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Your Voice In The Community

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30 SEN FOR DELIVERY TO YOUR DOORSTEP -
ASK YOUR NEWSVENDOR

ISSUE

222

100,000 print readers ★ 1,854,566 online hits in September



Meru Valley EcoVillage

On Growing Older

by Nantini Krishnan,
Ili Aqilah & Tan Mei Kuan

Many older people find that living at home becomes more difficult for a variety of reasons such as illness, disability, reduced mobility, isolation or the problems of maintaining a large property. As we age, some things may become harder to do on our own. If our ability to live independently starts to decline and we need help with daily living activities such as cooking, cleaning and personal care, this is where 'aged care' comes into play. Ipoh Echo took a look into what the available options are for 'aged care' in Ipoh.

Continued on page 2



Rumah Seri Bahagia



Kinta Medical Centre



Rumah Seri Bahagia



GreenAcres



Our Sweet Home

Range of Aged Care Options for Different Needs and Pockets

In Ipoh, the aged care system offers a range of care options to meet the different care needs of each individual. The aged care needed by older people is delivered by government welfare homes, private nursing homes and care centres (for-profit) and voluntary aged care centres (non-profit, charitable) organisations.

GreenAcres

Located in Bandar Meru Raya, Ipoh, GreenAcres calls themselves Malaysia's Premier Retirement Village. Unlike a nursing home, the first-of-its-kind retirement village in Peninsular Malaysia, whose inspiration comes from retirement villages found overseas, provides a place for residents to age gracefully in a vibrant community interwoven with freedom of choice and peace of mind.

"We now have a generation of seniors, the baby boomers, who are looking for something beyond the ordinary which allows them to maintain the lifestyle that they have been enjoying all this while," John Chong, its Executive Director told Ipoh Echo.

Expected to be operational at the end of 2016, it is currently under construction with a completion percentage of 25%.

Mobile and independent residents of 55 and above would be able to enjoy stimulating activities, engage in social interaction and receive priority of entry to the on-site aged care facility, all in a gated and guarded community. Common areas are maintained by management as residents enjoy the facilities in the clubhouse, one of which is shuttle services.

As for the 170 elder-friendly units, it is furnished with grab bars, emergency call system, minimal curbs and wide doorways for wheelchair entry.

The on-site aged care facility caters to those who are less mobile and independent.



John Chong



There, the units are downsized for convenience with more nurses on standby and the resident's basic needs would be taken care of. Plus, there would still be activities tailored to keep them active.

GreenAcres also beckons to those who come under the Malaysia My Second Home (MM2H) programme.

GreenAcres: **05 253 6555** or visit their sales office at Total Investment Sdn Bhd, 3 Jalan Lasam Greentown, 30450 Ipoh.

Meru Eco-Village

Another development where seniors can pursue an active lifestyle in the security and idyllic ambiance of one of Malaysia's premier golf resorts is Meru Valley EcoVillage. Sitting on a 9.5 acre land in Meru Valley Golf Resort, Jelapang, adjacent to the clubhouse, this project was launched in November 2013 and is on target for completion in June 2016. A gated and guarded community, it features a mix of single story villas, townhouses and apartments.

Designed with the elderly in mind, the 1-storey villas are easier to access and resemble the old-time houses in the old 'kampong' days.

EcoVillage comes with a medical centre with a recovery room, home nursing services, physiotherapy centre, wellness centre with spa and hair dressing and gym too. The medical services especially home nursing is available with Nurse at Home.

Contact: **019 513 3315/012 500 8018/05 292 1333**. Email: sales@kintaproperties.com.

Rumah Seri Kenangan Ulu Kinta

Caters to multi-ethnic elderly of 60 years and above. Entry to Rumah Seri Kenangan Ulu Kinta is obtained via consultation with the district social welfare officer for consideration. With a capacity of 250 people, it offers protection, counselling,

healthcare, physiotherapy, religious guidance and recreational activities.

Perak Social Welfare Department may be contacted at **05 254 5505** while the home which is located in Tanjong Rambutan can be reached at **05 533 1875**.

Our Sweet Home

With more than 20 years of experience in running elderly care centres around Ipoh, Madam Nancy Chang Hong Chee has opened yet another centre with emphasis on the comfort and wellbeing of occupants called Our Sweet Home (OSH).

According to Nancy, OSH welcomes all ethnicities, however they can only accept females and they must be mobile, "We can accept up to 32 occupants at one time. Currently, 90% of OSH residents are mobile," added Nancy.

The elderly in OSH will start their day after breakfast with specific activities designed for them but due to the large area of the house, residents can choose any kind of physical activities. Applying concepts from hotels, future residents can choose different types of rooms; single, double or four bedded.

Despite having four other staff to take care of the residents, Nancy chooses to do the cooking herself to ensure the quality of the food is good.



Mdm Nancy Chang



Our Sweet Home is located at 1 Jalan Merbah, Taman Ipoh, 31400 Ipoh. For more information contact Nancy at **019 558 1506**.

Yayasan Teratai Aged Care Centre

Established 13 years ago, the non-profit self-financing retirement home currently houses 29 residents from all walks of life, from the oldest 95-year-old to the youngest 71-year-old. A home away from home, the centre which serves home-cooked food, accepts semi-mobile residents of 50 years and above. The elderly would be well taken care of by a team of retired nurses. Residents can anticipate a galore of annual dinners and celebrations especially during the festive seasons!

For more info, contact the centre situated at Jalan Foo Choong Nyit at **05 253 2844**.



• From the Editor's Desk
By Fathol Zaman Bukhari

IPOH A CLEAN CITY?

Cleanliness is not measured by the length of drain or the tonnage of waste cleared. It is a relative term that transcends speculation and idealism...

I was somewhat amused when Dr Richard Ng, President of Ipoh City Watch whatsapped (texted) me, early one morning last month, asking whether an online news portal report that Ipoh has been declared as one the cleanest towns in the country was true. I replied, matter-of-factly, that the claim could merely be a "syiok sendiri" or a self-gratifying attempt at making good an elusive dream.

Granted that Ipoh was once dubbed the cleanest town in the country but that was eons ago when things were much simpler and an opposition party, the People's Progress Party, under the Seenivasagam brothers, was in the driving seat. That was the time in the country's history when politics was less complicated and the hegemonic tendency of the ruling coalition was not too pronounced.

The 1960s, however, was a challenging time for then Malaya. To compound it further was Indonesia's confrontation against the formation of Malaysia in 1963. This forced the federal government to suspend local council elections in 1965 vide the Emergency (Suspension of Local Government Elections) Regulations 1965. Since then, local governments in Malaysia have not been elected but appointed and this has affected how the lowest level in the system of government in Malaysia is managed.

The gleaming period of the Seenivasagam brothers came to an abrupt end and so was Ipoh's envious title of the cleanest town in the country. The transformation from good to bad was not overnight but over an extended period of time when lethargy and complacency, caused by too much politicking, set in.

Ipoh in the 1970s and onwards was a different kettle of fish. The municipal council, consisting of a senior civil servant as its nominal head and council members, appointed by the state government, adopted an entirely different approach in managing the town. Although the laws allow the council to collect revenues through taxation, they do not specify how the monies are to be spent.

The council's expenditures, to this date, are never announced publicly in spite of



much hue and cry. The only revelation is done at the monthly full-board meeting, which is opened to the public but is shunned, at best. Only the essentials are leaked out to the media and questions are seldom entertained at the press conference that follows.

Now back to the online news portal's unsubstantiated claim of Ipoh being one of the cleanest towns in the country. What was the basis? No reference was made to any credible source other than re-stating an earlier statement by Mayor Dato' Zambri Man that Ipoh City Council was committed in its efforts at keeping the city clean.

"From January to September, 8154.12km of monsoon drain, 3898 illegal dumpsites and 137,328 tons of domestic waste had been cleared. The council had organised 239 gotong royongs, 37 of which were targeted at mosquito eradication. It had issued 610 compounds valued at RM84,200 to litterbugs." The mayor's statement was most probably made during one of the council's full-board meetings, which was privy to all news agencies.

So this was not earth-shattering news to soothe the frayed nerves of die-hards like yours truly. Suffice to say that the claim is purely to make certain individuals within the ruling circle happy. It's like telling your spouse she looks pretty when in fact she is not – a platitude by any definition.

Ipoh still has a long way to go before it can be termed as "clean". There is more to it than what meets the eye. Reminds me of the time when Khir Toyo, the disgraced former Menteri Besar of Selangor, proudly announced that Selangor had achieved developed-nation status based on some insignificant financial computations, which was beyond his comprehension. We are no better.

Let's allude to this famous saying, "One sparrow does not a summer make". Cleanliness is not measured by the length of drain or the tonnage of waste cleared. It is a relative term that transcends speculation and idealism.

In The Name of My Father's Estate

Episode 46 • by Peter Lee

As both Dave (Lawyer) and the Trust Company Representative (TCR) were discussing the list of assets in Lee Sr's estate, Dave informed TCR that there were three properties jointly owned by Lee Sr and Mrs Patricia Lee. Dave further said "Mrs Patricia Lee's intention is to keep these properties instead of following the Distribution Act and not distributing to other family members especially to Connie. The other family members except Connie are willing to renounce their entitlement to these three properties. I was informed by the family that John was negotiating with Connie on renouncing her entitlement to these properties and give it back to Mrs Patricia Lee. Apparently, Connie requested for a payment for this renunciation. That's when the car accident occurred which left them incapable of acting as Co-Administrators of Lee Sr's estate and at the same time unable to complete their negotiation."



TCR interrupted and said "Under these circumstances, I would have to speak to Connie again on this. If she still insists on payment for this, then we have to ask a valuer to value these properties so that we have an independent valuation for both parties to bargain. However, I have to speak to Mrs Patricia Lee first and ascertain whether she is willing to pay Connie and then to speak to Connie to see if she is willing to walk away from these properties and let Mrs Patricia Lee have it. Otherwise, Connie and her three minor children's entitlement to Lee Sr's 50% ownership on these properties is like being entangled in a spider's web for all the wrong reasons for both the families." TCR further asked Dave whether these properties are free from encumbrances. "As far as I know, these properties are not charged to any banks," was Dave's response.

TCR continued and asked "Dave! You have mentioned to me earlier that Lee Sr has another three properties which are solely owned by him and I believe they are all mortgaged to the bank for his personal borrowings. Am I correct?" "Yes" was Dave's response. TCR then asked "Are there any properties jointly owned by Lee Sr and Connie?" In reply, Dave said "Yes. There are two properties involved which again are mortgaged to the banks for banking facilities." TCR asked "Have they discussed on the payment of bank facilities in order for those properties to be discharged." Dave said "Yes, I have told the family either to use their own funds for discharge or otherwise check whether Lee Sr has some Insurance or EPF monies which can help to settle these loans. I think you have to brief them on this. After all, whoever pays will be reimbursed once the Letter of Administration (L.A) is obtained." To this, TCR said "It is common that the Mortgage Reducing/Loan Term Assurance will factor into the loan letter of offer so that when a person passes away, their loan instalment will be settled by this insurance. However, I will have to check on Lee Sr's status on his coverage first because in the old days many purchasers do not believe in insurance and also felt that they have sufficient cash to finance any discharge of properties."

