species).

The **wild boar curry** is always available, pungent, tangy and full of flavour. I had this on two occasions, first time, a meat curry and the second time the spare ribs. I would recommend the plain meat one as I found the ribs a tad on the tough side. **RM14.00. Ribs RM18.00**. Perhaps if I had called in advance and asked Ta Ling to braise the ribs longer?

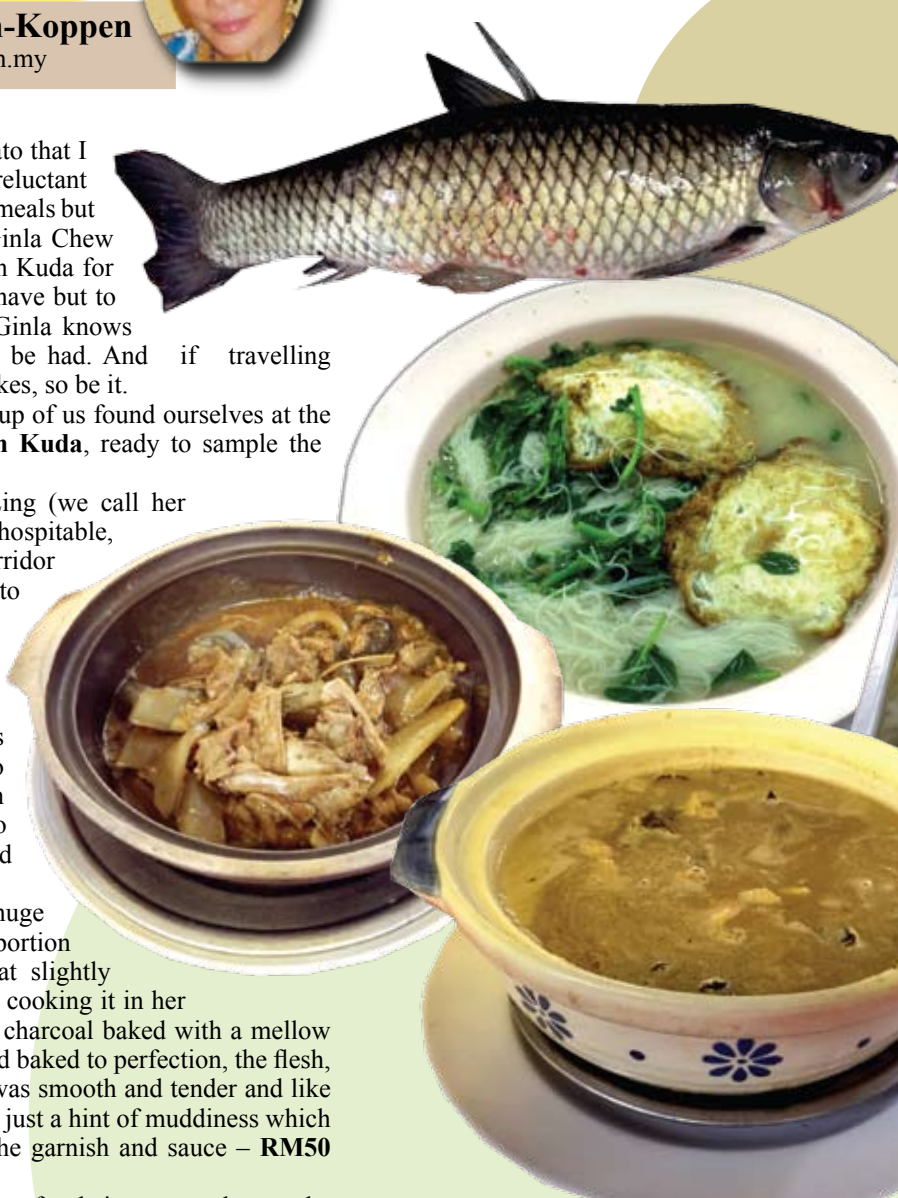
I also had their **wild boar trotter**, braised in a rich dark soya sauce. This came complete with the skin which was smooth and gelatinous, not as fatty as a pig's trotter would have been. I enjoyed this preparation immensely as the sauce was velvety and coated the pieces thoroughly. The skin too was springy, still resilient to the bite but soft enough to yield its collagenous texture which, when combined with the much lower fat content, made for a delicious chewy bite – **RM30**. To order in advance.

More collagen was on the cards this particular evening, to the delight of the ladies who were with me. Apparently

the 'ladies who lunch' in the high society circles in New York, the ones who used to nibble on leaves and fill up on cottage cheese, have discovered the value of collagen for their skin (one reason Asian women tend to have thicker and less wrinkled skin than their western counterparts as they age) and are now nibbling on pork knuckles and chicken feet. It won't be long before they too, discover another miracle food for their skin which is terrapin or tortoise. Unlike the sea turtle which is banned from tables in order to save them from extinction, terrapins or land tortoises are plentiful and can be raised in ponds. Their meat is tasty but it is the gelatinous parts underneath their hard carapace that is highly coveted.

Here at Restoran 668 the **terrappin** is braised to perfection, smothered in a dark soya sauce, redolent of ginger and scallions with a hint of sweetness imparted from the dark soya – **RM39**. To order in advance.

Another signature dish here is their **drunken chicken**, delicious morsels cooked in a specially sourced rice wine, laced with red dates, and masses of ginger. Usually I am not fond of this dish as it tends to be overly sweet in many restaurants, but here it is done just right, savoury, with



the tanginess of the ginger offsetting the slight sweetness. Yummiliciously fragrant – **RM42**. To order in advance.

Udang Galah or the giant river prawns are another specialty Ta Ling is proud of. Done in any choice of styles, (one night a group of us had 3kg done 3 ways), the prawns are live when cooked, arriving at the table piping hot and as fresh as you can get it. **Around RM95 per kg**.

The vegetables here are sourced fresh from the neighbourhood with wild spinach being one of their specials. Called **Ma Xi Yuen** in Cantonese, you can opt for these to be done any way you wish. Ours came with soup vermicelli, the stock flavoured by baby *ikan bilis* or whitebait and two eggs. Very 'Tsing' or pure or clean in the Chinese gustatory sense – **RM15**. The Chinese as well as myself, at my table enjoyed this cleansing of the palate while the two Englishmen present, turned their noses up at it complaining about its 'blandness'. Therein lies the cultural taste divide!

