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ISSUE **236**

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Ipoh – A Veritable Aladdin's Cave of Delights

● By Ili Aqilah, Nantini Krishnan and Tan Mei Kuan



Gunung Lang

Han Chin Pet Soo



3D Mural at Qing Xin Ling

For three consecutive years, Perak has received the biggest number of domestic tourists compared to any other state in Malaysia. Why wouldn't it be? Perak has a lot of interesting places that will cater to every wanderlust-filled soul out there. Having that in mind, exclusively for all our travel-junkie readers and future lovers of Ipoh, we sought out the must-visit-hidden gems in Ipoh that will guarantee to blow your mind with its charms and unique cache. In the process, the Ipoh Echo team discovered some under-the-radar destinations which will be wonderful additions to your itinerary along with other customary attractions. Places even Ipohites may not know or ventured to.

Continued on page 2



Lost World Of Tambun

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Places to See, Things to Do and Hidden Treasures to Explore

We have suggested the times for visiting some of these places as ideal, although most of them can be visited at any time of day.

Must Visit Places

Morning: The highest peak of the undulating terrain at the Perpetual Memorial Park offers one of the best bird's-eye view of Ipoh. Located along Lot 24139, 14547 Mukim Hulu Kinta, the off-the-beaten-track viewing point is open to visitors daily from 9am to 5pm.

(GPS: N 4° 41.102' E 101° 09.783' on Google Maps it is at: 4.685030, 101.163070)

Other options: Ipoh Mural Art Trail, Fantasy House Trick Art, Kledang Hill which has easy and tough trails for the super athletic.

Afternoon: Another hidden gem is the Tasik Cermin (Mirror Lake), a natural wonder that owes its charisma to geologic luck of the draw. Befitting its name, the emerald-hued water produces glass-like reflections of the verdant limestone hills along its perimeter. Located off Jalan Dr Nazrin Shah, sightseers will have to drive past some quarries then walk through a short tunnel and emerge on the other end to this postcard-perfect view. Just sit there, lake-gaze and be inspired!

(GPS: N 4° 33.55' E 101° 7.175' on Google Maps it is at: 4.559169, 101.119575)

Other options: Han Chin Pet Soo (The Hakka Miners' Club), Ho Yan Hor Museum, Concubine Lane @ Old Town.

Evening: The next little-known spot is the Qing Xin Ling Leisure and Cultural Village, built by upcycling discarded wood, against the backdrop of lush hills. With its authentically-decked memory lane of the 1960s complete with snippets of historical information, 3D murals, suiseki display hall, wishing tree, three lakes, cycling and jungle trekking activities, it is a family-friendly cum educational destination brimming with photographic opportunities.

Catch a glimpse of their resident goats, wandering ducks, geese and rabbits too! The exclusive one-on-one with Cheng Swee Kiat, the secretary of the committee behind the leisure and cultural village, will be published in the upcoming issue of Ipoh Echo.

Located at 22A, Persiaran Pinggir Rapat 5A, Taman Saikat (GPS: N 4° 33.688' E 101° 07.418'), it opens from 9am to 6pm daily except on public holidays. Visitors could call **05 311 9888** or **012 516 1556** for more details.

Other options: Ipoh Cave Temples, Heritage Trail, Gunung Lang Recreational Park.

Night: Back in March, Lost World Hot Springs and Spa, unveiled 15 additional attractions consisting of 13 pools, three private huts and a Crystal Spa. Among them are the infinity pool which can accommodate up to 300 people at one time and the Lost World Crystal Spa which features aromatherapy massage with healing properties.

Meanwhile, the Jungle Wave Beach offers zorb ball rides for the adventurous. The holistic fun destination opens nightly from 6pm to 11pm. For more information, visit www.sunwaylostworldoftambun.com or call the theme park at **05 542 8888**.

Other options: Healy Mac's (Irish Bar & Restaurant), Gerbang Malam night market, Sensation Of Sound (S.O.S. Club), River Walk @ Kinta Riverfront.



Tasik Cermin



3D Mural at Qing Xin Ling



Memory Lane at Qing Xin Ling

Gastronomic Adventure

What will a trip to Ipoh be without indulging in some good, classic and authentic food?

For **breakfast**, we suggest you feast yourself on a selection of Chinese, Malay and also Indian food at one of Ipoh's signature coffee shops – New Hollywood Restaurant that is located at Jalan Lee Kwee Foh, Taman Canning. From Chee Cheong Fun to Flat Noodles Curry to the classic toast bread and Nasi Lemak, New Hollywood is definitely one of the local's favourite to enjoy their breakfast over cups of Ipoh's coffee. The shop opens everyday (except Monday) from 7am till late afternoon.

Other options: Stadium Indera Mulia food court, Nasi Lemak Kukus Warung Sg. Tapah (featured in Ipoh Echo's Nosh News issue 219), Kedai Kopi Kong Heng and next door Thean Chun Restaurant, Wong Koh Kee Restaurant in Concubine Lane itself and two coffee shops along Jalan Bandar Timah (Old Town) Kedai Kopi Sin Yoon Loong (GPS: N 4° 35.595' E 101° 4.620') and Kedai Makanan Nam Heong (GPS: N 4° 35.595' E 101° 4.629') where old town white coffee began with the famous kaya toast.



Nasi 'Ganja'



Meltshack

No.2, Jalan Yang Kalsom, Taman Jubilee, 30300 Ipoh.

Monday-Friday (10am-5pm). Saturday & Sunday (10am-3pm)

Other options: Restoran Ikan Bakar Tasik Raban, Old Andersonian's Club, Susi Restoran (featured on page 5 this issue).

Tourists will have plenty options to choose for **dinner**. From Rawang Famous Steam Fish (featured in Ipoh Echo issue 231), Fay Loo restaurant (featured in Ipoh Echo 228), Simpang Tiga Restaurant or perhaps they can try the long list of local cafes such as Gomok, Konda Kondi, Chokodok Reggae House or even the food trucks like Meltshack, Ali Yeh Yeh, Lebai and The Hut that are slowly making a name among Foodies. Better yet, tourists can buy the book A Foodies Guide to the Best Eats in Ipoh which lists all the best local stalls and restaurants. The book is available at Popular Bookstores, MPH Bookstores, SS Mubarak & Sons, Royal Ipoh Club, Ipoh Echo's office, to name a few. Another resource on where to eat is available on the Ipoh Echo website www.ipohecho.com.my under the topic of Food/Musings/Hawker/Nosh News.



Salted Chicken

As for **lunch**, get ready to spoil yourself with Ipoh's signature mixed rice, Nasi 'Ganja' from Yong Suan's coffee house located at Jalan Yang Kalsom. Although there are other shops that sell almost the same rice, it seems that tourists still prefer the classic rice served with spiced fried chicken and vegetables.

... continued on page 6

IPOH **echo**

• From the Editor's Desk
By Fathol Zaman Bukhari

LOSING FAITH

I have been a practising Muslim for almost seven decades now and I have not lost my faith yet, despite the many temptations around me...

The claim by Datuk Jahara Hamid that a Taoist shrine at the newly refurbished Armenian Street in Penang can cause Muslims to lose faith (*hilang akidah*) is simply absurd. Being a Muslim, I find her conclusion not only childish but out rightly insulting to Muslims. Perhaps it is confusing to her, as being an opposition leader, everything is confusing so long as the matter makes the rounds in the state assembly and, inadvertently, raises her stature as an opposition leader.

Otto Van Bismarck's quote "Politics is the art of the possible" is not without reasons. And this is being reinforced by author H.L. Mencken who said that "practical politics is to keep the populace alarmed by menacing it with an endless series of hobgoblins, all of them imaginary."

Imagined or otherwise the word "hilang akidah" has been bandied about with other religious taboos ever since Islam was declared "the official religion of the country" by long-serving Prime Minister Tun Dr Mahathir in the 1990s. Mahathir's intention was nothing more but to outwit the other major Malay-based political party, PAS (Parti Islam Se-Malaysia). And in doing so he had, unwittingly, confused the whole nation (pun meant).

So one can "hilang akidah" (lose faith) by simply walking into a church or walk past a Chinese or Indian temple or take a peek at a shrine, as declared by Jahara Hamid. Come on, lady, I have been a practising Muslim for almost seven decades now and I have not lost my faith yet, despite the many temptations around me.

I am a byproduct of a mission school and during my formative years attended chapel services with my classmates. We sang the hymns and Christmas carols along with others of varying beliefs but none, I repeat none, of my Muslim classmates have become Christians. And to claim that the mere sight of a pre-war Taoist shrine in a public park would confuse Muslims is not only insulting but demeaning. Are Malay Muslims so easily confused by sight and sounds?

I attended a funeral service of an old friend at a church recently. The previous night my wife and I were at the wake, there were a number of Malay Muslims among the crowd. We were there not to be indoctrinated but to pay our respects to a dearly departed friend. At the end of the service I asked my accompanying reporter, a twenty-something Malay girl attired in a flowing black dress, whether she had "hilang akidah". She shook her head and smiled. She knew perfectly well what I meant. "Sir, I've been to such services before. I am alright," she answered. I am pleased with her candor. This headscarf-wearing girl, who is a devout Muslim, has never allowed trivia to distract her thoughts. If only we have more of her in our midst, especially within the ruling circle, Malaysia will be a better place to live and work.

The controversial shrine at the upgraded Armenian Street Park in Penang has been around for over 70 years. "Datuk Kong" said a resident, "has been protecting the people living in the vicinity. Its presence helps to ward off evil spirits," he added.

I have seen similar shrines during my tenure in the army. Once while operating in the jungles of Kulim in the early 1970s we came upon a Hindu temple at the fringe of a rubber estate. And like other Hindu temples, the courtyard was adorned with statues. There were two life-size horses at the entrance to the temple. I warned my men not to disturb but to respect the statues. Unbeknownst to me one of the naughtier ones decided to ride on the horse. That night we had a tough time stopping him from "riding" around our jungle base on his imaginary horseback. He came around after the temple priest revived him.



