

SUNWAY
COLLEGE Ipoh

INTERNAL & EXTERNAL
SCHOLARSHIPS
2017
AVAILABLE

OPEN DAY
11-12 & 18-19 MARCH 2017
10.00 am - 4.00 pm

Open on Workdays & Weekends (March-1st Week April 2017)
Mondays - Fridays 8:30 am - 5:30 pm
Saturdays & selected Sundays 10:00 am - 4:00 pm

05-545 4398
infoipoh@sunway.edu.my
SunwayCollegeIpoh
@sunwaycol_ipoh
sunway.edu.my/ipoh
sunwaycollegeipoh

www.ipohecho.com.my

IPOHecho

FREE COPY

Your Voice In The Community Since 2006

Feb 16 - 28, 2017

PP 14252/10/2012(031136)

30 SEN FOR DELIVERY TO YOUR DOORSTEP -
ASK YOUR NEWSVENDOR

ISSUE **252**

100,000 print readers ★ 1,210,165 online hits in January (verifiable)

Second-Hand Goods Dealers



By A. Jeyaraj
Pictures by Luqman Hakim

Today they would carry euphemisms like 'pre-loved' or refurbished but second-hand has served this community well. We are referring to the second-hand goods dealers in Jalan Bendahara who started their business in the early forties from a one and half acre plot of land. Initially they went on foot and bicycles and were buying old bottles, gunny sacks and scrap iron. They supplied the bottles to the hospitals. As they gained experience, they expanded their business by trading in second-hand spares for motor vehicles, heavy machinery and other equipment. They are now well established and acknowledged as THE major second-hand goods dealers in the country. The Indians still call this place *botha kadai* meaning bottle shop.

Continued on page 2

D'PALACE CARE CENTRE FOR SENIOR CITIZEN

Our Services :

- Elderly Care (Dementia)
- General Nursing Care (Tube Feeding/ Wound Care/ Tracheostomy Care/ Stoma Care)
- Physiotherapy (Stroke)
- Palliative Care
- Caregivers Only Professional Nurses

24 Hours Nursing Care

- VIP- Exclusive Room is Available
- 24hrs CCTV
- Excellent Facilities:
 - Oxygen Concentrator
 - Emergency Equipments

FREE Massage Therapy One Session

D'PALACE Care Centre For Senior Citizen
d-palacecarecentre@hotmail.com

No. 18, Jalan Sri Klebang 4, Bandar Baru Sri Klebang,
31200 Ipoh, Perak.
H/P : 016-555 4935 / 016-444 3032

VISIT PERAK YEAR PROMOTION

Date : 25 & 26 February 2017
Time : 10.00am - 10.00pm
Venue : Ipoh Parade

Lost World Explorer Pass
Valid for 6 months from the activation date

| Malaysian Promotion Rate | Non-Malaysian Promotion Rate | Published Rate |
|--------------------------|------------------------------|------------------|
| RM130 | RM180 | RM588 |

Lost World Hot Springs & Spa Annual Pass

| Perakian Member Renewal | Perakian New Sign Up | Published Rate |
|-------------------------|----------------------|------------------|
| RM70 | RM80 | RM388 |

*Terms and Conditions Apply. For more information:
☎ 605-542 8888 🌐 www.sunwaylostworldoftambun.com 📱 [lostworldoftambun](https://www.facebook.com/lostworldoftambun)
Sunway Lost World Water Park Sdn. Bhd. (240342-P) Sunway Lost World Hotel Sdn. Bhd. (862578-V) No. 1, Persiaran Lagun Sunway 1, Sunway City Ipoh, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.

SUNWAY®

GIA CERTIFIED DIAMONDS
GEMOLOGICAL INSTITUTE OF AMERICA

Adris jewellers

12D, Persiaran Greentown 1, Greentown Business Centre, 30450 Ipoh, Perak Darul Ridzuan, Malaysia.
adris.com.my | [f](https://www.facebook.com/adrisjw) [i](https://www.instagram.com/adrisjw)

From Local Bottle Shop to Export Market

The traders came from the Ramnad District in Tamil Nadu, India and belong to the Ayira Vaisiya Chettiar community and are different from the money-lending chettiars. The traders were not related and came together to seek greener pastures.

In the beginning about 50 people were involved in the business. They stayed in a wooden house within the compound and shared communal cooking. The wooden house is still standing in the yard of RAJA & Co along Jalan Bendahara, but no one is staying there now.

During the heydays in the fifties and sixties, this was more or less the only place in the country where a group of traders were selling second hand goods in one location. During weekends businessmen from all over the country came here to purchase their goods. It was a one-stop centre for people looking for second-hand spares. Jalan Bendahara is still synonymous as a place to look for second-hand spares especially for old vehicles.

From the seventies onwards, people from other towns started similar businesses and there was stiff competition. The dealers in Jalan Bendahara decided to venture into the export business which led to their current status where their main business is in the export market. They export to Asean countries, Bangladesh, Pakistan, Afghanistan, Middle East, Nigeria and others.

Since they do not advertise and are not active in online business, I asked R. Seetha, Managing Partner, R. Seetha Raja Enterprise how buyers from overseas know about their them. In reply he said, "We have our own networking and if a person wants something, he would soon discover where to get it from and come to us."

Seetha said that they used to purchase their goods from agents in KL, but he now usually travels to Japan, Middle East and Europe to purchase second-hand goods. They have acquired the expertise to buy second-hand spares that are in demand.

In the late seventies MBI asked them to vacate the place due to congestion and provided them with alternate sites. The dealers made two decisions. They rented land along Jalan Kuan Woh Yuen which is at the end of Jalan Bendahara and also bought

M.R. & Sons Vehicle Parts Sdn Bhd

This is the biggest and most well established company and has a warehouse in a three acre plot of land in Pengkalan. M. Ramachandran, Chairman said that his company moved to the present site in 2000 and employs 30 people. He added that his son is the fourth generation descendant doing this business.

Ramachandran said that his company deals mainly in lorry spare parts and purchases mainly from agents in KL. Their business is known by word of mouth. They mainly export to overseas markets.



Thangam Auto Parts Sdn Bhd

T. Letchumanan, Director said that he was new to this business and learnt it on his own and has been doing it for the past 25 years. He specialises in long trucks, buses and their spares. His main office is in Menglembu and the yard in Jalan Kuan Woh Yuen is mainly for walk-in customers. He travels overseas to purchase his spares.



their own land in Pengkalan and Menglembu industrial estates and built their warehouses there.

T. Letchumanan, Director, Thangam Auto Parts Sdn Bhd, whose yard is in Jalan Kuan Woh Yuen said that his main office is in Menglembu where he keeps his stock and he has his sales office in Jalan Kuan Woh Yuen. Since Jalan Kuan Woh Yuen is well known, he reckons it is best to have an office here to deal with walk-in customers. As they are renting the place it was not prudent to put up new buildings since they may be asked to vacate at anytime. The yards in Jalan Kuan Woh Yuen are in old wooden buildings and temporary makeshift buildings. Though the buildings look dilapidated, the spares are stacked neatly with aisles for forklifts to move about.

In 1998 a major fire destroyed most of the shops in the original place in Jalan Bendahara and goods worth a few million ringgit were lost. Only about five of the original buildings are remaining and are still in business. Currently about 60 companies are involved in this business.

The people doing the business now are second, third and fourth generation descendants. Though every company is doing the same business, each one has its own niche market.

The proprietors were reluctant to talk at length and said that previously when information of their companies were published, they were robbed. A few of the popular companies are:



R. Seetha Raja Enterprise

R. Seetha, Managing Partner said that he is a third-generation descendant and has been doing this for the past 25 years. His company mainly deals in mining equipment, heavy machinery and construction equipment. They recondition old equipment mainly for export. He travels to Japan, UK and Dubai to purchase the equipment.

Seetha said that his employees do the overhauling and repair works and have experience in doing this work. He gives limited warranty depending on the equipment and provides after-sales service.

He participates in online auctions and buys equipment through government tenders as well. His customers know of his business through networking.

His main warehouse is in Pengkalan and the store in Jalan Kuan Woh Yuen is a sales office which is well known to customers.



... Continued on page 6



HONOURIFIC TITLES UP FOR GRABS

If you are a “datuk” you have made it even if you may have nothing much to show in terms of service to the country.

The recent arrest of 60 hardened criminals, including four bearing the titles “Datuk” and “Datuk Seri”, amplifies the extent of the title-for-sale racket. Those arrested were from two criminal gangs operating on Penang Island and in Province Wellesley.