Other vegetables vary depending on supply so do ask. **Sayur Paku** or fiddle head fern is often available. All in all Restoran 668 is worth the drive out to Lawan Kuda.

RESTORAN 668

40 Main Road, Lawan Kuda

31600 Gopeng, Perak

Tel: 05 3597668;

Ng Ta Ling: 016 500 0668;

Chi Fook Seng: 012 454 7712

GPS: E101 9' 33.6" N 4 27' 22.8"

HAWKER FOOD



by VWSL

Restoran Yei Lock Ipoh

173-175 Jalan Raja Permaisuri Bainun (Kampar Road). Opening: 7am-4pm. Closed 2 days a month.

One of the things this coffee shop is known for is the **Hainanese Pau or Pau Hainan**. The dough is so soft and fluffy that it sticks to the base paper. Unlike other paws where some people like to peel off the outer skin, with this pau there is hardly any skin to peel. With the 10 varieties, both sweet and savoury, try the Chicken Curry – RM1.30; Char Siew – RM1.30; pumpkin (*labu*) - RM1 or the *kaya*, *tau sar* (red bean), *tau yong* (lotus paste), coconut, butter and vegetable, and sometimes even durian. Prices from RM1 to RM1.30.

The **Wonton Mee** stall has double-boiled Herbal Chicken where the chicken is so tender it falls off the bone. With noodles, it is priced at RM5. Regular noodles and wonton is RM3 and other accompaniments are char siew – RM3.70, black-pepper ribs



– RM4, mushroom chicken feet – RM5 and dry chicken curry – RM3.80. Wonton is 5 for RM1 and *shui kao* is 80 sen each.

The signature dish of the restaurant is the *Chiu Pie Sang Mien* – RM6 and *Wat Tan Hor* – RM7.

Western Food has more than 20 dishes on the menu, try the Chicken Chop Rice at RM5.50. The Coffee is good – RM1.60.

Go at breakfast time for the **Pork Mee** as the stall is packing up by lunchtime. The prices range from RM3.80 to RM5; *yong liew* is 60 sen each.

News

TDM on the Road

He was dubbed Father of Modernisation, a prime minister for 22 long years and an enduring statesman cum politician. Under his reign, Malaysia experienced rapid economic growth, both in the industrial and agricultural sectors.

Although he is no longer the No. 1 man, Tun Dr Mahathir Mohamad (TDM for short), maintains a hectic schedule. It was indeed a delight to see the man in the flesh, accompanied by his wife, Tun Dr Siti Hasmah, giving his take on the affairs of the nation vis-a-vis the effectiveness of Prime Minister, Datuk Seri Najib Razak.

Mahathir was on a planned road show around the country, and Ipoh was his second stop.

The dialogue, held at Tower Regency Hotel, Ipoh on Saturday, May 16, apparently, was the only venue available to the former Umno president and prime minister. Stadiums and hotels, huge enough to take the accompanying crowd, had turned their backs to the savvy politician for a reason, of course.



Upon his arrival at the hotel ballroom, at around 4pm, Mahathir was greeted by a deafening cheer from the crowd estimated to be over 3000. The gathering had spilled into the hotel foyer and into the streets. They had been waiting for him since noon.

The session began with TDM thanking the crowd for their patience and willingness to hear him out. He started by explaining how the country achieved its independence on August 31, 1957, the formation of Malaysia on September 16, 1963 and the events that followed.

“The key to our independence was our ability to unite against one of the most powerful nations in the world at the that time, Britain,” said Mahathir.

Malaya was colonised as early as 1511 first by the Portuguese and then the Dutch in 1641 and the British following the Pangkor Treaty of 1874. The people remained loyal to their colonisers although they were being mistreated.

It was only during the Japanese Occupation (1942 to 1945) when the locals saw the urgency to unite and fight for a common cause – independence. Tunku Abdul Rahman and his team worked tediously, although being hampered by a looming communist threat, to impress the British imperialists to grant the country its independence.

Mahathir emphasised the importance of unity, especially among the rakyat in combating their common enemies.

“Leaders have a role to play and they must be seen to be fair, credible and also empathetic. They should not betray the rakyat’s trust,” he reasoned.

“And since Malaysia is a democratic country, everyone has a right to speak up and to question their leaders when they do something wrong. The IMDB scandal is an example of a gross financial mismanagement by those in the corridors of power,” he remarked.

Tun Mahathir reminded leaders to stay true to their commitment in making Malaysia a First World nation by 2020. It was a vision which he had initiated when he was the prime minister. With less than five years remaining till 2020, TDM hoped everyone, the rakyat included, to work hard to fulfil this dream.

The dialogue ended with a question-and-answer session. Mahathir answered all questions posed in his customary manner – with a sheepish smile and look.

One question, which was raised by the son of the late Tun Ghaffar Baba, was who did Mahathir consider the most qualified person to take on the No. 1 job should Najib step down? He did not answer the question. Whether it was deliberate or otherwise, no one knows.

Judging from the mood of the crowd that day, it was obvious that the prevailing political situation in the country is not getting any better. It may have a negative impact on Malaysians, per se. Only time will tell.

Ili Aqilah

Forum on Equality and Rights

In conjunction with this year’s ‘International Day of Families’, the Family Wellness Club, Ipoh (FWC) organised a forum to raise awareness on issues relating to gender equality and children’s rights. It was also to educate and empower individuals and families.

The forum titled ‘Men in Charge? Gender Equality and Children’s Rights in Contemporary Families’ was held at the YMCA Hall, Ipoh on Friday, May 15.

The objective was to give the participants a better understanding of issues relating to gender inequality and the violation of children’s rights and how these issues should be tackled. The secondary objective was to provide an understanding of current family laws, both civil and syariah, and how they can be improved to ensure the rights of all family members.

The forum was officiated by Puan Srihartini Mohd Shamsudin, the Director of Jabatan Pembangunan Wanita Perak.

Panel speakers included the UNDP (United Nations Development Programme) Malaysia programme manager, Suri Kempe; children’s rights activist, Datin PH Wong; civil lawyer, Kan Weng Hin and syariah lawyer, Ahmad Munawir Abdul Aziz.

The panellists articulated on the given subjects and shared their professional knowledge and experiences with the participants.

During the question and answer session that followed, the speakers answered and deliberated on questions and issues raised from the floor. It was a fruitful session indeed.