The naivety of some Malay Muslims is mind boggling indeed. If losing faith is as easy as seeing or uttering something un-Islamic I fear for the sanity of the Muslim community in the country. Religious intolerance is fast taking root that soon it is no longer chic to be seen in my non-Muslims' company. As it is, Christmas celebration is being frowned upon by many. Brunei has banned it totally.

Honestly, I am at a loss as to the direction this bountiful country is heading. Never mix religion and politics. But this is easier said than done.

EYE HEALTH — Hordeolum

In our continuing series on Eye Health, Consultant Eye Surgeon Dr S.S. GILL talks to us about HORDEOLUM.

A hordeolum is an infection of the hair follicles of the eye lashes. It presents as a small painful bump on the outside (external hordeolum) or on the inside (internal hordeolum) of the eyelid. It is also called sty. It basically looks like a pimple on the eyelid (called 'ketumbit' in Bahasa Malaysia).

A hordeolum may occur at any age but most often affects infants and children. It is usually caused by a bacteria called staphylococcus. This bacterium is found in high concentrations within the nose and therefore is easily transferred to the eyelids by our unwashed fingers! Hordeolums are not harmful to vision but does cause a discomfort to the eye.

When the eyelash follicles get infected with the bacteria, it then becomes filled with pus and swells up. The eyelash follicle then looks like it has a pimple on the eyelid, becoming red and painful.



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

SYMPTOMS:

- Redness in the affected eyelid area (initially may be mistaken for blepharitis).
- Pain and droopiness of the affected eyelid.
- Later, a pimple-like lump appears on the eyelid.
- A yellow 'pus point' within the red lump when it becomes more filled with pus.
- Tearing or watering of the eye, and increased sensitivity to light occasionally.
- Later, crusting on the eyelashes if the sty ruptures and pus is expelled out.

PREVENTION:

- Avoid rubbing your eyes especially if your hands are not clean.
- Change eye make-up once every six months.
- Do not share eye make-up.
- Remove eye make-up completely before bedtime.
- Wear goggles when doing 'dusty' chores.
- Wash your hands frequently and use hand sanitizers when traveling to avoid picking up infections.
- Keep conditions like diabetes mellitus and chronic skin conditions (seborrhoea) well treated or controlled.



TREATMENT:

Most hordeolum heal on their own within a few days. Warm compresses applied for 10 to 15 minutes, three or four times a day, over the course of several days helps to encourage resolution. It relieves the pain and helps 'ripen' the hordeolum very much like a pimple. The hordeolum usually ruptures to drain the pus collection and finally heals.

Remember never to 'pop' a hordeolum like a pimple; but always allow it to rupture on its own. The internal type of hordeolum (that appears inside the eyelid) may sometimes not heal and therefore require drainage of the pus by an eye doctor. You may then be prescribed an antibiotic eye ointment along with oral antibiotics depending on how severe it is. If you suspect you have a hordeolum that keeps on worsening, **seek medical attention.**

For more information, call Gill Eye Centre at Hospital Fatimah on **05-5455582** or email gillyeyecentre@dr.com.

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Ipoh Perak Darul Ridzuan.
Tel: (605) 249 5936
Fax: (605) 255 2181
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Nantini Krishnan
Tan Mei Kuan

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USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

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The Tribulations of Hosting a Child's Party

Organising a child's birthday party used to be simple. The party was held at home and the mother had as much fun planning the party, as did the child who was anticipating his birthday. If you have a house with a garden, or live close to a park, you can organise a picnic theme party or have a barbecue in the garden.

Even if you live in an apartment, where space is a premium, and you do not want complaints from the neighbours, most apartment blocks have a communal room you could utilise.

Don't tell your child what games there will be, because if you are short of time, they may be disappointed. If you cannot accommodate, or manage, more than ten children, then make this clear to your child.

For young children, give the invitation to the mother of your child's friend. Some children forget to hand the invitation to their mothers, and you could end up preparing food and activities for 20 children, but find that no one turns up.

So what are the worst aspects of a child's party? Nowadays, birthday parties are not so simple. They have become a rite of passage for some people to show off.

1. The fast food restaurant party.

Being taken to a fast food restaurant may be a monthly treat for some children. For busy mothers, it is sometimes a weekly necessity. A quick stop for dinner at the fast food joint, after tuition.

Some children do not consider a birthday party, at a fast food restaurant, to be a treat. They may have the party bags, the special invitation cards, the party hats and the happy meals, but apart from that, they only have a fixed amount of time to celebrate, their food choices are limited and outside entertainment, like a party clown or magician, is forbidden. One child said, "These fast-food parties lack imagination."

2. The five-star party treatment.

Some mothers find the invitation to take their four-year-old to a birthday party, in a five-star hotel more stressful than organising one at home, for their own child.

They worry about the present for the birthday-child, and wonder if it is expensive enough, because they do not want to be labelled a cheapskate. They worry that their child's clothes and shoes are not grand enough. They also worry that they may not look presentable and may buy clothes, shoes and presents costing much more than they would have liked.

One mother, who stayed at a party with her four-year-old said, "You could see the condescending looks of some of the rich mothers, who were scrutinising the wrapping of some of the presents. Did they think the birthday child was going to appreciate the cost of the wrapping paper and bows? He's probably not going to notice any of this. It was a party for the mothers to show off and name-drop."

3. The people who do not turn up

The children who do not turn up, despite saying they will come, are as bad as those who do not respond, despite the RSVP on the card.

Some people lack the courtesy to inform their host and this makes it difficult to gauge the number and quantity of party packs, and food to prepare.

You would have thought that with the internet, the telephone and the ease of sending text messages, people would respond. Modern technology cannot excuse bad manners.

4. The mothers who do nothing to help.

Often, mothers drop-off their children and pick them up at the end of the party, usually after two hours. Some mothers want to park themselves in the host's house, but just sit around and do nothing to help. They turn up their noses at the cake, the food, the party packs and the games you have organised.

5. The mothers who park their other children with you.

There are some mothers who take advantage of a party, by parking their other children with you. You could welcome the extra guests, if you had the extra help, but even if you did, how would you entertain an older, or younger, child? You are preoccupied with ensuring that there is sufficient food and drink, that the party games run smoothly, and that everyone is happy.

The best advice is to decline the parent's request to

leave her children with you. You do not provide a free baby-sitting service and if the child were to wander off, because he is bored, as none of his friends are there, he might be hurt. You could open yourself to litigation, or at the very least, create bad blood between you and your child's friend's parents.



**THINKING
ALLOWED**

by Mariam Mokhtar



CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Adenotonsillitis in Children

What are Adenoids and Tonsils?

An adenoid is a lymphoid tissue between the back of the nose and the throat. Tonsils are two small masses of lymphoid tissue one on each side of the root of the tongue.

What is Adenotonsillitis?

Adenotonsillitis is the inflammation of the tonsils and adenoids.

What Causes Adenotonsillitis?

Adenotonsillitis is caused by a viral or bacterial infection. Adenovirus, Influenza Virus, Parainfluenza and Streptococcus species of bacteria are the commonest organisms involved.

How is Adenotonsillitis Spread to Other People?

The virus and bacteria that cause Adenotonsillitis are airborne and thus easily spread to other individuals.

What are the Signs and Symptoms of Adenotonsillitis?

The symptoms are fever, sore throat, swollen tonsils that are red and may have white spots on them. This is associated with coughing, headache, and swollen lymph nodes. At times children may have nausea, vomiting, hoarseness, and bad breath.

If there is adenoiditis as well, children have blocked nose, nasal discharge, snoring and mouth breathing.

In the event the tonsils and adenoids are very large and obstruct (block) the airway, the child may have a sudden difficulty to breathe while she is asleep. This suddenly awakens her. This phenomenon is called Obstructive Sleep Apnoea.

How is Adenotonsillitis Diagnosed?

Your child's doctor will ask her symptoms and examine her to make a diagnosis.

How is Adenotonsillitis Treated?

Taking paracetamol or ibuprofen helps to reduce fever and pain. Gargle and/or lozenges help to reduce pain in older children. Encourage her to drink plenty of fluids and rest. At times symptomatic treatment for cough, blocked nose and nasal discharge may be needed.

If bacterial infection is suspected, a course of antibiotics is given. If this treatment does not settle the fever and sore throat than the child will need to be admitted into hospital for intravenous antibiotics.

Most of the time, adenotonsillitis gets better within a week. However, a small number of children have tonsillitis for longer, or it keeps returning. Thus surgical treatment may be needed.

In this situation your doctor will refer you to an Ear Nose and Throat Specialist.

What are the Complications of Adenotonsillitis?

Sometimes complications arise as a result of adenotonsillitis and it is mainly after a bacterial infection.

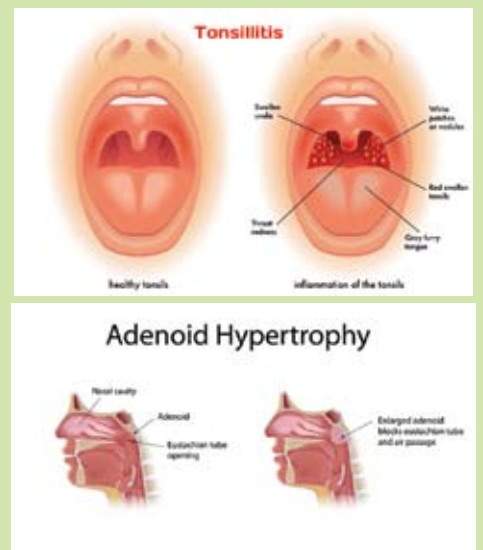
The possible complications are:

- Middle ear infection known as Otitis Media where the fluid between the eardrum and inner ear becomes infected by bacteria.
- A collection of pus develops between one of the tonsils and the wall of the throat. This is called peritonsillar abscess or Quinsy.

Rarer complications are:

- Obstructive sleep apnoea (as explained earlier)
- Glomerulonephritis 10 to 14 days after streptococcal tonsillitis. This occurs as a result of the body's immune system's reaction to the infection.

