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ISSUE

244

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Gurdwaras In Ipoh

● By A. Jeyaraj
Pics by Luqman Hakim

Ipoh Echo has been featuring a series of articles on places of worship of the major religions and this issue covers the prominent gurdwaras in Ipoh.

A gurdwara meaning 'door to the Guru' is the place of worship for Sikhs. People from all faiths, and those who do not profess any faith, are welcomed in Sikh gurdwaras. Each gurdwara has a *Darbar Sahib* which refers to the main hall within a Sikh gurdwara where the current and everlasting Guru of the Sikhs, the holy scripture Sri Guru Granth Sahib, is placed on a *Takhat* (an elevated throne) in a prominent central position. A gurdwara can be identified from a distance by the tall flagpole bearing the *Nishan Sahib*, the Sikh flag.

Continued on page 2



Central Sikh Temple



Gurdwara Sahib Greentown



Gurdwara Sahib Buntong



Gurdwara Sahib Bercham



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Gurdwaras: a focal point for all Sikh religious, cultural and community activities

Perak, where most of the early Sikhs settled, and wherever there were Sikhs, a gurdwara was sure to follow, has the most number of gurdwaras with 42 out of a total of 119 in Malaysia.

Main Activities

Religious festivals are based on the *Nanakshahi* Calendar which takes its name from Guru Nanak, the founder of Sikhism. Sikhism is still based on his teachings and those of the nine Sikh Gurus who followed him.

Guru Nanak was born in 1469 in what is now Pakistan. At the age of 30 he mysteriously disappeared for three days. When he reappeared, he began to preach the Sikh faith and spent the rest of his life teaching, writing and travelling around the world to discuss religion with Muslims and Hindus.

The gurdwaras have daily, twice weekly, thrice weekly, weekly and monthly prayers and religious programmes. On September 1 all gurdwaras celebrate the first installation of Sri Guru Granth Sahib which is celebrated for three days. Vaisakhi or harvest festival is celebrated during April. The birthdays of the ten gurus are celebrated.

Gurdwaras perform an *Akhand Path* that is continuous nonstop recitation of all the verses in the Guru Granth Sahib from beginning to the end by a team of readers and lasting more than 48 hours. This ritual is considered very holy and is said to bring peace and solace to the participants and the passive listeners of the recital.

The weekly *Isteri Satsang* or ladies programme is held in a number of gurdwaras which commences with the *Sukhmani Sahib Path* or religious hymns.

The Sikh community is small and so times and days of functions are staggered to enable devotees to attend all. Individual gurdwaras celebrate specific festivals on a grand scale. All gurdwaras have a *langar* or community kitchen, where people can eat free vegetarian food.

Gurdwara Sahib Police Ipoh, Central Police Station

This is the first gurdwara in Ipoh. In the 1880s, there were a few Sikh families in Ipoh who worked as dairy farmers and bullock cart drivers. Around 1890, Sardar Hari Singh took the lead in building a Gurdwara Sahib in Club Road (Jalan Panglima Bukit Gantang) to serve the Sikhs' religious needs. A few years later, the present Ipoh Police Station was built near the Gurdwara. Subsequently, the land around the gurdwara came to be within the compound of the Ipoh Police Station.

The original gurdwara was constructed out of wood and planks, with an attap roof. It has undergone many upgrades and the current building was completed about two years ago and currently has four residential rooms which are rented out to senior citizens who have no family at a nominal rate. Four old ladies are now staying in these rooms.

Kirtan classes are held here where a professional musician teaches children and adults to play the tabla, harmonium and other instruments.



Gurdwara Sahib Police Ipoh



Central Sikh Temple

Gurdwara Sahib Greentown, Jalan Hospital

The Gurdwara Sahib Greentown is situated on a hilltop and commands a majestic view of the surroundings. The early history of this Gurdwara is rather unique. This is the only Sikh Gurdwara Sahib in Malaysia which has been built by the Sikhs from the Eighth Division of the Azad Hind Fauj (Indian National Army).

The original building was built in 1942 by the Sikh soldiers who were interned by the Japanese in the Greentown Military Camp. It was a simple structure made of reinforced mud walls with an attap roof. It was located within the confines of the camp perimeter. Soon after this gurdwara was built, two Battalion Commanders who were Muslims, objected to the existence of this gurdwara inside the camp.

Colonel Matab Wulk, who was the Commanding Officer of the Sappers and Miners of the 8th Division of the Azad Hind Fauj, decided that the gurdwara had to be moved to an area outside the Military Camp.

The present site was chosen by Captain Teja Singh of the 2nd Battalion and Captain Chatar Singh of the Sappers and Miners Unit. The present building was completed in 1965.

Martyrdom of *Sahibzadas* (sons) of Guru Gobind Singh ji is celebrated annually here.

Gurdwara Sahib Greentown



Gurdwara Sahib Bercham, Jalan Bercham

In 1910 a small gurdwara was built in Kopisan village near Tanjong Rambutan. In 1951, during the resettlement of people, the Sikhs had to move from Kopisan to the present location in Bercham. A new gurdwara was built at the present location. The present building was constructed about ten years ago. The structure is a replica of the Golden Temple in Amritsar, India.

This gurdwara conducts initiation of *Khalsa* or *Amrit Sanskar* which is a sacred ceremony which brings a person into the Sikh community or *Khalsa Panth*. This is done for people who have reached maturity and to realise the commitment required.

Free breakfast, lunch and dinner is served to anyone who comes.

Central Sikh Temple, Jalan Gurdwara

This gurdwara is officially registered as Wadda Gurdwara Sahib, Ipoh. (*Wadda* means big.) When the Police Station was built next to Gurdwara Sahib Police, the civilian Sikhs were not allowed to enter the gurdwara. Around 1910, the Sikhs were allowed to build their gurdwara on the present site which consisted of a double storey wooden building. The present building was built in 1983.

There is an Assistant Registrar of Marriages and marriages are registered here. The actual marriage ceremony is performed by the *Granthi Sahib* or priest, in accordance with Sikh rites.

This gurdwara is also managing the crematorium adjacent to it and has a hearse for funerals.

IPOH **echo**

• From the Editor's Desk
By Fathol Zaman Bukhari

VETERANS TO THE FORE

In the army if you are not in the right corps you are damned forever...

The formation of the Malaysian Army Chinese Veterans Association (MACVA) recently caught many ex-servicemen (including yours truly) by surprise. It has never occurred to us that our Chinese counterparts would have the gumption to do the unthinkable. Most prefer to remain incognito and inactive, save for the occasional outburst whenever the going got tough. Chinese army veterans are a dying breed as their number, including those from the navy and airforce, are dwindling over time. The attrition rate is pretty high due to reasons of age and health.

The notion that Chinese prefer not to join the army is flawed. This is based on the long-held belief that only prodigal sons don uniforms. And since no one is around to refute the theory, the belief persists.

When I took my oath to serve King and Country in May 1968, there were many Chinese and Indians, including a lone Eurasian, in my batch. We started with 51 but the group got smaller over time, as rigorous training took its toll. When our two-year course ended, only 29 were commissioned as subalterns. I was assigned to a Ranger battalion based at Lok Kawi Camp, Kota Kinabalu.

Out of the 29 strapping (struggling is more appropriate) young officers, 15 were non-Malays. Out of which seven were Chinese and the remaining eight, Indians. The lone Eurasian was an air force cadet who went on to become one of the country's top jet-fighter pilots. He now lives in Rome with his Italian wife.

Well, things were not as racially polarised as it is today. Rear Admiral Thanabalasingam, a youthful naval officer, was the navy chief then. He was appointed to the post when he was only 31 years old.

Although the army and air force chiefs were Malays, Chinese and Indian officers were directors and commanders of corps and units in the army. The Signal Corps, the Engineers and the Electrical and Mechanical Corps were headed by Chinese. The Medical Corps was commanded by an Indian. Over in the field, Chinese and Indians were in command of regiments and battalions. My battalion commander was a Sikh who had served with distinction in Congo under the UN banner.

Mine was a mixed battalion consisting of Sabahans and Sarawakians. Malays, Chinese, Indians and one Eurasian made up the officer corps. The lone Eurasian was Terence Stahlman. He was an accomplished boxer who won gold at the regional SEAP and Asian Games.

In short, opportunities for promotion were there. It was still a merit-based prospect much to our liking, as in an open competition only the best would survive. The weak and the less capable would wither away.



In the army if you are not in the right corps you are damned forever. We found this rather too late. Consumed by romanticism and a devotion to duty, we never gave promotion and progression much thought. You can be a Malay but if you are commissioned into a unit other than a Royal Malay regiment you had it. Promotion to beyond colonel is a pipe-dream.

And if a Malay feels as such, imagine a non-Malay. That was the predicament these Chinese and Indian officers had felt. Many opted out. The air force officers were fortunate as their piloting skills were in demand by civil airlines.

Now back to the Chinese veteran association. Among its five objectives, the one I find interesting is, "To provide continual support and serve as a resource to the Malaysian Armed Forces." Sourcing for Chinese volunteers to join the armed forces is part and parcel of this definition. This was conveyed to me by the association's secretary, Major (Rtd) Godfrey Chang. I support this noble aim but in order for things to work, a change in policy is desirous. Provide non-Malay officers and other ranks equal opportunities for promotion.

But it is easier said than done. The army hierarchy is Royal Malay Regiment biased. I don't think they would budge. Although there are some positive changes now, a few Chinese and Indian generals, holding insignificant appointments, make little difference.

EYE HEALTH — VITAMINS C & E

Ipo Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us more about VITAMINS C & E for the eyes.

It is no secret that "you are what you eat!" Good nutrition with vitamins and minerals are important for the eyes to function normally. It's been said before and I am saying it here again, that it is important to eat the right foods that contain the right vitamins to help keep your eyes healthy.

VITAMIN C

This vitamin is a great antioxidant. Antioxidants are substances that protect cells in your body from harmful free radicals that are produced when your immune system fights off bacteria. Free radicals are also produced as by-products when the foods that we eat are broken down into energy. Vitamin C is an ANTIOXIDANT that prevents cells from the damaging effects of such free radicals. Foods such as oranges, grapefruits, kiwi fruit, mangoes, papayas, pineapples and cranberries are all rich sources of vitamin C.

VITAMIN E

Vitamin E is important to maintain strong immunity and healthy eyes. Vitamin E is also a powerful antioxidant that protects our cells from damage by free radicals that result from exposure to environmental pollutants around us including cigarette smoke. When we say Vitamin E, it does not mean only one vitamin but it actually is a group of eight vitamins called tocopherols and tocotrienols. The most active form of vitamin E is Alpha-tocopherol.

HOW DOES VITAMIN E HELP THE EYES?

There was a study on CATARACT involving 764 people with the average age group of 65 years. The study showed that the regular users of vitamin E supplements were less likely to have lens opacities or cataract formation. It also helps prevent macular degeneration (AMD) which is a disease affecting aging people.

NATURAL AND SYNTHETIC VITAMIN E

When you read the label on any bottle of vitamins, how would you know whether it is natural or synthetic vitamin E? Take note that when Vitamin E is in its natural form, it is designated with a "d-" prefix (d-alpha-tocopherol). When it is a synthetic vitamin E, it will have a "dl-" prefix (dl-alpha-tocopherol). The natural vitamin E is more beneficial than the synthetic forms of vitamin E.

FOODS WITH VITAMIN E

If you have a balanced diet and avoid processed foods, you should be able to get adequate Vitamin E from foods such as green leafy vegetables, sunflower seeds, spinach, eggs, nuts like almonds and vegetable oils.

DOES VITAMIN E HAVE SIDE EFFECTS?

As with anything else, too much of vitamin E is not good. This vitamin is a fat-soluble vitamin which means it can accumulate in the body if taken in large quantities, causing unwanted side-effects. It can interfere with the body's blood clotting ability and this can be dangerous if you are taking blood thinning medication.