They are members of the 360 Devan Gang and Gang 24 who are involved in car hijacking and theft, drug-pushing, loan-sharking, prostitution and other related criminal activities. The gangs would resort to maiming and killing if their demands are not met by their victims.

The fact that their leaders have acquired honourific titles to give credence to their illegal activities has affected the sanctity of titles bestowed by sultans and governors on those who genuinely deserved them. And this is compounded by the oft-quoted joke about throwing a stone in the air and it landing on the head of a datuk. It says a lot about the value of the title “datuk” which is the local equivalent to the Queen-knighted “Sir” of which only a handful of Malaysians are so privileged.

The 360 Devan Gang has the most number of Datuks arrested. The leader of Gang 24 was nicknamed “Datuk M” (Datuk Muda) as he was only 32 years old when he met an untimely death at the hands of his bodyguard.

A fortnight ago a number of Datuks were being rounded up by the anti-corruption agency, MACC for corruption and money laundering. They will be charged in court soon.

Malaysia has gained much publicity for the wrong reasons. We are the country with the highest civil servants to population ratio. At the rate of 1:19.37 we are well ahead of Singapore (1:71.4), Indonesia (1:110) and China (1:108). Soon we will be the country with the highest number of titled crooks.

So why the obsession with the title “datuk” when it is now associated with those from the underworld? The reason is simple. There is this feeling of pride and of fulfillment that come on the heels of those titled “datuk”. If you are a “datuk” you have made it even if you may have nothing much to show in terms of service to the country.

I was at a restaurant recently when an acquaintance announced, rather proudly, that he had just got his “datukship”. I congratulated him. But when I asked which state was his datukship from, he seemed a little reluctant to answer. “Pahang”, he said sheepishly. I think he knows why Pahang’s datukship is being frowned upon.

Incidentally, the state has been dishing out the title in great number. Anyone with the right kind of money can acquire one “over the counter”. It is said that a discount is given if you purchase more than one. According to a Kuala Kangsar-based business entity, orders from Pahang for scrolls, sashes, ribbons and medals are huge.

What is most glaring about the whole episode is the absence of security vetting done on those about to receive titles and awards. That explains why hoodlums and the less savoury are privy to such privilege.

In the old days getting a medal was reason enough for a “kenduri” (feast). I remember my late granduncle who was awarded an AMP (Ahli Mahkota Perak) in recognition for his services as a village chief; the feast lasted a few days. I wonder how much the poor guy spent to feed the whole kampong. It meant a lot to him then although it was just a minor award.

There were many who refused titles while in office and had only relented when they retired. One was the late Wong Pow Nee, the first Chief Minister of Penang and the other was the late Dr Lim Chong Eu who became a “Tun” upon his retirement. Maxis and Astro boss, Ananda Krishnan, is another living example.

SITUATION VACANT

A full-time swimming instructor is immediately required by a Kuala Kangsar-based educational establishment. The person they are looking for must be someone qualified to teach/train both beginners and advanced swimmers between 13 to 17 years old. He will be based in Kuala Kangsar. An attractive remuneration package, including housing, awaits the successful candidate. Those keen on applying please call Faiz: 019 279 8574 for details or email your credentials/résumé to him: fhussin@yahoo.com

BEHAVIOUR MODIFICATION THERAPIST

A qualified therapist with vast experience offers the following for those in need:

- **Specialised and individualised programmes for families with special-needs children.**
- **Shadow aide for special-needs students entering mainstream schools.**
- **Conduct training and workshops in relation to all areas of special needs.**
- **Advice and consultations on ADD, ADHD, spectrum of autism, learning difficulties, stroke victims and senior citizens.**

Those in need of such services please call Mary Anne at **016-521 9064** or email your requirements to: manne536@outlook.com



And there are those who insist on being called by the many titles. So you have “Tan Sri, Dato Sri, Dato so and so” when one title is sufficient. Come on, you can’t take your datukship to your grave.

The worse are those who acquire their datukship from bogus sources. There is one in Ipoh, I am told. Many are aware of this guy’s illicit activities.

Will this title-buying spree ever stop? I don’t think so. For as long as there are people who are prepared to give an arm and a leg for a datukship, the business will thrive. The source is irrelevant.

EYE HEALTH — CATARACT (PART 2)

Ipoh Echo’s EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about CATARACT.



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

Cataracts may cause a **variety of symptoms** including a temporary improvement of vision for near. **Blurry vision** at any distance of course is the most common symptom of cataracts. Your vision may look **foggy**, filmy, or cloudy. People with cataracts may have an especially **hard time seeing at night** making it difficult when driving at night. The lights from oncoming car lights may scatter and cause **glare**.

A common complaint among housewives is that **colours seem washed-out** and dull. One patient who recently had her cataracts removed, actually asked her brother whether he had repainted his car white because she thought that his car colour was brown in the past (the time that she was seeing through her cataract!)

“SECOND-SIGHT OF AGING”

There is a phenomenon called “second sight of aging” in which paradoxically a person’s **reading vision suddenly improves** as a result of their increased nearsightedness from swelling of the cataract. You may sometimes hear people actually boasting that they do not need reading glasses anymore to read their daily newspapers. Many a times this so called improved vision for near is usually short-lived. It actually is a symptom of a maturing cataracts.

FREQUENT CHANGE OF SPECTACLES

If you find that you have been requiring to frequently change prescription spectacles every few months, this too may be a symptom of cataracts. Essentially, the spectacle power of contact **lenses** will have to be **increased** in order to get acceptable vision to the patient.



THE UNNOTICED BLURRING VISION

There are some patients who do not notice their blurring vision because the **cataract is more mature in only one eye**. This is because the **fellow eye compensates** for the vision requirement for their daily activity. The blurring vision is only noticed when they check the vision of each eye separately, only to be surprised that vision in one eye (with cataract) is so poor! Rarely, cataracts can cause double vision (also known as diplopia). As the cataract becomes more mature, the double vision may go away.

Cataracts usually progress gradually and are not painful.

They only become painful when they are extremely advanced or mature resulting in a condition called glaucoma where the eye pressure increases. Therefore, it is important **not to wait for the cataract to be too mature** before seeking eye treatment. Rapid or painful changes in vision are suspicious of other eye diseases and should be evaluated by an ophthalmologist. Take note of any unusual eye symptoms and get your eyes checked annually if you are above 40 years of age.

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

PUBLISHER

Ipoh Echo Sdn Bhd
(Regd No 687483 T)

153 Jalan Dato Lau Pak
Khuan, Ipoh Garden, 31400
Ipoh, Perak Darul Ridzuan.
Tel: (605) 249 5936
Fax: (605) 255 2181
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Tan Mei Kuan
Khaleeja Suhaimi

PERMISSION AND RE-PRINTS

Materials in Ipoh Echo may not be reproduced in any form without the written permission of the publisher.

PRINTER

Ultimate Print Sdn. Bhd.,
Lot 2, Jalan Sepana 15/3,
Off Persiaran Selangor,
Seksyen 15, 40200 Shah
Alam, Selangor.

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)
05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:

05-208 5000
Ipoh Ambulance:
05-522 2506
993 (emergency)

Ipoh Fire Brigade
05-547 4444/994
(emergency)

Perak Immigration Dept
05-5017100

Perak Water Board
05-254 6161

Ipoh City Council
Hotline: 05-255 1515
General: 05-208 3333

Perak Anti-Corruption
Agency: 05-526 7000
State Secretariat
05-253 1957

Railway Station
05-254 7910

Airport: 05-318 8202
Registration Department
05-528 8805

Tenaga Nasional Berhad
05-208 8000

Lembaga Air Perak
1800-88-7788

Directory Service: 103
Perak Women for Women
Society
05-546 9715 (office)

AA Ipoh
019-574 3572
017-350 8361

To Advertise

IPoHecho



05-2495936
Deanna Lim

016 501 7339

The MB Should Ask Householders and Businessmen for their Opinions

When you saw the headline and photographs of the Perak Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir and mayor, Dato' Zambri Man, collecting rubbish and sweeping the streets of Ipoh, your first reaction was probably of shock, then amusement. Your next expression was probably of delight, and praise.

Zambry's one-and-three-quarter-hours of masquerading as a rubbish collector, on Thursday, February 2, created a frisson of excitement on social media. Expressions such as "Fancy the number one man in Perak, being your bin man." "He's so good to collect our rubbish." "He's not afraid of getting his hands dirty." "How humble and how fortunate we are to have a leader who understands and listens to the people." "We need more politicians like him." Really?

Accolades aside, did you ever wonder why it took him ages, to listen to the grouses of the ordinary people, about rubbish collection? Some residents allege that their rubbish has not been collected, for months.