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



ON IPOH FOOD

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



SeeFoon Goes Bananas over Banana Leaf Curry

Move over Samy, there is now a new kid on the block giving you a run for your money. Called **Restaurant Susi**, this brand new banana leaf curry place in Bercham (drive up Bercham main road from Tasek side until you pass a Caltex station on the right, then turn into the slip road parallel to the main road), is set to rival the best in town and replacing Samy's as my favourite banana leaf curry eatery.

Opened by a retired consultant Oil and Gas engineer T. Purusoithman (Puru) with the support of his son Dinesh Kumar (also an engineer) and backed by his family with his wife Susila Devi and her sister Komala Devi manning the kitchen, his brother-in-law M. Rajendran out front with Dinesh, Susi Restaurant is humming with good food and activity.

And activity there is by the bushel. Open from 7am till 10pm, the workload is formidable for the two chefs in the kitchen. A **Thosai and Roti Canai station** out front is manned by an Indian chef from Chennai while brother-in-law mans the fish frying and **Char Kway Teow (CKT)** (what?! CKT in a banana leaf restaurant??) station outside on the pavement. And a very good CKT it is too at **RM4.50** per portion, it has all the pre-requisite ingredients (nice prawns) minus the pork lardons and the lard. CKT available after 6pm.

Other eclectic dishes to be found here (eclectic for a banana leaf place) is their **Nasi Lemak** which is very tasty with a boiled egg, a very good *sotong sambal*, and the usual accoutrements of *ikan bilis*, peanuts and cucumber. Excellent at **RM2.50**; with fried egg at **RM3.50**; with chicken **RM6.50**. Available all day.

Then of course there is the Thosai – paper, soft, have it any way you like. Served with coconut chutney, onion chutney and dhal. Crispy (that's the way I like it), melt-in-mouth crunch, with a red coconut chutney that is spicy without sending paroxysms of shock waves through the roof of your mouth. The wonderful part of it all is that unlike most other banana leaf places in Ipoh, Thosai and Roti Canai (which is fluffy without too much oil) is available all day and I can go in the evening and enjoy one of my favourite Indian snacks. Or lunch for that matter. **RM1.30 Thosai and RM1.20 Roti Canai** with fish gravy or chicken gravy or dhal. Chapatis also available.

While on the topic of staples, do try their **Ghee Rice** (order in advance) which is superb at **RM3** per portion, as is their **Biryani rice with chicken RM8.50 or mutton RM12**. These are only available on Sundays but can be ordered for takeout in bigger quantities on weekdays.

Now for the meat, fish and curries. There is such a wide selection to choose from that I find bedazzling. And they all are cooked to perfection to boot – testimony to the skills of the chefs Susila and Komala who have honed their cooking skills in the home and have now brought their culinary skills and family recipes and making them available for a larger audience. Puru promises no MSG is used in all the food (a very nasty habit that is now prevalent in most Indian restaurants) which is such a relief for me as I have terrible reactions to this particular food enhancer.

I shall only mention the preparations which stood out for me both in quality of ingredients and taste. Beginning with their **fried chicken drumstick**, a delectably well marinated drumstick deep fried to perfection, succulent and juicy inside, the marinade having penetrated to the core and oozing with flavour – **RM3.50** per piece. Still on chicken preparations, their **Chicken Varuval** (chicken coated in a dry masala)



SUSI RESTORAN
சுசி உணவகம்



is superb, **RM4/7 S/L**, and their chicken curry is superlative, the sauce creamy and mild, and the chicken pieces tender without falling apart. Same as Varuval price.

The **Mutton Curry** had a dryer gravy and nevertheless equally tasty and tender – **RM6/8.50 S/L**. A special which they have when they can get access to the bird is their **Turkey Curry**, a sumptuous effort of local free range turkey cooked in a curry sauce with potatoes.

What stood out for me is

their **Fish Curry**, a soupy, tangy gravy full of umami tartness, garnished with ladies fingers and eggplant and depending on the fish available for the day, varies in price from the day I tried with **Ikan Tenggiri** (mackerel) **RM7** per piece to **Red Snapper at RM12-15** per piece. I asked if they used the same gravy for Fish Head Curry and was told yes so that will be something for me to look forward to. Must order fish head in advance and it'll be **market price** for the day.

The same market price goes for their large prawns which were market fresh and cooked in a yummilicious dry curry.

As is their crabs: the day I had them were Mud Crabs but on another occasion they had Flower Crabs which I actually prefer if they're fresh catch of the day. This is where I tuck in using my hands...eating them last so I can get up immediately to wash my hands!

Susi Restoran is certainly one place I'll be returning to again and again. For the **vegetarians** amongst my readers, their **Banana Leaf** set of rice and three vegetables with papadum is **RM6**. For the non vegetarians, their choice of meat and fish dishes is so extensive that you'll need to go repeatedly to exhaust their repertoire. Not to mention their willingness to make special dishes for you if you want them to cater.

Susi Restoran

51/53 Bercham Idaman 1,
Taman Bercham Idaman, Ipoh.

Puru: **012 781 7559**

Dinesh: **012 264 2864**

Business hours: 7am-10pm. Closed Mondays.

GPS: N 4° 38.907' E 101° 7.892'

Ipoh – A Veritable Aladdin's Cave of Delights . . . continued from page 2

Souvenirs

No holiday would be complete without some souvenir shopping. Souvenirs now come in various forms. We have come up with cool and unique souvenirs that will remind you of the many sides of Ipoh. Here is our top recommended list of Ipoh souvenirs and gifts:

Pomelo is Ipoh's most famous fruit. The small town of Tambun in Ipoh is famous for its juicy pomelos, where there are endless stretches of pomelo farms. Stretches of stalls selling pomelos along Jalan Raja Nazrin Shah (Jalan Gopeng) adjacent to Sam Po Tong temple is the best place to buy the pomelos in Ipoh.

Aun Kheng Lim Salted Chicken is one of the most famous Chinese delicacies in Ipoh. The chicken is filled with traditional Chinese herbs, wrapped in grease proof paper and freshly baked, smothered in dry salt.

Aun Kheng Lim Salted Chicken

No. 24, Jalan Theatre, 30300 Ipoh.

Tel: **05 254 2998**



Kacang Putih

"Kacang Putih" (Indian spiced snacks and nuts)

The term "kacang putih" is used to refer to a variety of Indian spiced snacks and nuts. It is no surprise then that most of Ipoh's and the country's most delicious types of kacang putih come from Buntong, Kacang Putih Village located at Jalan Sungai Pari, Kampung Kacang Putih, Buntong, Ipoh.



Kraf Anyaman

Kraf Anyaman

Kraf Anyaman is a handicraft shop, operated for more than 10 years by Persatuan Pemulihan Orang Cacat (PPOC) (Society of Rehabilitation of Disabled People).

They weave rattan baskets of different sizes, handbags, sepak takraw to name a few. Located at 190 Jalan Sultan Idris Shah, Ipoh. Tel: **05 311 5509/311 1509**.

Yee Thye

Do drop by Yee Thye located at No. 1-3, Jalan Theatre, Ipoh to grab some local food to bring home as souvenirs. Ipoh is famous for chicken biscuits, *heong peah* (fragrant biscuits) and *shat kek ma* (sugar-coated egg biscuits).

Where to Stay

From luxurious stays in The Haven and WEIL Hotel to name a few, to unique retreats like Sarang Paloh, Sekeping Kong Heng and Happy 8 Retreats, there are plenty of hotels to choose from. Check out our 'Unique Stays in Ipoh' story (issue 230) for more information and selections.

The Warm and Relaxing City

Despite the booming development scene in Ipoh, it is still possible to enjoy Ipoh's charms over a cup of our signature white coffee. We hope these options will help you as you are planning to visit the city. Do grab a copy of Ipoh Echo to catch the real glimpse of the city that is full of warm-hearted people and good food. Have a great time in Ipoh!



Heong Peah



Curry Mee



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You gain!**

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.

Blood Donation, Organ Donation, Free Medical Check-up. In conjunction with celebration of the bicentennial anniversary (200th) of the Marist brothers, as well as the 20th anniversary of brother John Moh education foundation. **June 4-5**, 9am to 3pm at SMJK Sam Tet Ipoh. Contact: Sam Mah **012 501 7277** or Johnsen Ng **012 522 3991**.

YWCA Ipoh is organising a Youth Leadership Camp from June 18 to 19 at its premises 132 Persiaran Anderson, 30300 Ipoh. The said event is advocated by Perak Non-Islamic Affairs Unit. Camp Speaker is Mr Martin Jalleh, a prominent youth motivational speaker. Registration fees is RM10 only inclusive of meals. For registration and more info, contact Linda at **05 241 7635** or **017 503 8328**.

Sharpened Word Literary Happenings. Saturday **June 18**, 2pm at Old Andersonians' Club, Jalan Hospital, Ipoh. For the month of June, Sharpened Word presents an exciting and diverse panel of writers: Melizarani T. Selva, a spoken word poet; Nur Hanim Khairuddin, curator and editor of "sentAp" art journal; Marco Ferrarese, punk rock musician and writer; and Fa Abdul, a passionate storyteller, columnist and playwright. For more information visit facebook page: www.facebook.com/sharpenedword.kinta.

Nature Camp for Students. The Malaysian Nature Society (Perak Branch) will organise a nature camp for students aged 10-12 from **June 4-5** at Taman Herba, Papan. Application forms are available at the society's office, No. 27, Pesara Pasir Putih, Taman Boon Bak, 31650 Ipoh. Acceptance is on a first come, first served basis. Closing date is on **May 20**. For details call Lee Yuat Wah at **017 577 5641** or email: leeyuatwah@gmail.com.

Teen Yoga Workshop, Saturday **June 11**, 3pm to 5pm at Arena Kepayang Putra, Fair Park. To create awareness among teens about the benefits of yoga. Addressing issues such as stress management, acceptance of oneself, body image and concentration. Limited to 10 persons only. Contact Sharmila **016 521 0645**.