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah 05-5455582 or email gillyecentre@dr.com.



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





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Better reporting or a proliferation of organised crime in Ipoh?

When one retiree and her daughter, both living near Ipoh's Jalan Kampar, was asked what worried them most, both of them said the rising cost of living, and rising levels of violent and serious crime.

The mother said, "My pension does not stretch far enough. I don't go to supermarkets. I shop at the *pasar*, but the prices have shot up. The little pile of vegetables used to be RM1. Now, they are RM2.

"My pension has not doubled. I do not drive and depend on public transport or taxis. Fortunately, the taxi driver is someone whom I have known, for many years. When my husband died, we sold our car. If not for the taxi driver, I would almost be house-bound. I am afraid of walking to the bus stop because of friends' experiences of bag and gold chain snatching."

Her daughter, who works within walking distance of her house said, "I do not know if violent crime in on the increase or there is better reporting. You need only pick up a paper to read about a fatal stabbing or gun crime. Today, I read about the shoot-out, in Tambun. What is happening? Have the police got a hold on the situation?"

The women were worried about violent crime, which involves stabbings and shootings. In early January this year, a man wearing a mask, discharged his gun into the ceiling of a seafood restaurant, in Medan Ipoh, then left as abruptly as he had arrived. What did the police investigation discover?

Three days later, police shot dead one member of the notorious "Mamak Gang" and two of its members were detained. The incident happened at the Changkat Jering Toll Plaza. The men, who had criminal convictions, were in a Volkswagen Passat. The police found RM2400, in the VW, as well as vehicle number plates, parangs and caps with police emblems.

The Mamak Gang has been involved in robberies, break-ins and the theft of luxury cars throughout Malaysia. In March, three suspected criminals were shot dead, in Simee, after a 5km chase from Bercham.

In a press conference in April, the police reported that two firearms had been recovered – a Smith and Wesson revolver and a semi-automatic pistol. In addition, they found three .38 bullets, three .38 spent shells, .9mm bullets, three parangs, three ski masks, two pairs of gloves and five handphones.

With the deaths of the three men, police believed that they had solved 15 crimes in Ipoh and Sungei Siput, that had occurred since the end of 2015.

A month later, the head of the "Rem Sawit Gang" was shot dead on the Ipoh-Lahad Highway, near Taman Lahad Indah.

Following the death of the suspect, raids were conducted at two locations, in Ipoh and Batu Gajah, in the early hours of the morning, and two young men were arrested. The men, including the dead suspect had criminal records for various crimes involving drugs, murder and robbery.

During a press conference, after the latest (at the time of writing) shoot-out in Tambun, in which four members of the "Don Tiger" were killed, it was revealed that the police were on the trail of the remaining members of the Don Tiger gang. They have been accused of a spate of armed robberies, in Ipoh and Kampar, since 2015.

These shootings, are by no means the only ones which have been reported. Fatal stabbings have also been reported.

The police held a press conference, the day after the Tambun shootings, to allay the fears, of the community, because they know that the public are worried about their safety.

The areas targeted were Ipoh Garden East and Tambun, which attract large number of tourists because of the presence of food, entertainment and leisure outlets.

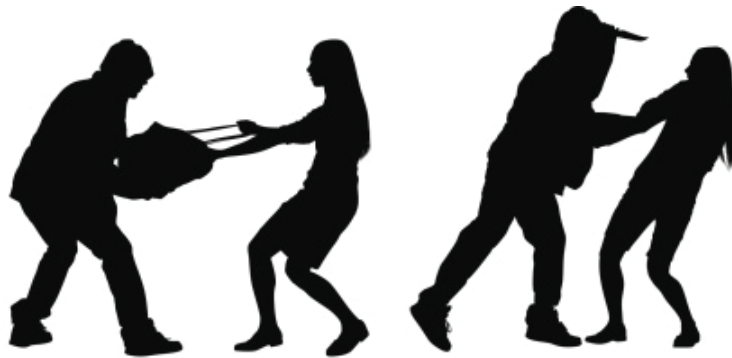
The State Crime Prevention and Community Safety Department Chief, Senior Assistant Commissioner (SAC) T. Selven and his team, handed out crime prevention

leaflets to shop owners as part of the department's latest high profile policing programme

He said that regular patrols provided a visual presence. His department's role was also to keep the public informed and at the same time, he urged members of the public to cooperate with the police.

He said, "Overall, the crime index has fallen by 3.9% to 4264 cases between January and September 21 from 4439 cases during the same period last year. This is a reduction of 175 cases."

He claimed that there was a decrease of 13.3% for house break-ins, from 782 in 2015, to 678 cases this year. He reported a drop of 4.8% in motorcycle thefts from 1628 in 2015, to 1500 this year. He said that there had been a 2.7% increase, in street crimes, from 554 cases to 569 cases.



THINKING ALLOWED

by Mariam Mokhtar

How do the police calculate crime index? What percentage of crimes involve firearms and parangs? How many of these involve gang warfare or drug distribution? What is the percentage of unsolved crime?

Both politicians and policemen are good at fiddling statistics, to mislead the public. To say that crime has fallen, most years, is both misleading and worrying, especially as we read about shootings and stabbings just about every other day.

Why are gangs terrorising our lives? Is the police force understaffed or underfunded? Why do our youth join gangs? What can the public do to help?

CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

PNEUMONIA IN CHILDREN

WHAT IS PNEUMONIA?

Pneumonia is infection of one or both lungs. It is a significant cause of morbidity in children.

WHAT CAUSES PNEUMONIA?

Pneumonia is caused by viruses, bacteria, fungi or parasites. The commonest causal agent is virus namely, adenovirus, respiratory syncytial virus, influenza virus and rhinovirus. Children with viral pneumonia can also develop bacterial pneumonia.

WHAT MAY INCREASE THE RISK FOR PNEUMONIA?

Healthy children can develop pneumonia, however children with the following risk factors are more prone to infection: premature birth; breathing second-hand smoke; asthma; heart defects; poor nutrition; weak immune system; and spending long hours in crowded places.

WHAT ARE THE SIGNS AND SYMPTOMS OF PNEUMONIA?

Pneumonia begins after an infection of the upper respiratory tract (nose and throat). This causes fluid to collect in the lungs, making it hard to breathe.

The signs and symptoms depend on what caused the pneumonia and the age of the child. The signs and symptoms of bacterial pneumonia usually begin more quickly than they do with viral pneumonia. Your child may have any of the following: fever; shortness of breath or trouble breathing; abdominal pain near your child's ribs; poor appetite; cough; crying more than usual, or more irritable or fussy than normal; and pale or bluish lips, fingernails, or toenails.

HOW DO I KNOW IF MY CHILD IS HAVING TROUBLE BREATHING?

- Your child's nostrils open wider when he breathes in.
- Your child's skin between his ribs and around his neck pulls in with each breath.
- Your child is breathing fast.

HOW IS PNEUMONIA DIAGNOSED?

Your doctor will ask you relevant question then examine your child. She will auscultate your child to hear for the breathing sounds. In Pneumonia, the breathing sound can be reduced or increased. There may also be crackles.

Your doctor will also request for a chest x-ray to confirm the diagnosis.

HOW IS PNEUMONIA TREATED?

Mild pneumonia can be treated as out patient with fever medication and antibiotics if needed. Children having trouble breathing, dehydration, high fever are admitted to hospital for treatment. While in hospital your child will be watched closely and the following treatments may be necessary:

- Antibiotics might be given directly into a vein (intravenous). Intravenous antibiotics will be given if the pneumonia is thought to be bacterial.
- Some children may need oxygen to help them to breathe more easily.
- Children who are dehydrated will need to be given fluids by a drip.

Children with severe breathing difficulty will need breathing support.

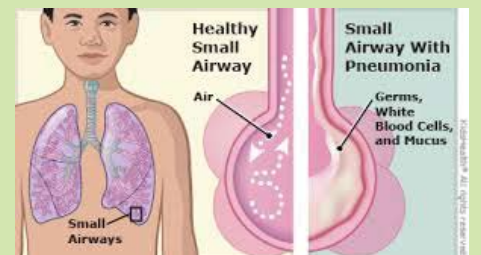
HOW CAN I HELP PREVENT THE SPREAD OF PNEUMONIA?

- Keep your child up to date with their immunisations.
- Teach children not to share eating or drinking utensils, toys and food or drinks with other children.
- Teach children to wash their hands after coughing or sneezing to prevent the spread of germs.

WHEN SHOULD MY CHILD RETURN TO SCHOOL OR DAYCARE?

Your child can return to nursery, kindergarten or school when the fever and cough has settled and she is her usual active self.

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

Photos by Ginla Chew

For some of my readers who may not know what Jelawat is, let me assure you that it's worth the 35-minute drive to Gopeng for this special fish. Avid foodie that I may be, I am loathe to drive for miles just to eat; nor do I queue in line for food, unlike the mile-long crowd currently doing that in Singapore at the two Michelin rated hawker stalls that have shot to instant international fame.

But drive I did at the insistence of my great foodie pal Ginla, this time joined by her husband Edward Foo, both of whom said that this **Kristal Jade Restaurant in Gopeng** is one of those 'Die Die, Must Try' variety. "Plus", said Edward, who is quite the foodie himself, "I could never get Jelawat for this price in Ipoh. And it is fresh caught to boot."

And the **Jelawat** we had was certainly fresh. And firm. The fish weighing 1.6kg, was steamed two ways; the first, with preserved black beans (*Tao Si*) and garlic was pungent, the black beans with its tinge of salty bitterness complementing the briny umami of the fish and the garlic obliterating any trace of fishiness. The second half was steamed plain Cantonese-style with soya sauce and topped with scallions. **Whole fish RM76**. Must order in advance. And they have other fish too.

We were a big group that evening and in total we had 13 dishes and just about every dish we had was rave worthy. So to accommodate the space available here I will only mention the few spectacular dishes that caught my fancy.

The **Paku or Fern Kerabu (Salad)** was refreshing topped with sliced raw shallots and crispy fried dried baby prawns – **RM10**. Their **Yee Meen** (a type of yellow noodle) which I am told is only available in Gopeng and does not contain boric acid (which apparently a lot of those being sold outside, do) was sauteed with fish paste slices and greens; velvety smooth, and deliciously umami – **RM9**.

SeeFoon takes a drive for Jelawat

Next was their **cold sliced pork knuckle**, tender slices still with the fat on, served with a garlic, chilli and vinegar dip. Yummilicious at **RM29**. Another two noodle dishes followed, the first their **Fish Sauce Meehoon** with bean sprouts and dried prawns was excellent, the taste and texture I still drool about in my mind as I write this – **RM11**. The second **Meehoon** was **fried with preserved black beans**, again tasty but the first meehoon gets my vote hands down – **RM10**.

Szechuan Chicken with chilli and garlic was fried just right with a mild crust and tender inside, not too sweet nor too hot – **RM25**. But the pièce de résistance was their **Mexico Sotong**, crispy fried baby squid, coated with a piquant spicy sauce that was neither too sweet nor too spicy – **RM25**. Another dish I would drive to Gopeng to eat again.

Just as we were satiated and felt we couldn't put one more bite into our mouths, one of the proprietors C.C. Low came over and

suggested we try their **Wu Tao Kao Yoke**....Pork Belly braised with Taro in a preserved red bean sauce. Now that happens to be something I grew up with and it's so difficult to find a good one so I immediately said yes. I certainly wasn't disappointed. The pork belly was tender, without being stringy, the taro soft and fluffy and the red bean sauce delectable – **RM18**.

This is one restaurant I will go the extra mile for.



Restoran Kristal Jade
302 Jalan Merdeka, Taman Gopeng Jaya, Gopeng.
Tel: 012 518 6171; 016 851 3037
GPS: E 101° 10' 4.9 N 4° 27' 52.9
Business hours: 5pm-1am daily
Closed: 2 days mid month, Wed/Thurs.