To be continued...

Peter Lee is an Associate Estate Planning Practitioner (Wills & Trust) with Rockwills International Group. He is also an Islamic Estate Planner providing Wills & Trust services for Muslims. He can be reached at: 012-5078825/ 05-2554853 or excelsec@ms.com. Website: <http://www.wills-trust.com.my>. His Book "To Delay is Human but to Will is Divine" (96 pages, RM28) is available at his office: 108 (2nd Floor), Jalan Raja Ekram, 30450 Ipoh; Rashi Mini Market (019-510 6284), 37 Jalan Perajurit, Ipoh Garden East; S.S. Mubarak, Jln Sultan Yussuf; Ipoh Echo and at all major bookstores.

EYE HEALTH



In conjunction with WORLD SIGHT DAY, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. GILL on Eye Care Tips – Part 2.

The World Health Organization (WHO) estimates that 285 million people are visually impaired worldwide. It is unfortunate that of the 285 million people, almost 80% of them could have been avoided or prevented. In this second part in conjunction with World Sight Day, Dr Gill shares some



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

tips for Eye Care.

1. EYE CHECK

If you are 40 years and above, you should get your eyes checked once a year. Getting the eyes checked for your glasses prescription is not enough. A full eye examination that includes a vision check, eye pressure testing and a full dilated pupil eye examination is required. Just like your annual medical examination and blood testing, the eye examination is equally important. It is recommended that all adults between 18 to 40 years get their eyes checked every 3 years, those 40 to 50 years should get an eye check every 2 years and those above 50 years should get an eye check annually.

2. LIVE HEALTHY

- **Good Nutrition:** Your diet should be rich in green leafy vegetables and fruits that contain vitamins and carotenoids lutein and zeaxanthin, along with meats like fish that are rich in Omega 3 Fatty Acids.
- **Exercise:** Has a beneficial effect on glaucoma, AMD and diabetic eye diseases.
- **Avoid Smoking:** The effects of smoking should not be taken lightly as it accelerates cataract formation, macular degeneration and also nerve problems.
- **Medical Conditions:** Keep all medical conditions such as Diabetes Mellitus and hypertension well controlled. These illnesses have profound effects on the eyes.
- **Avoid Obesity:** Keep your weight in check. Obese people are more prone for health as well as eye problems.

3. WEAR GOGGLES

Always wear a pair of protective safety goggles whenever you do any chores around the home. This includes the wearing of goggles during gardening, while playing certain sports and while mowing the lawn. Remember, eye injuries cost a lifetime of problems to an individual, to their families and to healthcare.



4. MINIMISE UV-LIGHT EXPOSURE

Wearing sunglasses that cut off ultraviolet light rays from the sun is a must. Look for a reasonably good pair of sunglasses that have the CE marking, and filters off UVA and UVB light rays from entering the eye. Sunglasses that are polarized are a bonus. Remember, as discussed in previous issues, ultraviolet radiation promotes cataract formation and macular degeneration.

5. USE ELECTRONIC DEVICES CORRECTLY

Placing your computer screen at an ideal viewing angle of roughly 10 to 20 degrees below the eye level is important because a screen placed too high can lead to dry irritated eyes as it forces us to constantly keep our eyes wide open and also invariably blink less. Remember to practise the 20-20-20 rule of taking a break every 20 minutes, by looking away into the distance of 20 metres for at least 20 seconds.

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

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05-547 4444/994
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If you have a toxic friend, dump her now!

Some of you may have experience of a "toxic" friend. You spend hours trying to calm them down, or assuage their feelings. They always appear to have some personal problem to sort out, or claim that someone has deliberately upset them. Anyone with a "toxic" friend, should dump him, or her, immediately.

What is the definition of a toxic friend? One person who recently dumped his "toxic" friend said, "She was someone I met at a gym. At first, she appeared to be fun-loving, but once I got to know her better, I found that she was emotionally draining. It affected my health, and work performance, so I had to end the friendship.

"She was someone who wanted me to be at her beck and call, but if I wanted to talk about my problems, she did not want to know. It was all about her. Nothing else mattered.

"She expected me to answer her calls, at any time of day or night. She would bombard me with text messages and get angry if I would not take her calls immediately."

So how do you recognise a "toxic" friend?

The following are tell-tale signs of such a person.

A dismissive nature. They frequently moan that they have been wronged. They rarely want to talk about your concerns or how you spent your day. If you attempt to speak about yourself, they can be insulting. Only what they do matters. Only their solutions are correct. They are always dismissive of you and your closest friends. They ignore your efforts, and claim that you achieved success only because of their help. They rarely acknowledge your achievements. They have delusions of grandeur.

Selfishness. Only their interests matter. They expect you to wait on their emotional needs, to soothe them or perk them up, when they have had a bad day. If you say you are sick, they will claim that you are lying.

Unavailability. When it comes to your own needs, they do not want to know. They will only contact you when they want.

Manipulative. They contact you when they want something from you, but you rarely hear from them, otherwise. If they are nice to you, you should realise that their charm hides an ulterior motive. They use emotional blackmail to attempt to force you to do something against your will.

Insincere. They will gossip about others and claim that others are plotting against you. They claim that they are being used, but despite your attempts to tell them otherwise, they turn on you and say that you are as bad as the rest.

Unreliability. They have a tendency to break their promises and come up with a list of excuses for being unable to keep theirs.

Being personal. They cannot take any criticism, however slight, and they take offence easily. When that happens they are vindictive and lash out without thinking. They do not care if they hurt other people's feelings. They have no time for compromise, for meeting others halfway, nor for reconciliation.

Inconsiderate. They expect others to go out of the way to accommodate their wishes, but they have no desire to consider other people's needs. The word "sorry" is not in their vocabulary.

Possessive. As they find it difficult to make friends, they cannot imagine that you have other interests and would want to meet your other friends. They rarely share your

happiness, because they think, "If I cannot have what you desire, then you cannot have it either."

Insecurities. As they have low self esteem and lack confidence, they try to make you feel just as insecure. They will turn against you when you least expect it and twist your words. They are very intense. Perhaps, they are afraid that people will pick on them or blame them for no reason. They switch their emotions at the click of a finger, and an almost insignificant incident can trigger a volte-face in emotions.

If you recognise that your friend is "toxic", get rid of him, or her, immediately. He will drain you physically and emotionally. Nothing you do will be good enough for him.



THINKING
ALLOWED

by Mariam Mokhtar



Dr Saravana.K

Consultant Physician,
Gastroenterologist & Hepatologist

Digestive Health

Diverticulosis

Diverticulosis is the formation of numerous tiny pockets, or diverticula, in the lining of the bowel. It is formed by increased pressure on weakened spots of the intestinal walls by gas, waste, or liquid and while straining during a bowel movement. They are most common in the lower portion of the large intestine. Complications with diverticulosis include:

Bleeding which occurs with chronic injury to the small blood vessels that are adjacent to the diverticula. Diverticulitis occurs when there is inflammation and infection in one or more diverticula. This occurs when outpouchings become blocked with waste, allowing bacteria to build up, causing infection.

The occurrence of diverticulosis increases with age. Usually diverticulosis does not cause any troublesome symptoms. Good bowel hygiene is most important to prevent diverticular disease or reduce the complications from it. This means having regular bowel movements and avoiding constipation and straining. Eating appropriate amounts of the right types of fibre are important to maintain good bowel hygiene. Drinking plenty of water and exercising regularly are also important.

What are the symptoms of diverticulitis?

- Painful cramps or tenderness in the lower abdomen
- Chills or fever

How is diverticulitis diagnosed?

Tests may include X-rays, CT scanning, ultrasound testing, a sigmoidoscopy, colonoscopy, barium enema, and blood tests to look for signs of infection or the extent of bleeding.

In people with rapid, heavy rectal bleeding, the doctor may perform a procedure called angiography to locate the source of the bleed. During this test, doctors inject the patient's arteries with a harmless dye that will allow the doctor to view the source of the bleeding.

How is diverticulitis treated?

Diverticulitis sometimes resolves without medical treatment, but it frequently requires antibiotics. Sometimes the infection is so severe that it is necessary to be admitted to a hospital for intravenous antibiotics and other supportive care. Rarely, a surgeon may need to remove the affected part of the bowel.

During the active stage of the infection, many experts recommended eating a low-fibre diet and drinking plenty of water. A month or so after the infection resolves, fibre should be back on the menu.

Emergency treatment, including surgery, may be needed when the antibiotics do not work, and in cases of a large abscess, perforation, peritonitis, or continued rectal bleeding.

What complications are associated with diverticulitis?

Most of them are the result of the development of a tear or perforation of the intestinal wall. If this occurs, intestinal waste material can leak out of the intestines and into the surrounding abdominal cavity, causing the following problems:

- Peritonitis (a painful infection of the abdominal cavity)
- Abscesses ("walled off" infections in the abdomen)
- Obstruction (blockages of the intestine)

If an abscess is present, the doctor will need to drain the fluid by inserting a needle into the infected area. Sometimes surgery is needed to clean the abscess and remove part of the colon. If the infection spreads into the abdominal cavity (peritonitis), surgery is needed to clean the cavity and remove the damaged part of the colon. Without proper treatment, peritonitis can be fatal.

Infection can lead to scarring of the colon, and the scar tissue may cause a partial or complete blockage. A complete blockage requires emergency surgery, although a partial blockage does not.

Another complication of diverticulitis is the formation of a fistula. A fistula is an abnormal connection between two organs, or between an organ and the skin. The most common type of fistula is between the bladder and colon. This requires surgery to remove the fistula and affected part of the colon.

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

Han Chin Pet Soo

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ON IPOH FOOD

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

Pics by Ginla Chew

One can count on one hand the number of restaurants that serve superlative Chinese food with a consistency that only a few other restaurants in Ipoh have managed. **Crab House** is one of them.

Opening less than four years ago, it was the new kid on the block amongst the giants in Chinese cuisine in Ipoh like Overseas Greentown, Mun Choong both Pasir Puteh and Horley St. (Pusing Public), and East Ocean Menglembu.

Today, Crab House has established its own niche on the Foodie scene and not only has it expanded into two shop lots with a private room upstairs, but it is constantly coming up with interesting new dishes to tantalise your palates.

A group of us had the pleasure to sample some new dishes recently, prepared by Chef W.S. Wang and a new Chef, Teng Gee Seong who in addition to being a wok master, is also an artist with flour, butter and other edible ingredients and has won numerous awards for his artistic displays in various culinary competitions in China, Japan and SE Asia.

Chef Teng who has worked in Singapore, Sarawak and Brunei, has many accolades to his name amongst which is being listed in 2006, whilst working in Indonesia, in the Guinness Book of World Records for his 50 metre Butter Carving called "Eyes of the Dragon", a record that remains unbeaten till today.

Today, Chef Teng keeps his artistic skills honed while conjuring up new dishes as the concept chef for Crab House and still comes up with amazing creations like those featured on this page.

According to him, his flour sculptures which are made with merely flour, sugar and water, can take up to five years to air dry after which they can last up to 100 years without disintegrating. Now that is what I call durability.