PSPA Singers in 'Fantasia', Saturday July 2, 8pm to 10pm at SMJK Yuk Choy Auditorium. Entrance by donation: RM10 (PSPA member), RM50 (non member). Details in website: www.pspaipoh.org; Facebook and Instagram: 'pspaipoh'; www.ipohcity.com/pspa, or call PSPA office **05 242 7814** to enjoy discounts up to 46%. (See page 10)

Y's Men's Club of Ipoh 50th Anniversary and 50th Installation of the President and Board of Directors 2016-2017. Saturday **July 23** at YMCA Ipoh Hall. Dinner cards are available and for further information, contact: Y's Men K.Letchimanan – **012 538 1939** or Lady Y's Men Charanjit Kaur – **016 553 8443**.

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

Perak Women for Women Society (PWW) offers counselling services, for victims of domestic violence, by Mabel Wong our licensed and registered counsellor. PWW also has a crisis intervention support team comprising of para-counsellors. For more information, please call PWW at **05 546 9715**.

Performances of Traditional Songs and Dance every Friday every week at 8pm (except fasting month). Held at Kompleks Jabatan Kebudayaan dan Kesenian Negeri Perak, Jalan Caldwell, Off Jalan Raja DiHilir, Ipoh **every 1st and 3rd Friday; 2nd and 4th Friday** at People's Park. 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**.

Free Arts and Culture Lessons. The Perak Department for Arts and Culture (JKKN Perak) is conducting free music, dance and theatre lessons at its complex along Jalan Caldwell for enthusiasts aged 7 and above. **Traditional dance and music: Every Saturday** from 9.30am to 12pm. **Children's theatre: Every Saturday** from 3.30pm to 5.30pm. **Adult's theatre: Every Tuesday** from 8.30pm to 10.30pm. These lessons will last till the end of the year. For information call Fairus at 018 958 9049 or JKKN Perak at **05 253 7001**.

Wellness

When Kidney Stones Clog Up the Waterworks

In 2014, 49 million cases of kidney stones occurred, resulting in about 15,000 deaths globally. Ipoh Echo recently talked to Dr Kalidasan Govindan, Resident Consultant Urologist at KPJ Ipoh Specialist Hospital about kidney stones, its symptoms, treatments and prevention.

Dr Kalidasan Govindan commenced his practice in KPJ Ipoh Specialist Hospital in February 2012 as a Resident Consultant Urologist. He was attached to Hospital Batu Gajah before furthering his fellowship in surgery at Hospital Ipoh. He became General Surgeon in 2003 in Hospital Ipoh. He took up urology training at Hospital Sultanah Aminah (HSA), Johor Bahru and then he went for Urology Fellowship at Queen Elizabeth Hospital, Adelaide Australia for one and a half years. He then returned to Malaysia and became Head of Urology Department at HSA in 2009.

According to Dr Kalidasan, a kidney stone is formed in the kidneys from minerals in urine. A small stone may pass without causing symptoms. If stones grow to sufficient size (usually at least 4 millimetres) they can cause blockage of the ureter.

Causes

Most stones form due to a combination of genetics and environmental factors. Risk factors include being overweight and not drinking enough fluids. Dehydration caused by low fluids intake is a major factor in stone formation.

High dietary intake of protein, foods rich in oxalate such as grapefruit juice, apple juice, spinach and nut based vegetables may increase the risk.

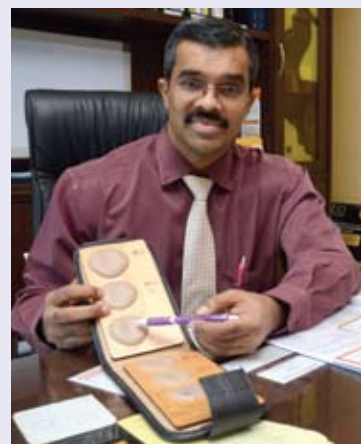
Symptoms

The pain usually begins in the flank or lower back and often radiating to the groin. This pain typically comes in waves. Other associated symptoms include: nausea, vomiting, fever, blood in the urine, and painful urination. Blockage of the ureter decreases kidney function and dilates the kidney.

Diagnosis and treatment

The diagnosis is usually based on symptoms, urine test to look for blood and medical imaging such as Computed Tomography Urography (CTU). Blood tests may also be useful. Urinary stones are classified by their location in the kidney, ureter, bladder and by chemical composition (oxalate or uric acid rich foods). Extracorporeal shock wave lithotripsy (ESWL) is a non-invasive technique for the removal of kidney stones. Laser lithotripsy / Ureteroscopy is another technique which involves use of Holmium laser to fragment stones and placement of ureteral stent (a small tube extending from the bladder into the kidney) to provide immediate relief of an obstructed kidney.

Those who have previously had stones, prevention is recommended by drinking fluids.



Dr Kalidasan Govindan
Resident Consultant Urologist
Kidney Stone

For more information, call Dr Kalidasan Govindan at KPJ Ipoh Specialist Hospital 05 240 8777 Ext. 8301, 8302.

COMMUNITY

Handmade Market for Extra Income

'Handmade Market' is set to be a platform for ladies and entrepreneurs to earn a living by selling and promoting things that are beautifully handmade by themselves.

The programme was aided by Persatuan Seni Jahitan Kreatif (PJSK) with help from Epal Handicraft Training Centre under the programme to improve their economic status.

Founder of Epal Handicraft Training Centre, Chye Goet Lee said that the programme can also be a pioneer for the training centre itself in gaining experience as a first step to the world of entrepreneurship.

"These items took two months to produce at home and five days to run the business," said Chye.

"Every product sold has its own sense of uniqueness and what makes it even more special is that they were all handmade," she added at the Perak's Handmade Market in Aeon Klebang recently.

The programme was launched by Perak's Department for Women's Development (DWD) director, Srihartini Shamsudin.

"The first Handmade Market was held from April 13 till 17 this year in City One Mall Kuching, Sarawak. Some others were from May 11 to 15 in Megamall Kuantan, Pahang, May 23 to June 5 in Aeon Mall, Shah Alam, May 25 to 28 in Hills, Sabah and June 1 to 5 in Pall Mall, Seremban.

"Those interested can register through PJSK and Epal Handicraft Training Centre. For those who are not as skilled in the art of creative sewing, can join the training package offered by the training centre with minimal fee charges," she explained.

According to one of the participants, Celine Hosey @ Salmah Abdullah, 62, the programme opened her up to many benefits. Besides filling her free time making these products with used items, it was also a source of income. So far, she has received an income for as much as RM600 a month just through selling handmade items.

"I hope everyone, especially the younger ones would take up and learn this skill as it definitely won't go to waste. Besides, the extra income is always welcome," she said smilingly.

Luqman Hakim



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Arts & Culture

Dragons Grace Sharpened Word

My first encounter with Carol Selva Rajah was nothing short of amazing. The author of the food memoir “Dining with Dragons” was dressed in a white statement shirt that aptly proclaimed “Mother of Dragons”. Her formidable presence melted all too soon to reveal a heart-warming demeanour during our exclusive one-on-one on Saturday, May 21 in conjunction with the Sharpened Word session.

Malayan-born Carol is an international authority on food history and culinary art with 14 cookbooks to her name. Being the first Asian woman invited to cook at the prestigious James Beard House in New York, she is honoured with the Jaguar-Gourmet Traveller award and recognised by the Australian government for transforming Cabramatta in Sydney from its drug-ridden past into a vibrant food mecca. Carol became a household name in Malaysia in the 1980s with her 7-year-running cooking show, “Citarasa” which showcased authentic Malaysian cuisine.

“Dining with Dragons” is her first novel and the review of the latest non-fiction was featured in our previous issue.

What did she enjoy the most during the whole writing process? “The absolute joy of writing. Of finding the right word. You have to think in terms of whether the words fit into the theme, year and time. I would never use a modern word in that book unless I am talking about my own feelings,” 75-year-old Carol shared.

Were there challenges? “When you are writing about your emotions. When my husband died, it took me three and a half months to write just two or three pages. I would write and cry,” Carol said. “Those times were traumatic and very sad, this is why it took me five years to write. When my mother and Amah (nanny) died, it was very hard. The war years were frightening only because I was a little child,” she added.

Not many people know about the history of the Amahs who have served in so many households all over Southeast Asia back in 1920s up to 1950s and her book is a perfect example of how storytelling enhances the learning of history.



Carol Selva Rajah



Ista Kyra

In life, there is one principle that Carol lives by: “To be truthful to yourself. To look in the mirror and be proud of who you are. That’s the biggest thing Amah taught me.”

I could not resist asking the seasoned chef, believed to be the first person to teach a class of students to cook Malaysian food in North America, on the ingredient that is inspiring her right now. “At the minute, it is ras el hanout from Morocco,” she disclosed.

Her book, priced at RM86, is available at www.akasaa.com and Kinokuniya. She plans on an anniversary edition with more stories and pictures as well as an audiobook, so look forward to it!

Another spotlighted writer was Ista Kyra who has written for New Straits Times, Malaysian Insider, Malay Mail and Ipoh Echo. The 30-year-old freelance writer cum poet has a baby girl whom she fondly nicknamed “little dragon”.

During the literary matinee, Ista unveiled her private collection of yet-to-be-published poems. New to the spoken word scene, her work of different themes is definitely not for the faint-hearted. “Our bodies, men and women’s, have been sexualised to a point that it is an abuse. We need to come back to a zone when we see things without being so judgmental. Hence I write the way I do,” Ista explained on her favourite theme: women or the feminine principle.

Her one precious advice for all aspiring writers out there: “Continue to write and share your work. Do not be afraid. There will be people who like it and people who don’t. It doesn’t matter, take on all comments to improve yourself.”

Swing by her blog at thisbrainisblonde.blogspot or find her via Facebook by the name “Ista Kyra”.

Mei Kuan

Hipster Ipoh Brings the Best

Ipohites took to the streets at MBI City Square as the Urban Street Art Malaysia Carnival 2016 took place from April 15 to 17. Datuk Halimah Mohamed Sadique, Deputy Minister of Urban Wellbeing, Housing and Local Government said that the objective of the carnival was to help participants with low income.

There were stalls selling food and drinks, clothes and beauty products for the public. Apart from that, there was a hot air balloon where people could hop on to enjoy the view of a little part of Ipoh.