Nosh News

Bonda's Baker

Ili Aqilah



With the love she had for food, Khaleeda Khadri and her family decided to run their first cafe, Bonda's Baker, located at Brewster Road. The cafe serves both Asian and Western cuisines that are prepared by Khaleeda herself with the help of her sister and staff.



"Before residing in Ipoh, we ran a catering business for small events. Our mom is an amazing cook and it has been our dream to open a cafe," said Khaleeda who first wanted to open a food truck but later decided to open a cafe instead.

At Bonda's Baker, guests will be spoilt for choice with pastas, rice, waffles, pancakes and desserts too. Their Grilled Salmon, served with potato

and beef bacon salad is priced at RM21, while Green Pesto with crispy chicken (optional) is good at RM12 and Bonda's Baker signature fried rice, Special Prawn Fried Rice is priced at RM8.90.

For those who fancy a breakfast meal, Bonda's Baker is having a long list of All Day Breakfast items such as American Breakfast (RM12), Omelette (RM8), Pancakes with assorted sides (RM8-RM12) and Waffles (RM8-RM12) too.

Mocktails such as Virgin Mojito (RM12), Arnold Palmer (RM12), Virgin Pina Colada (RM12) and Milkshakes (Vanilla, Chocolate, Caramel, Oreo, etc., RM10 each) are also available at the cafe. Their drinks menu cater to coffee lovers, non-coffee fans and also those who love fruit juices and floats.

Desserts such as Bonda's Very Fudgy Brownies come with Ice Cream (RM8), Tiramisu (RM12), Creme Brulee (RM12), Bread Butter Pudding (RM7), varieties of cakes and pies (RM7/slice) are made specially by Khaleeda and her team.

The cafe opens everyday except Monday from 4pm to 11pm. The cafe also accepts orders for small gatherings and guests can hold parties at the cafe itself. For more information visit their Instagram at www.instagram.com/bondasbaker or Facebook page at www.facebook.com/bondasbaker or email them at bondasbaker@yahoo.co.uk or call at **011 3228 2568** for reservations. Bonda's Baker is located at **146 Brewster Road, Ipoh**.

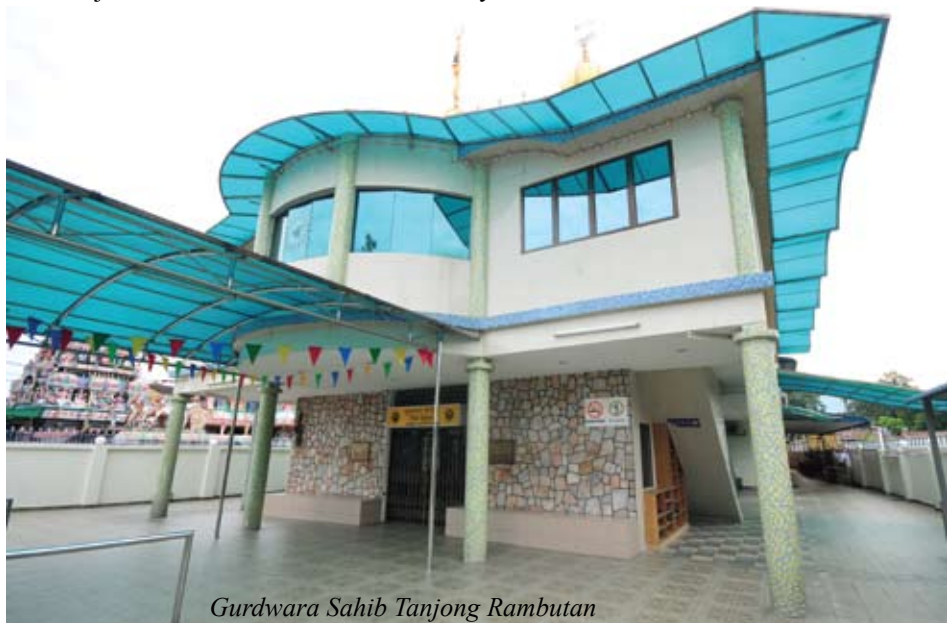
Gurdwaras in Ipoh . . . continued from page 2

Gurdwara Sahib Tanjong Rambutan, Jalan Ipoh

This gurdwara was built around 1919 at the present site. It was a single storey wooden structure with a tiled roof. The present two storey gurdwara was built in 1969.

There are three guest rooms and Sikh families from outstation can stay in these rooms for free for a few days.

Punjabi classes are conducted on Sundays.



Gurdwara Sahib Tanjong Rambutan



Gurdwara Sahib Buntong

Gurdwara Sahib Buntong, Jalan Bombay

A single storey gurdwara was built in Telok Kurin in 1934. Around 1951 most of the Sikhs were resettled in the present Buntong area and they built a new gurdwara in 1952. The present building was completed in 1972.

Vaisakhi, the harvest festival is celebrated for 15 days with continuous prayers for the last three days.

News

Commuter Services to Padang Rengas Onwards



Train commuter service is convenient and efficient in so many ways as it reduces travelling time. With this in mind, KTM Komuter has opened a new route from Padang Rengas to Bukit Mertajam. The launching ceremony, to announce its opening, was held at the Padang Rengas railway station on the morning of Saturday, September 3.

It was officiated by Dato' Seri Mohamed Nazri Abdul Aziz, Minister of Tourism and Culture who is originally from Padang Rengas. He expressed his gratitude and excitement over the new route which began operations on September 1.

Unlike the usual 30 to 45 minutes' train ride, the KTM commuter between Padang Rengas and Taiping takes around 13 minutes and the ticket costs RM2.20 one-way. Other routes include Taiping to Kamunting costing RM1. The maximum is between Padang Rengas and Padang Besar. A ride along this route costs RM17.20.

A 50-percent discount is given to children between the ages of four to 12, senior citizens (60 years and above) and the disabled. It is free for children below two years old.

There are a total of 22 back and forth services from Padang Rengas to Bukit Mertajam daily. It is hourly during peak period from 5.30am till 9am and 6pm till 8pm.

"This is a blessing for us all, especially for the residents here and those in Kuala Kangsar. With the new KTM commuter routes and services, they'll have an impact on the economy and help promote tourism," said Nazri.

"I like how the Padang Rengas station is positioned. Its backdrop is a corn plantation. The moment you step down from the train you get to witness nature's beauty," he enthused.

With the launching of the new KTM service, tourists can move about easily. For instance, if you take the commuter train to Taiping, there will be a Rapid Kamunting bus service to bring you to tourist spots within the town. This is a good start for Visit Perak Year 2017.

Khaleeja

Back To The 70s

The 70's ambiance was in the air at Lost World Of Tambun (LWOT) recently when Perak Media Association (PMPP) organised its 'Back to 70s Karaoke Night'.

Held at LWOT's Kepura Cave, the night witnessed over 100 media representatives showing off their 70s' theme dresses by wearing what was popular during the era: bell-bottom pants, Afro hair dos and more. Twenty participants took part in the karaoke session where Shaarani Ismail, a journalist from Berita Harian won first prize. Sharani received a cash prize and voucher to stay at LWOT's hotel.

The president of PMPP, Sayed Mohd Hesyam Syed Idris believed that fun events such as this could strengthen the bond between all journalists who are working in Perak.

"This is one of the events held by PMPP and seeing the feedback we received tonight, we plan to have it annually," added Sayed.

For Balkis Zahari, another journalist from Berita Harian, it didn't bother her that she didn't compete in the Karaoke Night but she was rather excited to dress up,

"I spent quite a few ringgit on the outfit, the accessories and also the makeup I did for today. I wasn't in the mood to compete but just wanted to have fun with my colleagues," said Balqis.

While Bernama's Siti Hajar Mohd Saleh won the 'Queen of 70s' award, it was our own Ipoh Echo's Rosli Mansor who grabbed the crown for 'King of 70s'. Congratulations to all winners!

Rosli Mansor



News

Life on Air



Sharing the same love for adventure, sisters, Atiqah Khairudin, 27, and Izzati Khairudin, 29, are the first Malaysian female hot-air balloon pilots. They began their hot air balloon expedition named, "Life on Air", by visiting nine states in Peninsular Malaysia.

They started in Putrajaya on September 2 before heading to Terengganu two days later. Their balloon odyssey was divided into two phases. The first phase took them to Putrajaya, Terengganu, Pahang, Perak and Kelantan from September 2 to 27.

The second phase will commence in October beginning with Perlis, then Kedah, Johor and Melaka from October 4 till 22. In each state they will give a talk on hot-air balloons to selected primary schools. The objective is to create awareness in the young minds regarding the sport.

On Thursday, September 22, Ipoh Echo had the opportunity to meet the two pioneering sisters and their team, as they held their practical workshop at Tenby Schools, Ipoh. The workshop, which began in the morning, was a tricky one due to the windy conditions.

"Our late father owned AKA Balloon Sdn Bhd, so we're exposed to hot-air balloons since we were small. We're passing it on to the younger generation to inculcate awareness in them," said Atiqah.

"It all began when we were doing our balloon training in Spain last year. Our instructor, Angel Aguirre, would let us follow him around. We were thrilled to have had the chance to do so. Going around Costa Brava, Pyrenees and Manresa, we thought we must discover our own country as well," said Izzati.

And that was how the expedition began. Kindergarten kids up to primary school students crowded the field as they watched, for the very first time, a functional hot-air balloon.

"The biggest challenge when flying a hot-air balloon is the weather," exclaimed Atiqah.

While Izzati and the rest of the team were working on the balloon, Atiqah explained the various parts of the airship.

A hot-air balloon is made up of three parts namely, the envelope, burner and basket. The envelope is the topmost part of a hot-air balloon. It is the actual fabric balloon which holds the air. The burner is what pushes the heat inside the envelope and the basket is where pilots and passengers stand.

One essential item every hot-air balloon must have is a fire extinguisher. Its movements are dependent on the wind. To get a pilot's licence, one needs only to be 16 years and above.

At the end of the session, Atiqah quizzed the students and gave them some goodies. This scribe and Echo's photographer were given a tethered ride. We got to see the breathtaking view of Ipoh 50m above ground level.

Khaleeja

A Gift of Care

As the saying by Ben Carson goes, "Happiness doesn't result from what we get, but from what we give". The needy staff and members of Farmers' Organisation of Ulu Kinta (PPK Ulu Kinta) received a hefty donation (Zakat) to ease the burden of their daily needs on September 21 at MH Hotel Ipoh.

The cash donations event was held in conjunction with PPK Ulu Kinta's Name Changing Ceremony. From PPK Ulu Kinta, it has now changed to PPK Tambun Bandaraya Ipoh.

"The reason behind the name change was in line with PPK's mission to centralise new strategies and programmes among the farming community in Ipoh," said Hamzah Bahari the current Deputy Director (Development) of the Farmers' Organization Authority of Malaysia.

For Umi Kalsum Anjang Hasin, 68, one of the recipients of the money, she thanked PPK Tambun for their generous donation, "Since my husband passed away, I have been living alone; doing chores and taking care of myself. I am glad to receive the donation and will be using this to buy groceries and many other things," said Umi who was in a wheelchair ever since she tripped and fell at her home last year.

Among guests who attended the event was the chairman of PPK Tambun, Dato' Haji Nadzri Haji Ismail and other board members.

Ili Aqilah



Wellness

What is CEREBRAL ANEURYSM?

Dr Cheang Chee Keong is a neurosurgeon who has special interest in treating cerebral aneurysm. Cerebral aneurysm, refers to a spot in a blood vessel in the brain which enlarges like a tiny balloon and is filled with blood. This tiny balloon can then rupture which causes blood to spill into the surrounding tissue.

Out of every 100 people you come across, one of them is bound to have an aneurysm. 40% of people whose aneurysm ruptures never make it to hospital. Those that do, describe it as a thunderclap headache, where the kind of pain they feel is like somebody hitting their head with a hammer.