Nantini



Teluk Intan Lass is Prettiest

She entered the competition to gain experience and make new friends. Rishon Shu, 21, from Teluk Intan was astounded when she was crowned Miss Perak Tourism 2015 at Syeun Hotel, Ipoh on Saturday, May 16.

During the finals, Rishon who is 174 cm (5ft 9in) tall beat 13 other aspirants. She won a cash prize, a crown, a trophy, a pearl necklace with topaz worth RM20,000 and a holiday package to South Korea for two along with health and beauty products.

The second-year Bachelor of Arts (Hons) English Language student at Universiti Tunku Abdul Rahman (UTAR) who loves swimming and modelling, won three additional titles namely, Miss Popularity, Miss Elegant and Miss Glamorous.

When asked how she planned on promoting Perak as a tourist spot. She replied via blogging.

“I’ll start a blog and show the world what



Perak has to offer. A blog will provide far greater details which will grab the attention of tourists who plan on coming this way,” said Rishon who is of mixed parentage.

The event started with the finalists parading in batik wear, dresses designed by one of the judges, Datin Syarifah Kirana and followed by evening gowns.

Together with Datin Syarifah Kirana, the other judges were Dato’ Dr Wenddi Anne Chong, Dato’ Kee Hua Chee, Rachel Ng, Datin Janet Yeoh, Tan Sri Chang Jo Youn and Puan Sri Sandra Lee.

Joining Rishon at the Miss Malaysia Tourism 2015 finals in Kuala Lumpur this September, is Divina Naidu, the runner up of Miss Perak Tourism 2015. The winner of Miss Malaysia Tourism will be up against 65 contestants from all over the world in the Miss Tourism International 2015 in Vietnam slated in November.

Executive Councillor for Tourism and Culture, Dato’ Nolee Ashilin bt Dato’ Mohd Radzi gave away the prizes.



Ili Aqilah

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News

Affordable Houses for Perakeans



The Perak State Development Corporation (PKNP) launched two of the first phase of Perak's affordable housing projects dubbed, 'Rumahku Amanjaya'. They are meant for the state's lower-income group.

The two projects in the first phase are aptly named 'D'Aman Residensi' and 'Casa Kayangan'. They are part of the state's development initiative in building 10,000 units of affordable houses by 2018.

Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir, who is also PKNP chairman, in his speech during the launching ceremony at the Meru Convention Centre on Tuesday, May 19, said that the projects would not only provide opportunities for the people to own houses but would also help boost economic activities in Meru.

"PKNP's goal is to enhance and improve the living standards of Perakeans. We'll give priority to people. It is welfare before profits," he stressed.

During the press conference after the launching ceremony, Zambry urged federal agencies, such as Syarikat Perumahan Negara Berhad (SPNB), PRIMA Corporation Malaysia (PRIMA) and the Housing and the Ministry of Local Government to complete their housing projects which they had promised for the state.

"If you can't, tell us so we can plan our next move. Stop making promises which you cannot fulfil," he told reporters.

Nantini

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News



A Superb Military Show

The climax of the state-organised celebration to honour Sultan Nazrin Muizzuddin Shah's installation as the 35th Sultan of Perak was a military tattoo. The stunning spectacle of martial music performed by bands from the three services – army, navy and air force as well as military displays were held on Saturday, May 16 at the floodlit Perak Stadium, Ipoh.

The 35,000-capacity stadium was filled to the brim with little or no standing room. The stadium was completely transformed into a fitting militaristic arena with a spectacular backdrop of ever-changing multi-coloured spotlights, fairyland-like fogs and flickering real-flame torches at the perimeter for a touch of realism.

Some 40,000 people, from all walks of life, filled the stadium well before showtime not wanting to miss an awesome performance; the best Ipoh could offer.

They were there to watch a 3-hour tattoo featuring a long list of awe-inspiring attractions sprinkled with a touch

of humour from the 1430-member team of the Malaysian Armed Forces and the Royal Malaysian Police. No one was disappointed, as the show was indeed captivating.

The royal entourage, consisting of Sultan Nazrin Muizzuddin Shah and Raja Permaisuri Perak, Tuanku Zara Salim; Raja Muda Perak, Raja Jaafar Raja Muda Musa and Raja Puan Besar Perak, Raja Nor Mahani Raja Shahar Shah; Raja Di Hilir Perak, Raja Iskandar Dzulkarnain Almarhum Sultan Idris Shah and Raja Puan Muda Perak, Tunku Soraya Sultan Abdul Halim, graced the occasion with their presence.

Also present were Menteri Besar Datuk Seri Dr Zambry Abd Kadir, his wife Datin Seri Saripah Zulkifli and state dignitaries, including some top military brass.

Mei Kuan





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News

Night of Glitz and Glamour

Malaysia International Chamber of Commerce and Industries (MICCI), the oldest chamber of commerce in the country, organised a fundraising dinner at the ballroom of the 5-star Mandarin Oriental KLCC, Kuala Lumpur on Saturday, May 23. Running on the theme of glitz and glamour, the charity event began at 6.30pm at the hotel's foyer where guests, dressed for the occasion, enjoyed cocktails while feasting their eyes on luxury automobiles by Audi and jewellery display by well-known gemstone connoisseur, Ameer Philips.

All in the name of charity to raise funds for earthquake-devastated Nepal and the country's flood victims, the fun continued in the grand ballroom with the musical accompaniment of the resident band, the Rare Green Vultures.

"There are two main reasons for this evening's dinner. The first reason is that we are here to enjoy the company of our friends, the good food and live entertainment. The second reason is that we want to raise as much money as possible to support three worthwhile charities," said Dato' Lim Say Chong, a Past President of MICCI. Half the proceeds of the evening will go to the victims of the flooding at the east coast of Malaysia in the early part of this year, shelter for single mothers and homeless children and the victims of the devastating earthquake in Nepal.

During the sumptuous 8-course Chinese dinner, the entertainment line-up included a glittering jewellery fashion show by Ameer Philips, stand-up comedian Helmi Gimmick and a Latin dance extravaganza full of sexy moves. Guests who felt the passion and the mood took to the dance floor to boogie the night away.



The exciting night also featured lucky draws with amazing prizes, an auction and the crowning of the best dressed lady and gentleman. There was definitely no better place to be that night!

Attendance by staff of Kinta Properties and Tenby Schools was made possible by the generosity of Dato' Lim Si Boon, the president of MICCI (Perak). He contributed to the dinner by taking up five tables.