SeeFoon gets Crabby yet again in Ipoh Garden East



Crab House is of course well known for their large **Indonesian Crabs** which are prepared in any style you may choose. My favourites are the **Salted Egg** and the **stuffed glutinous rice** preparations, made especially yumilicious if the crabs have roe. Crabs now go for **RM95 a kilo**.

Naturally we couldn't have had a meal without crabs and this time, it was even more refined than ever. **Stuffed crab claws** were very fresh, off the shell, coated with a thick layer of fish cum meat mousse, deep fried and served with a touch of mayonnaise. **RM10 per piece**.

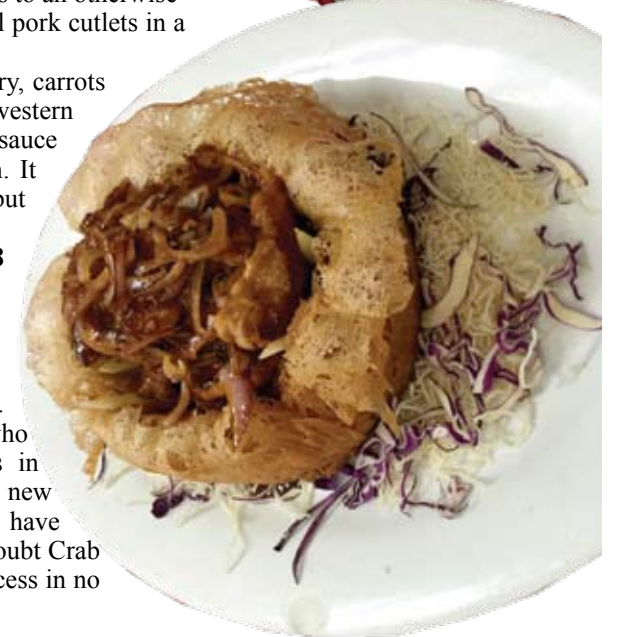
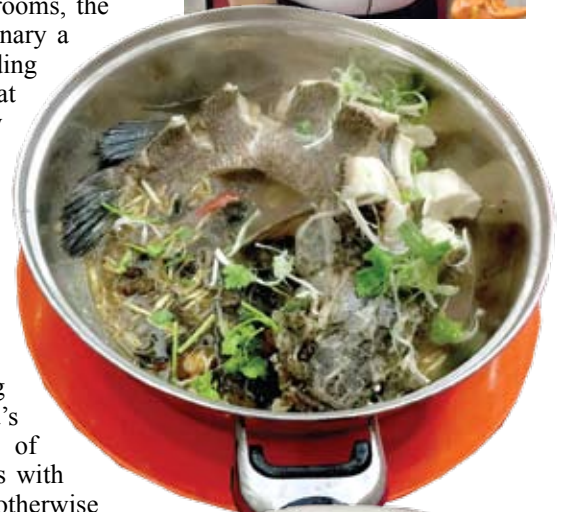
We then had a **grass carp haruan** cooked in rice wine with ginger and cloud ear mushrooms, the carp because it was wild caught, had nary a whiff of muddiness, the rice wine lending a sweet touch to the soft fresh fish meat and the cloud ear providing a velvety crunch to the combination. **Carp at RM45 per kg and wine additional at RM18**.

The **Yeen Yeong Fatt Putt** or **Yin Yang Buddha's Bowl** was interesting. This is a ring or bowl usually made with mashed taro and deep fried, which houses the meat or vegetables and serves to soak up juices from the filling in the centre. In our case, the Buddha's Bowl was a delicious combination of pumpkin and Taro, combined in swirls with the pumpkin lending a sweetness to an otherwise salty taro. Ours came with small pork cutlets in a dark soya sauce – **RM26**.

Braised pork ribs with celery, carrots and broccoli was almost like a western stew, with the exception of soya sauce which gave it its oriental touch. It was too sweet for my taste but enjoyed by others at the table.

Braised pork ribs RM8 each.

With its established popularity in Ipoh, Crab House is set to spread its wings and open a branch in Kuala Lumpur. Proprietress Fanny Chan who is busy doing the renovations in KL sounded excited about the new venture. With the way things have been going in Ipoh, I have no doubt Crab House KL will be a roaring success in no time.



Crab House

32 Lalan Perajurit 1, Taman Ipoh Timur
Tel: Fanny Chan, 012-565 7723; W.S. Wang, 014-940 8500
GPS: N 4° 6' 16" 733, E 101° 12' 51" 117
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On Growing Older

Continued from page 2...

Kinta Medical Centre (KMC) – Kinta Care Centre (KCC)

Located near town with direct access to the adjoining hospital, KMC offers two different type of homes to cater to the needs of its patients and residents. Nursing home, which is the hospital ward, is located on the ground floor of the centre, built for

Room	Charges (more than 14 days)	Charges (Less than 14 days)
No Air-condition Shared room 2-bedded	RM40/day/person RM55/day/person	RM60/day/person RM70/day/person
Air Conditioned 1. 2 bedded 2. 3 bedded	RM75/day/person RM60/day/person	RM90/day/person RM75/day/person
Premium Room	RM150/day/person	

seniors who are in need of medical attention. Upon arrival, a medical team will perform a health checkup to determine which home is suitable for the patient. KCC, on the other hand is located on the first floor of KMC, where it offers a few different room options for residents.

Residents of KCC will start their morning as early at 7am with bathing themselves, followed by breakfast at 8.30am. A regular check up by the medical officers is scheduled at 9am daily to ensure all patients are in good health. Family members and friends are



Kinta Medical Centre

allowed to visit the seniors at any time of the day between 9am until 9pm. The centre provides an activity room where visitors can have their privacy on visits.

In June this year, KMC introduced its day care centre for seniors where they will be cared for from 8am till 6pm while their children are working. At the moment, there is only one type of room available for the day care centre, a non air-conditioned shared room charged at RM80 per day. For more information of the Kinta Care Centre, please call **05 242 5333** or visit the centre at 20, Jalan Chung Thye Phin, 30250 Ipoh.

Rumah Seri Bahagia

“Rumah Seri Bahagia” or “Lucky Village Home” is an old folks home providing shelter, care and comfort to the needy Malaysian elderly persons irrespective of their race, religion, and creed. All services and facilities provided in the home are free of charge. The criteria for admission includes being over 60 years of age, no next of kin, no contagious disease and physically able to look after oneself. Applicants for admission are normally referred to the home by the general public and the Welfare Department.

Potential applicants are first investigated by the Home Administrator and some members of the Home Management Sub-Committee to verify that the applicant meets the criteria for admission followed by a medical examination. The residents are provided with five meals a day, medical care, housekeeping services, security and activities for their enjoyment. Festive occasions are celebrated in the home so that the residents are provided with the ‘homely’ feeling reminiscent of being with their families. Schools, associations and individuals make regular visits to the home to entertain the residents.

The residents are also taken out to join in activities organised by welfare departments and other organisations to mix with other senior citizens from other homes.



For more info, contact the home located at 8km, Jalan Raja Dr Nazrin Shah, 31350 Ipoh at **05 312 0997**.

Conclusion

Whether considering options for yourself or deciding how best to help someone close to you, aged care is a complex area and requires careful thought. This article will help

potential residents and their families when they are looking for an aged care facility. It will help you to compare different options.

Community

World Hospice and Palliative Care Day 2015

World Hospice and Palliative Care Day is organised by a committee of the Worldwide Palliative Care Alliance, a network of hospice and palliative care national and regional organisations that support the development of hospice and palliative care worldwide. World Hospice and Palliative Care Day is a unified day of action to celebrate and support hospice and palliative care around the world. Voices for Hospices is a wave of concerts taking place on World Hospice and Palliative Care Day every two years.

The theme for World Hospice and Palliative Care Day which took place on October 10, 2015 is “Hidden Lives / Hidden Patients”. This year's theme will focus on the patients living in unique conditions and often struggle with access to palliative care including those living in rural settings. Many a patient with life limiting illnesses like those with

cerebral palsy, end organ failures, cancers, genetic conditions and dementia do not have access to palliative care.

Malaysia is fortunate that the government has encouraged palliative care both in the government and private sector. In Perak, Perak Palliative Care Society (PPCS) plays a major role in palliative care especially for home care patients. PPCS deals with all patients irrespective of race or religion. Over the past 20 years, PPCS has provided 44000 home visits to more than 4100 patients in and around Ipoh, Kampar, Tapah, Batu Gajah, Tronoh, Seri Iskandar, Sitiawan, Lumut, Pantai Remis, Beruas, Kuala Kangsar and Sungai Siput. PPCS is also enabling formation and activities of such NGOs in Taiping and Seri Manjung. In addition to home nursing, care-giver training, palliative massage therapy and medical equipment loan are being provided according to needs. PPCS endeavours to continue providing Palliative Care Training for nurses and volunteers in the community.

In conjunction with World Hospice and Palliative Care 2015, PPCS would like to encourage referral of patients who are in need of palliative care for their home care services. Though preferably patients are referred by medical practitioners, patients or family can register themselves if they think they fit the palliative care definition. PPCS would also like to appeal to the public and corporate bodies to donate to PPCS generously to keep the society in continuing their services to the community. All donations will be given tax

exemption receipts. PPCS welcomes medical and non-medical volunteers to help out with administrative work, community awareness and compassionate care for patients and in fund raising activities.

For further information please contact Ms Leong Lai Pen, Centre Administrator at 05 546 4732 or Mrs Guddi Roy, Volunteer Coordinator at 012 501 9419 or email: admin@ppcs.org.my.



Health

By SeeFoon Chan-Koppen

Caring For Your Child From Birth To Young Adulthood

It's been many years since I have visited a pediatrician but now as an expectant grandmother, I was looking forward to meeting up with Dr Alex Khoo Peng Chuan who had just joined Fatimah Hospital as Resident Consultant Pediatrician and Consultant Pediatric Neurologist.

Walking into his newly-renovated Primecare Pediatric Clinic, a child friendly (low sofas) and colourful environment complete with a separate play area where children may read or play with non toxic toys, I was impressed with the care that Dr Alex has taken to soothe anxious parents and young patients while they wait.

A newbie to Fatimah but certainly no newbie to Pediatrics, Dr Alex came from Hospital Raja Permaisuri Bainun, Ipoh where he initially qualified as a Pediatrician after housemanship in Teluk Intan and time as Pediatric M.O., in Alor Star.

It was during his two-year stint as Pediatrician in Taiping that he discovered Pediatric Neurology when a patient suggested he take up this sub-specialty so she needn't have to go to Kuala Lumpur or Penang for medical care for her child.

This was the impetus which saw him spending the next two and a half years training in Pediatric neurology both in Kuala Lumpur followed by a further year in Sydney Australia. Today he is the only Pediatric Neurologist in Perak and one out of nine in all of Malaysia, with a fellowship in Pediatric Neurology from Australia and awarded the MRCPH (UK).

Pediatric neurologists combine the special expertise in diagnosing and treating disorders of the nervous system (brain, spinal cord, muscles, nerves) with an understanding of medical disorders in childhood and the special needs of the child and his or her family and environment. Seizure disorders, including seizures in newborns, febrile convulsions, and epilepsy, medical aspects of head injuries and brain tumors, weakness, including cerebral palsy, muscular dystrophy, and neuromuscular disorders all fall within Dr Alex's scope of expertise.