Cosplay and motorbike exhibitions were also the centre of attraction. So were young buskers and youngsters who were working on the street art, which was the main attraction of it all.

“This is the second time this event is being held with a total of 105 participants from different backgrounds. We hope the event will open opportunities for them to improve their skills and livelihoods,” she said.

It was a great motivation for them as entrepreneurs, getting the kind of support from the public. Suzanna, one of the participants from Besut, said she was overwhelmed by the response and was glad to be present although she had to travel far.

Other than helping the lower income group, it was also to promote youngsters with talents who deserved to be known and recognised. “Ipoh is the only hipster city in Malaysia,” said Menteri Besar Dato’ Seri Diraja Dr Zambry Abd Kadir with a grin. He



said the carnival would create new opportunities for youngsters to get involved.

“Youngsters today, they don’t need huge restaurants. All they need is an old building and there you go, a beautiful café is at your service,” he added.

Halimah and Zambry both expressed their gratitude to the public for being supportive and appreciative of the initiatives taken to improve their lot.

The carnival is set to be a platform for a whole new experience, in the hopes that participants would gain something at the end of it all.

Khaleeja



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



EDUCATION

SMI Welcomes Gill

After a span of 37 years, Dr S.S. Gill returned to his alma mater, St Michael's Institution Ipoh, as its guest-of-honour during the school's 89th Sports Day on April 30. It was truly a walk down memory lane for the ophthalmologist as he reminisced about his fondest memories as a former student of the school.

"I am reminded of the many hours of playing soccer, hockey, training for the relay races and long jump. As a scout, we used to camp on school grounds and we had many hours of learning and playing. It was indeed very good times," Dr Gill remarked, adding that he used to cycle to school from his home in Canning Garden.

He highlighted that school life is not just about studies and performing well in exams, it is also about finding your niche in extracurricular activities.

"I would like to encourage all parents and teachers to take an interest in your children's extracurricular activities whether in sports, arts, music or drama. These activities will develop the student's emotional quotient as they learn how to work as a team, manage their time wisely, handle failure and work under pressure," he said to the audience of over 1500 consisting of teachers, parents, old boys and pupils.

Dr Gill, who holds the school very close to his heart, advised the students to bear the mark of a valiant Michaelian and stand up for what is right.

He also paid tribute to the late Dato' Brother Vincent Corkery for his vast wisdom, love for education, kindness and encouragement.

"He was my principal and teacher in English Literature when I was in school. Brother Vincent is an icon of loving kindness and encouragement", shared Dr Gill, adding that it was his honour to be able to treat the late Dato' as a patient because it allowed him to find valued fellowship during the precious time together.

He was welcomed by school principal, Chan Nyook Ying and Chairman of SMI Parent-Teacher Association, Joseph Michael Lee.

Peter Khiew



COMMUNITY

Joyful Alumni Reunion

The most beautiful discovery true friends make is that they can grow separately without growing apart. True to this saying, former teachers and students of SMK Raja Perempuan gathered at the Kinta Riverfront Hotel and Suites to celebrate the school's 65th anniversary. Also in conjunction with Teachers' Day, the fourth alumni reunion was held on Saturday, May 14.

About 160 former educators and pupils from all over Malaysia and as far as Singapore and Canada were present. Thanks to the effort of alumni president, Wong Yoke Lin and her committee, the number of attendees was the highest yet. Decades have not erased memories and real friendships for these girls from the sixties, seventies and eighties, some of whom have not seen each other for more than 40 years. The hall was abuzz with renewed friendships and recalled episodes of girlish antics at school.

Also present were ex-principal, Salmiah Abd Rahman, ex-teachers, Thambipillay, Kanda, Selvanayagam, Yeoh Seng Choon, Lee Bao Leng, Kong Yeng Fook, Ng Sau Yan, Robayah Abd Wahab and Lam Mei Leng.

The event was also made more merry by performances from SRK Convent's angklung band and young artists from the Yencci Dance Studio, prompting the ladies to dance enthusiastically in the aisles. There were also goodie bags and lucky draw, all sponsored by RPSians.

The next alumni gathering will be held on May 13, 2017. Anyone keen to get connected, kindly contact Wong Yoke Lin at 012 258 2196.



Advance Wound Centre – Your Healing Starts Here

Diabetic wound is a common and disabling condition which leads to amputation, the chances of recurrent wound and higher mortality rate. The disability and morbidity cause a significant burden for the patients, families and societies.

Tissue necrosis in diabetic wound is the common reason for hospital admission, which tends to be prolonged and may end up in amputation. In patients with diabetic wound, the prolonged use of systemic antibiotic leads to antibiotic resistance, possible interference with systemic illness and the involvement of multibacteria.

Diabetic wound is not governed by a single factor for healing of the wound. It is multi-factorial and has different healing processes which involve cascades of interacting phases of haemostasis, inflammation, proliferation, epithelisation and scar maturation.

When to visit a doctor?

Foot ulcers in patients with diabetes should be treated to reduce the risk of infection, amputation and health-care costs. It also improves the quality of life.

Advance Wound Centre (AWC) is a wound care treatment centre run by experienced doctors and well-trained staff in wound care management. Wound healing does not only rely only on wound dressing but also close monitoring and adherence to proper and advanced wound management guidelines.

According to Dr Sarrawanan and Dr Genesalingam, wound healing is an innate mechanism of action that works reliably most of the time. A key feature of wound healing is step-by-step repair of the lost extra cellular matrix (ECM) that forms the largest component of the dermal skin layer. But in some cases, certain disorders or physiological insult disturbs the wound healing process.

Advance Wound Centre is there to help you heal your wound and restore your daily activity.



LOCATION AND HOURS OF OPERATION

Advance Wound Centre

12 Laluan Gunung Rapat 3, Gunung Rapat, 31350 Ipoh, Perak.

Monday-Saturday 9am - 5pm

Tel: 05 311 9666

Free consultation by appointment.

Announcement

IPOH COMMEMORATION CONCERT

The 30-member *Royal Australian Navy Veterans Band* will hold the "Ipoh Commemoration Concert" on Friday, June 10 at Ipoh Town Hall commencing at 7pm. The show is held in conjunction with the annual commemorative services to honour Commonwealth troops who had sacrificed their lives for the well-being of Malaya and Malaysia. Scheduled services are as follows:

Thursday, June 9 (9.30am) – Kamunting Road Christian Cemetery, Taiping.

Friday, June 10 (9am) – Ipoh Cenotaph, Ipoh.

Saturday, June 11 (7.30am) – Church service and wreath-laying ceremony at Holy Trinity, Batu Gajah (God's Little Acre).

Saturday, June 11 (11am) – Gurkha Cemetery at 2nd Battalion Royal Ranger Regiment, Syed Putra Camp, Ipoh.

The Ipoh Commemoration Concert will feature popular musical numbers such as "Phantom of the Opera", "Conquest of Paradise", "Stranger on the Shore" and "World in Union".

Admission is free. However, donations can be made to the Warriors Association Malaysia during the show.





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COMMUNITY

Crystal Smiles



It was indeed a good day for the residents of Rumah Seri Kenangan at Ulu Kinta Tanjung Rambutan as a group of ladies, Crystal Circle, came for their Mother's Day Project on May 15.

The house, occupied by senior folks, were treated with hair cutting, manicure and pedicure sessions and many more. The group also provided a special lunch and also a shirt for each resident as a gift for Mother's Day.

"It has always been our motto to give as much as we can to society. Today was indeed another enjoyable day for the residents and also for us," said Rajwant Ratii, a member of Crystal Circle.

Readers who are keen to find out more about the group may contact Siew Lee Tan at 017 578 8301 or Dolly Quah at 016 551 6018 or email crystalcircle2011@gmail.com.

Ili Aqilah

Language is No Barrier to Success

"I studied in a Tamil medium school and completed my basic degree in Tamil medium. When I joined as an Assistant Engineer to (Late) Dr APJ Abdul Kalam, former President of India, I felt embarrassed because I was not able to converse in English with the other staff who were fluent in the language. However, I picked up English and was appointed as Scientific Advisor to Kalam. It is advisable to start your education in your mother tongue; you can still achieve what you want. You have to work hard". This was the message given to the students during the keynote address by V. Ponraj, Scientific Advisor to Abdul Kalam at the annual Tamilar Thirunal (Tamil's Festival) held at Kinta Indian Association Hall.

M. Mathialagan, President of Tamilar Thirunal Committee Perak, said that Tamilar Thirunal is celebrated in Malaysia in conjunction with Tamil New Year which falls during mid-January to unite all Tamils regardless of their religion and caste to promote Tamil language and culture. He added that it is sad to note that parents are not giving Tamil names to their children. "If the trend goes on we would lose our identity," he said to the audience consisting of Hindus, Christians, Muslims and atheists.

The event started with barathanatyam, the traditional dance of Tamils. There was a display of Tamil folk dances which are rarely performed on stage. The dances included Karagattam, a dance involving the balancing of clay or metal pots on the dancers heads; Mayil Aattam is done by girls dressed as peacocks, resplendent with peacock feathers and a glittering head-dress complete with a beak; Urimi Melam, a type of drum which is widely believed to possess supernatural and sacred powers and demonstration of silambam, a form of martial arts.

Winners of the competitions held for primary and secondary school students were awarded certificates and cash.

A. Jeyaraj



Her Love is By No Means Ordinary

"Ode to Mum: A Mother understands what a child does not say"

Mothers who visited WEIL Hotel's all-day-dining restaurant Tiffin on Sunday, were treated to live music and an exciting buffet lunch.

"Mother's Day encompasses a broader spectrum of relationships as it becomes a more universal celebration," said Mr Tharama Rajah, F&B Manager. "The holiday celebrant range includes virtually everyone: moms, wives, step-moms, grandmas, female relatives and friends, and single-parent households. It crosses cultural, ethnic and religious boundaries, making it a real opportunity for retailers – an occasion nearly everyone celebrates."

Tiffin rolled out some exciting activities for mums to take part in with fantastic prizes to be won; up for grabs were some dining vouchers and spa vouchers from Banyan Spa who had graciously sponsored vouchers worth RM1350.