Mei Kuan

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Community

Learn to Overcome Stress

Banyan Spa organised a health talk entitled, 'Dream of a Healthier Life' at its premises along Jalan Raja DiHilir, Ipoh on Saturday, May 16.

The objective of the talk was to educate the public on ways to slow down the ageing process and to provide solutions to combat age-related diseases such as high blood pressure, high cholesterol, diabetes, backache, headache and more.

Living on the fast lane entails a life full of stress and, compounded with high intake of processed food, the end-result is mayhem.

Ben Ong, Vice President of Malaysian Beauty Association spoke at length on the subject. He offered practical solutions to overcome the problems which impact humans, young and old. Ben provided some helpful tips on how to cure headaches naturally without painkillers. Massaging the soft part of the hand in between the index finger and thumb and apply firm, circular pressure for 4-5 seconds is one of the ways to stop the pain before it becomes uncontrollable and difficult to handle. He also provided information on an unhealthy habit, such as, eating late at night leads to overeating and can wreak havoc on a weight-loss diet.

This on-going programme sponsored by Banyan Spa, Ipoh is open to the public. It is held on an opportunity basis and admission is free. The next session, in English and Chinese, is scheduled for June.

Nantini



Pay It Forward

Pay It Forward, a simple gesture of paying a meal in advance for a needy person, has begun in Ipoh.

On April 10, some youths started a *Pay It Forward* project. They managed to source Tian Mi Mi, a stall at Meda Selera Stadium Perak, to help in this charitable cause with donations from the public. They convert public donations into food for the homeless.

For only RM1.60, a box of noodles will be given to a homeless person. At RM5, they will receive a bottle of water, noodles, porridge and a bun/snack that could be saved for a rainy day.

Contributions can be made through Tian Mi Mi every Tuesday to Sunday, 6pm-11pm. Donors are advised to write information on a piece of paper – a message they would like to deliver to the homeless and the amount of food sponsored, then attach it to the board which is provided. The homeless do not get much attention, let alone encouragement. Therefore, the idea of giving them a message together with the food brings more meaning to the cause. There have been really nice messages sent throughout the weeks, such as "Love is all around, don't lose hope on humanity".

Instead of having the needy travel for the food, the food would be delivered to them every Sunday. As of now, 30 homeless are being sponsored weekly. Those who have made contributions are invited to distribute the food and have the opportunity to experience the joy of giving. Volunteers are welcomed to join in the distributions too.

More information could be found on 'Pay It Forward Ipoh' and 'Stadium #3 Tian Mi Mi' Facebook page. You can also call 011 1278 7268 or 019 645 6745.

Susan



The Magic of Movies

Mohamad Hafiz Haikal and his friend, Shah Mohd Razak could not hide their eagerness to watch the film, 'Home'. It recounts a journey of an alien, named Oh and a girl named Tippy, who went looking for Tippy's mother after an alien invasion.

The two boys were among a hundred students, from four welfare homes in Perak, invited by Kuala Lumpur Kepong Berhad (KLK) to watch the special screening of the animated movie at GSC Ipoh Parade on Saturday, May 16.

The homes involved were Nurul Iman Home, Hannah Home, Diamond Home and Ozanam Drop-in Centre, all from Sungai Siput. The event was part of KLK's community-outreach programme aimed at reaching out to the underprivileged and the poor.

"The storyline teaches kids to be brave and confident whenever they're faced with difficulties. We hope the children will feel the love and warmth that our company aims to express," said Tan Sri Lee Oi Hian, Chief Executive Officer of KLK to media representatives before the start of the movie.

When asked about her feelings after watching the show, Trisha, 4, from Ozanam Drop-in Centre Home said she was elated and hoped to watch the film again.

Sam Kok Kee, the manager of GSC Ipoh Parade, praised the altruistic effort by KLK. He hoped others would follow in their footsteps.

Ili Aqilah



Cycling for Charity



It was a cheerful Sunday morning at Potpourri House, along Jalan Woodward, Ipoh, as Perak Parkinson's Association and Ipoh Down Syndrome Centre jointly organised a charity cycling event.

Participants of the charity event came as early as 7am with their bicycles eager to cycle for a good cause. According to Ipoh Roadrunners Club president, Samuel Ng, they hoped to raise RM100,000 to donate to these two deserving charitable organisations.

"This event is to create awareness in the public about Parkinson's Disease and how exercising may help in dealing with Parkinson's," said Ng to the media.

Executive Councilor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages, Dato' Dr Mah Hang Soon flagged off cyclists at 7.30am.

"Not only did the event promote healthy living, it also raised the awareness about Parkinson's and Down Syndrome," said Dr Mah.

Aside from cycling, guests had the opportunity to sample food and enjoy the company of domesticated animals at the food and pet fair held in conjunction with the event. Fried lotus bread, fish ball curry and herbal eggs were some of the food available on sale.

The fair was held on Sunday, May 17 at the Potpourri House's spacious compound.

Ili Aqilah



Community

Ipoh City Day Celebration



Laughter and joy resonated at the Gunung Lang Recreational Park on Sunday, May 24 as Ipohites gathered to celebrate the 27th Ipoh City Day organised by Ipoh City Council.

The public came as early as 7am, eager to compete in the fishing competition with RM5000 cash prize being the bait for the one who landed the biggest and heaviest fish from the lake. Tug-of-war competition, incidentally, received overwhelming response with over 200 entries from districts all over Perak.

There was also a karaoke contest to pick the best crooner. Syafiq Aizad Asran won top honours taking home a trophy, a certificate and a cash prize of RM1000. Runner up, Abu Hanipah Musa received a certificate and RM700 cash.

Actress-turned-singer, Rafidah Ibrahim, entertained the crowd while they waited for the judges to pick the winners of the fishing competition.

Mohd Faizal Tarmizi landed the biggest catch followed by Mohd Tajuddin Kamaruddin and Mohd Osman Bumam. The winners received cash prizes of RM3000, RM1500 and RM750 respectively.

Ipoh City Council Secretary, Mohamad Zakuan Hj Zakaria and Perak MIC Youth Chief, Veeran Muniandy gave away the prizes.

Ili Aqilah

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Opinion

The opinions expressed here in this column do not necessarily reflect those of the editor.

SOS: The 11th Malaysia Plan

By Koon Yew Yin

In a recent Barisan controlled newspaper, the following headline screamed out for attention: "There is continuity in all Malaysia Plans, says Najib". The Prime Minister further argued that claims that policies in each Malaysia Plan is disconnected from the other are not true, said the Prime Minister.