Zambry told reporters, "Cleanliness is not the responsibility of the city council alone. It is a continuous effort. Everybody will have to do their part."

It is all very well to say this, but if MBI does not fulfil its role, how are people to make cleanliness a part of their lives? The poorer estates suffer most because the voice of those residents are not heard.

For years, if not decades, many residents have contacted Ipoh Echo to publicise their plight caused by uncollected rubbish, blocked drains, vermin infestation, fly tipping, and environmental pollution. The authorities failed to respond.

Zambry said that he was more worried about industrial and construction waste being thrown in illegal dumping sites, than he was about fly-tipping.

He should also look into the grouses of people who complain about effluent being discharged into drains, rivers and streams. Complaints have fallen on deaf ears, because some of the companies which discharge the toxins, belong to people with political connections.

Some Ipoh residents have also ceased trying to contact the Ipoh City Council (MBI), whose customer service officers can become quite intransigent and keep residents waiting for lengthy periods.

If the MB's rubbish collection effort was sincere, he would not have brought a photography crew and reporters, to showcase his rubbish collection. That is why his action smacks of a publicity stunt more than anything else.

One political cynic said, "One is hardly surprised. In the run-up to GE-14, some states have already started their election gimmicks.

"Kelantan for instance, has announced that it would make polygamous marriages easier to process and thrown in the incentive, that newly-weds need not travel to Thailand to register their marriages."

Other people are equally dismissive. One Batu Gajah resident said, "The Visit Perak Year (VPY) 2017 has not got off to a wonderful start. Social media and mainstream media are littered with people writing about the filth of Ipoh, once the cleanest town in peninsular Malaysia. Zambry should have acted last year."

Others dismissed the MB's remarks on Twitter. He said, "At 6.45am, I surprised Ipoh City Council (MBI) workers and joined the duty to collect and clean up rubbish around the city...I share their spirit to keep Ipoh as clean city." (sic)

It is alleged that there is a breakdown in the provision of the basic services provided by MBI and that things must have got so bad, that the MB was forced to find out for himself.

If this is the case, what are the department heads and the mayor doing? It is well known that problems at the bottom of the work chain, are rarely heard by top management. Middle management wrongly believe that to air workers' problems reveals their own incompetence.

One resident of Jalan Sultan Azlan Shah (Tiger Lane) resident said, "The MB must be the highest paid rubbish collector, in Malaysia. Ipohites know that rubbish has always been an issue, so why his sudden interest? That is itself suspicious. It is a waste of money to elect a wakil rakyat, to do a mandor's job."

A retiree living on the other side of town said, "Where the rich live, like Tambun Road, bins are provided, whereas poorer parts of town are not supplied with bins.



THINKING
ALLOWED

by Mariam Mokhtar

I remember that decades ago, when they privatised the rubbish collection, the service went from bad to worse."

Another Ipohite who lives along the road to Bercham said, "Fly tippers are everywhere. It happens because people's rubbish is not collected on a regular basis. People feel compelled to dump

their rubbish, to avoid the stench, the sight and the vermin infestation. If the council workers were more responsible, the problem would not be this severe."

One housewife said, "If the MB has to collect our rubbish, then something must be wrong in the system."

The MB also claimed that his visit to the council's waste management centre in Buntong, would give him a feel of being a council worker.

He is wrong! Under two hours will not even give him a taste of what it is to be a council worker.

If he really wanted to understand the problems with the collection of rubbish, faced by Ipohites, Zambry should also visit the housing estates and roads, where residents have, for many years, complained about litter and uncollected rubbish.

Budget cuts are a possible reason for the provision of poor services. Would Ipoh City Council be prepared to increase the budget allocation and at the same time, weed out the incompetent department heads and workers?

Dr Saravana K.

Consultant Physician, Gastroenterologist & Hepatologist

Digestive Health

Colon Cancer Prevention: Colonoscopy

A colonoscopy is an exam used to detect abnormalities in the large intestine and rectum.

Polyps and tissue samples can be removed through the scope during a colonoscopy.

Your doctor may recommend a colonoscopy to:

- Investigate intestinal signs and symptoms to explore possible causes of abdominal pain, rectal bleeding, chronic constipation, chronic diarrhea.
- Screen for colon cancer. If you're age 50 or older and at average risk of colon cancer – a colonoscopy is recommended every 5 years. The risk of developing colon cancer is reduced by 90% after a single screening colonoscopy done at age 50.
- Look for polyps. This is done to reduce your risk of colon cancer. Polyps removed during colonoscopy are sent for analysis to determine their nature.

A colonoscopy poses few risks and after discussing the risks of colonoscopy with you, your doctor will ask you to sign a consent form authorising the procedure.

How do you prepare?

Before a colonoscopy, you'll need to empty your colon. Any residue in your colon may obscure the view of your colon and rectum during the exam.

To empty your colon, your doctor may ask you to:

- Follow a special diet the day before the exam. Typically, you won't be able to eat solid food the day before the exam. Drinks may be limited to clear liquids. Avoid red liquids, which can be confused with blood. You may not be able to eat or drink anything after midnight the night before the exam.
- You will be instructed to take laxatives in fluid form the night before your colonoscopy.
- You may need to use an enema – either the night or a few hours before the exam – to empty your colon.
- Adjust your medications. Inform your doctor of your medications at least a week before the exam.

If you take aspirin or medications that thin the blood, such as warfarin, Pradaxa, Xarelto or Clopidogrel you may need to adjust your dosages or stop taking the medications temporarily.

What you can expect

During a colonoscopy, you'll wear a gown. Sedation is combined with an intravenous pain medication to minimise any discomfort.

You'll begin the exam lying on your side on the exam table, usually with your knees drawn toward your chest. The doctor will insert a colonoscope into your rectum. The scope contains a light and a tube that allows the doctor to pump air into your colon. The air inflates the colon, which provides a better view of the lining of the colon. When the scope is moved or air is introduced, you may feel abdominal cramping or the urge to have a bowel movement.

The colonoscope also contains a tiny video camera at its tip. The camera sends images to an external monitor so the doctor can study the inside of your colon. The doctor can also insert instruments through the channel to take tissue samples or remove polyps.

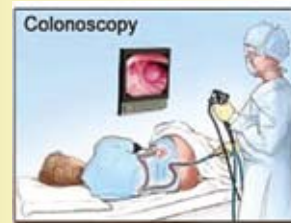
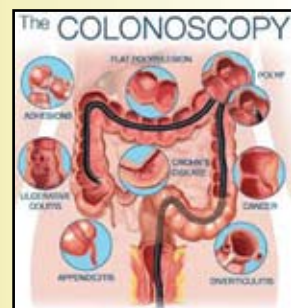
A colonoscopy typically takes about 20 minutes to an hour.

After the exam

After the exam, it takes about an hour to begin to recover from the sedative. You may feel bloated or pass gas for a few hours after the exam, as you clear the air from your colon.

Your doctor will review the results of the colonoscopy and then share the results with you.

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



ON IPOH FOOD

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

Pics by Ginla Chew & Tan Mei Kuan



SeeFoon revisits old ground and finds new goodies

I have been meaning to revisit the almost 'antique' Teo Chiew Restaurant that I wrote about in the 16 November 2013 issue of Ipoh Echo but alas, contrary to what people believe and the question I am asked most "how do you find so many restaurants to write about?", restaurants are aplenty in Ipoh and when one closes, a new one opens and I seldom find the time to revisit the restaurants I have reviewed.

That was what happened with Teo Chiew restaurant and when my *foodie kaki* Ginla Chiew told me excitedly about her latest find, the **Hong Feng Restaurant** which has replaced Teo Chiew, I couldn't wait to visit. The old restaurant was quite dingy and was a fan-cooled-only coffee shop. Now the new Hong Feng (opened since January this year) has a sparkling air-conditioned section and an outdoor seating area... more comfortable by far but the question in my mind was, 'Is the food quality as good?'; often a fate suffered by new 'wannabes' trying to break into the Ipoh food scene.

Well I was not disappointed. In fact the quality of food coming out of the kitchen was excellent on the two occasions I went to sample the food.

Manager Wong Yeng Hing was most attentive (not only to our table but to all the other tables there) and very willing to accept feedback. When we complained that one of the dishes served was too salty, he offered to replace it.

And the dishes were really very well plated.none of the slap dash, dump it in the bowl or plate and put it on the table but each dish had very carefully arranged greens, flowers and one dish even had a heart made from sliced tomatoes. Kudos to the chef.

Now for the food itself.