Rupturing depends on the size of the aneurysm itself. If it is less than 5mm, it is less likely to rupture. However, if it is more than 7mm, it needs to be treated. An aneurysm is usually located along the main arteries in the brain.

Cerebral aneurysm is more common in females than males. People with high blood pressure, high cholesterol, smokes or drinks alcohol are increasing their risk of getting it by 3 times. On the other hand, for people with a family history of sudden death, their risk of getting it increases by 7 times.

Our brain's blood vessels form a connection of vessels called Circle of Willis, which is a circulatory connection that supplies blood to the brain and the surroundings. Therefore, if a blood vessel is blocked, other blood vessels will take over the supply. It is a complex connection.

When the aneurysm ruptures, the scale can range from grade 1, where the patient is still fully conscious to grade 5, where the patient falls into a coma.

The best method to diagnose cerebral aneurysm is through angiogram or computed tomography angiogram (CT angiogram). Through this, doctors can identify the aneurysm before proceeding with the surgery.

There are two kinds of treatment, mainly clipping, which involves major surgery and coiling, which involves securing the aneurysm. The difference is one involves surgery and other, radiology. Clipping is the better option for long term results while coiling has better results after one year. Giant aneurysms, however, are better off clipped instead of coiled.

Clipping is a surgery, where doctors will use a clip and clip off the aneurysm. Coiling, however, is using an X-ray to look for the aneurysm before filling the aneurysm with wire to stop the bleed. It uses a continuous X-ray and views the process on a TV monitor.

Unfortunately, there are no coiling procedures available in Ipoh. Thus, patients will either be sent to Kuala Lumpur or hospitals will get neurosurgeons / radiologist to come down to Ipoh. In good hands, both procedures can be done in two hours. Some may take up five to seven hours, depending on the condition of the patient.

To avoid this, people should start looking after their blood pressure as it is a precursor to a rupture and can occur to people of any age. The youngest patient Dr Cheang Chee Keong had was 10 years old.

Some of the symptoms of cerebral aneurysm include sudden bad headaches, stiff necks, seizure, nausea and vomiting as well as loss of consciousness. One needs to start seeing a doctor if they experience any of these, especially the headache as people tend to take headaches lightly.

For more information, call Dr Cheang Chee Keong of KPJ Ipoh Specialist Hospital at 05-240 8777 (Ext 131, 132)



WEIL'S
Seafood
Celebration

Weil does it again and this time, they are offering delicacies of Neptune's best. We all go crazy over a seafood feast. Now, Seafood buffet is available at Weil's Tiffin Restaurant every Friday and Saturday nights beginning 6pm onwards.

Priced at RM68 nett for adults, RM58 nett for senior citizens and RM38 nett for children of ages 6-12, the seafood buffet is meant for all. Some of the dishes you would not want to miss include fresh hand-picked shellfish.

Their Rock Lobster, which is half a lobster, will be served to each guest. They also have the Abalone Soup and the Portuguese Seafood Stew. Apart from that, their speciality, seafood on Ice, consists of scallops, green mussels, slipper lobsters, snow crabs, tiger prawns and flower crabs, to name a few.

The soup counter offers the Boston Seafood Chowder or the Macanese Flower Crab Congee. And what is a buffet without a spread of desserts? Matcha lovers will go crazy over their green tea crème brûlée. Others include the coffee Portuguese cream pudding (Serradura), summer berries panna cotta, bread and butter pudding, chocolate mud cake, pandan-layered mousse cake and Paris Brest, which is a French dessert.

"Seafood is comfort food, it makes you feel at home. And I want guests to enjoy that. It's a phenomenal feeling" said Chef Ryan Poon.

With the variety of seafood salads and seafood pastas Weil is serving for seafood lovers, it would be a definite waste if you miss this chance. Chef Ryan and his teammates are bound to make your seafood experience go crazy.

Reservations can be made at 05 208 2228 or tiffin@weilhotel.com.

Khaleeja

News

Perak World Pharmacist Day 2016 Celebrations

The Malaysian Pharmaceutical Society Perak Area Committee and the Bahagian Perkhidmatan Farmasi Negeri Jabatan Kesihatan Negeri Perak jointly organised the Perak World Pharmacist Day 2016 Celebrations at Ipoh Parade on 25 September 2016.

The event, which showcased the pharmaceutical industry was to educate the public on medication, health and prescription related matters. It was attended by more than 1000 people.

The event was officiated by the Director of the Jabatan Kesihatan Negeri Perak, Dato' Dr Hajah Juita bt Ghazalie who in her speech said that, "Pharmacists have an important role in the health system of a country and can act in the interests of patients and the public in determining the remedies used rationally and effectively". She also stated that, "Pharmacists should ensure that patients under their treatment receive Total Pharmaceutical Care".

The event patron Mr Leong Weng Choy, Timbalan Pengarah Kesihatan Negeri (Farmasi) Jabatan Kesihatan Negeri Perak stated that, "This event was aimed at valuing and accentuating the role of pharmacists in the health care of the public". He encouraged all visitors to interact with the pharmacist at the exhibition site and take this opportunity to experience the services that can be provided by a pharmacist as part of the health care team.

The organising chairman of the event, Ms Vanitha Ramachandran, MPS Perak Area Committee Chairman, in her opening speech, outlined that the event had many activities and exhibitions from the Malaysian Pharmaceutical Society Perak, Bahagian Perkhidmatan Farmasi Jabatan Kesihatan Negeri Perak, Jabatan Farmasi Hospital Raja Permaisuri Bainun, Jabatan Farmasi Pejabat Kesihatan Daerah Kinta, Pharmacy Students Society of UNIKL RCMP, and the Allied Against Dengue team.

Public health talks that educated on the importance of a complete prescription, quality use of medication, vaccination and dengue prevention were held throughout the day. There were also activities aimed at children such as a children's corner, a spelling bee contest and a colouring contest.



A Laughter Wellness session was conducted with the theme, laughter is the best medicine. This fun activity was enjoyed by the event visitors and event organisers.

Ms Vanitha also highlighted that, "This year's theme, 'Pharmacists: Caring for you', was chosen to reflect the important role of pharmacists in providing care to the public, and also to highlight the emotional connection they have with their patients. The role of pharmacists has evolved from that of a provider of medicines to that of a provider of care."

It was revealed that the venue sponsor Ipoh Parade was keen to make this a yearly event as such public health events benefited its patrons.

Community

Greener Ipoh by KOHIJAU



For the love they have to make Ipoh the most liveable city in Malaysia, Associate Professor Dr Richard Ng, the President of Ipoh City Watch (ICW) and his team founded the Koperasi Alam Hijau Perak Berhad (KOHIAU) with a mission to promote recycling for a sustainable environment as part of the Social Business City adopted by Ipoh.

Within a year, ICW managed to collect over 7000kg of recyclable items under its collaborating programmes with Perak SWCorp involving 250 houses in Jelapang. As they earned about RM3000, Dr Richard believes in the potential of making recycling an opportunity to promote social enterprise.

"After a successful campaign at Jelapang Tambahan, we gathered all our members from ICW and set up KOHIAU to further improve the livelihood of the people while we do our part in keeping the environment clean," said Dr Richard during the official launching of KOHIAU on September 17.

The launching was attended not only by the dedicated members of ICW and KOHIAU, but also the ADUN of Hulu Kinta, Datuk Aminuddin Md Hanafiah who applauded KOHIAU.

"I would like to congratulate Dr Richard, my former teacher, on his hard work and dedication to create a greener Ipoh. There is only so much Ipoh city council can do but we hope with the help of KOHIAU and ICW, Ipoh will perhaps one day, be once again, the city known for its cleanliness," said Aminuddin.

To further enhance the recycling business that will definitely benefit both state and public, KOHIAU has partnered up with iCycle Malaysia. iCycle is providing a business system which allows recyclables collectors and contributors to earn Recycling Points which can be exchanged with cash or products, a system that is similar to Bonus Link.

The system will be first tested at Ipoh Loyal Apartment, courtesy of KOHIAU in partnership with Winland Resources Sdn Bhd, the developer of the property. Aside from the apartment, Jelapang, Desa Tambun Indah and SMK Raja Chulan will also be part of the programme. Participating parties will receive account numbers and special bar-codes to stick on their recycling box or bags for tracking purposes. Their collection will then be updated into their personal account which can be checked via internet.

Ili Aqilah

Portuguese Eurasians' Hi-Tea Party for Malaysia Day

The Portuguese Eurasian Association of Perak celebrated Malaysia Day on September 16 the usual Eurasian way with a Hi-Tea party. It was held at the Cherish Events and Weddings Café in Ipoh Garden East.

The evening began with association President Jude Monteiro calling the members to be upstanding to sing the Negara Ku. This was followed by the members singing the association song to the tune of Edelweiss after which Hi-Tea was served.

In keeping with tradition even the menu was Portuguese Eurasian with dishes of Devell Curry, Eurasian Mee and other delectables. While all enjoyed the Portuguese menu there were others who particularly enjoyed the desserts of Portuguese egg tart and similar pastries.

Spotted in a corner enjoying his Devell Curry devoured with plain white bread was Michael DeRozario who claimed this was the best way to enjoy the dish.

To commemorate the event the invitations encouraged those present to dress in national costumes and it was most sporting of Michael Duorado and Gloria Rozells to come in Portuguese national costumes. However, the prize for the best dressed costume went to Ms Geraldine Gough dressed in an Indian saree.

The evening was very memorable as no matter how small the community, the Portuguese Eurasians were able to come together and celebrate a national event just like the other communities throughout the country.

Jerry Francis



Community

Malaysia Day Celebration

Over 3000 people gathered at Stadium Indera Mulia, Ipoh on Thursday, September 15 to pre-celebrate Malaysia Day which fell on Friday, September 16.

The event, which began at 8pm, was officiated by the Executive Councillor for Rural Development, Agriculture, Trade and Information, Dato' Saarani Mohamad who represented Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir.

Among the dignitaries present were the Executive Councillor for Arts, Culture, Tourism, Communication and Multimedia, Dato' Nolee Ashilin and senior government officials.

Saarani read the MB's introductory speech. In it Zambry reminded Perakeans on the importance of maintaining cordial relationship among the races in order ensure peace and harmony.

"Once we start doubting one another we're no longer a united nation anymore. What's the point of being Malaysians then?" he said. "When our founding fathers lowered the Union Jack and raised the Jalur Gemilang what they had in mind was a peaceful Malaysia. Yet some like to complicate things and create trouble. Had our founding fathers been around today they would be aghast," he lamented.

Zambry reminded Perakeans to be responsible and not to take peace for granted.

Songs and dances by guest artistes and cultural groups were the highlights of the day. The crowd was thrilled to be part of the celebration.

Luqman



A Living Museum

Located in Kampung Gajah, the 106-year-old Kampung Teluk Memali Mosque is reputed to be the oldest building in the village. Before being converted into a mosque in 1910 it was a nondescript prayer house (surau) that sat on the banks of the Perak River.

It was then moved to a safer site due to erosion. A resident turned the house into a centre for religious teachings and celebrations.

The mosque was built based on traditional Malay architecture to withstand the tropical weather. Decades passed and the mosque was soon abandoned and it became decrepit.

"Architecture students from Polytechnic Ungku Omar, Ipoh who were on a research study tour stumbled upon the mosque and that's how it all started," said Mohamad Haziq Zulkifli, creative writer of ATSA Architects Sdn Bhd.

Coincidentally, residents of Taman Seri Bougainvillea in Bandar Seri Botani, Ipoh were seeking funds to build a surau. Dr Mohd Jaki Mamat of Polytechnic Ungku Omar, upon hearing the residents' plight, suggested that the disused mosque be relocated, lock, stock and barrel, to Taman Seri Bougainvillea. The proposal was greeted with much enthusiasm.