Yes, we agree – there is continuity. There is continuity in the unwillingness to put a full stop to the NEP policy. There is continuity in the massive corruption that accompanies every Malaysian Plan. This has happened especially since the 1980's when the practice of giving out large contracts and concessions without competitive open tenders became institutionalized under Dr Mahathir's version of 'crony capitalism'. There is continuity in the refusal to practice the system of meritocracy – the only sure way to ensure that we can join the league of modern and developed nations of the world.

Lies, Damn Lies and Malaysian Government Statistics

What has the Prime Minister highlighted by way of the country's achievements in his presentation of the Plan in Parliament according to the print media. The following are some of his claims:

- Economic growth that is supposed to be among the highest in Asia
- We enjoy clean water and electricity
- Almost all Malaysians can read and write
- More than three quarters of households have their own homes
- More than one quarter of the labour force has tertiary education
- There is almost zero percent poverty rate

Reading the so-called accomplishments listed by the Prime Minister will leave most Malaysians in two minds. Whether to laugh or to cry at how desperate Najib is trying to show what a good job he is doing as the Prime Minister. They will also be wondering what a bad job his team of highly paid consultants must be doing.

Firstly many of the indicators compare our situation in 1970 with the situation today – almost 50 years later. All countries in the world – even the least developed – have enjoyed progress in the selective indicators littering the Plan report. Secondly, the last three of the six indicators above appear unbelievable.

Few people living in the Klang Valley, the most heavily populated part of our country, will believe that only 25 per cent of households are not living in their own

houses. I suppose what some 'ampu bodek' staff from the Department of Statistics has done – whenever he or she has encountered several households occupying one living space – is to count all of them as owning their own homes, thus boosting the incidence of home ownership!

We have seen how adept at fudging and spinning the Government has been with the 1MDB. I will not be surprised if the same manipulation and selectivity, if not outright lying, characterizes most of the statistics put out in the 11th Plan.

Statistics on our True International Standing

But let's assume that the Prime Minister and his team are really serious about moving Malaysia ahead during the next five years. Let me provide just one suggestion.

I propose that the 11th Malaysia Plan focuses on critical indicators which show the deep hole that the Barisan Nasional government has dug Malaysia into. This would be more useful to the nation than for consultants to trumpet indicators that permit the rakyat to feel good and think that the BN is doing such a great job.

And the clearest evidence of the deep hole we are in is how we compare with other nations in independent international rankings of education, competitiveness and other key indicators that are purged from the 11 Plan document.

Although I am not an expert on statistics, let me give some examples of the alternative indicators of development that should appear in the 11th Plan and which can show our true standing in the world

- OECD Ranking in Science and Mathematics
- UNDP Human Development Index Ranking
- Extent of Liberalization of Economy as shown by GLC share of share market
- Extent of Out Migration of Skilled Malaysians
- Extent of Influx of Foreign Labour
- Illegal Capital Flight

There are many similar ones banned from the Plan report which other readers can provide.

I have titled the article with the initials 'SOS' of the emergency cry for help. Malaysians will also be aware that the initials also stands for "same old stuff" which is the impression one comes away with after ploughing through the Plan document.

Tourism

Gone But Not Forgotten

The curious crowd was drawn by the tantalizing aroma permeating the morning air on Saturday, May 16. The occasion was the Perak Food Festival 2015 and the location was the well-frequented Taiping Zoo pavilion where 20 long-and-almost-forgotten Perak dishes were on display for tasting.

The dishes, using once-common ingredients and strenuously prepared, had been forgotten over time.

The state government through Tourism Perak Management Berhad, in collaboration with the state heritage department, resurrected the recipes via cooking demonstrations and free sampling. These dishes are also protected under the act to protect its authenticity.

Among the selected dishes were nasi lemuni (a Malay cuisine preferred by women in confinement), nasi ulam (with over 40 different herbs pounded in a mortar), bubur anak lebah (porridge with rice grains resembling little bees), gulai kemahang (a dish with yam as its main ingredient) and kuih kelamai (a traditional dish of the Rawa community). The origin, ingredients and recipes of the almost extinct dishes were displayed on every booth.

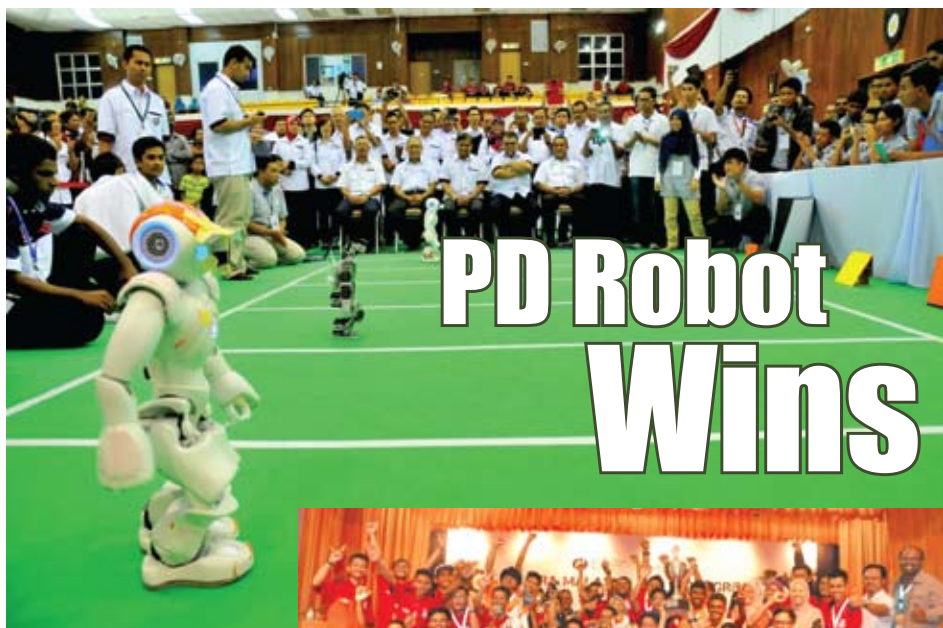
“This unique programme is aimed at raising public awareness on the preservation of Perak’s heritage and draw tourists to the state,” said Dato’ Nolee Ashilin Dato’ Mohd Radzi, the Executive Councillor for Tourism and Culture who was the guest of honour.