With buffet lunch priced at RM58 (adults), RM48 (senior citizens), RM28 (kids between the ages of 6 to 12), it was an absolute steal in treating mummy to a scrumptious meal.

The afternoon started with a necktie tying competition, which saw four mummies competing with each other on who could be the fastest and neatest. The 30-second competition saw Mdm Thong winning a couple's spa treatment from Banyan Spa worth RM832 and coming up second was Mrs Wong who won herself a weekend buffet dinner voucher for two priced at RM136, who incidentally was also celebrating her birthday on that day. So the entire restaurant sang her a birthday song.

The second activity planned was "shaving the balloon" competition, which saw two very quick mummies winning themselves the prized gifts; Mdm Sam winning herself an extensive 'Chromalift' treatment worth RM518 and Ms Jaspreeth Kaur grabbed the second prize, an all-you-can-eat "Dessert Buffet" voucher from Tea Lounge for four people, valued at RM100.

The afternoon ended on a sweet note as mums dressed in red were given a mystery gift in the form of pralines. According to Marcom and PR Manager, Ms Sharmila Rajeswaran, Father's Day too will be celebrated with the same gung-ho spirit. Fathers should also be celebrated, the more often than not the "Unsung Hero".

For reservations for Father's Day, call 05 208 2228 or visit www.weilhotel.com.



Announcement

FANTASIA!

This July, let PSPA Singers, together with six prominent, international vocal artistes, take you on an enchanting journey from the classics to the contemporary.

As part of the PSPA's mission of "Encouraging and Developing a Greater Understanding of the Arts in Perak", this upcoming concert will keep you enthralled with a repertoire of both well-known and less-known but artistically-composed melodies.

Come and join us experience FANTASIA!

Where: SMJK Yuk Choy Auditorium, Ipoh

When: 8pm, Saturday July 2, 2016

Contact PSPA office at 05 242 7814/012 506 2313 or visit our website www.pspa.org for more information. Like us on Facebook.

COMMUNITY

Let's Read Together

Similar to Earth Hour, the "Let's Read Together for 10 Minutes" programme is held worldwide every year. This year, however, it was fixed on Monday, April 25 from 11am to 11.10am unlike previous years, which was on April 23.

The programme started simultaneously at the Perak State Library and the Tun Razak Library. Both libraries were patronised by visitors from varied backgrounds.

The Perak State Library's crowd consisted of school students, nurses, government employees and army personnel.

Ipoh City Council's Tun Razak Library, on the other hand, was having the programme for the very first time. In celebrating their first "Let's Read Together for 10 Minutes", they had invited members of the Civil Society Council, kindergarten kids and the public to join them.

"With the technology we have these days, I'm sure you're aware that there are online books and newspapers found on the Internet," said State Library Director, Nor Aini Mohd Nordin.

"We're taking this opportunity so that books wouldn't be forgotten," she said upon launching the programme along with the State Library Deputy Chairman, Maslin Sham Razman at the Perak State Library.

The moment the clock struck 11am, those in the library began reading the books



they were provided. It was a rare sight indeed, seeing so many people so engrossed in their reading materials.

On hindsight, this ought to happen daily not once a year for a mere ten minutes!

Khaleeja

Class of 1983 Reunion

Former students of Tarcisian Convent, Ipoh Class of 1983, organised a reunion dinner recently at Weil Hotel, Ipoh.

Over 40 former students who attended the dinner were delighted to meet up with their classmates after a 33-year absence. The get-together provided an opportunity to re-unite with classmates and renew friendships. They had a wonderful time recalling the good old days and were pleasantly surprised by the physical changes some of them had undergone.

The former students retraced their footsteps, reminisced and shared their experiences after having left their alma mater for over three decades. According to Geraldine, 50, the idea of a reunion was initiated when they began reconnecting with one another over social media, with Facebook being the main medium of communication.

"What an awesome opportunity to reconnect with everyone. It's very nostalgic to be here to see old friends and to see how the school has changed," said Caroline, 50, an alumnus from Ipoh.

Nantini



Crime Prevention Programme



Rotary Club of Kinta, in collaboration with the Royal Malaysian Police, organised a Crime Prevention Programme on Saturday, May 14 at Mydin Mall Meru. Held from 10am till 1pm, the event's objective was to create awareness in the public regarding crime and ways to avoid it.

S.R. Nadarajah, the club's past president, was the organising chairman. Two police officers spoke on the subject matter. ASP Ng Bo Huat spoke on crime in general while ASP Kamariah Jamaludin, the officer in charge of sexual crime at the Police Contingent Headquarters, Ipoh, spoke on her field of interest.

"Did you know, even joking about sex itself is considered a crime if one of you feels uncomfortable," she said.

"Sometimes, we're the careless ones. I've had cases of parents who have left their children at home alone and they wonder what went wrong. Anything can happen in 10 minutes, we need to be aware of that," she added.

After the talks, there was a police demonstration on robbery at the main entrance of Mydin. Blank rounds and speeding cars were among the things that spiced up the event.

Police personnel who took part in the demonstration were dressed in their signature black SWAT uniforms, making them the centre of attention. The crowd was thrilled by the show, as it was not something they get to see everyday.

Khaleeja

Eonsave Lends a Helping Hand

The story of two siblings who suffer from a chronic illness, which was published in Ipoh Echo Issue 235 (May 16 to 31), got the attention of local supermarket chain, Eonsave Ipoh.

Zamzuri Mansor, Eonsave's Northern Region Manager said that Eonsave's Care Programme 2016 caters for those who face hardship. Assistance in the form of food products amounting to RM1000 will be given to the selected recipient.

"Ipoh Echo's article on Rohfizan Abd Karim and his two kids touched our hearts so we picked him to be the recipient," said Zamzuri. "This is Eonsave's sixteenth donation using the programme funds. Hopefully, our gifts will help lighten the burden of those in need," he added.

Rohfizan's second child, Nur Iman Nasuha, five, suffers from leukemia but is at an early stage while his youngest son, Fitri Firdaus, who is just five months old, has problems with his spinal cord since birth. Due to this, his right leg is disabled.

As a father who wants nothing but the best for his children, Rohfizan expressed his gratitude to Eonsave Ipoh for the assistance. "I wish to thank Eonsave for coming to our aid. I am glad that there are many good people around who care for their fellow beings," he added.

Rosli Mansor



Ipoh City Council Round-up

by Nantini

Excellent Service Awards



One hundred and seventy four Ipoh City Council staff each received a wristwatch, a Bank Simpanan Nasional Premium Savings Certificate worth RM1000 and a certificate in conjunction with Ipoh City Council's Excellent Service Awards 2015 at the Kinta Riverfront Hotel on Friday, April 22.

This ceremony is held every year as a form of acknowledgment for the good work performed by the Council staff. It is hoped that the awards would inspire and encourage the staff to strive harder in accomplishing their responsibilities.

Perak State Secretary Dato' Seri Abdul Puhat bin Mat Nayan presented the awards. Mayor Dato' Zamri Man and Council Secretary Mohd Zakuan Zakaria were in attendance.

Appreciation Award

Ipoh City Council received an appreciation award for its success in collecting the 2015 annual assessment fees on properties and arrears on Tuesday, May 3 at the Perak State Secretariat Building, Ipoh.

The award was presented by the Executive Councillor for Women Development, Family and Welfare, Dato' Hajah Rusnah Kassim to Mayor Dato' Zamri Man.

"Ipoh City Council collected 96 per cent of assessment fees for 2015 amounting to RM116.07 million. Some 47 per cent of arrears, amounting to RM16.063 million, were also collected," Zamri told reporters. The achievement, said Zamri was the result of the teamwork and commitment by Council staff.



Grading of Food Premises

Ipoh City Council conferred A-grade certificate to 17 food premises in the city. The presentation ceremony was held on Thursday, April 28 at the Ipoh City Council building.

The ceremony was graced by Mayor Dato' Zamri Man. Zamri was pleased with the general standard of cleanliness of restaurants and shopping malls in the city.

Among the recipients of the A-grade certificate were Singberry, The Ficca Cafe, Restoran Lao Leong, KFC (Peninsular Malaysia Sdn Bhd), Pizza Hut Restaurants Sdn Bhd, Vegetation Cafe, Dommall Food Services Sdn Bhd, Tesco Stores (M) Sdn Bhd, MBCR (14) Sdn Bhd, Ipoh Heritage Hotel Sdn Bhd, Goody's Family Restaurant Sdn Bhd, Each A Cup Sdn Bhd, Arista Azmi Enterprise, Restoran SYW, TCRS Restaurants Sdn Bhd and Secret Recipe Cakes & Cafe Sdn Bhd.



One Stop Centre Online System



Ipoh City Council conducted a trial run of the One Stop Centre Online System on Thursday, May 5 at the Ipoh City Council building.

The system receives and processes applications for developments online. It involves two main modules namely, e-delivery and e-processing alongside seven other related modules. It enables applicants to make proposals and suggestions for development online and directly to the Council at any time of the day.

The online system, according to the mayor, was an effort by the housing ministry and the state government to improve services by local councils.

Incidentally, Ipoh City Council's One Stop Centre processed 2611 applications in 2015 and managed to settle all of them. "The amount of applications received is second only to Kuala Lumpur in terms of number," said Zamri.

No Plastic and Polystyrene Campaign

Ipoh City Council is conducting the no plastic and polystyrene campaign in the city.

"This is in line with the state government's wish to ban the usage of plastic bags and polystyrene containers beginning next year," said Mayor Dato' Zamri Man during the media conference following the Council's full-board meeting on Thursday, April 28.

Ipoh City Council, said Zamri, would take steps to instil awareness among users on the dangers of using these materials before enforcement is implemented. The awareness campaign will include encouraging the consumption of home-made food and drinks as opposed to buying from shops and hawkers. This will reduce the usage of plastic and polystyrene containers.

"We're in discussion with the council's canteen operators to provide discounts for Council staff who use their own containers to buy food," he said.