"It'll be a living museum, where people can visit and perform their prayers at the same time. It could be included in the heritage mosque trail for touristic purposes," said Haziq.

Relocation works began in April. The second stage involved the dismantling, repairing, treating and reinstalling components of the mosque.

Dr Mohd Jaki supervised the dismantling process. Everything was done under his supervision. He sent the beams and other wooden components for repair to a craftsman in Chemor.

The third phase involves the installation of power and water supply and the refitting and remodelling of wooden components. Local colleges and universities such as Polytechnic Ungku Omar Polytechnic, International Islamic University and Taylor's University are part of the team. The project is scheduled to complete early next year.

Chief Executive Officer of ATSA Architects, Ar Azim A. Aziz, has compiled synopses on 109 mosques all over Malaysia in a book called "Masjid – Selected Mosques and Musollas in Malaysia".

This 750-page hardcover took over two years to complete. It was a collaborative effort with various government agencies, architects and institutes of higher learning. "It's like taking a walk in all 14 states, without actually walking. It incorporates history, descriptions and pictures of the 109 mosques in the country," said Haziq.

"I met a foreigner who was interested in mosques. Every country she visited, she would visit the mosques. That was thoughtful of her. I feel every mosque has something



to tell," he recounted.

The book is priced at RM300 each. Proceeds from book sale will go towards the funding of the relocation project. Another RM250,000 is required to fulfil the undertaking.

Appreciating heritage buildings is something we all lack. For a good cause, donations can be made to Tabung Pemindahan Masjid Teluk Memali **1052 8000 3201** (Affin Islamic Bank).

The book can be purchased at major bookstores in the country. Online purchases can be done at www.mosquearchitecture.com.my. For enquiries, visit www.memalimosque.com.my or their Facebook page at [fb.com/KgTelukMemaliOldMosque](https://www.facebook.com/KgTelukMemaliOldMosque).

Khaleecja

THANKS TO THE HONORABLE

MINISTER OF TOURISM AND CULTURE,
YB DATO' SERI MOHAMED NAZRI BIN TAN SRI ABDUL AZIZ,

FOR GRACING AND OFFICIATING THE 170-ACRE RECREATIONAL LAKE OF

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Tourism

Raintown Half Marathon

Taiping has some very unique natural features which are ideal as backdrops for people-related activities. The annual Raintown Half Marathon recently at the Esplanade was one fine example.

Minister of Tourism and Culture, Dato' Seri Mohamed Nazri Abdul Aziz said that the event, which attracted over 4000 participants, could place Taiping on the tourist map. Besides natural features, the presence of numerous buildings and structures of historical significance was another factor.

"Participants from outside of Taiping come with their families in tow. They'll spend on accommodation, food and shopping for souvenirs. This will have an impact on our economy," he said at the end of the run.

His closing speech was read by the Executive Councillor for Industry, Investment and Corridor Development, Dato' Mohammad Zahir Abdul Khalid.

Taiping has 23 touristic spots of interest for visitors. It has 10 varieties of food which are considered icons of the historical town.

Nazri hoped that the state government, through agencies such as Tourism Perak, Destination Perak and Tourism Malaysia (Perak), would continue to support the town's efforts at improving its image. This is to ensure that activities held, periodically, would attract people to Taiping.

The half marathon was divided into seven age categories. The Men's Open 21km Category was won by Kenyan Thomas Muli who completed the race in 1 hr 21 minutes 48 seconds. Thomas received a medal and a RM800 cash award.

Rosli Mansor



Circling Ipoh Town by Rickshaw



Started on September 1, tourists and locals in Ipoh can now take the rickshaw tour to circle around town. The service, provided by M Bike Sdn Bhd has been the latest hot buzz in Ipoh.

The rickshaws, which are equipped with electrical motors, will carry passengers (max two adults per bike) to Ipoh's favourite tourists spot such as Kong Heng square, Kinta Riverfront Walk, Old Town and many more. The rates are cheap at RM6 per single trip and in conjunction with Visit Perak 2017, Mbike introduced a special heritage trail trip (RM30) where passengers will get to see over 26 heritage spots.

"Our trained cyclist will not only bring them around town but also be the tour guide for passengers. We currently have over 20 rickshaws available for the public," said Camees Fong, director of M Bike Rickshaw Sdn Bhd.

During the official launching on September 18, state exco for Tourism, Arts and Culture, Communications and Multimedia, Dato' Nolee Ashlin Mohammed Radzi said she believes that this will be yet another attraction for both international and domestic tourists.

"The first in Malaysia, these electric assisted rickshaws are a great addition to our preparation for next year. Passengers will go around town easily, skipping the hustle and bustle of the traffic."

According to Camees, the rickshaws will be scattered around town and at the moment they only accept cash payments (paid directly to the cyclist). Due to the overwhelming response, Camees suggested early booking to avoid disappointment. The rickshaw is also available for chartered services, priced at RM50 per hour. Bookings can be made by calling 013 599 9133 or 017 540 9638.

Ili Aqilah

Waterfront City



The 170-acre lake fronting Waterfront City at Lahat Mines is the latest attraction in Ipoh. This new watersports cum tourism site was officiated by Dato' Seri Mohamed Nazri, Minister of Tourism and Culture, recently.

Water-related activities available for visitors include jet-skiing and going airborne on a seaplane. A 2.5-km jogging track has already been built for residents living in the vicinity and visitors who want to enjoy the panorama.

Gazebos and cycling tracks are also being planned to increase recreational activities on the whole. With this in the pipeline, Waterfront City is a one of its kind in Ipoh.

"We've tourists from other states and countries coming to Ipoh daily. The availability of direct flights from Singapore is a huge inducement for Singaporeans to visit the city mainly to sample the local food," said Nazri.

"Our objective is to encourage tourists to stay in Ipoh for a longer period. I hope the allure of Waterfront City will make them stay up to a week, at the least," he opined.

Ipoh's colonial buildings, its myriad hawker food and planned activities at Waterfront City will add to the excitement. And with Visit Perak Year 2017 around the corner, the stage is set for a more vibrant tourism outlook come 2017.

The developer of Waterfront City, Excellent Realty Sdn Bhd and Tourism Perak Management Berhad plan on organising an annual water carnival on the lake. Dragon boat race and jet-ski competitions are some of the sporting activities they have in mind. Year 2017 will definitely be a busy year.

Khaleeja

**Public Forum
for
Doctors' Day 2016**

Date : 9/10/16 Sunday
Time : 10.00 am to 1.00 pm
Venue : Brother Liborius Auditorium,
6th Floor, Hospital Fatimah

Topics

Hyperactive child
Dr. Norhayati Bt Nordin

Autism in children
Dr. Shan Narayanan

School Refusal
Dr. Alex Khoo Peng Chuan

**Free Admission
&
Light Refreshment**

Correction

In the cover story issue 243 (September 16-30, 2016), under the heading Church of Our Lady of Lourdes, the statement, "The church also boasts of having the only mosaic mural of the Lord's Last Supper in the world", should read: "The church boasts of the custodian of one of Br Joseph McNally's most famous masterpieces, the one and only masterpiece of his in the world." The error is regretted.

Personality

Hussein's Hard Work Pays Off!

For this issue, Ipoh Echo met the hardworking and dedicated lad, Muhammad Hussein Bin Abdullah who was selected as one of the representatives from Malaysia for the Young Southeast Asian Leaders Initiative (YSEALI) under the US Mission to ASEAN.

Raised by a single mother, Hussein had to work at the tender age of 13 as a part-time waiter to help his mom raise his siblings after his father passed away. He was soon offered to further his studies towards matriculation in Penang but returned back after only two days. His decision raised some eyebrows but Hussein had his own reasons.

"I remember the days when I didn't even have money to pay for stationary at school. My mother has worked extremely hard to raise us and it seemed selfish to leave her alone. She has been a great mother to me and the least I can do is to be a good son to her," he admitted.

Hussein then went for Form 6 while working part time. Despite all the obstacles he was determined to excel in his studies and eventually to break the chain of poverty for his family. His hard work paid off when he was offered a scholarship for a four-year Bachelor of Economics in Universiti Putra Malaysia (UPM) degree.

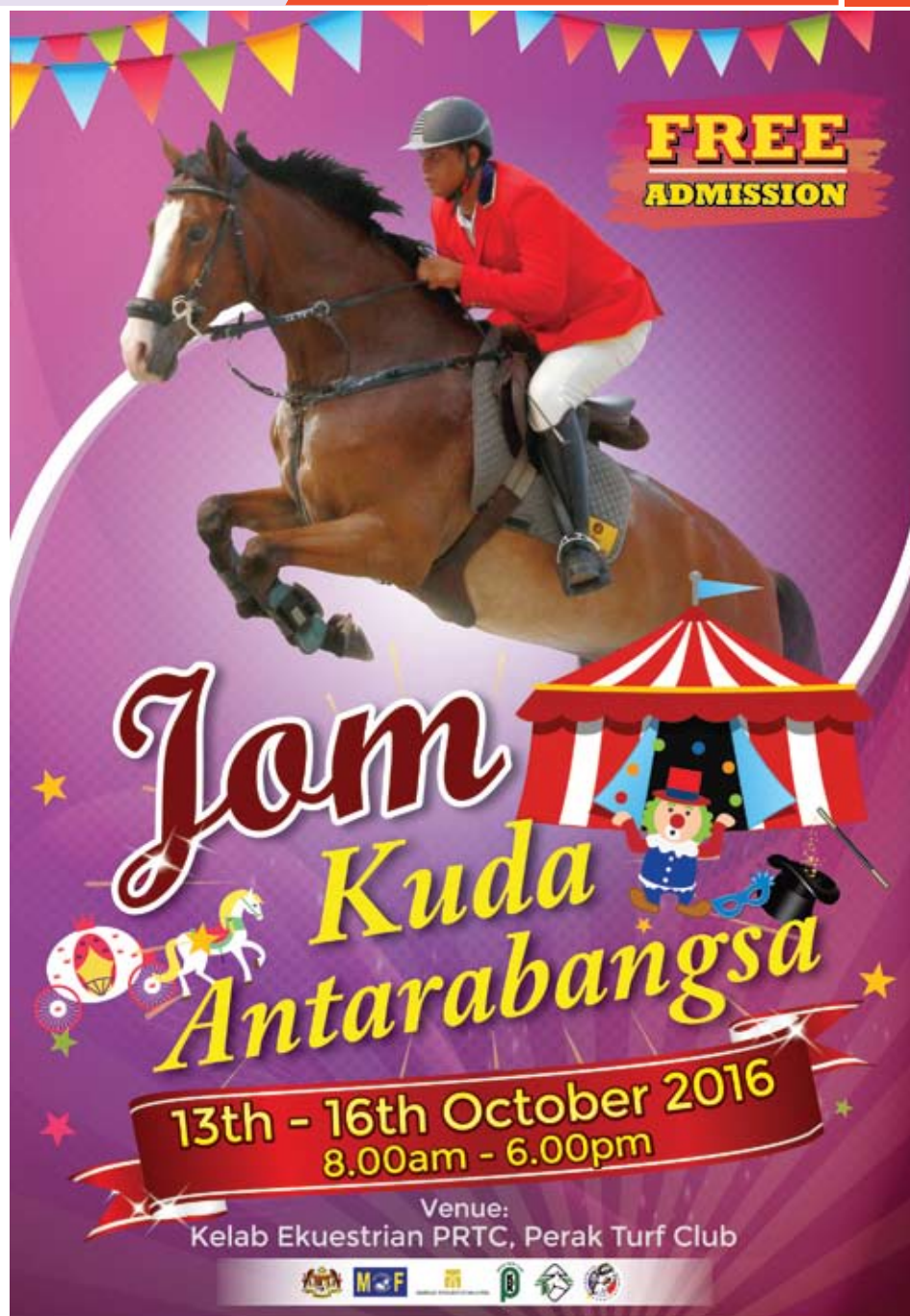
Hussein took full advantage and expanded his experiential learning while completing his degree. This included participating in competitions, conferences, writing journal articles and even representing his university for international seminars and programmes.