His enthusiasm for his work is palpable as is his love for his hometown of Ipoh. An Ipohite born and bred and a proud Michaelian who has received his Silver Spoon (for 13 years spent at St Michael's Institution from Kindergarten to Form 6) Dr Alex likens himself to an explorer; in his case, not of uncharted waters of the world but the mysteries of the tangled web of neurons, nerves, neurotransmitters, signalling stations in the brain which controls growth and development of the child.

Pediatricians in general don't have the time to delve into the aetiology of disease as they treat acute childhood issues and this is where the expertise of Dr Alex comes in.

"We're the most optimistic of doctors. Even in almost untreatable conditions like



epilepsy or cerebral palsy, we strive to find ways to improve the quality of life for the child and in so doing, ameliorate the emotional pain for the parents. Parents usually come to us feeling shame and guilt for the condition of their child and I do my best to allay their fears by investigating, explaining and setting achievable targets for improvements for their child", he said with enthusiasm.

"Fatimah hospital has the latest equipment for electrophysiology and we are three resident pediatricians working in different sub specialties and are therefore able to handle the whole spectrum of children's issues," he added confidently.

"We aim to be 5-star doctors. 5-star not in the sense of deluxe and expensive as in hotels but 5-star in our approach to managing patients. I believe in a 5-pronged approach as Health Care Provider; Clinical Manager; Decision Maker; Effective Communicator and finally in providing Community Leadership. Our barometer for patient satisfaction is for them to feel better after they leave, both for the child and the parents," he emphasised.

When asked for his vision for the future of Pediatrics in Fatimah, he said, "I envision a child-centred hospital and wish to work towards the establishment of a Cognitive Science Centre to take care of children from birth to young adulthood and from cradle to cradle."

For more information: Prime Care Paediatric Clinic, Hospital Fatimah, Suite 47, Ground Floor, 1 Lebuhraya Chew Peng Loon, Tel: 05 545 5777 ext. 511/512 Direct line: 05 548 1192; email: primecare.ipoh@gmail.com.

Community

Gift of Sight Project



Rotary Club of Greentown organised a spectacle-donation project dubbed 'Gift of Sight' at SJK (T) Sangeetha Sabah, a Tamil school in Buntong, Ipoh recently.

The 'Gift of Sight' is a month-long awareness campaign on blindness prevention. The project was aimed at preventing vision impairment and the restoration of sight, especially among students.

Incidentally, Rotary Club of Greentown has been active in performing community service to Ipohites since being chartered in 1993. Among the projects that the club has actively pursued is the screening of primary school children to identify those who have visual impairment due to refractive error and requiring spectacle correction.

The Buntong Tamil School was picked as the recipient of the 'Gift of Sight' project. The club is also involved in the school's on-going nutritional and literacy project which has been in the pipeline for many years.

Vision screening of the children was done by Lee Eye Centre. Over 40 students were found to have vision problems and were given free spectacles.

"Early intervention for those with vision problems is the act of preserving the 'gift of sight'. Rotary Club of Greentown is proud to have been part of this endeavour," said Siti Subaidah, the District Governor Rotary District 3300.

Nantini

Local Lad Called to the Bar

Harveynder Singh Tyndall, 25, an old boy of St Michael's Institution in Ipoh was admitted to Bar at the High Court in Ipoh recently. Coming from a family of practising lawyers in the city, his father, Ranjit Singh, who moved the petition for his son to be admitted, said Harveynder had on completion of his secondary education pursued his Bachelor of laws Degree from the University of the West of England, Bristol in the United Kingdom in January, 2010. He was admitted to the Society of Lincoln's Inn in July, 2012, and called to the Degree of Utter Barrister on the July 24, 2014.

Judicial Commissioner S.M. Komathy Suppiah (pic, second from left), when she admitted Harveynder to the Bar, said that as lawyers they owe allegiance to a higher cause, the cause of truth and justice. Therefore, they should not consciously misstate the facts and must not knowingly conceal the truth even though the facts would be against their case.

Harveynder commenced his pupillage in Messrs Shearn Delamore & Company in Kuala Lumpur.

Jerry Francis



Community

Dengue Clean-up



Members of Lions Club, Ipoh City Watch, Council workers and Canning State Assemblyman, Wong Kah Woh and his team organised a clean-up of Polo Ground ala gotong royong on the morning of Saturday, October 3. The mass clean-up of the city's favourite public park by a combined force of some 80 personnel was prompted by fears of dengue that has been plaguing the city of late.

"The objective of the gotong royong is to help resolve a long-standing problem affecting Ipohites. We'll concentrate on clearing mosquito-breeding areas within this much-loved park and, hopefully, help to reduce cases of dengue," said Dato' Dr Wenddi Anne Chong, the coordinator of this joint Lions' community and environment project.

"Polo Ground is a favourite with Ipohites. It's a place where people come to exercise and to spend their free time. Thus it's only proper to not only keep it clean, but mosquito-free as well" added Wenddi, the proprietor of Marianis, a fine-dining restaurant in town.

Nantini

Bridging Time at Reunion



It was an evening of getting reacquainted with old friends while making new ones on Saturday, September 26 at the Red Crescent Hall, Ipoh where over 600 members attended the 82nd annual reunion dinner organised by the Old Michaelians' Association. Some even came sporting class T-shirts to show their enduring school spirit.

The highlight of the evening was the presentation of jubilee salutation certificates by Dato' Brother Vincent Corkery, former Brother Director of St Michael's Institution (SMI), Ipoh.

Also present were Adrian Tsen Keng Yam, President of Old Michaelians Association, Tan Sri Lee Oi Hian, Chairman of the Board of Governors, Joseph Michael Lee, Chairman of the Parent-Teacher Association and Madam Chan Nyook Ying, Principal of SMI.

This scribe caught up with 73-year-old Timothy Chee, a retired teacher and a former student. Teaching back in 1961, the King's Scout was the one and only receiver of the Eminent Michaelian Award back in 2010. "Everyone here is either my student or my colleague," he exclaimed in jest.

And this is his one precious advice for all students of the school: "Be yourself".

I had my own share of excitement that night as I found out that Mrs Chee was my kindergarten teacher. What a small world!

Mei Kuan

Opinion

By Koon Yew Yin

Inspiring Story of an Undertaker's Son

On September 15, philanthropist Koon Yew Yin donated RM50 million to the Penang State Government for building student hostels, to help students studying in Penang, especially students from poor families, in their access to tertiary education.

Many people including journalists and BMF Radio have asked him a lot of questions. They are curious because they have not come across something like this before.

Here are his answers:

I was born on the 6th Jan 1933. My father started a coffin shop at No. 8 Jalan Ipoh, KL about 100 years ago. When father retired about 30 years ago, my eldest brother inherited the coffin shop. As he got older, he found difficulty to compete with the modern undertakers and was forced to close the old shop about 2 years ago and my younger brother continued the coffin business with a smaller shop in Kepong, KL.

As I have 11 siblings, I always needed some things since I was a boy. I remember always feeling hungry when I was young. One can imagine how 12 children rushed for food during meal time. This is why I want to help the poor. Besides my Rm 50 million donation to Penang Government to build student hostels, I have to date, given about 300 scholarships to help students from poorer backgrounds to complete their tertiary education.

As a young boy; in 1957; I attended St John's Institution, KL where I completed a 4 years Civil Engineering Diploma in Technical College (now known as UTM) under PWD [now known as JKR] scholarship. I subsequently qualified as a Chartered Civil Engineer by self-study in 1962.

In 1967, together with 3 partners, I founded Mudajaya Construction Sdn. Bhd. and Gamuda Sdn. Bhd. In early 1980, IGB Construction Sdn. Bhd., Jurutama Construction Sdn. Bhd. and Mudajaya Construction Sdn. Bhd. grouped together and listed as a public company under the name of IJM Corporation Bhd. In about 1975 I sold Gamuda Sdn Bhd to Dato Lin Yun Ling and his partners.

In 1983 I had a serious heart angina. At the time heart bypass operations could only be done in Mayo Clinic or Harley Street London and the casualty rate was frighteningly high. Before my heart surgery in London, I passed all my assets to my wife and children.

After my heart operation, I retired from being an executive director in Mudajaya / IJM Corporation Bhd and I started to learn how to make money from the stock market. In 1983-4 the Hong Kong stock market crashed because China wanted to take back H.K. Almost all the Hong Kong investors were afraid of the arrival of the Communists and they sold their holdings as quickly as possible.

One of the most important investment lessons I learned was to be a contrarian investor, buy when everybody is afraid to buy and sell when everybody wants to buy. I started with only Rm 200,000 cash and within a few years, I bought 46% of Kaiser Stock and Shares Ltd., a stock broking company in HK.

After having read several investment books by famous Gurus such as Benjamin Graham, Warren Buffet, Peter Lynch, etc. together with my 32 years of experience, I wish to share my knowledge with people who are interested in investment. I believe in teaching people to make money. It is like teaching people how to fish instead of giving them some fish.

Q: Why do you write regularly on national issues?

A: In 1970 when the new economic policy was introduced, the GDP per capita of Singapore, Taiwan and South Korea were the same as ours. They became developed nations despite the fact they did not have natural resources like us. They did not even have timber to build houses.

Over 40 years later, we are still not a developed nation due to bad management and corruption of the BN Government. I will continue to write to point out all the bad things of the Government until voters can vote the BN Government out of Putrajaya.

In 2009, I published a book called 'Malaysia: Road Map for achieving vision 2020' to show how Malaysia can become a developed nation it deserves to be. Unfortunately, we have not achieved a developed nation status due to the bad management and corruption of the BN

Government. It is most unlikely we can achieve Vision 2020.

I have given all my children the best education that money can buy and I think they can find a good living without my money. As such, I want to help poor students complete their tertiary education. I personally believe that with a good education, they can earn enough to help their own families and other poor people. As I pointed out earlier, I have already given out over 300 scholarships to really poor students to complete their tertiary education. All my scholarship recipients are not required to pay me back the money I have spent on them. Instead, all they have to do is to promise me that they must not forget that I helped them when they were poor and they will have to help other poor people when they have money to spare. I sincerely believe some of them will continue to do charity after I die and if they practice the same system or philosophy I do, there will be more and more people contributing to charity.

Q: What are other charities or projects have you supported in a big way in the past?

A: About 10 years ago I paid for the construction of a large extension to the Salvation Army building in Ipoh. I also donated Rm 350,000 towards the renovation of Ipoh Wesley Private School.

Q: Is it true that UTAR snubbed a RM30 million donation you wanted to give them back in 2009, also for hostels and why did you choose Penang as the state to undertake this and not any other state? Is there a particular reason?

A: 6 years ago, I offered to donate Rm 30 million to UTAR for building student hostels under the same terms and conditions as I offered to Penang. However, the MCA leaders who controlled UTAR, owned all the land outside the university campus rejected my offer because they did not want me to jeopardise their lucrative property development business. They are greedy and just want to take advantage of the poor students.