Ramadhan Round-Up

Ili Aqilah

A Few Ramadan Treats

Feast your eyes and see which is more tempting to cater to your Ramadan cravings.



Impiana Hotel

Impiana's in-house cafe, The Coffee House is having its local kampong cuisine for Ramadan buffet spread this year. Among items available at the restaurant are Kampung Fried Bee Hoon, Pineapple Prawn Curry, Beef Ribs Soup and Perak's authentic dishes such as Rendang Tok and Asam Laksa. Exclusive for this year, Impiana has opted to be 'Durian-friendly' where not only will Durian be served indoors but their pastry chef will be preparing assorted durian infused and flavoured desserts such as Durian puffs, tarts, crepes, muffins, cakes and this year's hype, Cendol Pulut Durian!

All diners of The Coffee House during Ramadan are also entitled for a lucky draw and stand a chance to win various prizes including a 4D3N trip to Bali, Indonesia for two people.

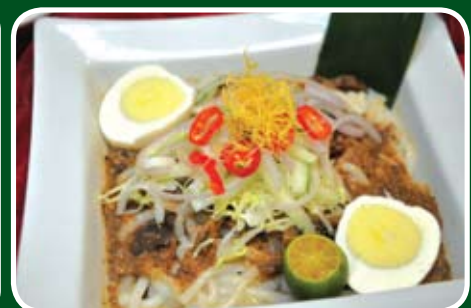
Adults RM68++ and RM34++ for children aged between six to 12 and senior citizens (60 years old and above). Special discounts are applicable for AmBank, CIMB cardholders and Maxis Rewards Customers.

Reservations at 05 255 5555 or via website at www.impiana.com.

Heritage Hotel

Get ready to be satiated with various local dishes for Ramadan at Heritage Hotel. There are a total of five Ramadan menus with different appetizers, soups, main dishes, desserts as well as action stalls. Available items include, Heritage's signature Roasted Whole Lamb, Laksa, Satay, Chicken Rice, Penang Char Koay Teow and Petai Prawn Sambal. A dessert station is also available and will be serving mouthwatering sweets such as ice-cream, *Tau Fu Fa*, cakes and puddings.

RM55nett for adults and RM35 for kids and senior citizens. The hotel is currently running an early bird voucher where adults will enjoy a special price, RM49.99 nett per person. This early bird promotion is only applicable during the first week of Ramadan. For reservations call 05 242 8888 Ext. 151 or website at www.heritage.com.my.



News

Ipoh International Waiters Race 2016



The 4th Edition of the International Waiters Race took place at the Lost World of Tambun on Sunday, May 15 from 9am till 2pm. The annual event was hosted by the Malaysian Association of Hoteliers (MAH), Perak Chapter.

The race was divided into two categories namely, Classic Tray and Sportive Tray for both male and female. Classic Tray category was only meant for hoteliers while the Sportive Tray category was for restaurant workers and college students.

The contestants were required to carry a tray with an opened bottle of mineral water and two glasses of water with only one hand. The objective was to train them to be quick and effective when serving customers.

They had to balance the tray without spilling any drinks along the 1.2-km route at Ipoh's premier theme park. It was definitely challenging. Some dropped their trays before the race even started.

Besides students, participants from Myanmar, Bangladesh, Cambodia, Sri Lanka and Philippines were also there as part of their working assignments in local companies.

As for Malaysia, participants from almost all states were present to add colour to the atmosphere.

Erna Kashmini Jamali from Hotel Pullman, Kuching won the Classic Tray (female) category. She won a RM2000 cash award for her effort. "This is my second year being a champion in this category. There were so many competitors this year. I didn't expect to win at all. I was about to give up," she told ipoh Echo.

Erna, who has been with Pullman Kuching for three years, was overjoyed. She planned to return next year.

Khaleeja

Sustaining Kerian District

The Perak State Government is considering a plan to augment the water supply in Kerian District. The RM300-million project will involve the routing of water from Perak River to Kurau River in order to sustain Kerian district and areas in Kamunting during dry spells.

"We're in discussion with the federal government for funding requirement," said Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir to reporters after chairing the Perak Water Board monthly meeting on Monday, May 16.

The plan, he said, involved the building of a tunnel from Perak River to Kurau River.

He added that RM10 million has been allocated by the federal government to remove peat soil from the Bukit Merah reservoir.

"The 110-year-old reservoir is the oldest in the country and ad-hoc measures to halt siltation will not solve the problem. Deepening and dredging works to remove peat soil will be carried out carefully," he told reporters.

The River Bank Filtration method, which was carried out in Kuala Kangsar three years ago, will be employed to supply at least 25 million litres of drinking water per day from the Bukit Merah reservoir.

Nantini



Environment

Ili Aqilah and Khaleeja



Normala Ab Aziz and Mohamad Muhyiddin Hasan



Over the years many have witnessed changes happening in Pulau Pangkor. What used to be one of the beautiful islands in Malaysia is currently on the verge of losing its tourists. It wasn't because of the lack of promotions nor the attractions, but rubbish and dirt are slowly swallowing the island and it was obvious that something needed to be done to retrieve its reputation as a scenic spot.

Working Together

In partnership with Vale Malaysia and University of Queensland Australia, Global Environment Centre (GEC) has worked closely with the locals to not only restore the island but also to create sustainable tourism, forestry, fisheries and agriculture. A media visit comprising journalists from Ipoh and Kuala Lumpur, was held from May 23 to 24 to the mangrove rehabilitation and conservation site in Lekir Manjung and Pangkor island to understand the importance of preserving mangrove and island biodiversity as well as the role that NGOs can play in promoting and enhancing community involvement in conservation and rehabilitation efforts.

At the mangrove rehabilitation site in Kampung Sungai Tiram, Lekir, Mohammad Muhyiddin Hassan, the representative of 'Sahabat Hutan Bakau Lekir Sitiawan (SHBLS)' (Friends of Mangrove Forest Lekir Sitiawan) informed that the impact brought by the 2004 tsunami and some local activities are slowly destroying some of the oldest mangrove trees, "It is important for us to plant as many mangroves as we can because they play a major role in the ecosystem. Not only are we focusing on planting the trees, we are also working on recycling a few items such as plastic bottles, egg cartons and changing them into souvenirs and ornaments made by the locals," added Muhyiddin. SHBLS is an organisation formed by locals who are concerned about the destruction of mangrove and are eager to join in the restoration process.

For the head of Kampung Sungai Tiram, Abdullah Ayub, he was more than happy to witness how much the village has changed ever since the programme started, "What GEC is doing with this village has not only helped in restoring the environment, but also contributed to the economic growth in the village," added Abdullah. Located between the greenery site of Sitiawan and Manjung, Kampung Sungai Tiram definitely has the potential to be one of Perak's Agro-tourism sites. The media was also given a chance to experience how to plant mangrove trees and witness demonstrations of making souvenirs from recyclable items.

Waste into Wealth

While SHBLS works on the rehabilitation of mangrove, another group of concerned



Fauzi Ab Latif



KIRSP members doing water-examination

locals in Pangkor, called the Island Ranger Sri Pangkor Community (KIRSP) is practising the concept 'waste into wealth' where they are using waste to provide a side income. The concept was introduced by Vale Malaysia and GEC.

"It has been our vision and dream to see Pangkor as an eco-friendly island that promotes ecotourism as well as helping the locals to regenerate their economy," said the chairman of KIRSP, Sabariah Din. Plastic bottles, for example, are recycled to be made into decorations, while used cooking oil, through a series of processes, can be made into scented candles and soaps by KIRSP. Since it was established earlier this year, members of KIRSP are working hard to get their products to market; not only to be sold but also as a testament to the benefits of recycling.

"I am working on a few more products and plan to put them on sale at my husband's shop one day," said Hajizan Hashim who made colourful sets of flowers set in pots, using only plastic bottles.



Hajizan Hashim & Saadiah Awaluddin

The programme also involved schools in Pangkor where a recycling competition is currently being held at all five schools on the island; SK Seri Pangkor, SJKC Hwa Lian 1, SJKC Hwa Lian 2, SJKT Pangkor and SMK Pangkor. The media was given a chance to visit one of the recycling centres located at SK Seri Pangkor, "I loved the idea of this competition. Not only will this make Pangkor cleaner, it will create awareness in the students about the benefits and importance of recycling," said SK Seri Pangkor's headmaster, Fauzi Ab Latif. The winning school, scheduled to be announced later this year, will receive RM1500 in cash which Fauzi plans to use to decorate the school if they win.

Soon after the visit, the trip continued to Kampung Hujung Kelawai where a stream river monitoring session was held by the members of KIRSP and GEC. The team tested the physical, chemical and biological components of a nearby river using a special kit to determine the degree of cleanliness of the river. Thanks to their hard work of keeping the place clean, the tests came out negative from pollution.

Through this visit, it was clearly shown that the involvements of GEC, Vale Malaysia, University of Queensland Australia and other partners, in the process of reinstating the condition of Pangkor and Manjung is slowly showing positive results. Although much more work needs to be done to restore and rebuild, it was heartening to see the strong involvement by everyone in the community.



SHBLS members with reporters

Tourism

Familiarisation Trip

Tourism Malaysia (Perak) organised a familiarisation trip for media representatives as one of its efforts to promote agricultural (agro) tourism in Perak from May 8 till 10. Led by the Director of Tourism Malaysia (Perak), Haji Ibrahim Seddiqi Talib the contingent consisted of members of media agencies from Ipoh, Penang and Kuala Lumpur and selected travel agents.

According to Haji Ibrahim, a familiarisation trip or "famtrip" is a common tool employed in the tourism industry. It is a short tour intended to acquaint media and travel agencies with touristic attractions in a particular area. The hope is that the media will write stories and articles about the trip and places visited while travel agencies will begin to organise tours forthwith.

"The trip is necessary in order to show travel agents and media representatives what Perak has to offer so they can better promote it," said Haji Ibrahim.