Pork Belly with Fu Tsuk or dried bean sheets was melt-in-mouth tender, with the bean sheets providing just the right complementary blandness for absorbing the juices from the belly. Served in a heart made up of sliced tomatoes, it was a feast for the eyes as well as palate and great anticipation for Valentine's Day which was just around the corner – **RM18/27/36 for S/M/L**.

Chicken chunks served in a fried Yam or Taro Bowl (Chinese Futt Put) was delectable with special credit going to the Taro which was well seasoned, crispy on the edges and satisfyingly soft and oozy on the inside. The chicken could have been deboned to provide for lazy diners like me – **RM16/24/32 for S/M/L**. There are over 13 styles of preparation for chicken alone and this particular one is not even on the printed menu. We also had their **Smoked Chicken** which was beautifully tender, served with a fermented bean curd sauce (*Fu Yu*). Very tasty. **RM35 (half) and RM70 (whole)**.

The popular **chicken curry wrapped in a whole bread** (Mongolian bun) was beautifully presented with Wong meticulously opening up the bread and tucking in the sides presenting the whole dish like a flower. The bread was light and fluffy and the curry was spicy and creamy, redolent of coconut milk which they used liberally. Here finally is a chef who has come to his senses about using santan (coconut milk), as I was becoming quite exasperated with the evaporated milk which is



often substituted in a lot of restaurants. **Don't people know that coconut milk is healthy and evaporated milk is not!** RM 16/24/32 S/M/L extra RM15 for the Mongolian Bun topping.

The steamed fish which Wong called **Cheong Sao Yu** (Orange Roughy) the longevity fish, steamed Cantonese style with soya sauce and topped with scallions, was firm fleshed but smooth and velvety in mouth feel – **RM138**.

They have a variety of different fish and it all depends on the 'catch of the day'. Also they have Boston and Australian Lobsters, Spider and Australian King Crab, fresh oysters, geoduck and Scotland Bamboo clams all of which require advanced order and subject to availability and seasonal pricing.

I managed to taste some more the following day when I went back for lunch.

seafood

Their **mud crabs**

were live and I chose to have it *Yeem Cook* or baked with salt without the interference of other condiments and spices. Yummilicious. **RM75 per kg**.

Next came the prawns (**Meng Har** or sea prawns) cooked **Pei Fong Tong** (typhoon shelter a'la Hong Kong) style, a recipe which brought back nostalgic memories of the evenings when friends and I would sit in a sampan and be rowed out to the cooking boats at the Hong Kong typhoon shelter (this was in the 70/80s) and sit under the stars eating delectable seafood. Today all that is left are memories and close facsimiles of the recipes. And the one at Hong Feng comes pretty close. Well not exactly a replica but a good blended taste nevertheless with lemon grass, dried and fresh chillies, garlic, shallots, *dao tsi* (dried black fermented beans) assam, and curry leaves providing a tasty coating to large ocean fresh prawns. **300g RM42**.

For me the measure of a good kitchen is how well they do steamed eggs. Hong Feng's **Sam Wong Dan** or Three King Steamed Egg with century, salted and fresh eggs was steamed to perfection, velvety smooth, silky consistency with just enough century and salted egg to not overpower the fresh, and just enough salt to add flavour. Someone at the table remarked that it tasted bland but then I reminded him that this was because there was no MSG in the dish and his palate had grown so accustomed to MSG – **RM12**.

We then had a **braised tofu in claypot**. The tofu was homemade, smooth, and cooked with fish slices, prawns and carrots. Delectable. **RM12**. We finished with the **Wat Dan Hor** and again they were very generous with the garnishing of the noodles with thick fish slices, prawns and a thick yumilicious egg sauce that was umami without help from MSG – **RM12**.

Personally I loved it. I did not have my usual MSG reaction the following day (my legs and ankles would swell to elephantine proportions) and taste of the dishes was robust without being overwhelming. I would come back here over and over again. I hope the quality of food will keep up as their popularity increases.

Restoran Hong Feng

10-Q Jalan Tun Abdul Razak (Maxwell Rd)

Tel: 05 506 3299

Manager Wong Yeng Hing: 011 1116 1148

Business hours: 11am-2.30pm and 5.30pm-11pm

Closed on ad hoc basis.

GPS: N 04° 36.622' E 101° 04.537'

... continued from page 2

Rajan Trading

John MC, Proprietor said that his is one of the few companies that are still doing business in the original site in Jalan Bendahara and the land belongs to them. He is a third-generation descendant. In the early days a few people jointly purchased an old car, dismantled it and sold the parts as spares. Now he deals in small lorry and van parts.



Raja & Co

G.T. Balu, Proprietor said that he is a second-generation descendant and his yard is in Jalan Bendahara next to the original site. The wooden house where the workers stayed is still in his yard, but nobody stays there. He specialises in reconditioned diesel engines, generators, road rollers and heavy equipment.

Balu said that he does the overhauling of the equipment in Chinese workshops and gives warranty up to three months. He provides after sales service and adds that he travels outstation to repair equipment. He purchases his equipment locally and mainly from Singapore. In addition to local sales he exports overseas.

All purchases and sales are inclusive of GST. The goods are imported and exported legally and the relevant taxes are paid. No warranty is given for spare parts. Spares are sold in "as is" condition.

Pros and Cons

The pros and cons in buying second-hand spares is mainly dependent on the cost. Original spares cost more and have extended warranty, whereas second-hand spares are cheap and have limited or no warranty. Original spares may not be available for old vehicles and equipment and second-hand spares must be used.

In spite of the stiff competition and downturn in business, the second-hand goods dealers are venturing into new markets to keep their businesses going.



Personality

Abdullah Nazir Harith Fadzilah

In support of local businesses, Ipoh Echo met Abdullah Nazir Harith Fadzilah, 29, the brains behind Tintabudi; a bookshop filled with books about literature, philosophy and arts for this issue of Echo Personality. Tintabudi derived from two Malay words, *Tinta* which stands for ink and *Budi* is representation of good character, heart and mind. In other words, Tintabudi is an imprint of those good virtues onto pages by ink.

While studying in Melbourne, Nazir started to picture what it would be like to have his own bookshop. He was astonished by the sheer number of second-hand bookshops available in his neighbourhood back in Melbourne.

"I always think that a bookshop is an important entity apart from the library institution. For me, both are the embodiment of a city's heart," said Nazir. As an avid reader and book collector, he always believed that bookshops and libraries enrich the mind and soul of a city and can be the cultural hub where creative ideas and positive actions meet.

What makes Tintabudi different from any other bookshop? The curation of the books. Nazir and his team try not to be a general bookshop that sell all types of books. As he has been collecting books for the past eight years, Nazir was inspired by the sharing



concept, "The idea of sharing something interesting in my readings intrigued me. It is a constant process of discovery for me when other people share what they find interesting about a particular book," add Nazir.

Back in Melbourne, Nazir was a student of the Royal Melbourne Institute of Technology (RMIT). He jumped straight into starting Tintabudi after finishing his studies. When asked for a piece of advice for anyone who is interested to open a bookshop like him, Nazir had only one thing to say, "Sorry to break it to you but you won't be rich just by selling books. As cliched as it might sound, I run Tintabudi because of the passion of reading and belief that books are historical marvels of human ingenuity. Never be dogmatic about something and give room for yourself to explore other facets of reading material from which you can learn a whole lot more."

Tintabudi currently resides at Rumah Khizanat where most of the book selling is done online. Nazir plans to have a bigger space and provide a wider range of books in stock. He agreed that expansion is a necessity and he is working hard to do it step by step and organically. The bookshop opens everyday from noon till 10pm, however, Nazir advises visitors to call Tintabudi first before coming.

Tintabudi is located at Rumah Khizanat, 24 Jalan Lee Kwee Foh, Taman Canning, 31400 Ipoh. They can be contacted at 012 231 1472 or visit their Instagram at www.instagram.com/tintabudi, Facebook at www.facebook.com/tintabudi or Twitter at www.twitter.com/tinta_budi.

Photo credit goes to Megat Zulfadhli from Peoplesiris: www.instagram.com/peoplesiris.

Ili Aqilah

www.ipohecho.com.my
IPOHecho
WE HAVE MOVED

OUR NEW ADDRESS:

153 Jalan Dato Lau Pak Khuan, Ipoh
Garden, 31400 Ipoh, Perak Darul Ridzuan.

News

On Unity, Justice and Fairness



The beautiful history of how Parameswara founded the land and how Islam found its way to Tanah Melayu were among the highlights of Muzakarah Sultan Nazrin Muizzudin Shah, held recently at Casuarina@Meru on February 6.