"Aside from my family, I had great support from my fellow lecturers and friends. Professor Shatar Shabran who was the Deputy Vice Chancellor of Student Affairs in UPM, Dr Zuraina, Dr Kenny Teoh, Dr Suriati, Dr Abdul Rahim, Dr Zaiton and a few other dedicated academicians in UPM are among those who helped shape me to what I have become today," added Hussein.

Soon after he completed his degree, Hussein founded a food supply business with his family: Habibi Food Supply and Catering. Hussein applied what he had learnt and managed the business while his mother and sister took care of the operations. Their business aimed to provide safer, hygienic and healthier food for people.

"While running the business, I felt that it was my responsibility to give back to the community. Hence I started my own seminar called the 'Habibi Education Seminar', to share information about institutions in Malaysia, choices of courses, scholarships and more," said Hussein who plans to conduct the seminar in at least ten rural schools in Ipoh and hopes to help at least 5000 students.

In recognition of his achievement in entrepreneurship, academia and education,



Hussein was then selected as one of the Malaysian Delegates for YSEALI. Although he has achieved so much, there are still so many things left for him to get.

Ipoh Echo is privileged to tell the story of Hussein, the hardworking boy from Kampung Tawas. We wish the very best for you and good luck!

Ili Aqilah



iSpeak
A. Jeyaraj

NGOs Need to be Independent

Institut Darul Ridzuan (IDR) organised a Roundtable Dialogue with NGOs as a Satellite Programme of the Pangkor Dialogue at Casuarina Hotel recently. The programme started on a wrong footing when the participants were told not to speak in English and a panel member insisted we speak pure Malay. This put off many participants at the short sightedness of these people. Nowadays most people are comfortable speaking in Malay, but nervous to do so in English. This dialogue would have given an opportunity for people to speak in English. The proceedings of the Pangkor Dialogue are in English. The government is promoting usage of English and some 'Little Napoleons' want to derail this.

Professor Madya Dr Richard Ng was the moderator and shared his experience of the activities his NGO (Ipoh City Watch) had carried out. He recounted that during a flood relief activity his team carried out cleaning activities and were criticised for poor workmanship by the residents. As Director of the organisation he had to take responsibility for it.

This reminded me of an incident many years ago when the late Sultan Azlan Shah attended a wedding in Lim Garden. He told the host he was just a guest and not to treat him differently. He sat with the others. He had the right mindset. He attended the marriage as a colleague of the host and not as Sultan. When we volunteer we must forget about our status. When Jaya Gopi from Buntong organised cleaning of Sungai Buntong, he was the first to get into the river. This is leadership by example.

Topics discussed included how NGOs could qualify to get government funding from Dr Richard and Dato' Hj. Samsuddin Bin Hj Abu Hassan, Committee Chairman for NGO and Civil Society issued a Strategic Action Plan for NGOs in Perak which has nine focus points.

According to the UN, any kind of private organisation that is independent from government control can be termed an "NGO", provided it is not-for-profit and not simply an opposition political party.

By the above definition the government has nothing to do with the NGOs. They operate independently. The government has no right to interfere with the activities of NGOs or try to manipulate them. There is no justification to come up with this Plan which is irrelevant. The people who set up NGOs are mature enough and know what they are doing. NGOs can act as advisors to the government and not the other way around.

I am not sure where Samsudin got this idea from. I do not know which countries

practice this. We are a democracy and there must be no government meddling in running of NGOs. Russia has nearly 300,000 NGOs and I doubt the government is controlling them.

Samsudin can set up GROs, Government Related Organisations which would support all government policies. There will be no conflict of interest. As Exco for Civil Society what he should do is organise programmes to create awareness for the public on their rights as enshrined in our Constitution.

The 2016 Edelman Trust Barometer, an Annual Global Study, found that Malaysians trust NGOs more than they do their own government. This is because NGOs are independent.

I request Samsudin to withdraw this plan and not try to influence NGOs. He must leave the NGOs alone. Instead he should provide funding to deserving NGOs even if they do not support his policies.



Arts and Culture

Malaysia's 1st International Reggae Festival Hits Perak

Pictures by Yob Dabai



Fans of Reggae music in Malaysia gathered at Tanjung Tualang Dredge (TT5) on September 9 and 10 to witness the first ever International Reggae Festival organised by People Of Remarkable Talent (PORT), the State Government, MB Incorporated, Tourism Perak, National Anti-Drug Agency of Malaysia (AADK) and the International Reggae Society.

The two-day long festival not only had one of the biggest reggae concerts in the country but also promoted a healthier way to enjoy music without drugs.

Local reggae bands such as Balok People, Poe & The Retired Stoners, and Skudap Skudip were among performers at the festival together with international acts from Australia, Indonesia, Egypt and many more.

"In conjunction with Visit Perak Year 2017, PORT is very pleased with the turnouts at this the first ever International Reggae Festival" said Syed Zarul Hisham Syen Khairuddin, assistant manager for PORT.

Ili Aqilah

A Night of Jazz, Soul and Rock & Roll

Maya Hanum and Mireia Frutos Fernandez were on centre stage at The Dome, Meru Valley Resort on Saturday evening, September 10. Organised by the Ipoh Fine Arts Society, "A Night of Jazz, Soul and Rock & Roll" was held for the benefit of the women's wing of the haemophilia society of Malaysia.

Originally from Ipoh, Maya is now a makeup artist based in Kuala Lumpur. Besides doing make-up, she sings and acts too. Some of the events in which she had performed included the finals of Miss Malaysia Indian Global 2015 and the press conference of KLIFW (Kuala Lumpur Indie Fashion Week 2016).

"I've always liked performing for people ever since I was little. When we had guests in the house, I wouldn't shut up. I guess that's how singing came into play," said Maya.

Mireia was born in Madrid, Spain and is now a freelance musician in Kuala Lumpur. She did her bachelor's degree in the Aragon Conservatory of Music, Spain and her Masters of Music in Piano Performance at the Franz Liszt Academy of Music in Budapest, Hungary.

"I started playing the piano when I was eight, I just liked it and I haven't stopped since. Music itself is an inspiration to me, as each time I play the piano, I grow along with it and that's the best part," exclaimed Mireia.

They met and performed recently at a joint project between Malaysia and Spain, where they brought Flamenco Music to Kuala Lumpur in a production called "Humano Flamenco".

"When we met we clicked so well. Mireia plays the piano so beautifully and that impresses me," said Maya.

"A Night of Jazz, Soul and Rock & Roll" was divided into two intervals. The whole show lasted an hour and thirty minutes. Songs by Aretha Franklin, Barbra Streisand and even contemporary ones like "Take Me to Church" by Hozier were some of the tunes that were played and sung impeccably.

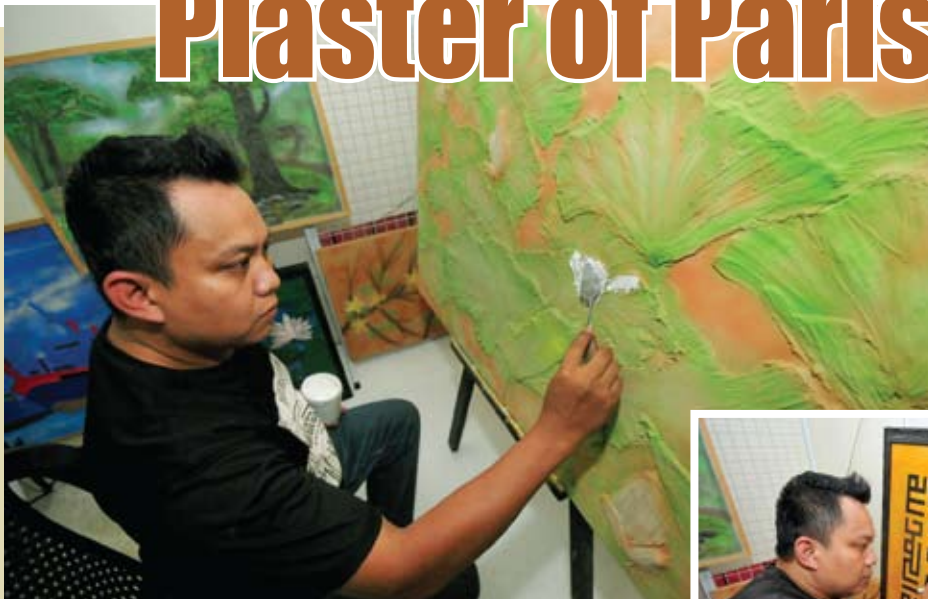
The crowd was transfixed by the duo's exquisite performance and while they feasted their eyes and ears, lucky draws were held in between. Dinner was served before the show began.

"The best part about playing the piano is I get to travel and perform at the same time. And as I perform, I get the opportunity to learn about the different beliefs and cultures. Now I'd like to learn a Malaysian traditional instrument," expressed Mireia.

"I am filled with emotions. I felt excited, nervous and happy to perform in my hometown. It was a heartwarming experience for us both," Maya enthused.

Khaleeja

Creating with Plaster of Paris



The usage of plaster of paris is not confined to the medical and construction field only, it is applicable for creative art too. This is demonstrated by Yu Azman Hamid, 41, who creates his own impressions using materials not commonly used by artists in the country.

Yu Azman has 18 years of experience as a graphic designer in ceramic making.

"Perhaps I am among the first to create real-life art or sculpture using plaster of paris. I fall back on my experience and talent to create one-of-a-kind sculptures. My interest in real-life art began after following it on the internet. It's very popular in the Ukraine. My first painting had a lotus motif and it sold after attracting much attention. This spurs me to create more," he said at his studio in Taman Silibin.

Yu Azman studied model and mould creation at USM, Tronoh and UiTM Shah Alam from 1997 to 1998. Incidentally, he was a top graphic design student at Cosmopoint College, Ipoh in 2003.

Besides painting with natural motifs, he expands his repertoire by producing *khat*



kufi (Arabic calligraphy) with the same material.

"I am attracted by the beauty of *khat kufi*. Before this, *khat kufi* is commonly done on canvas. I feel it's better to use plaster of paris as it is more durable. Moreover, it's a combination of textures. To date, I've created over 5000 *khat kufi* and the response is most encouraging. I receive a lot of orders for formal occasions," he added.

Yu Azman emerged champion at a local ceramic art competition organised by the Perak State Development Corporation last December.

To nurture young talent he conducts free painting classes at an Ipoh-based religious school for the last five years. "I'm happy to share my knowledge with the students and anyone who has a passion for art. I hope my dream of owning my own gallery will materialise one day. My creations appeal to both locals and foreigners. Hopefully, someone out there can make my dream come true," he enthused.

Those interested to know more can visit Yu Azman's Facebook page at: *YU Azman Hamid - Skill of Art*.

Rosli Mansor

Arts & Culture

Writing Children's Books

Editor cum consultant of Scholastic Asia, Daphne Lee and Tutu Dutta Yean, author of children and young adult's books were guests at the September's edition of Sharpened Word. The discussion topic was "Writing Children's Books for Malaysia". It took place on Saturday, September 24 at the Old Andersonian Club.

Daphne has more than 20 years' experience in the publishing industry. She was a journalist with The Star and wrote weekly on children's books. Her

current topic is on the Malaysian book industry, which she writes monthly. "I tend not to write for children because it's not easy," she said.

In 2009, Scholastic Asia decided to publish Asian books with an Asian flavour, since there is a dearth of it in the country.

As an editor, Daphne reads manuscripts, selects books and work with writers and publishers to get their books ready.

"Malaysians have problems reading local books. We still don't have that sense of appreciation. We're raised to believe that everything good comes from the West," she posited.