The two nights and three days trip was to promote agro-tourism sites covering over 20 attractions. The visitors' itinerary included the Saloma Vineyard and Nursery, Sahabat Hutan Bakau Lekir (Friends of Mangroves) Sitiawan, Lekir Agriculture Station, Chokanan mango



farm in Sitiawan, Sahom Farm Valley in Kampar, Gaharu Tea Valley, Gopeng, Institut Agro Ushahawan (iGROW), Kampung Gajah, Refarm, Kampar, Gopeng Guesthouse and Cafe, to name a few.

Look out for exciting updates on the sites mentioned in subsequent issues of Ipoh Echo.

Nantini

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Book Review

"Henna" by Jasemin Sibbo

If you think poetry is boring, think again. In Jasemin Sibbo's latest poetic novella "Henna", storytelling just got better!

The series of narrative poems begin in the Golden Indochine era in the year 800 to a time of upheaval in Southeast Asia in the mid 1970s. It tells the tale of Apsaras, exotic Cambodian royal ballerinas, with a particular focus on a dancer named "Henna". These female artisans of exquisite grace and beauty were believed to be celestial.

A master of words, Jasemin's play of impactful words, poetic devices and vivid descriptions are commendable. She sets your imagination on fire! This work is also a perfect example of "be more with less" as it captures the essence of a traditional novel. The minimalist use of words in each page enables reflections and flows in an easy-to-follow manner.

Readers are opened up to a world "where harshness and cruelty are softened by grace and tenderness" and "like a dragon, you spout fire when you hear the innocent cry" with one food for thought: "I see you evil, I see that you are not born evil".

Jasemin connects with the readers through evoking empathy in subtle ways. I think the best reading time will be just before bedtime as you drift into slumberland dreaming the story through the night. You do risk losing sleep though, like yours truly, as I just could not turn the pages fast enough!

As a bonus, the book contains vibrant photos of real life Apsara dancers and of Ipoh-born Jasemin during her travels. Did I mention that the pages are wonderfully graced by



intricate Henna designs?

"The inspiration from Henna came from my visit to Seam Reap Cambodia, reverence for literary greats like the Ramayana, Iliad & Odyssey, passion in performing arts including cultural & modern dance and weaving various beautiful cultures together," Jasemin shared with Ipoh Echo. It took her around one year to compile everything together.

"I'd like the main message of Henna to be about hope. It was written to give hope to women young and old. Plus, there is beauty in history and ancient performing arts.

The Indochine region is rich with artistic and cultural influences from religion, visual arts, ancient performing arts, political regimes and ruling kingdoms," she added. The title "Henna" was chosen as it is a popular Indian body art which most people can identify with in relation to Hindu culture.

Priced at RM50 each (just for Ipohites!), interested readers can email the international author at jasemin78@hotmail.com. Henna is printed as a limited edition. However, Jasemin is planning for a small book event in Ipoh in the coming months, stay tuned!

Her earlier novellas include "Epiphany!: A Collection of True Tragic Turned Candid Love Stories" and "Zhu Pearl: Daughters of War".

Mei Kuan

Thumbs Down

A. Jeyaraj

People with No Civic Sense

I go regularly to the Ipoh Echo office in Greentown Business Centre to attend editorial meetings. I park my car at the basement car park along Persiaran Greentown 4 and walk along the five-foot path across the road to reach the office.

For the past few months I have noticed that a section of tiles along the path between Seven 11 and Subway have become dislodged. The affected tiles cover about half the breadth of the footpath. I see many men and women smartly dressed, whom I presume to be educated, walking along the path. Most of the time part of the walkway is blocked by motorcycles parked in the five-foot path. The pedestrians have to walk through the dislodged tiles.

I wonder why no one has bothered to make a complaint about this problem. Has our society lost its civic sense? It looks like the attitude of our so called educated and uneducated people in boleh land is the same.

The Management Committee of the building must be proactive and carry out maintenance work as required and not wait for tenants to complain before taking action.

Next year is Visit Perak Year and we want to attract tourists. Is this the type of maintenance culture we want the tourists to see?

A. Jeyaraj



Properties

Bandar Baru Sri Klebang – 15 Years of Town Building

Once a flourishing rubber plantation on a 650-acre freehold land, Bandar Baru Sri Klebang (BBSK) has blossomed and is flourishing as a busy township with a myriad of different homes in a dazzling array choices to suit all tastes and budgets.

Here amidst the landscaped bungalows, semi-detached and terraced houses, lives a community serviced with their own clubhouse, shops, petrol station, and a school where their children can go without battling with traffic.

What makes the BBSK township special is having a clubhouse of their own called The Centro, opened in 2011. The Centro is a community clubhouse with a gymnasium, 25-meter swimming pool, wading pool for kids, recreation park, 20-bay public driving range, children's play corner, tennis courts and a café. It has quickly become a lively hub for the community.

The hypermarket, shopping mall, banks, fast food outlets and shophouses that are situated just a stone's throw away make it easier for people living there. In this case, they do not have to travel far to get what they want.

As of now, 2000 over units with a gross development value (GDV) of RM 600 million have been sold and handed over to purchasers.

Unlike the hectic life of other big cities, Ipoh has always been known as the relaxed city, where people would get up in the mornings and bump into each other at coffee shops. In fact, it is also ranked among the world's best places to retire in a US News article in 2014. BBSK with its mutiple choice of accommodation, convenient amenities would be the ideal place to live at with their slogan of LIVE, LEARN & PLAY.

It all started back in December 2001, when the first of the double storey detached units and single storey terrace homes were launched. The late Dato' Lim Keng Kay who had the vision to purchase the huge plot of land, had the wish for people to return to nature and appreciate the greenery that is all around the area.

He wanted people to come to Ipoh for the greenery and not go elsewhere looking for greener pastures. Until today, his vision is still being practiced and his legacy is now led by his son, Dato' Lim Si Boon.



Fifteen years of building affordable homes with the best quality at reasonable pricing has seen Sri Klebang boom in popularity. New developments within the enclave are constantly being added such as the series of Grand Retreats which began in February 2004 and the latest Grand Retreats 2 which launched nine years later, consisting

of two-storey semi-detached homes (Abby); single-storey detached homes (Aster); two-storey detached homes (Amber) and two-and-a-half-storey detached homes (Alder).

Kinta EcoCity was the first ever to debut a show village in Perak which turned into Parklane Residences in 2005. Bungalows, semi-detached and terraces all mingle without the usual segregation as in other developments.

Strand Park came on stream in 2012 followed by Pine Park in September 2015, highlighting a 4-tier security system including stationed and patrolling guards, secured perimeter fencing, CCTV cameras along the perimeter walls and individual home alarm systems.

Show house exhibitions are always packed with people at Sri Klebang where enthusiastic potential buyers from all sorts of backgrounds would show up to browse and make enquiries, a testament to the success of all the various developments there.

The Kinta EcoCity team are definitely dedicated and passionate about what they do. Some of the events that were successfully held include Mother's Day Party, Lunar Year Celebration, Mid-Autumn Festival and Family Fun Day.

Sri Klebang has now become one of the sought after residential hit spots, especially after the opening of AEON Klebang. Schools, hypermarket, banks, a commercial hub called Klebang Centre Point, fast food outlets and petrol stations are among the other facilities that are easily accessible in Sri Klebang. Furthermore, the now bustling-cum-strategic corridor situated along Jalan Kuala Kangsar's main road is only 15 minutes away and 5km from the North-South Expressway (NSE).

The price of a BBSK two-storey bungalow 15 years ago was RM269,800 and today, it has gone up to about a million ringgit. Most of the people who live here are satisfied with what BBSK has to offer. With fresh air, beautiful views to enjoy everyday and facilities around, what else does a person need to ask for?

At the moment, Maple @ Pine Park, Ivy @ Strand Park, Abby @ Grand Retreats 2 and Amber @ Grand Retreats 2 are available for sale. In conjunction with the 15th year anniversary, there are special packages awaiting home buyers.

Those interested to know more can contact Kinta Properties at **019 513 3315, 012 500 8018 or 05 292 1333** for further details.



Heritage

ipohWorld Marches on



Treacher Street (Jalan Bijeh Timah) took on a 1930's ambience recently. With its human-powered vintage vehicles, *ipohWorld* became the focus of the celebratory parade held in conjunction with the launch of the Ho Yan Hor Museum along the street.

"Two of our machines are in the parade. The oldest is a rickshaw. Rickshaws were used from before 1900 up until the 1950s in Ipoh. The one in the parade is the last one ever built. The other is a tricycle advertising cigarettes. They used to pedal it around selling cigarettes. It could hold several hundred packets but still many people would only buy one cigarette at a time. The reasoning behind this practice is that if you bought a whole pack you had to offer it to your friends. Many could not afford to do that," said Commander Ian Anderson, Director of *ipohWorld*.

Anyone would be impressed by the efforts put in, right down to the last detail. For instance, the runner of the rickshaw donned a coolie hat. After the parade, the machines were parked outside Han Chin Pet Soo together with a trishaw, a Roti Man's (bread seller) pushbike, an ice cream potong (traditional Malaysian ice cream) bike and a Coca Cola tricycle.

"The trishaw took over from the rickshaw but now we're not allowed to ride it

around Ipoh because it can cause traffic congestion. The Coca Cola tricycle is probably the only one in the world. The Roti Man's pushbike is a very rare machine because the Roti Man hasn't been on the bicycle for many years, perhaps since the 1960s," Ian, who knows Ipoh like the back of his hand, explained.

What was the objective of the display? "One is to support Ho Yan Hor. Secondly, we thought we could give a bit of publicity to *ipohWorld* and Han Chin Pet Soo," the amiable Ian told Ipoh Echo. Han Chin Pet Soo is *ipohWorld*'s first building restoration and permanent exhibition.

ipohWorld has come a long way since its formation in 2004. The education-based and non-profit organisation aims to promote awareness and appreciation of the silver state and its unique heritage.

In line with its slogan of "Saving Yesterday for Tomorrow", *ipohWorld* has documented close to 8000 items in their archive. They cover a broad spectrum of heritage and social history based on photographs, documents, interviews, artifacts, books and videos.

Have a look at their website to read on heritage issues and share some of your experiences.

Website: <http://www.ipohworld.org>

Tel: 05 2431689

Mei Kuan