Attended by a few Malay key figures in Perak, such as Menteri Besar, Dato' Seri DiRaja Dr Zambry Kadir and the Mufti of Perak, Tan Sri Dato' Sri Dr Haji Harussani Zakaria, it was Sultan Nazrin Muizzudin Shah's speech that grabbed the attention of

the almost 500 audience when he talked about the importance of staying on the right path.

"The despicable acts of some must not be taken lightly because it may lead to destruction. We may have reached our independence but we are still being colonised by money, power and materialism. The Malays must return back to the faith and pillars of Islam in order to avoid destruction among us," said Sultan Nazrin.

The Muzakarah (Arabic for Discussion) also saw Sultan Nazrin expressing his concern about manners, playing fair and justice, "I was enchanted by the concept of justice and manners by Syed Muhammad Naquib Al-Attas in his book entitled On Justice and The Nature of Man. Syed was trying to explain the correlation between the act of justice and the behaviour of man. Justice is a quality act of a human being that comes from moral excellence," he said.

As Islam is currently the second biggest religion in the world, Sultan Nazrin then added that it takes more than just a number of believers to change how the world views Islam. It also relies on the success made at the intellectual and economic level.

"The Malays were given access to the road of success, yet due to the misbehaviour of some, such as getting involved in bribery, breach of trusts and the misuse of power, have become the reason why many are still left behind. This must change," added Sultan Nazrin.

Ili Aqilah

CLASSIFIED

Office space 20' x 70'
at 12 Medan Istana, Bandar Ipoh Raya,
Ipoh available for rent at RM 1,800 (negotiable).
Strategic location with ample parking lots.
Call Gopalan at 012-4502620 or Bhanu at 019-2813636.
Shop Lot at Ground Floor

Property

Hot-Air Balloon Rides

"I came up with this hot-air balloon ride while I was in Turkey. I had to pay a bomb for a 15-minute ride. Then I thought, why not have it here for free?" said Eunice Foo, General Manager of Hillpark Residences.

In conjunction with Chinese New Year and the launching of Hillpark Residences, the company hosted a CNY celebration on the morning of Monday, January 30.

The gathering was held at their project site, Waterfront City at Lahat Mines. The watersports cum tourist site was officiated in September 2016.

The highlight of the morning was the free hot-air balloon rides for the public. They were all smiles upon alighting.

"My son and I saw an airplane when we were up in the sky. It's definitely an unforgettable experience," said Noran Shah Muaain Khalili.

Developed by Excellent Realty Sdn Bhd, the Waterfront City project with Hillpark Residences, is a 15-acre site consisting of 126 housing units. The first 63 units were launched in December 2016. The remaining units will be completed by 2018.

The project, according to Eunice, is unique in that the houses are located on a hilltop facing a part of Ipoh and the beautiful lake.

The celebration continued with lion dances, a robot performance and a jazz band. Local delicacies and drinks were served.

Khaleeja



Gua Tempurung's Prayer Rooms

Without a doubt, Gua Tempurung is one of the must-visit attractions in Perak. The cave holds more than enough allure in its unique-shaped stalactites and stalagmites and activities fit for adrenaline junkies. However, have the authorities done enough to cater to the needs of its visitors?

During the recent Anak Perak Carnival held at Gua Tempurung on January 28 to 29, the place was packed with members of the public eager to enjoy the luscious greens and majestic views of the cave. Despite the hot weather, the guests did not appear to be affected by the heat.

Kudos to the responsible party for providing enough garbage bins; however it was a shock to see the poorly-maintained prayer rooms. The rooms, used by Muslims for their daily prayers, were not only smelly but was also dirty. Both prayer rooms, for males and females were placed separately but the condition of the female prayer room was by far the worst.

The prayer veils or Telekung available in the room were filled with spots of mould and had an awful damp smell. The floor was sticky and the ceiling had several spider-webs laced around it. Upon our second check a week later, the condition remained the same.

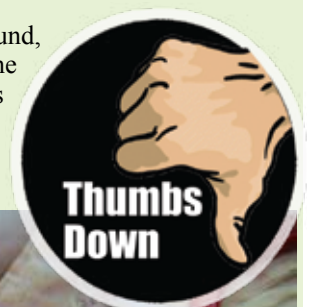
"It is hard to ignore how terrible the room looked. Even the place where visitors take their ablutions was dirty. As it tends to be overcrowded, something needs to be done about the air-ventilation system. It can get cramped easily these days with numerous upcoming events held here," said Zarith Satina Sani who came to the Tempurung cave during the Anak Perak Carnival 2017.

Unlike the prayer rooms, the toilets at Tempurung Cave are far cleaner and it appears the public doesn't mind paying the hefty 50 sen per entry.

"The male prayer room does smell and cramped due to poor air ventilation. The toilet on the other hand was kept clean and smells excellent. I personally wouldn't mind paying 50 sen for the toilet," said Ahmad Nazmi, another visitor to the carnival.

With the Visit Perak Year 2017 happening all year round, Tempurung Cave's prayer rooms must get clean and the management needs to do it as soon as possible. Although it is only used by Muslims, such bad upkeep may slowly affect the cave's reputation among its Muslim tourists.

Ili Aqilah



Community

Residents Up In Arms



Residents of housing estates near Batu Gajah are up in arms over a fly infestation, which they claim comes from poultry farms in the vicinity. The residents, numbering over 2000, have endured the inconvenience for the past three years. The insects have not only affected their lives but are also a health concern.

Efforts at eradicating the menace have been taken and that included filing complaints with the relevant authorities. Unfortunately, till today, no action has been forthcoming.

According to Mohd Rafi Aminuddin, 30, the farms are located less than 3km from his house in Kampung Batu 5. He set fly traps and used insecticides but to no avail.

"We've had this problem for almost three years now. Our daily activities, such as



cooking, eating and sleeping are being affected. The situation worsens when the chickens are being brought out to be sold as the flies would follow the birds," said Aminuddin.

"Apart from Kampung Batu 5, Kampung Tersusun Tekah, Kampung Seri Jaya and Kampung Pengkalan Baru are also affected by the problem," Aminuddin insisted.

K. Selvam, 40, too voiced similar concerns.

According to Selvam, he and a few other residents had met the poultry farm owners but little came out from their meeting.

"The owners claimed that they had applied special medication to reduce the number of flies, but the measures taken are ineffective. There seemed to be more flies," said Selvam.

Mashitah Aminuddin, 34, hoped the authorities would consider the matter seriously and take appropriate action against the errant owners.

"They should compel the owners to close the farms. We can't take it any longer. The fact that we've to make several complaints regarding the problem is absurd. The authorities should not dismiss us," said Mashitah.

Member of Parliament for Gopeng, Dr Lee Boon Chye, said he would investigate the matter soon. He would recommend that appropriate actions be taken against the owners if what was reported was true.

"Hopefully, the department of environment, the state health department and the local authority will respond accordingly," said Dr Lee.

Rosli Mansor

Lions and Leos Serves Ar-Ridwani Home

Ar-Ridwani Home for Orphans and the Poor at Manjoi were visited by Lions Club of Ipoh Host on February 9 recently, as part of the club's act to serve more for the community.

Joining the Lion's Club of Ipoh Host were Ave Maria's, Sam Tet's and Anderson's Leo Club where the students and the club members cleaned the compound and painted motivational murals at the house. While Lions Club's goal has always been to serve, it is also important for them to have the youth joining them.

"Instead of just sitting at home and playing video games, we believe that it is important for the young generation to join volunteerism. This will expose them to the less fortunate and needy kids," said Emily Kong, the president of Lions Club of Ipoh Host.

During the affair, the kids were also treated with lunch cooked and served by Lions Club. One of the youth at Ar-Ridwani, Muhammad Zafiq Ikhwan Zainal received a hefty RM1000 from Lions Club to help him with his studies.

"I am currently in my second year of my bachelor in Mechanical Engineering at Universiti Malaysia Perlis (UMP). I am very grateful for the donation and will definitely put it to good use," said Zyaifiq. Lions Club also donated RM1500 to the home.

There are currently 30 residents staying at Ar-Ridwani. Although the house is well kept and has been receiving dry groceries such as sugar and oil, they are in dire need of cash for bills and buying wet groceries. The home is located at 22-22A, Jalan Manjoi, Taman Pari, 30100 Ipoh and can be contacted at **016 562 1295**.