As a result of the bad publicity, MCA lost almost all their seats in the last general election. Subsequently, I invested all the Rm 30 million in the stock market and I managed to make some profit. I chose to donate to Penang because the record shows that DAP is managing Penang very well and I want to support DAP.

Q: How long is the construction process expected to take place, and how many students are you aiming to help with this donation?

A: The Chief Minister has assigned the 3 top officials to assist my architect in designing and planning for the project. These are, Jagdeep Singh Deo, who is in charge of the State Town and Country Planning, YB Lim Hock Seng who is in charge of public utilities and Ar. Yew Tung Seang, Director of Building. The project is going ahead in top gear.

Our initial design can accommodate about 2,200 students. In fact, the Chief Minister Lim Guan Eng said that the Government is willing to top up the project if my Rm 50 million is not enough.

Preference will be given to poor students irrespective of race and religion, bearing in mind that about 80% of the 18,000 USM students are Malays. Currently USM can only provide accommodation for 1st year students.

Everyone is trying to make money every day. Unfortunately, many people do not know how to use their money wisely. They must realise that our ultimate aim in life is happiness. They will find great happiness if they can create happiness. If they give away some of their money to help poor people who will be happy and they will also be happy.

I have written in my will that after I die, all my remaining assets will be donated to help poor people to make them happy.

In conclusion, I wish to point out that it is not necessary to study overseas to achieve success in life and also that we cannot take our money along when we die. I hope this article will inspire some readers to follow my footsteps in doing charity. You can tell your friends to read this inspiring story of an undertaker's son.



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Education

Global Perspectives Debates

The bi-annual Global Perspectives Debates 2/2015 held at Tenby Schools Ipoh from Friday, September 18 to Saturday, September 19 brought together more than 200 young debaters from a number of schools in Perak.

Incepted in 2010, it was sponsored by Tenby Schools Ipoh with the Tenby Sixth Form serving as the event management team. The primary aim of the debate is to promote a greater awareness of global issues which are of concern to humanity.

Twenty-four debating teams from participating schools were arrayed against each other in a four-cornered verbal duel culminating in the final in which the topic, "Refugees Should Be Repatriated" was debated.

"This makes a huge difference to the quality of debating," commented Louis Rozario Doss, Head of the Tenby Sixth Form and Senior Advisor to the Sixth Form Council. "The verbal crossfire in the four-cornered debates is the apotheosis of the debating tradition in the state of Perak. The audience engagement is far greater in this type of debate than in the conventional two-cornered debates," he added.

Overall best speaker, Danesh Ram Aggarwal of SMK Methodist (ACS), Kampar had this to say, "I've participated in the GP debates since 2014. They're truly unique in the sense that teams are not knocked out in the first round and have to go home after one debate as happens in other competitions.

Under the Tenby GP debates, each team has the assurance of debating at least four times over the two-day period. This is one of the best arrangements, especially for teams which come here not just to be champions but also to learn the art of debating."

Prominent Ipoh lawyer and Rotarian, Arthur Yeong served as Chief Adjudicator while fellow barristers Shan Thevin and Dato' Hajjah Shamsuriah binti Sulaiman were the co-judges.

The crowned winners were:

Champions: SMK Sam Tet, Ipoh (Foo Yew Cheng and Jonathan Foo)

Second Placing: SMK Methodist (ACS), Kampar (Anjana Aggarwal and Danesh Ram Aggarwal)

Third Placing: SMK Ave Maria Convent, Ipoh (Liew Yan Fei and Ho Shu Lin)

Fourth Placing: Tenby Schools Ipoh (Balasubramaniam Ravishankar and Brian Sim)

Best Speaker in the Final: Foo Yew Cheng (SMK Sam Tet, Ipoh)

Overall Best Speaker in the Competition: Danesh Ram Aggarwal (SMK Methodist (ACS) Kampar).



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Peggy (Mandarin/Bahasa) @ 012 522 0910
Kathy (English) @ 017 683 0400
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My Say

By Jerry Francis



A Key Figure Against Communist Insurgency in Perak

The late Tan Sri Yuen Yuet Leng was 'handpicked' to be the Chief Police Officer of Perak after his predecessor Tan Sri Koo Chong Kong was assassinated by communist insurgents at the junction of Jalan Hospital and Fair Park in Ipoh at noon on November 13, 1975.

As a dedicated Special Branch officer, he did not hesitate to take on the post knowing full well that his life and that of his family members would be at greater risk.

It was at the height of the 'Turbulent Years in Perak' and the communist insurgents had declared they would systematically eliminate those who posed a serious threat to their cause.

Eleven other Special Branch officers were killed by the end of 1976, six of them, all Chinese, were gunned down mercilessly in Perak in the presence of their families. Yuen too had escaped a number of attempts on his life.

The communist insurgents and their underground agents were active in the city and new villages as well as in the jungle. At one stage, an armed group was operating as close as the Keledang Hills, a popular jogging spot on the fringe of the city.

Yuen, who had all through his 34 years career in the Royal Malaysian Police combating communists, took on the challenge as Chief Police Officer with full determination.

He was a good choice as he knew Perak well. He had earlier during the 12-year Emergency operated as District Special Branch Officer in the jungles of Grik/Lenggong and Sungai Siput, the hotbed of the communist insurgents.

His first book 'Operation Ginger' is about his exploits in the jungle.

His loyalty to King and country was unquestionable. He once wrote that he would continue to maintain "those principles and values I had lived by and was prepared to die for, if necessary."

His second book, 'Nation Before Self', is also a testimony of the principles and values that he as a non-Malay officer had hung onto tightly. He believed that all Malaysians, irrespective of race or religion, have a rightful place in the country.

I was introduced to Yuen soon after he took over at the State police contingent headquarters as I was then actively involved in covering security operations against the communist insurgents throughout Perak and South Thailand.

Yuen maintained a close rapport with the media and at the same time demanded full cooperation from them.

I remember he would angrily threaten to use the Internal Security Act (ISA) against any journalist, who would not co-operate with the security forces and jeopardise ongoing security operations. At the same time, he would show his gratitude to those who had been co-operative.

Towards the end of his successful assignment in Perak and his move to Sarawak as police chief in 1981, he presented Letters of Commendation to a number of journalists. I was one of the recipients for "outstanding co-operation and news coverage".

During his tour of duty in Perak from February 1976 to February 1981, the police and armed forces had worked closely under the State Security Committee and scored several major successes against the communist insurgents in the state.

In his foreword in 'Operation Ginger', former Inspector-General of Police, Tun



Tan Sri Yuen presenting 'Letter of Commendation' to Jerry at state police headquarters on January 31, 1981

Moahmmmed Hanif bin Omar, described Yuen as one of those involved in the crushing of a revived communist terrorist onslaught which was directed from across the Thai border.

"During our trying emergency years, he had developed and maintained a reputation in the Police Force for indomitable leadership and admirable dedication; ceaseless endeavour and enterprise; and inspiring fortitude at times when lesser hearts would have faltered. He was both a strategist and a bold tactician on whom I depended so much for advice and the execution of plans during the Second Malayan Emergency, 1974-1989," said Mohammed Hanif.

The two assassins involved in the killing of Yuen's predecessor, were brought to justice and sentenced to death. Their executions were carried out on March 15, 1980.

One of the biggest upset suffered by the Communist Party of Malaya (CPM) was when the entire band of its elite Ninth Armed Workforce of the Fifth Assault Unit surrendered in 1981. The band of 19 insurgents led by their leader, came out of the jungle and handed over

their weapons.

After his retirement, Yuen and another former IGP, Tan Sri Rahim Noor, spearheaded the clandestine campaign which led to the 1989 Haadyai Peace Accord in Southern Thailand.

Perak born Yuen, 88, died in his sleep in Kuala Lumpur on October 1, leaving behind his wife Puan Sri Linda Chan Choy May, two daughters and two grandchildren.

He was a teacher before enlisting with the police force in 1950 at the age of 23. "When I enlisted, our objective then was to fight the Communists and our squad comprised Malays, Chinese and Indians," he once said.

He was awarded the Colonial Police Medal in 1957 for his valour and bravery in infiltrating the communists.

Rest in peace Tan Sri Yuen for you have been a shining example of all dedicated and loyal citizens in Malaysia, irrespective of race and religion.

Your presence at the annual Remembrance Services in Ipoh for members of the security forces and civilians will be greatly missed.



Han Chin Pet Soo

Impress your guests with your own private dinner party in a museum setting. Enquiries should be made to the Events Manager at 05 529 3306 or events@ipohworld.org



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.

First Sharpened Word Literary Matinee, Saturday **October 17**, 2pm to 5pm at Sepaloh Art Centre, 16 Jalan Sultan Iskandar (Hugh Low St.), Ipoh. New and established Malaysian writers will read from their work and answer questions about their writing process. Sharpened Word meets once a month every 3rd Saturday afternoon. Free. For further enquiries, email sharpenedword.kinta@gmail.com, Facebook: [sharpenedword.kinta](https://www.facebook.com/sharpenedword.kinta).

La Salle School Ipoh 50th Anniversary Reunion Dinner, Saturday, **October 17**. Venue: La Salle School Hall. All ex-students invited. Call Miss Yau 012 512 5693 or Miss Tan 012 576 5898 for details and reservations.

Video Presentation: 2nd Asian Bird Fair 2011 Tainan (Taiwan) by Malaysian Nature Society (Perak) on Saturday, **October 24**, 4pm at MNS House, Jalan Chan Chee Keong, Ipoh. Event highlights: exhibition, meetings, lectures and booths. The fair is a good platform for birders from different countries to make contact and share experiences. Admission: Free. For details call Chan Kai Soon 012 531 5670.

Blood Donation & Eye Screening Campaign, organised by Kinta Medical Centre in collaboration with Lions of Ipoh, at Tesco Ipoh Garden on **October 24** from 9am-3pm. The campaign is important in reminding people of the importance of blood donation and routine screening for the eyes. We encourage everyone to participate.

Anti-Drug Exhibition & Talk on October 27 (Tuesday) from 9am to 11.15am at Sunway College Ipoh campus organised by AADK (Agensi Antidadah Kebangsaan). The exclusive event will aim to educate by enhancing awareness, knowledge and understanding towards Drug Abuse & Prevention. All youths

are welcome. Call 05 545 4398 (Information & Communication Dept.) for details.

Health Screening and Health Forum. The Family Wellness Club, in collaboration with KPJ Ipoh Specialist Hospital and Lembaga Penduduk dan Pembangunan Keluarga Negara Perak. Saturday, **October 31** at KPJ Ipoh Specialist Hospital from 1pm to 5pm. It is open to all aged 40 and above. Eligible women entitled to free mammograms and pap smear tests. Talks on "Female Cancers" and "Men's Health at 40 and beyond" by specialist doctors. Call Denise/May at 05 242 6866 or 012 507 3866 for details and registration.

Public Forum on Down Syndrome organised by The Ipoh Down Syndrome Centre. Saturday, **November 14**, from 2pm - 5pm at Ipoh Down Syndrome Centre, 2 Persiaran Bercham Selatan 27, Taman Sri Kurau, 31400 Ipoh. Admission is free. Places are limited to the first 100 participants only. Please call 05 546 8386 to register.