Present at the event were Mohd Zaky Hj Din, Deputy Director of Department of National Heritage, Dato’ Abdul Rahim Md Ariff, President of the Taiping Municipal Council, Dr Kevin Lazarus, Director of Taiping Zoo and Kamarudin Awang, District Officer of Larut, Matang and Selama District.

Mei Kuan



Technology



Six months of tinkering and energy-sapping efforts finally paid off when their robot, RIGPPD, was adjudged winner at the 8th Malaysia and Congress FIRA Cup 2015. The robotic competition was held at the Ungku Omar Polytechnic (PUO) from May 11 to 15. The winning machine was crafted by students from the Port Dickson Polytechnic.

Team leader, Mohamad Nabil Fauzi was beaming with joy upon knowing the results. He was proud of his team’s achievement, given the time frame and the many constraints and difficulties they had to face.

“We did numerous researches prior to the competition. Every team member, including our lecturers, had worked hard for this competition. I can never thank them enough,” said Nabil who majors in Mechatronic Engineering.

Khairus Syatirin Salleh, their mentor, was equally impressed by his students’ grit and determination to win the cup.

“We did a post-mortem soon after last year’s competition to find out our shortcomings. We did some alterations to the programme chip and overhauled the mechanical system. It’s the right move,” said the lecturer to Ipoh Echo.

The competition was divided into six categories namely, Humanoid Robot Soccer Tournament (HuroCup), Simulated Robot Soccer Tournament (SimuroSot), Micro Robot Soccer Tournament (MiroSot), Robot Soccer Tournament (RoboSot), Android Soccer Tournament (AndroSot) and My Inspiration Robot (MyBOT).

RIGPPD won four gold, six silver and 2 bronze medals defeating PUO HYDRA from PUO into second place.

The Port Dickson team will represent Malaysia in the RoboSot category at the FIRA Roboworld Cup and Congress in Daejeon, South Korea in August. Ipoh’s PUO HYDRA will contest in the AndroSot category. The Ipoh-made robot won four gold medals, three silvers and four bronzes.

Ili Aqilah

Second win for Burhan

Burhan Matli won the Men’s Classic Tray category at the Ipoh International Waiters Race on Sunday, May 24 for the second time in a row.

The third edition of this annual race, inaugurated in 2013, was held at Ipoh’s premier theme park, the Lost World of Tambun. Some 300 participants, including seven from Medan, Indonesia and six from Japan took part.

The race was divided into three categories namely, Classic Tray (for professionals working in hotels), Supportive Tray (for quick-service waiters, waitresses and students of hospitality institutions) and Fun Tray (for the public).

The participants were required to walk or run a distance of 1.1km around the theme park. Winners were judged on speed and the steadiness of their hands in holding up a tray with two glasses and a bottle of water. The less the spillage the better.

Burhan, 29, of Seri Pacific Hotel, Kuala Lumpur will once again represent Malaysia at the International Waiters Race to be held either in Australia or another foreign land. The exact venue and date, according to Patrick Ong of the Malaysian Association of Hotels (Perak chapter), the organisers of the event, have yet to be fixed.

Burhan’s participation will be fully sponsored by Tourism Perak Management Berhad.

Japanese teenager, Nami Yamauchio, 19, took part, all for the love of the lush green and the limestone hills surrounding the Lost World of Tambun.

“There’s quite a buzz on social media regarding the race and the uniqueness of Ipoh’s environment and its food. That’s what motivated me to take part, although the race is something new to me,” said Yamauchio to Ipoh Echo.

Erna Kashnini Jamili from Pullman Hotel, Kuching won the Women’s Classic Tray category while Pirto Hasan of Healy Mac’s Irish Pub and Restaurant, Ipoh the Sportive Tray category. The Fun Tray category was won by Burhan, a double of sorts. The winners received cash prizes and a medal each.

Executive Councillor for Tourism, Arts and Culture, Dato’ Nolee Ashilin Dato’ Mohammed Radzi, flagged off the participants and gave away the prizes.

RM



Sport

Sporting Legends of ACS Ipoh

SMK Methodist, Ipoh (Anglo-Chinese School) organised its 100th annual sports day meet recently at the school's playing field. The event, themed, '100 years of Sports Excellence' had attracted the attention of the city's luminaries and the school's old boys some of whom were former sportsmen who had represented the country abroad.



Over the past 100 years, the students of the school have made an immense contribution in the development of sports in the country. In recognition of their achievements, a pictorial exhibition was held in the school to highlight and honour their sporting glories. It was also meant to inspire the current students into following in the footsteps of their more illustrious seniors.

Guest of honour, Mohd Zakuan Zakaria, the Secretary of Ipoh City Council, was given the honour to officiate at the event. Seventeen

sports personalities of yesteryears attended the centennial celebration. The sporting legends included hockey maestro Dato' Poon Fook Loke, hurdler Lt-Commander Karu Selvaratnam (Rtd), cricket player Devindran Ramanathan, and former national shot putter Arjan Singh, to name a few.

Nantini

Environment

The Buck Must Stop Somewhere

The irresponsible attitude of certain parties in dumping rubbish into a lake in Taman Klebang Bayu is becoming worrisome. It is one of the primary causes of flooding in the Klebang area.

The garbage found in the lake and the periphery are mainly construction debris and industrial waste such as asbestos, styrofoam, plastic, mattresses and furniture. The authorities are being blamed for inaction and for passing the buck.

Ong Seong Aun, Chairman of the Taman Klebang Bayu Residents' Association, told Ipoh Echo that he had filed complaints regarding the problem with Ipoh City Council. But no action had been taken so far.

"Some officers from the Council visited the site recently. They told us it's not their responsibility. The lake, they claimed, is under the Department of Irrigation and Drainage (DID) and when we approached DID they said it's under the Council," he added.

"We're being threatened by flash floods, as when it rains excess water overflows the lake into our housing estate. Since the lake is being filled with rubbish it makes the situation worse. When the water has nowhere to go, it will go into our houses instead and along with it, the rubbish," Ong lamented.

Wendy Teh had this to say, "When people throw rubbish into the lake it gets polluted. Folk here fish in the lake, as it is connected to a nearby river. The lake is teeming with fish and when there is fish there are otters, birds, snakes and wild life. Why must these irresponsible people destroy this God-given gift?" she asked.

One long-time resident was equally irked by the 'tidak apa' attitude of the authorities.