Ili Aqilah



HOPE Visited Drug Rehab Centre

On February 11, in conjunction with Chap Goh Meh, HOPE Worldwide Ipoh went to encourage the Victory Life Centre by sponsoring lunch and *lou sang*. Victory Life Centre is a drug rehab centre with about 20 to 25 residents. The drug rehab residents were happy that they came even though it was just a six-course lunch. They performed a few Chinese



Christian songs and all said grace together for the lunch. After the lunch, Mr Derick Chan (the head of the Victory Life Centre) shared with the group the daily programmes of the



rehab residents. HOPE appreciates the work done in this centre as those people who have fallen into drug addiction have a second chance to change.

Community

Instilling a Sense of Security

“Operasi Payong” or “Ops Payong”, for short, is an initiative started by the Perak Police Contingent Headquarters and Ipoh City Council to ensure safety and security for residents of Ipoh.

The operation is derived from the Malay word “payong” which means umbrella, as is evident from the large blue umbrella held in place where the operation is conducted.

The operation, which began on Wednesday, January 25, is in both new and old parts of Ipoh. It oversees 44 hotspots throughout the city. The areas covered include places frequented by the public and tourists alike. Some of the locations are Jalan Yau Tet Sin, Jalan Leong Sin Nam, Jalan Raja Ekram, Jalan Sultan Idris Shah, Waller Court Flats and Kinta Heights, to name a few.

Operational hours are from 7am till 7pm, a period of 12 hours. The men work on two shifts, one from 7am to 1pm and the other from 1pm to



7pm. The posts are maintained seven days a week including public holidays. Two to three officers are assigned to each post, depending on the availability of men.

With the conduct of this static operation, incidences of illegal parking, snatch theft, parking touts (jaga kereta) and other petty crimes have seen a drastic reduction.

Some 160 officers from the Ipoh Police District, the Perak Immigration Department, the Perak Welfare Department, Tourism Perak and Ipoh City Council are directly or indirectly involved in the operation.

“I feel a lot safer seeing police personnel when I am in the bank here,” said Mrs Chong, 69, a retired teacher to Ipoh Echo when met at the Ipoh Garden Maybank branch.

“I hope the authorities will continue with the operation indefinitely,” she concluded.

Khaleeja

Capacity Building Programme for NGOs

Institut Darul Ridzuan (IDR) conducted a two-day programme on capacity building for NGOs on four topics. The topics were Fund Raising, Effective Communication, Self Branding and Project Management.

I attended three of the programmes which were informative and of practical value.

Raihan Abdul Rahman, Certified Competent Trainer conducted the course on Effective Communication. Her theory and group assignments were balanced and the subject matter was informative. We must remember that the first impression is the lasting one.

The etiquette of giving and receiving calling cards was educational. The card must be given with both hands and the heading must face the recipient. The recipient must also accept it with both hands. The card must not be put away immediately in front of the person who gave it.

I liked The Dirty Dozen or 12 excuses given by organisations starting from “I don’t know” to “This is not our policy” excuses.

Roslan Abdullah, Consultant, conducted the course on ‘Self Branding’ and his method was informal. To be an effective NGO, the branding must be right. The public must have the right perception of the NGO and it must deliver its promises. NGOs must know their target audience.

To be successful NGOs must know their strengths and weaknesses as well as the strengths and weaknesses of their competitors and work on these to achieve their goal.

Unlike other presenters, Roslan did not give any printed hand outs and said he would email them. He has not done so and also did not give his contact details. The majority of the participants were middle aged and did not take notes.

Niza Haniz Mustaffa, Consultant, conducted the course on ‘Effective Management’. Niza is involved with NGO Kaseh4u which provides food for the street people in KL. He shared his experience on how to get funding by organising projects and also how to get volunteers.



He divided the participants into two groups to plan the kenduri for a Malay wedding. This was a practical exercise on project management. The discussion that followed brought out the requirements for an effective project management.

On the whole the programme was based on the experience of the presenters and of practical value which can be adopted by all NGOs.

My suggestion to IDR is to call for a follow-up meeting with participants within four months to evaluate the effectiveness of the programme. They can invite those who attended all or three of the programmes. Future programmes can be structured based on the feedback.

A. Jeyaraj

Way to Go MBI



Once again, Ipoh Echo has been heard. Upgrading works to restore the once pristine Gunung Lang Recreational Park are underway. After countless reports and complaints regarding the pathetic situation of the park, Ipoh City Council has finally decided to step up to claim responsibility over the matter.

The gazebos in the park are being repaired. The old rafters and damaged roofs are being replaced, and the walls are being repainted.

Despite efforts done to improve the park’s facilities, one cannot fail to notice how unkempt it is. Dried leaves are scattered everywhere. Rubbish and juice boxes, left behind by visitors, are strewn indiscriminately. Not a cleaner is seen on-site.

It is also disheartening to see our national flag, the Jalur Gemilang, which we take much pride in, cast and left on the ground near the renovation site for reasons best known to the perpetrators. This should not have happened.

Leanne Tan

Government

Ipoh City Council Receives SAGA Certificate



It was a memorable night for Ipoh City Council (MBI) when they received the *Standard Accounting System For Government Agencies* (SAGA) certificate and was the first local authority in Malaysia to do so.

During the certificate ceremony held at Impiana Hotel on December 20, 2016, Mayor of Ipoh, Dato’ Zamri Man announced that MBI received the certificate after a visit by the SAGA Compliance Committee on July 18 last year and MBI has met the criteria specified by SAGA Compliance.

“I would like to congratulate all sixteen agencies who received this certificate especially MBI. Their hard work and perseverance to complete the requirements has definitely made me proud,” said the Head of the Accountant General’s Department of Malaysia, Dato’ Che Pee Samsudin who officiated the event.

The certificate ceremony was held together with the launch of Consultancy Management System (COMS), an app built by the department.

Ili Aqilah

Community

Haemodialysis @ Neesum: A Chance for Life

Neesum, a kidney charity organisation, was incorporated in April 2008 as a non-profit NGO dedicated to help all Malaysians irrespective of race, creed or religion having kidney disease requiring haemodialysis, who are unable to afford the high cost of treatment in the private sector.

The dialysis centre is run in collaboration with the medical expertise from St John Ambulance Malaysia and supported financially by both *Persatuan Kebajikan Dialysis Neesum Ipoh* and St John Ambulance Malaysia.

"The basic subsidy for all patients is RM10 off for every dialysis session for life. After looking into the needy patient's background, further subsidy will be granted upon application due to our limited funds. We also subsidise blood tests and injections to improve the production of red blood cells for each patient. Plus, there are volunteer doctors and a nephrologist who come every month to see the patients. Hence we do not impose doctors' fees," Dr Foo Loke Kong, chairman cum founder of Neesum told Ipoh Echo. He was formerly a volunteer doctor for the National Kidney Foundation Haemodialysis Centre in Ipoh.

The organisation is set up in memory of Dr Foo's late father, Foo Khoon Lim, who was a kidney patient on dialysis. According to Dr Foo, the statistics show that there are approximately 7000 new patients on dialysis every year in Malaysia.

To subsidise all the patients, the monthly running cost of the centre is a minimum of RM11,000. "With the amount of patients increasing, we have to raise more funds to subsidise them. It gets harder every year. We are nearing full capacity of 48 and looking to start a third shift later this year," Dr Foo said. The team also thoughtfully provides lunch for the patients every operating day.

Each patient will be arranged for treatment as soon as possible after the necessary documentation, background screening, medical condition screening and blood investigation for infectious disease etc before admission.

Neesum is hoping for a donated piece of land from either the government or private sector for expansion and to realise their initial dream to set up a kidney hospital with facilities for dialysis, training, exchange of expertise and nursing care to accommodate more patients. Currently, the organisation is renting the existing premises which is filled to the brim with rows and rows of dialysis machines. "There are the Tun Hussein Onn National Eye Hospital and National Heart Institute in Malaysia, why don't we have one specifically for kidney?" Dr Foo highlighted.

When I visited in January, I witnessed the arrival of a patient all the way from Cameron Highlands. He had a fall a month ago rendering him immobile and has to come to the dialysis centre for haemodialysis by ambulance. The transportation charges for him alone costs RM80 one-way.

Wong Pak Dee, manager of the St John Ambulance Station 15 at the centre explained, "Currently, we have 44 patients who come in three times a week on schedule. Every session will take four hours. Every day, we have two groups of patients, one in the morning and one in the evening. My oldest patient is over 80 years old while my youngest one is in his/her 20s. Our capacity for each shift is 12 because we have 12



machines. Hence, all patients will have their schedule prearranged." He has been working at the centre since 2013.