Sanghika Dana 2015, November 15 at Shukhavana Meditation Monastery, Ipoh. For enquiries, contact: Sis Tan Swee Lian 016 536 4301 or Bro Tioh Hee Yock 012 512 6203. Email: admin@sukhavana.org. Facebook: Sukhavana Meditation Monastery, Ipoh, Perak.

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.

Performances of Traditional Songs and Dance every Friday every week from March 25 at 8pm (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.

YMCA of Ipoh Toastmasters Club Mission 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.

BIGGEST PROPERTY

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October 16-18, 10am-10pm at St John Hall, Ipoh (in front of Taman DR/YMCA). Discounts up to 20%. Free gifts. Contact: Keris Properties 05 242 7000 or 019 701 2222.

Property

Maple Show Home Launch



It was a breezy and fun-filled morning on Sunday, September 27 at the launch of Maple Show Home at Bandar Baru Sri Klebang. The area was transformed into fun zones jam-packed with activities for all ages, with a family-orientated theme.

"I came with my husband, 5-year-old daughter and 4-year-old son. My kids love the walkabout clown and we won many prizes," said Cindy, who hails from Tambun.

Besides a plethora of fun fair games, there were food trucks providing light refreshments to the multi-ethnic crowd at the site decorated with fluttering paper lanterns in honour of the on-going Mid-Autumn Festival.

The excitement continued inside the show unit as visitors were impressed by the interiors of the 24' x 75' 2-storey super-link homes.

"Besides its contemporary design, I like how each room comes with a bathroom," a 67-year-old retiree exclaimed.

Various amenities are available within a 5km radius of the development. Another plus point of Maple is its multi-tiered safety features, which includes patrolling guards, perimeter fencing and surveillance via CCTV.

In addition, residents would be given access to ample recreational facilities at The Centro such as a swimming pool, tennis courts, café, gymnasium, a golf-driving range and a park.

Those interested to know more can contact Kinta Properties at **019 513 3315, 012 500 8018 or 05 292 1333** for details. Price ranges from RM437,760 to RM585,800.

Mei Kuan

Missing Person

Missing for a year

When Hasnah Abd Ghani dropped her son, Mohammad Amir Bin Mohammad Arif, 24, at Alor Setar's bus station on June 30 2014, she never thought that would be the last time she saw him. She called her son, but no one picked up the phone and soon she was blocked from the number. Like any other mother, Hasnah searched for her missing child and contacted the person she knew closest to her son, his girlfriend.

"I called Nurul Aini and she said my son is gone and terminated the call. I couldn't reach her since then" said Hasnah.

Amir previously lodged not one but twenty five police reports about the threats he received from several people but according to Hasnah, the authorities didn't do anything to help her son. Representative from Perak Barisan Nasional Public Service and Complaints Centre, Mr Mohd Rawi bin Abdullah who was at the press conference, believed the key to finding Amir is to search for Nurul Aini.

"Amir was having some sort of feud with Nurul Aini when he found out she was cheating on him. It is crucial to find Nurul Aini because she might know where Amir is."

When asked about Amir and Aini's relationship, Hasnah herself didn't know where her son met Aini but knows about how serious they were as Amir brought her to meet his grandmother. According to Hasnah, Nurul Aini stayed in an estate at Senai, Johor.

"I know my son is still alive and I believe he is in deep trouble. I don't know what else I can do," said the worried mother.

Anyone with information, please contact the police.

Ili Aqilah



Ear, Nose & Throat Care

By Dr Rekha Balachandran

The Hazardous Haze

We seem to be enveloped in a never-ending cloud of haze. This haze has dust, smoke particles and air pollutants. Since the haze particles are very small, these particles can pass through the natural filters in the nose can affect the respiratory system.

Among the commoner symptoms of the haze are:

1. Runny, blocked nose especially for those with underlying nasal allergies.
2. Sore throat.
3. Dryness and burning of the eyes.
4. Worsening of respiratory conditions such as asthma attacks and bronchitis.

Over the past couple of weeks, many doctors (ENT doctors in particular), have been seeing a surge in the cases of nasal allergies and sinus infections. This is occurring even among operated patients, who were relatively well prior to this.

Who is at risk?

The health effects are similar for everyone but may affect certain groups to a larger extent.

1. Children as they tend to have a higher breathing rate (respiratory rate) compared to adults and their lungs are not fully mature yet.
2. Elderly people.
3. Patients with medical problems especially those with asthma, chronic obstructive lung diseases, coronary artery disease, heart failure.
4. Any history of ear, nose and throat problems such as allergic nasal conditions or problem with sinusitis.

These people should make every effort to stay indoors and refrain from vigorous physical activity during times when the API readings are poor.



The haze and nasal allergies

The haze basically is an irritant affecting the lining of our nose and sinuses. Those of us who suffer from nasal allergies, polyps and recurrent sinus infections, will develop symptoms which are more troublesome. For those who are already on regular or periodic intranasal steroid sprays, they may need to increase the dose up to twice a day. Using a sinus rinse with saline washes or even buying the premade saline spray helps. These saline washes clean out retained pollutant particles in the nose and give symptomatic relief from nasal allergies and infections.

Masks and filters do they help?

Using an ordinary surgical mask is not much help when there is a haze as the surgical mask is not air-tight and does not act as a filter. The best mask to use is an N95 mask which is "at least 95% efficient against fine particles that are about 0.1 to 0.3 microns and 99.5% efficient against particles such as those 0.75 microns or larger". Air purifiers especially those with high efficiency particulate air (HEPA) filters are effective at removing microscopic irritants (as small as 2.5 microns) from the air and they produce no ozone (which may irritate the sinuses). Air purifiers with ionisers (and no HEPA filters) are of no real benefit as they are only good for removing bacteria and viruses but have no effect on removal of pollutant particles.

Rekha ENT Specialist Clinic

Suite 509, Level 5, Pantai Hospital Ipoh. Tel: **05 540 5408**.

Facebook: www.facebook.com/RekhaENTClinic

Tourism Malaysia Promotes Tourist Spots in Perak



Tourism Malaysia has put up a poster at the entrance of the waiting hall in Ipoh Railway station about Railway Tourism. The poster lists important tourist spots in Perak and includes the map of Ipoh. The initiative by Tourism Malaysia is commendable. I have seen a number of people looking at the poster.

Among the tourist spots, the poster lists places like Kellie's Castle in Ipoh as well as Bukit Merah which is further away. However, there is no information

on the sites, how far it is from the railway station and at which station to get down to visit the sites. There is no notice board at the station indicating the taxi fare to various destinations and the taxi drivers decide the fare.

Tourism Malaysia has done its job, now it is up to Tourism Perak to set up a booth at the railway station and provide information to the tourists about these sites. The people manning the booth must be knowledgeable and able to provide information about the sites. Pamphlets must be available for the sites. Tourism Perak must organise tours to the sites.

Recently I visited Ajanta Caves in India with my family and we landed at Aurangabad Airport late in the evening. At the arrival lounge the tourist booth of Maharashtra Government was open. The person at the booth was able to speak in English and gave me a few pamphlets and asked whether I needed any assistance to go to the caves. This is the type of service Tourism Perak must provide.

A. Jeyaraj



Happenings

The Other Festival: For Art, Food and History Lovers

Coming to Ipoh, The Other Festival brought by KakiSeni will take place over three weekends from **October 22 till November 8**. The festival focuses on a series of trails by popular Ipoh-born and Ipoh-lover personalities. Themed 'Mapping the City', the festival is focusing on celebrating art, food and the historical sites of Ipoh.

During the media launch on October 5 at Kong Heng square, the president of Kakiseni, Low Ngai Yuen hoped Ipoh will be the next must-visit pit stop for art enthusiasts.

"Malaysia has the successful Rainforest World Music Festival in Kuching, Sarawak and George Town Festival in Penang. We figured it's time to spread the love and appreciation for such creative pursuits to Ipoh through The Other Festival. The idea is to open more doors to artists, and develop Ipoh for better consumption of the arts," said Yuen to the media.

State executive councillor for Tourism, Arts, Culture, Communications and Multimedia, Dato' Nolee Ashilin Mohammed Radzi officiated the affair and she too, is looking forward to attend the festival.

"We really want to develop a culture where the arts are not only used to define the identity of our people but also as one of the main economic drivers. Mapping Ipoh is something I really look forward to because as Perakeans, we have such pride in our heritage and the fact that the rest of the world is able to experience and get to know us is really amazing," said Nolee.

Among the amazing line up and curators attending the event is Malaysia's evergreen actor and personality, Patrick Teoh, Malaysian writer, Bernice Chauly and one of the highlight of the festival the Company Man, a circus-style performance by Japanese troupe, The Cheeky Park; a combination of mime, pantomime, juggling, acrobatics and aerials. Book lovers be ready to catch the launching of Buku Fixi: Hungry in Ipoh, an anthology of 15 short stories, and Hard Core by Megat Ishak and guided workshop on



short story writing by authors, Julya Oui (Bedtime Stories for the Dead of Night) and Marc de Faoite (Tropical Madness).

Projek Rabak will be the curator of music performances and be ready to catch outdoor movie screenings that will pop-up at random spots around Old Town. Kuala Lumpur Kepong (KLK) will also be taking part in The Other Festival by sponsoring a Tote Art Competition for school children, the corporate foundation which is deeply rooted in Ipoh, hopes that this will encourage children to discover the Ipoh today while finding inspirations to share their dreams for the Ipoh of tomorrow.

For more information and venue of The Other Festival, visit KakiSeni's website at www.kakiseni.com or catch the latest update at their Instagram and twitter at @kakiseni.

Ili Aqilah

Conservation

Overwhelming Response to Workshop

Over 40 people, young and old alike, received hands-on experience to unveil the secrets of prehistoric settlers of Tambun during a half-day public archaeology workshop at Gua Tambun recently. There were plenty of excited gesturing, amazed looks and camera flashes throughout the day which saw a Tambun rock art poster exhibition, rock art hunting and interpretation session among its highlights.

It was part of the Gua Tambun Heritage Awareness Project (GTHAP), a heritage initiative that was started in June by a group of heritage buffs from Universiti Sains Malaysia in collaboration with the university's Centre for Global Archaeological Research and local NGOs.

The awareness project is aimed at encouraging local youths to be involved in the conservation of Gua Tambun with its 600-odd documented forms of rock art dating back to 2500-4000 years ago. They are the only prehistoric red-paintings which are available in Peninsular Malaysia.

Spearheaded by archaeologist Dr Goh Hsiao Mei, the team comes down to Ipoh all the way from Penang on a weekly basis. Ipoh Echo had a moment with this inspirational figure whose passion in heritage conservation is second to none.

"We're launching our website www.tambunrockart.com soon. We'll publish a booklet on Tambun rock art together with the Perak Heritage Society," said Mei.



Over RM5000 has been successfully raised via Tandemic Malaysia (www.simplygiving.com/gthap) to support a series of workshops in Ipoh in the months to come.

Mei is currently looking for local volunteers to be a part of the Tambun Heritage Watch. Besides acting as heritage guides, it is hoped that the presence of these regulars would prevent threats to the rockshelter such as graffiti.