"How long must the authorities wait before responding to our complaints? Whichever departments which is responsible please own up. Come to our aid before it's too late," pleaded Siva Subramaniam.

Obviously, something needs to be done and done fast.

Nantini



News

Adris Winners

In the spirit of giving...ADRIS JEWELLERS organised a Special Lucky Draw at their premises in Greentown Business Centre during their 'Year End Sales' promotion. Three lucky winners won fabulous diamond jewellery each at the draw. The happy winners were, Dr Mila, Cheng Mun Yan and the grand prize winner was Reiko Jinnouchi. She won a dazzling diamond dress ring. It was ADRIS JEWELLERS' way of giving back to their customers.



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.

Dress Code Confusing

It is alarming to note that a security guard can turn away a lady who is well dressed. What explanation is the Mayor going to give. An explanation by the Mayor or the Public Relations Officer is expected.

K. Sagadevan

Ipoh doesn't need this narrow thinking, Malaysia does not need it either.

Ken McNeill



Caves of Kinta Valley

A few comments on the Caves of Kinta Valley article in IE212...

Thrangu Dharma Retreat Centre – this cave temple used to be known as Nam Loong Ngam and it has old wooden structures on the outside, see photo. These were all removed to construct the new centre. Now there is only one cave temple left in the Ipoh area that has similar wooden structures, Loong Tow Ngam at Gunung Lang.

Gua Tempurung chest-level river – it's only chest-level when crawling in the river, not when standing in it!

Gua Kandu is located "half an hour from Gua Tempurung". Half an hour by what, car or foot? The 2 caves are in adjacent hills.

There are actually more than 4 entrances – was on the team that surveyed the cave in 2001. Gua Kandu was definitely not formed 500 million years ago. The rock forming the hill is 'only' about 250 million years old and the cave is much younger, it would have been formed tens of millions of years later. In a previous issue of IE 210, the same reporters wrote Tempurung is 10,000 years old. Now they are saying Kandu is 500 million!

Sam Poh Tong is not a hill, it is a cave. The hill is Gua Rapat.

Liz Price



Arts & Culture

A Mesmerising Night

The audience at Ceylon Club hall was enchanted by 30 smooth orchestral instruments played by the Kinta Valley Orchestra Club. The occasion was the Ipoh Fine Arts Society (IFAS) night.

The ensemble is presently the only community orchestral group in Ipoh. It performed a medley which included several chart-stoppers such as "Set Fire to the Rain" by Adele, "Beat It" by Michael Jackson and the crowd's favourite, "Hawaii Five-O", the soundtrack from the much-loved television series of the same name.

Soon after the musical treat, the audience was mesmerised by some animated Bharatanatyam dance routines performed by dancers from the Nithya Dancing School. The show lasted for almost an hour.

Mrs Shanti Kumar, a representative from IFAS was glad that the event was a success. "We'll definitely have more of this in the future, as the response is remarkable," she told Ipoh Echo when met.

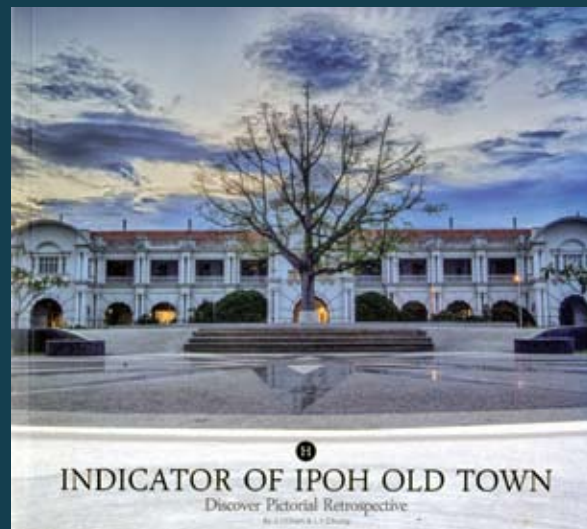
The winner and runners-up of IFAS Emerging Young Artist 2015 creatively displayed their interpretation of the earth through classical fusion dances.

Ili Aqilah



Books

Indicator of Ipoh Old Town



Everyone knows that Ipoh Old Town has some old and interesting buildings. They can all be viewed in a published book of photographs by J.J. Chen and L.Y. Chung. With more than 50 coloured photographs of buildings that Ipohites are familiar with, travel photographer J.J. Chen has beautifully captured the essence of these buildings.

This 20cm x 18cm, 208-page, soft-cover, coffee-table book is sold at Han Chin Pet Soo, No. 3 Jalan Bijeh Timah (Treacher Street), 30100 Ipoh, at the recommended price of RM80.



Han Chin Pet Soo

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



Education

Strengthening Bilateral Ties

A total of 134 Tamil schools in Perak received a set of text and reference books each from the Government of India. The books were given free as a token of understanding between both countries.

State Legislative Assembly Speaker, Dato' S.K. Devamany told reporters that the books were part of an overall gift by the

Indian Government to 523 Tamil schools throughout the country.

"The objective is to compare measures used here and in India in the teaching and learning of the Tamil language," he told reporters. The event was held at the State Secretariat Building, Ipoh recently.

He thanked Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir and executive councillors for their efforts in enhancing the economic standards of the Indian community.

"The state government gave 2000 acres of land to the Indian community for the construction of the educational facilities. Such assistance will bring the community closer to the government," he implied.

Indian High Commissioner, T.S. Tirumurti said that the gift of books would help improve bilateral relationship between India and Perak. He too hoped that the books, which included compact discs, would be used wisely.

Present at the brief ceremony were the Executive Councillor for Education, Science, Environment and Technology, Dato' Dr Muhammad Amin Zakaria and Adviser on Indian Affairs, Dato' V. Elango.

Nantini



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.

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**.

St Peter's Church Food & Fun Fair, Saturday **June 6**, 9am-2pm at St Peter's Church, 1-A, Jalan Foo Kuan Sze, Taman Asia, Fair Park, Ipoh. Contact: **05 546 0444** or **05 547 9576**.

INCITEMENT Ipoh is having their 3rd event on **June 12** at the Sepaloh Art Centre, from 8pm to 10pm. The theme is 'Limitless' and will feature three speakers – Datuk Lat, William Chang and Oga Chan. Datuk Lat is the cartoonist of "The Kampung Boy"; William Chang is a sports coordinator at IpohBUG and Oga Chan is a Leadership Development Officer with Teach For Malaysia. For more information, go to www.facebook.com/incitementipoh.