"Most of the patients here are at the end stage of renal failure. We must educate them on the importance of dialysis to make them come to the centre diligently. Or else they'll wait till the fluid overloads. When the stubborn patients change for the better, I feel motivated and satisfied," Wong added.

Depends very much on monetary donations, readers who would like to help can remit the funds directly to the account number **17600017795 (Hong Leong Bank Berhad)** under beneficiary name *Persatuan Kebajikan Dialysis Neesum Ipoh Perak*. Readers can also opt to adopt a needy patient on a monthly basis. For further details, kindly call the organisation at **05 321 0570 (Monica Chan)**.

Volunteers with medical qualifications are welcome to contact the organisation too. To date, the centre has 12 medical staff.

The organisation would like to express their utmost gratitude to the following regular contributors: Perak Furniture Makers & Dealers Association, Estee Pook Academy and V'nam Kitchen.

The organisation also organises a free-of-charge public forum and seminar at its premises every year. Do call for more information.

Address: 288-290, Jalan Chung Ah Ming, 31650 Ipoh, Perak.

Operating hours: Mondays to Saturdays, 6.30am – 5pm.

Mei Kuan

THAIPUSAM IN IPOH

Photos by Ili Aqilah



Community



WEIL's Tiffin Goes Peranakan

In the 15th and 16th centuries Chinese immigrants began settling in Malacca, Penang, Singapore and Indonesia. Many married local women and the union resulted in the origin of the Peranakan community. The Peranakan culture is unique as it is a mix of Chinese and Malay and perhaps Indian.

Also known as Baba Nyonya, their dishes are a favourite till today. Nyonya cooking is a combination of Chinese, Malay and Indonesian techniques, where spices and aromatic herbs are freely used.

For the month of February, Tiffin at WEIL is offering a variety of Baba Nyonya specialties. Some of the must-not-miss dishes on offer are the aromatic Nyonya Chicken Curry, the delicious Nyonya Terong Berlada, everyone's favourite Asam Pedas Melaka and desserts such as sago pudding with gula Melaka, to name a few.

"We've put in much effort in ensuring the originality and authenticity of each dish. It's portrayed perfectly, without losing its touch," said Chef Muhammad Fariz Abd Laleh.

Priced at RM34 (nett), it would be a waste to miss such an opportunity. Be sure to head to Tiffin before February ends.

For reservations or enquiries, please call Tiffin, WEIL at 05 208 2228 or email enquiries@weilhotel.com.

Khaleeja

Ipoh City Watch @ Thaipusam



The eve of Thaipusam was made extra momentous by Ipoh City Watch (ICW) with the launch of a cleanliness campaign and the 13th KOHIJAU-ICYCLE recycling bin on Wednesday, February 8 at the Sri Subramaniam Temple in Gunung Cheroh, Ipoh.

"We'd like to educate all to not litter. The temple is helping us by contributing recyclables via the KOHIJAU-ICYCLE system. True to the concept of social business city, half of the proceeds from the sale of recyclables will be given to the temple. In turn, the money will be used by the temple to pay the employees to clean the temple. Hence, visitors and devotees will clean the area collectively via the recycling bins provided and the KOHIJAU-ICYCLE system," said Dr Richard Ng, the president of ICW cum chairman of KOHIJAU (Koperasi Alam Hijau Perak Berhad).

Guest of honour, Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir highlighted, "We've to continue this big-scale campaign to inculcate in Perakans the habit of picking up rubbish on their own and not depending on city council workers." Present was Mayor Dato' Zamri bin Man.

This scribe joined the volunteers on Thursday, February 9 along the 3km procession route. Just like the incredible energy waves radiated from the ongoing procession and rituals of Thaipusam, the determination of the campaign volunteers matched the devotion of the devotees. Their green placards added colour to the annual religious festival, as they marched on side by side.

Volunteers were stationed at respective points along the route next to the garbage bins provided by city council. Besides placards displaying messages such as "Keep Ipoh City Clean", the volunteers were equipped with whistles to give visibility to the campaign.

Seven rickshaws and two pumpkin bikes provided by MBike also displayed the campaign message and helped in the collection of recyclables from the public along the

Ipoh heritage trail and kavadi route. "We at MBike always support going green, hence we volunteer to help," Camees Foong, owner of MBike told Ipoh Echo.

"This is a very good effort from KOHIJAU because it complements what we wish for the state. We want Ipoh, especially, to be one of the cleanest cities not only in Malaysia but in Asia. Of course, we've got a long way to go. But I believe that once we start raising the awareness, we can actually get the people to be cultured and also practise this good habit. This also complements Visit Perak Year 2017 because it sustains the environment and keeps Perak and Ipoh green and clean," said Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications after flagging off the campaign at the ICW booth.

This proactive approach made Perak the first state to launch a recycling programme at a temple. Dr Richard Ng expressed his gratitude to Dato' V. Elango who mooted the idea, Dato' Zamri bin Man and Clr Dato' Thangarajah for providing 50 garbage bins for the campaign. Led by ICW, volunteers came from NGOs all over Perak. For instance, the homeless under the care of Teduhan Kelana, led by Datin Normah Hanum, former Perak Umno Wanita head, played a meaningful role during the campaign.

The KOHIJAU-ICYCLE bins are now located in 15 locations throughout Perak with the aim of achieving at least a 25% recycling rate in the silver state. The KOHIJAU-ICYCLE Recycling Reward Point System enables one to recycle for a sustainable environment and at the same time collect points to be exchanged for cash, shopping coupons or donated to welfare bodies. To date, it has registered over 530 members contributing over 3500kg of recyclables and accumulated a total of 8200 recycling points since its launch in September last year.

Register today at <http://icycle-global.com>. For more info, call 013 533 0989 or 012 525 6252.

Mei Kuan

CNY Round Up

KPJ Ipoh Specialist Hospital Celebrates Chinese New Year



Ang pao distribution from the Management of KPJ Ipoh Specialist Hospital to the staff. (Far right: Dato' Dr Hj Fadzli Cheah Abdullah, Medical Director of KPJ ISH)



Yee sang tossing by CEO and Cosnsultants



Lion dance (in grey, Asmadi Mohd Bakri, CEO of KPJ Ipoh Specialist Hospital)

Breakfast with MB

Aimed at celebrating Chinese New Year with Chinese reporters, photographers and media practitioners in Perak, Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir hosted a breakfast on Tuesday, February 7 at his official residence.

The MB personally greeted everyone on arrival. Over 70 attended the breakfast which was prepared by Pakeeza Restaurant, Ipoh.

"I wish to thank you for your contributions to the state. We move together to develop Perak despite the ups and downs which are expected. I appreciate your jobs. I always mention, I don't discriminate any press from covering my events in Perak. I allow you all the freedom. At the end of the day, we're all working for the benefit of the people and the state," said Zambry.

Coincidentally, the day right before the gathering marked his eighth year in office. He ended his speech with the Chinese New Year greeting of *wan shi ru yi* ("may everything flow smoothly").

The morning concluded with a hearty meal followed by a photography session.

Mei Kuan



Vale Celebrates with Media

Vale Malaysia held a special Chinese New Year celebration with members of the press at WEIL Hotel, Ipoh on Wednesday, February 8.

The joyous event, attended by Ipoh-based reporters and photographers, began with tossing the lou sang, a symbolic gesture to wish for good luck and good fortune in the ensuing year.

At lunchtime Vale Malaysia's Executive Manager, Luiz Fernando Landeiro, took the opportunity to thank media representatives for the assistance they had given to Vale in the past.

"We wish to express our sincere gratitude and thanks to the media who have been supportive of our activities and events. We hope you'll continue to support us in the future," said Luiz.

Executive and staff members of Vale were present to enjoy the 8-course lunch prepared by the hotel for the benefit of the media personnel.

Ili Aqilah



IE Newspaper distribution areas:

IPOHecho

Information counters:

AEON Kinta City
AEON Klebang
AEON Station 18
Tesco Ipoh Garden
Tesco Station 18
Ipoh Parade
Mydin @ Meru
Giant @ Sunway (Entrance)

At the lobby:

MH Hotel
Impiana Hotel
Tower Regency Hotel
Ibis Styles Hotel
BP Healthcare Group @ Ipoh
Regalodge Hotel
Syeun Hotel
Symphony Suites Hotel
Kinta Riverfront Hotel
Excelsior Hotel



CNY Round Up

Dazzles and Delights

Perak Chinese Chamber of Commerce and Industry (PCCCI) ushered in the year of the golden rooster with a lively gala lunch on Sunday, January 29 at the WEIL Hotel grand ballroom. The celebration kicked off with a lion dance performance in the lobby before culminating in a *cai qing* (picking the green) in the ballroom accompanied by dramatic crescendo from the cymbals, gong and drums. It was followed by a mass tossing of the multi-hued *yee sang* (raw fish salad) by over 600 guests.