We do not realise that Malaysians have so many stories to tell and who could tell them better but ourselves.

The difference between novellas, novels and novelettes is the length of the words. However, what most people are confused with are pictured and illustrated books.

In a pictured book, every page needs to have a picture in order to tell a story. This is something we do not notice and every picture needs to encourage the readers to turn the page.

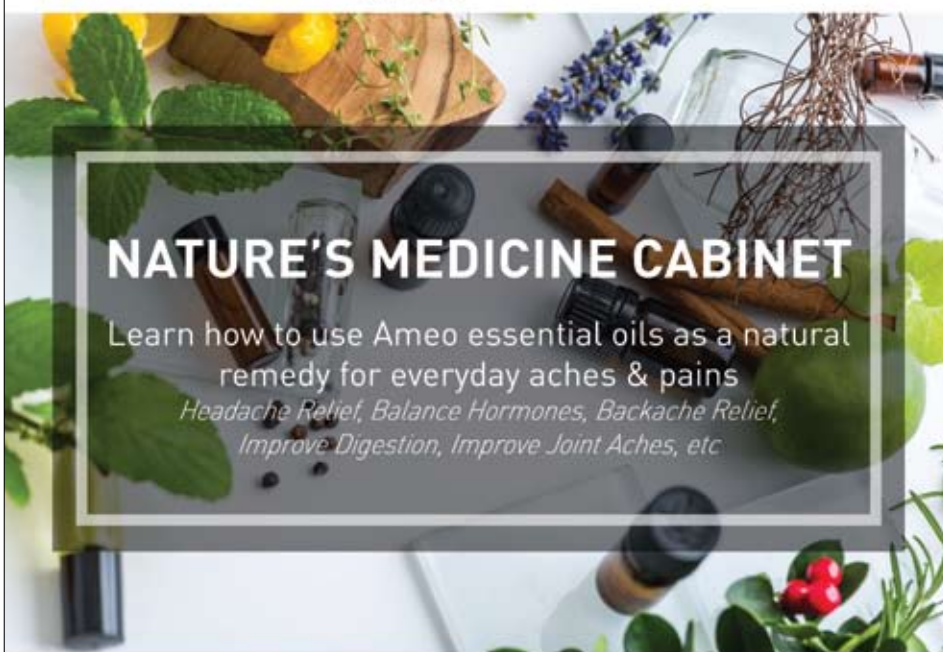
"I feel every writer needs an editor because we don't see our weaknesses. Even when I write, I'll always show it to someone for suggestions, opinions and editing," said Daphne.

"Disney stories are notoriously sugar-coated. They don't reflect the true nature of a woman or a girl. Happily ever after goes well with certain stories. It's not a one-fit-all thing," she reasoned.

"Reading and valuing isn't something we can force on people. Most of it needs to be personal. Even I don't know how to get a person to read. In the local publishing scene, flooding the market is the way to go," she added.

Tutu is the author of eight books, "Timeless Tales of Malaysia", "Eight Treasures of the Dragon", and the middle grade series of "The Jugra Chronicles", to name a few. When she was an undergraduate, she won a scholarship to attend summer school in Japan.

"It all started when my husband moved to New York for work. I visited the good bookstores there and managed to discuss with some of the New York writers. I then concluded that it was time to write about Malaysia," said Tutu.



6th October 2016
Thursday

10:00am | Function Room,
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Speaker - Shorbana Martin

**Certified Cosmeotologist and Clinical Aromatherapist specialising in Energy
Therapy**

She started researching and compiling Asian folktales and identifying the plots. She learned how to construct a story. She tried pitching her idea but publishers were not keen.

So, she got together with a group of people and they self-published their stories in the form of a storybook in 2005. Tutu does her own illustrations in her books.

"When I did a book that was set in Sarawak, people from all the world loved it. Sadly, it wasn't so well received in Malaysia but Malaysian children, who were based overseas, treasured them," she recounted.

"It's very difficult to self-publish because you have to pay for everything. Marketing is the hardest part. I think having an editor is essential because we can never see our own mistakes," Tutu insisted.

Tutu's advice for budding writers when pitching a story is to always prepare a full manuscript. Before preparing one, be sure to research the publishers' backgrounds because each publisher has its own taboos.

Khaleeja

Opinion

To Age or Not to Age?

"I want to die a young man at a ripe old age" – Ashley Montagu

This may seem trivial but it did spark a thought in me. Whenever I watch TV or read a magazine, I am constantly reminded to be youthful and flawless. Should I shop for an anti-wrinkle cream to wipe away those threatening lines?

I guess those anti-ageing products are preventive measures aimed at humanoids of all ages. We are told about the effects of UV damage on our skin and how toxic it is. My question is – as long as I am healthy must I be worried about the lines on my face?

The quest for everlasting youth is as old as time itself. The wicked queen in Snow White is forever obsessed with being the fairest of them all to the extent of killing her young step daughter. And so is Cinderella's stepmother and the fairy godmother in Sleeping Beauty. They fear growing old and are envious of more youthful woman. There is satisfaction in knowing it will end in tears, which it does. We are programmed to worship youthfulness.

What can we do to preserve this youth? Like those wicked queens, the beauty industry and the media encourage us to go to war. It is the same battle cry, "preventative measures, taking action, fighting the signs and banishing wrinkles". We are so used to this quasi-military terminology.

Women's magazines trumpet "breakthroughs in the battle against ageing". Is it any wonder why we fear ageing?

Anti-ageing is the grist to the TV shows' mill, multi-media etc. Women's magazines use bellicose words to tempt us into chronological warfare. We "fight" the visible signs of ageing using weapons of crass destruction such as Botox, fillers and anything cosmetic and pharmaceutical companies can dream up.

The war on ageing is on! It supersedes vanity. It has become a battle of the "free

radicals" against evil collagen depletion. Product marketing insists that an aged face is a diseased one that we must fight and cure.

A wrinkled face no longer represents maturity and wisdom; it is the world's sworn enemy. The beauty business features models telling us to thwart ageing before it is too late. Over-priced products like "Biocollaxis Complex Cell Recovery Cream" beckon, when we don't know what the name means?

The beauty companies are warmongers. Rally the troops. Together we must fight the threat of mature skin.

These treatments obscure a more disturbing aspect of our society that we speak of ageing as a disease. What are these "preventable" signs? Why do we believe it's possible to "turn back the clock"? This goes to the heart of age-anxiety: not simply that we fear our mortality, but are ashamed of ageing.

This fear is sown in us from young perhaps. Fears of ageing are fed to women from childhood, in stories and fairy tales full of terrifying old witchy figures. ast anti-ageing

Maybe the knife or the laser or that magic cream is the coward's way out, or maybe it is not. Who are we to judge?

The pressure is so powerful that opting in and making fun are two sides of the same coin. When it comes to ageing, it is not like we have a choice. I suppose the kindest thing we can do is approach it with an open mind and stop worrying about what everyone else is doing.

Worrying, of course, causes wrinkles.

Cecilia Chan

My Say

By Jerry Francis



National Unity Can Only be Gained through Trust, Not Just by Urging

I was thrilled and jubilated as most Malaysians over the recent Merdeka and Malaysia Day celebrations.

Despite some initial concerns that a certain terror group might cause disturbances in the country during the celebrations, all had gone well in peace and harmony. There has been no report of any untoward incident. The celebrations marked yet another milestone as the country forge towards building a prosperous and developed nation.

However, what worries me are the continuous calls by politicians, including our national leaders, for unity among all Malaysians. Their speeches were filled with emphasis on the need for unity. Even this year's theme for the celebrations "Sehati, Sejiwa (One heart, One soul)" is reflecting on unity.

Prime Minister Datuk Seri Najib Razak in his Malaysia Day speech, assured that the people would stay united in facing threats that would affect the security and sovereignty of the nation.

"Rest assured, we will stand together in facing threats against the country, just like we did during the Lahad Datu intrusion," he stressed. His deputy Datuk Seri Dr Ahmad Zahid Hamidi, too, urged Malaysians to be united and maintain national stability.

Why it is necessary after more than five decades since independence, that the political leaders are still harping on unity? Was the show of patriotism and joy during the celebrations only superficial? Are Malaysians still far from being fully integrated and united?

Judging from the calls of the politicians, I would think so. The politicians themselves who are sometimes behind the breakup of unity, should know better, as they are always close to the *rakyat* and are therefore able to gauge their feelings on unity.

When can we, in full confidence, say all Malaysians are united? Or do we have to go on for yet another five decades hoping to attain full integration and unity? What has gone wrong with the national efforts to unite all Malaysians? Instead of moving forward, we seem to be moving backward.

There is a need to examine the causes and take steps to remedy them. Otherwise, there will always be dissatisfaction and distrust among the various races in the country, resulting in disunity.

The older generation can always recollect with fond memories of the harmony and unity they experienced in the early post-Merdeka days.

Even in sports, particularly soccer and hockey, we had excelled, not because the training then was better, but because there was unity and dedication among the various races participating in sports.

It is my view that the biggest obstacle in national unity is race politics. As long as it is in existence in the country, racial issues will always emerge as some young politicians would champion certain sensitive issues to gain popularity at the expense of unity.

The appointment of special affair advisers in the national and state levels based on race to deal with the people, are also creating an impression that an officer could only be "fair and just" when dealing with someone from his own community.

So Chinese are appointed as advisers for Chinese affairs, Indian for Indian affairs, and Dayak for Dayak affairs.

What about those like me – who are classified under "lain-lain"? Well, we do not have the numbers, so it does not seem to matter.

First of all we need to trust every officer, from the highest to the lowest tiers of the government and its agencies, to look into the problems of every Malaysian, irrespective of race or religion, without bias.

Loyalty and unity can only be gained by treating every Malaysian with goodwill and understanding, not just by urging.

Otherwise, we can go on calling for unity year after year, decade after decade, and yet fail to achieve national unity.

Sport

KLK Muhibah Cup

For the second consecutive year, Kuala Lumpur Kepong Berhad (KLK) hosted a goodwill football tournament for boys under 16 to provide a platform for the multiracial populace to interact and play together. It followed a similar tournament for boys under 12 in May.

Held at the D R Seenivasagam Park and the adjacent field at YMCA, the two-day competition was jointly organised by Ipoh Bug, a sports event management entity.

A total of 15 teams from schools and football clubs in Perak competed in the spirit of sportsmanship.

Prizes were presented by Lim Poh Poh, Head of Investor Relations and Corporate Communications of KLK.

"This year we've new teams. Seeing the players enjoying the game and displaying teamwork give us much satisfaction. It's a way to give back to society. We hope to nurture their football talent from young, as there aren't many competitions, especially for those under 12," Lim told Ipoh Echo on Sunday, September 4.

Winners walked away with cash prizes up to RM1000, medals, footballs and socks. Mohd Adam from Anderson School was adjudged the best player.

Mei Kuan

Here is the list of the winning teams:			
1.	Anderson School	5.	7 Waves
2.	Ipoh Fridays Club	6.	Ipoh Bug
3.	Appit	7.	Malaysian Armed Forces
4.	Gopeng Kid	8.	Poi Lam School



Perak Wins Water Polo

Perak's water polo team, led by coach David Heong, won the National Under-15 Championship in Kuching recently.

It is an annual competition and this year Sarawak was the host. Water polo consists of 13 players, seven are in the water, the remaining six are reserves. "This time we have students from St Michael's Institution, Tenby Ipoh Schools, SMK Methodist (ACS) Ipoh and Sam Tet," said David. Four other states took part in the Under-15 category and Perak came on top.

"We've programmes for non-swimmers and water polo players. It depends on the students, if they want to learn swimming or to play water polo, we'll teach them," he told Ipoh Echo. They have coaches from Tenby Schools helping to train the team. Training sessions are held at the Kinta Swimming Club.