"It's something new for them," commented lecturer Davin who brought 18 undergraduates from multiple disciplines from Sunway College, Ipoh to the educational workshop.

Eva, the owner of Eloft Hostel, said, "This is one of the caves that I like to hike in and explore. However, before this, there was little information about it. Hence, I am interested in this workshop. I was born and bred in Ipoh and I want to play my part to promote it".

"It's good to know where we came from and appreciate what our ancestors had done," another enthusiastic attendee, Nicola from Australia told Ipoh Echo.

For more information and updates on GTHAP, please follow them on Facebook – Gua Tambun Heritage Awareness Project or drop them an email at tambunrockart@gmail.com.

Mei Kuan

Nosh News



Ili Aqilah

Coffee King: Go big or go home!

There is new way of serving drinks and Coffee King, is the proud pioneer. For only RM5, customers of Coffee King will get to enjoy 32oz (almost 1 litre) of assorted iced drinks such as Bandung Green Tea (Green tea with evaporated milk), coffee (with sugar or milk), chocolate, milk tea and many more.

The concept became an instant hit during last Ramadan as customers didn't mind queuing as early as 5pm at Coffee King's booth located at Taman Cempaka and Meru. Up to 800 cups were sold everyday during the fasting month and the number is growing bigger.

Mohamad Syafiq Bin Mohd Sidek, the man behind Coffee King started the business last April, selling only fifteen cups per day.

"The business started at Polo Ground. Due to some problems, we moved to Taman Cempaka and Meru. So far we have three booths and hopefully more branches will open soon," said Syafiq.

Coffee King recently opened another stall at Stadium Indera Mulia's food court that is open everyday except Friday from 12 noon until 7pm. The same operating hours applies to Coffee King's Taman Cempaka and Meru stalls.





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Land Encumbrances : Charged To Malayan Banking Berhad

Total units : 100
Exp. Completion Date : October 2015
Land Tenure : Freehold
Price : Min RM 866,210 - Max RM 1,267,800
Approving Authority : Majlis Bandaraya Ipoh

Yang TU Yang NI

Reading Maketh a Full Man

Once upon a time there was a storyteller who spun tales to raptured gatherings by the river bank in Old Town. He would light a joss stick before he starts and when that burns out the chapter ends – usually at the most exciting point leaving you on tenterhooks. Before he continues he will pass the tin round to the audience. That's how he makes his living.

I heard of this when I was a child and would have loved to be in the audience.

In the fifties and sixties there was Rediffusion (cable radio) which broadcasts every once a week a Cantonese programme – “Tai Soh Kong Ku” – of storytelling. It had a great following. His audience would set aside that time for him irrespective of what they were doing.

Traditions of storytelling exist in cultures – in the longhouses of Borneo, the town square of Marrakesh, in Bedouin tents. But today there is no space for them anymore. They have been drowned out by the noise, engulfed by new technology.

Today storytellers tell their narratives in printed pages and increasingly also electronically. The medium has changed but the art remains. But for how long?

It's a fact that most writers struggle to make a decent living, publishing companies face hard times and bookshops find it hard to survive.

Ask anyone to name the last book they read and most would be stumped. This seems to be a generational thing. The young do not seem to have cultivated the reading habit of their elders. Probably they are not encouraged to read in school or at home.

Besides reading as a school text (to pass exams) how many students read for pleasure instead of turning on the TV or surfing the net.

Reading fiction lets you use your imagination, it teaches you to express yourself beyond the prosaic and technical. Over time reading (in general) is the difference between someone who is informed, interesting and articulate and someone who is limited in imagination, can barely carry out an interesting conversation and is plain boring.

But try telling this to the non-readers. Most have surrendered their imagination to the TV.

The State Library is almost always empty. The Tun Razak Library is full of kids doing their school work, taking advantage of the air conditioning or in some cases (as I have observed) having a little cuddle under the stairs. I wonder how many borrow books to take home or use the references?

There was a Book Fair recently in Menglembu. I went with great reservation, it's probably a small affair I told myself. “They are probably selling old books and titles which are not in demand”. How wrong I was. It was a big fair and there were hundreds of titles covering every subject. The titles were current too. The most pleasant surprise was that it was very well attended. I saw people leaving with bundles of books.

There is hope yet! But in reality this probably represents only a fraction of Ipoh's population.

But seriously though, there's lots to do to get people (especially our young) reading again. I wonder if schools have a “library period” where students are taken to the library where they must pick out a couple of books to read for the week. We used to have it when I was in school. And in some schools children are made to take a book home to read and have it recorded in their reading card. Poor readers are tested on what they have read.

Some wit quipped that the computer has reduced the average person's attention span to 8 seconds. Surely not! But even so I think the average attention span is not as long as I remember it to be. In the age of ‘instant’ everything people can't hold their attention very long. This has given rise to a new (relatively) genre of stories called “Flash Fiction” where the stories can be as short as one paragraph and usually no longer than 700 words. But even with flash fiction – in fact more so I would think – you need imagination to fill in the big empty spaces.

Pak Peter (Peter Bucher – “Swiss by birth, Perakian by choice”) and Charmalee Sivapragasam (a professional writer) have started a reading group called the ‘Sharpened Word’ to encourage local writers and get more people interested in books. Schools should encourage their students to attend such activities which are free. Then there are reading circles organised by various people, e.g., Audrey Poh.

I am sure both would be glad to hear from readers: Audrey – email: me@audreyshanta.com, Pak Peter – pakpeter47@gmail.com.

A Chinese proverb says, “Those who do not read are no better than those who cannot.” Another, loosely translated, says that a person's conversation is flavourless who does not read.

Or as Francis Bacon said “Reading maketh a full man.”

Yin
(The Man from TR)

W

riting isn't just ivory tower art. It's a discussion about who we are.

Written work plays different roles in many people's lives. The world of words and ideas can be education, escape, insight, and a thousand other things.

Literature creates bridges between cultures, experiences, and personalities.

Sharpened Word is a community event which celebrates writers and writing.

New and established writers on the Malaysian literary scene will read from their work and answer questions about their writing process.

Sharpened Word meets once a month, and all writers, readers and interested individuals are welcome to attend.

Poets, novelists, singer-songwriters, graphic novelists, short-story writers, bloggers, non-fiction writers, playwrights, TV writers, film writers, all are welcome. Innovators and mavericks alike will be featured in order to include a diverse range of talent and style so possible.

We invite all writers interested in participating to contact co-ordinator Pak Peter.

There is no registration fee.

Donations, however, are always appreciated, as the venue does charge a heavy fee.

We are also offering sponsorship opportunities to interested businesses or organisations.

First Sharpened Word Literary Matinee: Saturday 17th Oct 2015

Venue: Sapulak Art Centre, (16 Jalan Sultan Iskandar (High Low Street))

Time: 7:00 p.m. to 9:00 p.m.

In future, we will meet every 1st Saturday afternoon of each month.

Coordinators: Pak Peter (Peter J. Bucher)
E-mail: sharpenedword.k@gmail.com
Facebook: www.facebook.com/sharpenedword.k





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.

Dignity in Mental Health

This year the World Federation for Mental Health has chosen 'Dignity in Mental Health' as the theme for World Mental Health Day on October 10. With this year's theme, the Perak Society For The Promotion Of Mental Health (PSPMH), aims to educate the families of people with mental illness, about dignity in mental health.

Very often the families of mental illness residents of PSPMH are absent in dealings with mental care providers. Hence, people with mental disorders frequently do not get ample care from their respective families.

PSPMH which caters for the mental patients who are recovering and needs medical care are sent here by their families. However, after some month's stay at the center, these patients often wish to reunite with their respective families.

But the sad truth is, many mental patient's families shun away from them. This separation from the families, traumatizes the recovering patients. In certain cultures, mental illness is perceived as a sign of weakness or curse. This negative connotation results in family members distancing themselves from or maltreating those who are mentally ill. Furthermore, those with mental illness are deemed unproductive and perceived as not contributing to the upkeep of the family, which inevitably exposes many to abuses.

Even outside the mental health care context, they are excluded from community life and denied basic rights such as shelter, food and clothing, and are discriminated against in the fields of employment, education and housing due to their mental disability. Many are denied their rights to vote, marry and have children. Many people with mental disabilities are assumed to have no capacity to make decisions for themselves and thus treated in mental care centres unjustly.

"Dignity in Mental Health" emphasis a concern for dignity, counters the discrimination and bias that are too often encountered by people with mental illness.

Thus, in conjunction with our World Mental Health Day, let's all join hands to advocate for those people with mental illness and create an awareness for their next-of-kin to bring hope and dignity to them.

S. Sundralingam
Vice-President
Perak Society For The Promotion of Mental Health
Ipoh.

Personality

Humbled by Lu's Concern

As I sat in the playground swing at The Tambun (Woodlands) Park at Bandar Baru Tambun one evening, the sight of a lone man hard at work sweeping dry leaves caught my eye.

Born and bred in Perak, 67-year-old Ah Koi @ Lu Woon Chan has been keeping the park immaculately clean, all by himself, for over a decade.

Completely soaked with sweat, this was the Good Samaritan's reply when I asked him what motivated him to do the unthinkable. "This is my best form of exercise to stay healthy. Cleaning is my hobby. That's all."

The park itself has been neglected for the past 10 years. No one knows who is in charge. Ipoh City Council? Or the developers? The lighting is non-functional, with only one or two still working. Countless tree trunks are debauched with graffiti. Other than Lu's effort, all that is being done is the mowing of grass once every two to three weeks but the cut grass is always left behind irresponsibly.

"Those days there used to be a gate but its condition has now deteriorated," he lamented.

The civic consciousness of park users leave much to be desired. When I explored the cool oasis with its beautiful foliage earlier, I spotted litter such as cigarette boxes, empty bottles, plastic cups (from an expensive coffeeshouse chain, mind you!), crushed-up plastic bags and empty food wrappers. The old-timer cleans the park daily, which means that all the junk appears just overnight!

Lu, a retiree, who once worked offshore for an oil and gas company, is not disheartened. Caring for the park



on weekdays, weekends, public holidays, festive seasons and now in the haze is his passion. He would drive his car filled with gardening tools to the park every day to do his bit for society.

Bracing himself for the unpredictable weather and incessant mosquito bites, he clears the overnight rubbish at the park, sweeps fallen leaves and branches and prunes shrubs that have grown out of shape. For the taller trees, he climbs to do the trimming. Occasionally, he would reprimand litter bugs, especially the habitual ones.

But there is only so much that he can do. "I am an old man. I wonder how long more I can continue?" said the greying gentleman who used to be an active basketball player in his younger days.

Lu is baffled by the behaviour of those who, upon encountering a rubbish pile in their path, would choose to walk around it or leap over instead of picking it up or putting it aside.

This quote from Mother Teresa aptly describes this angel of a man.

"The miracle is not that we do this work, but that we are happy to do it"

Mei Kuan

Not the First Perak Caveman

Re the article "Historian with a passion" in IE 221, and the cave skeleton at Phin Soon estate Sg Siput, it was not "the first Perak caveman", as human bones had already been found in Gua Kerbau in Perak in 1926/27.