PCSH Antenatal Seminar, **June 13** (Session 1) and **June 27** (Session 2), 2pm-4pm at Conference Room, Perak Community Specialist Hospital, Ipoh. RM10 per couple (for both sessions). Register before June 9 to receive your goodie bags. Refreshments provided. Registration forms available at PCSH Reception and Obstetrician & Gynaecologist Clinic; or call: **05 241 9000 ext. 110** or **017 387 4794** (Shireen).

Understanding Dementia. This workshop is on **June 13 and 14** from 9.30am to 2.30pm at the Daycare Centre, 15 Jalan Foo Choong Nyit, Ipoh. For details call April at **05 241 1691** before 3pm.

Public Forum: Colon Cancer is Preventable & Common Gastro Disorders by Dr Saravana Kumar, Consultant Gastroenterologist & Hepatologist and Physician, Saturday **June 13**, 2pm at Conference Room, 4th Floor, Hospital Fatimah, Ipoh. Free admission. For more

information, call: **05 545 5777 ext. 276**.

Blood Donation: A Gift of Life, Saturday **July 4**, 9am-12pm at Main Lobby, Hospital Fatimah, Ipoh.

Public Forum: Advances in Arthroplasty Surgery by Dr Cheong Min Lee, Consultant Orthopaedic & Trauma Surgeon, Saturday **July 11**, 2pm at Conference Room, 4th Floor, Hospital Fatimah, Ipoh. Entrance is free. For more information, call: **05 545 5777 ext. 276**.

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 Friday every week from March 25 at 8.00pm (except fasting month). 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 love 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.

Happenings

Pestaria by St Peter's Church

Over the last 18 years, St Peter's Church Ipoh has had community development projects in more than 26 Orang Asli kampongs in Gopeng and Central Perak, and a few years ago, they extended their work to the Temiar Orang Asli in five villages in the Gua Musang area. These kampongs were badly hit by the floods recently. They have introduced goat rearing, fish ponds, chicken and duck farms, vegetable gardens, tadika and tuition centres, and medical services for the socio-economic development of these marginalized people.

Last year the church spent about RM170,000 in the Village Missions, out of which their own members contributed about RM100,000. RM56,000 was spent on salaries and allowances for the Orang Asli workers. The expenses for the vans and 4-wheel vehicles came to about RM46,000. The vans used to travel in the villages with poor roads are at least 20 years old, which often require frequent repairs. They had to buy a 5-year-old 4-wheel-drive pickup Nissan Frontier which is needed to reach the villages in the Gua Musang area.

Last year, with the help of the Bishop, a two and half acre piece of land was bought in Gopeng. It has been partially cleared and planted with fruit trees. They hope to build a training centre for the Orang Asli.

St Peter's Church is also involved with the new villages in Mambang DiAwan, Air Kuning, Sg Siput and Kg Coldstream.

St Peter's Church is organising a Food and Fun Fair on Saturday **June 6** (Agung's Birthday) from 9am to 2pm at the Church's premises, 1-A Jalan Foo Kuan Sze, Fair Park, Ipoh, to raise money for their village work. They hope to raise RM100,000 for the welfare of the village communities.

For more information, contact: **05 546 0444** or **547 9576**.



iSpeak
A. Jeyaraj

Endangered Species Openly Sold in Main Market



I have been going to the main market for many years on Sunday mornings to buy fruits. Only about two months back I noticed that two stalls were selling endangered amphibians in the area where crabs are sold. One stall has put up a list of animals being sold which includes turtle, tortoise, iguana, pythons and others.

For the past few weeks, on Sundays I have seen more than 10 fully grown iguanas on sale. They were kept in small cages in which they could not move. There were a couple of turtles and a number of tortoises. Full grown pythons were kept in semi-transparent plastic bags and one was kept in a cage. There were rabbits, hens, birds and frogs. The latest I saw were baby porcupines with white spikes. The lady selling them informed that they are imported and cost RM200 per pair.

More and more exotic animals comprising endangered species are making their way to dining tables here. Human beings love to sample just about every living thing and their insatiable cravings have led to mindless killing of these creatures; many of which are on the verge of extinction.

Driven by myth infused folklore, consumers of exotic animals mistakenly believe that ingestion of these animals will increase their sex drive and improve their health. The animals cannot breed as fast as they are consumed and would become extinct.

There is no need to resort to brutal killings of protected animals just to savour their meat. These animals deserve to co-exist with nature's fauna and flora and play a role in the ecosystem.

There are a number of laws on the protection of animals and under the International Trade in Endangered Species Act 2008, a fine of up to RM100,000 is imposed for illegal possession of endangered animals and there is a 60 page-long list of protected species. The Wildlife Conservation Act 2010 also has more than 60 pages of listing of endangered animals. There are also the Animals Act 1953 (Revised 2006) and Animal Welfare Bill 2012. All these laws will not be effective unless enforcement is stringent.

These exotic animals may not be attractive, but spare a thought for their rights and struggle for survival. They are not loveable as household pets, but no one has the right to trade them.

It is sad to see the cruel way the animals are slaughtered. We have to show some love to the exotic animals and treat them in such a way to allow them to have a fighting chance to survive in an increasingly hostile environment so that in future our children will still be able to see them.

NGOs which are concerned with protection of wildlife must look out for sales of endangered animals and inform enforcement officers and also encourage their friends not to eat meat of endangered animals. As long as there is demand there would be supply.

My house faces Sungai Pari and there is a big vacant land in front of the house. I come across many iguanas and monitor lizards. One big iguana with a fat stomach used to come in front of the house across the road. Lately, I have not come across big iguanas. Iguanas and monitor lizards are not active and stay in one place for a long time waiting for prey to come. Early in the morning and late evenings, squirrels run along the telephone wires and their numbers are decreasing.

Friends who come to my place ask whether I am not afraid of the snakes lurking in the undergrowth. Definitely there are plenty of snakes and there is a Tamil saying "I don't see you; you don't see me". I have been staying here for more than twenty years and have seen snakes only a few times and usually when the bushes are cleared and they come out.

We can certainly do our bit to ensure their survival if our craving for exotic meat stops. For a start, maybe we should declare Fridays as meat-free days.



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5. Lour 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

Announcement

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Daulat Tuanku



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**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



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