Lifesaving lessons too are conducted. It is a non-stop programme aimed at perfecting the students' capabilities and techniques. "I started coaching around 1999 till 2005 before taking a break. When I stopped, the state team's performance plunged so I returned in 2013 and formed this junior team," said David.

A former state and national player, David, an ACS alumnus, started playing the game when he was 13. Presently, he is the only qualified water polo coach in Perak.

His one complaint is the tight budget which could hinder the progress of the game. He hopes for more funding and sponsorship, as expenses for trips are being borne by the students' parents.

Two of his players, Heong Zhao Yuan, 15, and Loh Siew May, 19, were picked for next year's SEA Games selection. Heong was one of the top scorers in Kuching.

Water polo, according to David, is not widely known in Malaysia. It is unfortunate because it is a healthy sport and like all sports, it teaches discipline and instils camaraderie. "We're currently training for the upcoming Sukma Games which will be held in Ipoh next year. I hope the team will remain intact till then," he added.

Readers keen on learning to swim, save lives and play water polo do get in touch with David. He can be reached at 012 511 1238.

Khaleecja

Property

Groundbreaking Ceremony

Green Venture Capital (GVC), a subsidiary of Wawasan Qi Properties Group (WQIP) held a ground-breaking ceremony for their upcoming project on Qi City. It was held at the intended site in Bandar Meru Raya, Ipoh on Friday, September 9.

The event, which began at 9.30am, was attended by Menteri Besar, Dato' Seri Diraja Dr Zambry Abdul Kadir; Chief Executive Officer of GVC, Chandragesan Suppiah; Executive Chairman of Qi Group, Dato' Sri Vijay Eswaran and Chairman of China Energy Hua Ren, Wang Wei.

The first phase of the RM1.2 billion project, consisting of mixed residential and a commercial education city sits on a 26-acre site. It is expected to complete in three years. This is where the new Quest International University Perak (QIUP) campus will be located.

A 840-bed teaching hospital, three condominium blocks with a total of 768 units, retail outlets, 460 units of hotel suites and a convention centre which can accommodate 1500 people are also in the pipeline.

"By having this, we're putting Ipoh on the medical tourism map with Meru at its centre. I am excited to see how it develops," said Vijay.

"We're using University Malaya Medical Centre as our model and we have obtained its cooperation," he added.

The developers have picked Ipoh, as they felt the city has much potential.



"This development is bound to create opportunities for commercial growth, investments and a catalyst for employment," said Chandragesan.

Zambry expressed his satisfaction with the on-going projects as they complement the state's aspiration of developing Perak into a global commercial, education and medical hub – a one of its kind.

Khaleeja

Business

Perak State to Promote Innovative Entrepreneurship

With the mission to develop a strategic roadmap for innovative entrepreneurship development in the state of Perak, the Malaysian Global Innovation & Creative Centre (MaGIC) and Perak State Government through its agency, KPerak Implementation and Coordination Corporation (KPerak), signed a Memorandum of Understanding (MOU) on September 6 during the Pangkor Dialogue 2016 at Casuarina@Meru.

The annual dialogue, held to inspire sustainable economic growth in the region, witnessed the MOU signing ceremony between CEO of MaGIC, Ashran Dato' Ghazi and KPerak's CEO, Mohd Nazaruddin Mohd Yusoff and was attended by Menteri Besar Perak, Dato' Seri Diraja Dr Zambry Abdul Kadir.

"Malaysia has recognised the importance of creativity and innovation in helping transform our nation by 2020. The state of Perak looks forward to working with MaGIC on this strategic roadmap where it will not only help local entrepreneurs to hone their business skills but also develop great ideas into viable business," said Dr Zambry in his opening speech.

The MOU captured three key points of agreement. First, to cultivate the grassroots adoption of Malaysia's National Blue Ocean Strategy (NBOS) by giving greater support to the state's entrepreneurs; second, is to tailor strategic entrepreneurship training and labs for future MaGIC initiatives; and third is to explore how best to help the state to become the entrepreneurship hub for Malaysia's northern region.

"It is great to have the opportunity to collaborate with the future entrepreneurs in Perak, sharing knowledge and experiences. MaGIC is working to transform the entrepreneurship landscape across the whole of Malaysia and I hope our cooperation



with Perak will be a sign of things to come," said Ashran.

This also signifies MaGIC's commitment to work together with the local communities and develop a new crop of entrepreneurs in Malaysia where they will support and nurture entrepreneurs at every stage of their startup journey. The strategic roadmap will drive involvement from entrepreneurs (existing and aspirational) in the state of Perak.

Ili Aqilah

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.

Noah's Ark Ipoh Rock and Roll Fundraiser Night. Friday **October 7**, 7pm at Kinta Riverfront Hotel. Guest appearance: Harith Iskander. Dress code: Rock and Roll. For enquiries, call Jeya **012 538 6366**, Malika **017 575 1556** or Claudia **012 359 0476**.

The Perak Society for the Promotion of Mental Health is organising a **charity food fair** to raise fund. Sunday, **October 9**, 9am to 2.30pm at St John Ambulance Hall along Jalan Raja Musa Aziz. For more details, contact Angeline at **05 5332167**.

Perak Academy Talk: 'Role Of The World Bank In Higher Education' by Dr Chai Hon Chan. Wednesday **October 12** from 7.30pm to 10.30pm at Symphony Suites & Hotel, Symphony 3, Level 1, Lapangan Symphony Business Park, Jalan Lapangan Symphony, 31350 Ipoh. Dress Code: smart casual. Registration fee: RM50 per person (inclusive of dinner). Contact Miss Lum for reservation, latest by October 10: **05 241 3742** or **016 221 3742**.

The Salvation Army Open Day, Saturday **October 15**, 9am to 1pm at Boys Home, Jalan Tambun, Ipoh. Support by: selling coupons, running a stall or having a fun day! Contact: **05 254 9767**, **05 545 7819**, **05 526 2108** or **05 545 3269**. Email: ipoh_childrens_home@smm.salvationarmy.org.

Movie Screening with Amnesty International Malaysia's Ipoh Local Group. Sunday **October 16**, 4pm to 6pm at No. 5B, Level 2, Persiaran Greentown 9, Greentown Business Centre, 30450 Ipoh (same row as Affin Bank). On human rights abuse in conjunction with World Day Against Death Penalty. Contact person: Punniaseelan **019 336 3224** or Haji Darji **011 3501 4877**.

Open Day and Food & Fun Fair at Ladang Care (a project of Malaysian Care), Chenderiang on Saturday **October 22** from 10am to 2pm. To raise funds for the additional training facilities for the orang asli and orang asal in sustainable agriculture on the 15-acre farm. For more information, log into www.malaysiancare.org or contact Stanley Lim **012 588 1925** or Nicholas **03 9058 2102** (ext 504).

Nasam Ipoh Food & Fun Fair, Saturday **October 22**, 8.30am-1pm at 9 Lorong Pinji, Off Jalan Pasir Puteh, 31650 Ipoh. For details, call **05 321 1089** (Jennifer).

Run for Reading 5km & 10km, October 23 at Perbadanan Perpustakaan Awam Negeri Perak, 17 Jalan Raja Di Hilir, 30350 Ipoh. More info: Runnerific blog post or walk-in registration at Library during office hours. Call: **016 635 8594** or Whatsapp **011 2616 4600/010 912 9853**. Email: relifeactivesports@gmail.com.

Sukhavana Meditation Monastery Sanghika Dana on Sunday **November 6** at Bercham Cave, Lebuhraya Bercham Selatan 1. The event will start with free breakfast for all at 7.15am, followed by pindapata (alms round), offering of requisites and food to the Sangha, Dhamma talk and will end at 11am with free lunch for all guests. All are welcome. For details, contact Tan Swee Lian **016 536 4301**, William Teh **012 552 6372**, Tioh Hee Yock **012 512 6203**, or email to admin@sukhavana.org or refer to our Facebook page: Sukhavana Meditation Monastery, Ipoh, Perak.

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 Di Hilir, 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**.

The Dementia Day-care Centre is open daily from 9am till 5pm. 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.

Garden Market @ PORT Ipoh. Friday, Saturday & Sunday nights, 6pm onwards. Food trucks, book, antiques, vintage comics, collectibles, buskers, bundle, pre-loved items, etc. Wayang Pacak on Friday and Saturday nights.

Renovations at Gerbang Malam. Due to the renovation and restoration happening at Jalan Dato Tahwil Azar, all stalls at Gerbang Malam are now relocated to Tingkat Pasar, Hala Pasar Baru and Lintasan Pasar Baru from **September 16 to December 31**.

Sport

ICC Free Wall Climbing Session

Outdoor sports enthusiasts can now head to Indera Mulia Stadium to work off excess energy with wall climbing sessions held for free by the Ipoh Climbers Community (ICC).

The club, founded in 2012, was dedicated to Ipohites and Perakeans who enjoyed outdoor sports including hiking, rock climbing, water activities such as kayaking, white water rafting and many more. One of its three founders, Muhamad Amir Abu Bakar, 30, believes that such activities is one of the many healthy ones in which to socialise.

"Together with two of my friends, Mohd Firdaus Nazmi and Mohd Azrin, we have always been a fan of outdoor sports. Later we decided to set up a community for like minded people to meet up and share their experience," added Amir.

Readers who are keen on trying wall climbing can do so by coming to the sport complex every evening from 5.40pm till 7pm where Amir and his team will be there to guide them one by one.

"There is no limit age or weight to do wall climbing. As long as you have the passion and the courage to try, we are here to help you out," said Amir who recalled that the youngest participant they ever had was a three-year-old.

For Herman Iskandar Dzulkarnain, an adrenaline junkie himself, he preached on the efforts taken by ICC to promote outdoor sports to the public.

"Recreational activities such as rock and wall climbing are often mistaken as activities only for thrill seekers. But with good instruction and equipment, it is safe to try and it can be enjoyable too," said Herman.

While individuals may walk in, bigger groups may need to make an appointment with ICC where 'clinics' will be held to give them better knowledge on wall climbing.

ICC can be contacted via Facebook at www.facebook.com/Ipoh-Climbers-Community-ICC or visit their Instagram at www.instagram.com/ipoh_climbers_community.

Ili Aqilah



The biggest event in the equestrian sports calendar, the International Horse Show is a yearly affair hosted in rotation between the three turf clubs located in Perak, Selangor and Penang, respectively. With the objective of showcasing equestrian sports to the public, the silver state plays host this year with the Perak Turf Club and PRTC Equestrian Club being the organisers.

To be held from Thursday, **October 13**, the four-day occasion features competitions from mixed disciplines such as show jumping, dressage, obstacle archery, fancy dress, cross country and triathlon. It is jam-packed with family-oriented activities, traditional carnival delights and exhibitions. On the cards are horse breeds display, face painting, magic show, fire eaters, carnival eats, pony and carriage rides.

Equestrian competitions will go on throughout the four days while the expo and carnival will begin on the second day.



"The biggest highlight is the third leg of the show jumping event for the 2017 SEA Games qualifier to be held on the third day which will attract top riders. Plus, we are having obstacle archery for the first-time ever," Soo Lai Kwok, General Manager of the Perak Turf Club told Ipoh Echo. The knock-out six bar competition will be the crowning moment of the opening ceremony on Saturday, October 15.

When asked about the potential of equestrian sports in Ipoh, Lai Hah Wan, the Deputy General Manager of Perak Turf Club replied, "Equestrian sports tend to be viewed as an elitist game. At our centre here, we have very affordable riding lessons. Hence it's not totally out of reach. I hope the horse show can help spur public interest in the sport when they see the top riders in action."

In addition, the organisers will be hosting over 200 underprivileged children from welfare homes and organisations for the disabled, to lunch during the fair.

From exciting speed, agility and nail-biting competitions for horse enthusiasts to educational, hands-on and fun activities for the young ones, it will be a great family day out.

Admission is free. For more details, do swing by their website: perakturfclub.my.

Mei Kuan