At Sg Siput it was actually 3 human skeletons that were found during archaeological digs between 1935-36. There were also some secondary burials. They were found in a rock shelter named Gol Ba'it. However it is not clear where Gol Ba'it is, it is probably in the hill to the south of the cave temple in the Phin Soon estate.

I recently visited the cave temple, Gua Sri Shiva Shanmugar. We were told that a skeleton had been found in the cave, but no one knew any details.


Liz Price

Announcement




An NGO providing support service to People Living with HIV/AIDS (PLHIV), is looking for new volunteers to join them. No allowances whatsoever but the experience is good for the soul.

Interested to extend a helping hand?
Call/SMS/whatsapp Afizah at 019 559 0021 to arrange for interview.





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Health

Diseases Without Borders



The second international conference on tropical medicine and infectious diseases by the Faculty of Medicine, Universiti Kuala Lumpur Royal College of Medicine Perak was held from Tuesday, September 29 to Thursday, October 1 at the Syeun Hotel, Ipoh.

Running on the theme “Diseases without Borders: Challenges and Preparedness”, the subjects discussed were highly contagious diseases such as Ebola, Middle East Respiratory Syndrome (MERS), Re-emerging Tuberculosis and drug resistance.

During its opening ceremony, Ipoh Echo had an exclusive one-on-one with Professor Dr TJJ Inglis from University of Western Australia, Australia and his colleague, Dr Vincent Cheng Chi Chung from Queen Mary Hospital, Hong Kong.

“One of the innovations highlighted is communications. Within Australia, public health laboratory network developed methods for rapid detection of Ebola virus within weeks of it becoming an international problem. There is also an international public health network of professionals in the major clinical and public health laboratories throughout the region that have been communicating very actively throughout this epidemic,” Inglis, who spoke on response in Western Australia to the Ebola outbreak in West Africa, told Ipoh Echo.

Vincent had this to say, “In hospital, we have to try our best to prevent person-to-person transmission of the ultimate superbug (resistant to the most potent antimicrobial agent in the world). The means is so simple: Practise hand hygiene. For example, healthcare workers have to clean their hands before touching another patient. Unfortunately, the compliance rate is consistently less than 40 per cent because we are human, who tend to forget, especially under intense working pressure.”

Present at the opening ceremony were Datuk Dr Hj Yusof Hj Yacob, Chairman of UniKL Royal College of Medicine Perak, Hisshamuddin Omar, CEO and Head of Campus, Prof Dr Osman Ali, the Dean of the Faculty of Medicine and Dr Cheah Tong Soon, chairman of the organising committee.

Mei Kuan

KMC Plastic Reconstruction Clinic

Kinta Medical Centre (KMC) formally opened its plastic and reconstructive clinic on Monday, September 28 at the centre’s premises in Ipoh.

Dr Khoo Yan Teng is KMC’s Consultant Plastic and Reconstructive Surgeon who joined the centre’s team of specialists just recently. Her forte is in aesthetic surgery. She hopes to extend services to the public.

Khoo obtained her Bachelor of Medicine and Bachelor of Surgery (MBBS) from the International Medical University. She did her Master of Surgery (Plastic Surgery) at Universiti Sains Malaysia.

Khoo is registered with the National Specialist Registrar in Plastic and Reconstructive Surgery and is a member of the Academy of Medicine of Malaysia. She has practised at various state hospitals, including Hospital Kuala Lumpur, Hospital Sultanah Aminah, Johor Bahru and has been with Hospital Raja Permaisuri Bainun, Ipoh since 2010.

The surgeon has obtained a fellowship from South Korea under the tutelage of the renowned President of the Korean Academy of Oculoplastic Surgery, Professor Park Dae-Hwan, who has given her tremendous inspiration in the field of facial aesthetic surgery.

Treatments offered at the KMC clinic include skin care, facial rejuvenation, nasal reshaping, chin augmentation, eyelid enlargement, dimple surgery, breast augmentation – to name a few.

Readers keen on getting details on Dr Khoo’s field of expertise can call Selena Yee at 012 5061 515 or 05 253 8811.

Nantini



Sport

Hockey Carnival on Grass 2015



The Hockey Carnival on Grass 2015 was held at the Anderson School playing field on Saturday, September 26. The event was organised by the Andersonians Club (TAC) Ipoh for the third consecutive year.

Thirteen teams took part in the year’s tournament in three categories namely, Men’s Open, Men’s Veteran and Ladies’ Open.

In the Men’s Open Category, Ipoh City Council won first place defeating Anderson Old Boys 2-0. In the Men’s Veteran Category, Anderson Old Boys beat Ipoh Lads Hockey Club 1-0 to emerge champion. In the Ladies’ Open Category, UiTM Silver Lions defeated Andersonian Girls 2-0 to take top honours. The winners received trophies and cash prizes.

“The number of teams has been increasing each year. It’s fun playing hockey on grass like the good old days. I wish to thank the management committee of TAC for the support given to make this tournament a success,” said tournament organiser, S. Ramanieswaran.

Nantini

THE COMMONWEALTH – THEN AND NOW

BY

HER EXCELLENCY VICTORIA MARGUERITE TREADELL
BRITISH HIGH COMMISSIONER TO MALAYSIA



Thursday 22 October 2015

8pm to 10.30pm

The Dome, Meru Valley Golf and Country Club

Jalan Bukit Meru, 30100 Ipoh, Perak.

(Registration fee: RM30 per person inclusive of dinner)

Victoria “Vicki” Marguerite Treadell CMG MVO (born 4 November 1959) is the current British High Commissioner to Malaysia and has been in the posting since October 2014. She is the former British Commissioner to New Zealand and Samoa, and Governor of the Pitcairn Islands.

Her Excellency was born in Ipoh, Perak, Malaysia to a Cantonese mother and a father of French-Dutch ancestry, received her early education at Tarcisian Convent, Ipoh and graduated from the London School of Economics in 1991.

She was appointed a Member of the Royal Victorian Order (MVO) in 1989 and was made a Companion of the Most Distinguished Order of Saint Michael and Saint George (CMG) in 2010.

Organised by: Perak Academy and Perak Women for Women Society (PWW)

For reservations, please call/fax/email

Sandy: Tel./Fax: 05 241 3742 / 016 221 3742 Email: contact@perakacademy.com

OR

Ms Yip: 05 5469715. Email: perakwomenforwomen@gmail.com

KLK — A Legacy of Excellence



Plantations



Oleochemicals

Kuala Lumpur Kepong Berhad (KLK) has more than a century-old legacy of excellence which began in 1906 with the incorporation of the plantation company Kuala Lumpur Rubber Co. Ltd. ("KLR") in England, holding five rubber estates of 640 hectares in the then Malaya.

KLR later changed its name to Kuala Lumpur-Kepong Amalgamated Ltd (KLKA), in the 1960's, the forerunner of the present KLK. It was also during this time that oil palm was introduced to the Group.

In 1973, under a scheme of reconstruction, Kuala Lumpur Kepong was incorporated in Malaysia to take over all the assets and liabilities of KLKA. The late Lee Loy Seng (later honoured Tan Sri Lee Loy Seng) was appointed the Founder Chairman.

THE TAIKO CONNECTION

Tan Sri Lee Loy Seng had also, without much fanfare, gained control of a number of smaller plantation groups that was managed, until 1971, by Plantations Agencies Sdn. Bhd., when Taiko then took over. In 1983, the management of KLK and Taiko were merged with KLK taking over the entire shareholding of Taiko, and Taiko in turn providing the full management for both groups of KLK and Taiko estates.

Subsequently, the year 1985 saw the moving of its head office to Wisma Taiko in the heart of Ipoh city and has remained so till today.

OLEOCHEMICALS AND PROPERTY DEVELOPMENTS

The next milestone was reached in the 1990s with the venture of KLK into both oleochemicals and property development. A highlight in 1994 would be the landmark decision by this plantation player to re-invest in Indonesia, now a key contributor to the Group's profits.

Celebrating its 100th year anniversary in 2006, the plantation powerhouse is currently listed on the Main Market of Bursa Malaysia Securities Berhad with a market capitalisation of approximately RM22.45 billion at the end of September 2014.

It is led by gentleman extraordinaire Tan Sri Dato' Seri Lee Oi Hian, its Chief Executive Officer since 1993. Regarded as a blue chip company, KLK is synonymous with sturdy management, strong earnings and good corporate governance, making it a well-respected company among investment community.

BUSINESS DOMAINS

Plantations lead as the giant corporation's core business with a land bank of over 270,000 hectares spreading across Malaysia, Indonesia and Liberia. The

predominant crop, **oil palm**, covers 93% of the planted area while rubber covers 7%. It has a production of approximately 3.7 million metric tonnes fresh fruit bunches for financial year 2014, which is expected to increase when new plantings in Indonesia are progressively brought into harvesting. Last year also saw KLK's crude palm oil output per-hectare improved by 2.1% to 4.93 metric tonnes on account of its higher oil extraction rate of 22% - the highest achieved on a Group basis. It stands testament to KLK's good management standards and the result of KLK's long-term investment in R&D.

As for rubber, it maintains a steady yearly production of premium SIR/SMR grades and latex concentrate.

Oleochemicals is the core business of the KLK

manufacturing division with four product portfolios: Fatty Acids & Glycerin, Fatty Alcohols & Methyl Esters, Soap & Detergent Intermediates and Specialties & Fine Chemicals. It is one of the largest manufacturers of renewable palm-based oleochemical products and derivatives in Malaysia via Palm-Oleo Sdn Bhd (one of the world's biggest standalone oleochemical producers), KSP

Manufacturing Sdn Bhd (known for its signature product, Palmosalt®, a natural soap base widely sought after by international luxury brands), Palmamide Sdn Bhd (one of the world's largest Ethylene Bis-Stearamide producers) and KL-Kepong Oleomas Sdn Bhd (a leading producer of natural fatty alcohols). The KLK Group expanded its operations through organic growth, joint-ventures and acquisitions in Malaysia, China, Switzerland, Germany, Netherlands and Belgium resulting in internationally-scaled oleochemicals operations.

By virtue of the opening of the North South Highway, KLK has unlocked some of its plantation land bank for **property development**. The 1990's saw KLK Land capitalise on its strategic land bank in Sungai Buloh by branching into property development with projects such as Desa Coalfields, Sierramas and the latest 1,000-acre Bandar Seri Coalfields. Other land parcels earmarked for development are under various stages of planning and design including projects in Sungai Buloh, Semenyih, Kapar as well as Iskandar Malaysia, i.e. Kulai and Nusajaya.

CORPORATE SUSTAINABILITY

KLK believes that doing business in a sustainable manner goes hand-in-hand with corporate responsibility and it is integral to generate and sustain short and long term value for its stakeholders. Its initiatives include the provision of safe drinking water, banking and medical facilities, as well as supporting education programmes like Humana schools which caters to children of migrant workers from its East Malaysia plantations.

Inspired by its leadership, employees are also encouraged to organise and take part in various Corporate Social Responsible activities in line with the company's focus areas.

Through sound management led by its CEO, and good corporate governance, KLK is poised to grow from strength to strength, bringing economic development while developing communities.

CONTACT INFORMATION

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CSR Project at Liberia



Wisma Taiko Ipoh



Property development