PCCCI is marking their 110th anniversary this year which also coincides with the Visit Perak Year 2017. Hence, there are plans in the pipeline for events aiming to promote Perak as a brand to visitors.

"We'd like to express our gratitude to Invest Perak under the leadership of Dato' Zahir and the state government for approving the fund of RM3.2 million in organising the Ipoh International Food and Beverage Fairs. I would also like to thank the state tourism board, under the leadership of Dato' Nolee, in granting a sum of RM500,000 to jointly organise the first ever Ipoh Cultural Parade," said Dato' Liew Sew Yee, the PCCCI President in his speech.

He also highlighted a few proposals to the state government such as, exploring the zoning of Ipoh old town as a world heritage site, making concerted efforts to fight corruption, allowing employees the option of not contributing to EPF for the next 12 months in view of the depreciating ringgit, implementing policies that facilitate private

sector growth, ensuring favourable conditions are given priority to Malaysian businesses and urging SMEs to put in serious efforts to embrace the new industry journey towards Industry 4.0 and moving forward with industrial IOT (Internet of Things).

Guest of honour, Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir came dressed in auspicious red-and-gold batik attire. "This is actually my eighth year attending this special function, thank you for inviting me once again. I wish to extend my appreciation to PCCCI for working closely with the state for a number of years, making Perak one of the most successful states in Malaysia today. Dato' Liew, I'll listen to your points just now, you bring the concern of everyone. For example, you mention about creating a world heritage site in Ipoh, the reality of corruption and the rising cost of goods and services. We need to address these issues together," Zambry stated.

Present were Dato' Seri Ong Ka Chuan, Second Minister of International Trade and Industry; Mayor Dato' Zamri bin Man; Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages, Dato' Dr Mah Hang Soon; Malaysian International Chamber of Commerce and Industry (MICCI) Perak Branch Chairman, Dato' Lim Si Boon; CEO of Kuala Lumpur Kepong Berhad, Tan Sri Dato' Seri Lee Oi Hian and members of parliament. Residents of welfare homes were invited and the young ones were given angpows.

Mei Kuan



Chinese Valentine and State-Level Chap Goh Meh

The state-level Chap Goh Meh celebration which fell on a weekend this year was made into a three-day lively affair at the Perak Kwan Yin Tong (Goddess of Mercy Cave Temple) from Friday, February 10 to Sunday, February 12.

Illuminated by the giant full moon, the Hokkien tradition also known as the Chinese Valentine's Day featured singing and dancing performances; fun fair; games and puzzles for children; guessing of one hundred lantern riddles; handicraft exhibition; lion and dragon dance; God of Prosperity distributing ang pao and fireworks.

"This annual festival is now in its 13th year. Young singles looking for partners especially love the tradition of tossing mandarin oranges inscribed with their name and phone number. We would receive multiple calls from them asking for details prior to the event. From our understanding, in the recent years, there are quite a number of couples who got married thanks to this festival, it's indeed a blessing! Even those who are married will take part in this just for fun," Ho You Meng, the chairman of the Goddess of Mercy Cave Temple told Ipoh Echo.

"Meanwhile, the participants also release auspicious water lanterns blessed by the nun to pray for a good year, harmonious family and bright future. The lantern will brighten their way and life and at the same time wash away all bad luck to make way for the good blessings," Ho explained. He expected over 30,000 visitors for the family-oriented festival which lasted from 9am till midnight over the weekend. Of course, daytime activities leaned towards worship and chanting.

This year, a new section was set up specifically to promote bonding between parents and children featuring board games etc. On Sunday night, a lucky draw was held with ten pieces of gold medals worth RM3000 up for grabs. Couples or family members who took a photo on the lover's bridge, posted to the temple's Facebook page and donated RM10 for the building fund were eligible for the draw. The top three winners received a gold medal worth RM888, RM688 and RM388 respectively. According to Ho, the lover's bridge made of iron signifies a permanent and stable relationship.

Dato' Dr Mah Hang Soon, the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages visited the cave temple in the afternoon on the second day.

"The culture of tossing mandarin oranges into a body of water is only practised in Malaysia, not in China. Penang started the practice first, followed by other states. At



this moment, only a few places in Malaysia have this practice such as Penang, Ipoh and Petaling Jaya," Ho shared. At 9.30pm, everyone was seen getting ready into position with their nets or clutching their mandarin oranges for hurling. Some passionate males were spotted connecting two rods with a rope so that their nets would have a further reach or holding two fishing nets at once!

"The response here is getting better every year. We encourage the culture and the state government also gives us some allocations for the past few years and this year. Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir visited us back in 2011 and 2014," he highlighted.

"We live just nearby and visit the temple all the time, not just on the 15th day of Chinese New Year," one couple said to Ipoh Echo.

Mei Kuan





Like us on Facebook
Facebook : Ipoh Echo
<https://www.facebook.com/IpohEcho>



Follow us on Instagram
Instagram : ipohecho.my
<https://instagram.com/ipohecho.my>

FOLLOW US ON



twitter
Twitter : ipohechomy
<https://twitter.com/ipohechomy>

Financial Planning

Saving for Children's Education

This is Part 8 of a continuing 12-part series on financial planning. One of the happiest moments of their lives was finally realised with the arrival of their first-born child, baby Alisa. This week, we'll be looking at another important planning issue for most parents: children's education funding.



After Adam settled the hospital bills, it was time to take baby Alisa home. The bill came close to RM5000 but it's a "necessary" and budgeted expense. Adam and Aida had to make quite a lot of adjustments with the arrival of baby Alisa. It was physically exhausting but well worth it and he enjoyed every moment of it.

Adam finally had some time for himself and took the opportunity to review his family budget. He should start saving for his little daughter's education as soon as possible.

| INCOME | | EXPENSES | |
|---|-------|--|-------|
| Take-home Pay Adam 5,000 Aida 4,000 | 9,000 | Savings | 900 |
| | | Life Insurance Premium Adam 400 Aida 300 | 700 |
| | | Repayment of PTPTN Loan | 300 |
| | | Home Instalment | 1,300 |
| | | Utility Bills | 300 |
| | | Quit Rent, Assessment & Ins. | 50 |
| | | Gift to Parents (Both) | 1,000 |
| | | Food | 1,500 |
| | | Petrol & Toll | 500 |
| | | Car Maintenance, Road Tax & Insurance | 200 |
| | | Clothing & Entertainment | 600 |
| | | Telephone Bill | 200 |
| | | Baby's Expenses (diapers, formula etc) | 450 |
| Total Income | 9,000 | Total Expenses | 8,000 |
| | | Balance of Income | 1,000 |

Note: Take-home pay is net of EPF & SOCSO contributions and taxes.

With the revised budget, it looks like he has about RM1000 per month that he can save for his daughter's education. Besides having opened the normal children's savings account in the bank, Adam wanted to start Alisa off on an insurance programme as soon as possible because the premiums are cheaper. So, he got her covered for life and medical insurance with some savings element for a total premium of RM200 per month. He also made an initial investment of RM1000 in a unit trust fund and committed a further RM200 per month into a regular investment plan of the same fund. He estimated that if he can consistently get a return of 8% p.a. over the next 18 years, he should have accumulated about RM100,000 for her education fund. In addition, he will be putting another RM200 per month into the Amanah Saham Bumiputera (ASB) which should give him another RM100,000.

To maximize the tax relief, he also made an initial deposit of RM3000 into the Skim Simpanan Pendidikan Nasional (SSPN), a scheme introduced by the National Higher Education Fund Corporation (PTPTN) which puts emphasis on 'Savings towards Higher Education'. SSPN provides annual dividend returns and financial incentives in the form of Matching Grants especially for low income depositors. Saving for our children's education need not be every parent's nightmare if we can EDUCATE ourselves on the following principles:

- **Start Early.** This allows the power of compound interest to work better for you. Most of the time, it is not how high a return you can get (of course, that helps!) but how long you save and remain saved that matters most.
- **Stay Disciplined.** Very often, our immediate wants (upgrading to a bigger car) would take precedence over our longer term needs (children's education). Remain focused and disciplined to achieve a long-term goal.
- **Utilize Various Instruments.** "Don't put all your eggs in one basket!" Diversify to spread out investment risk.
- **Save Consistently.** Do not give ourselves excuses for skipping a month or two's savings. Enrol into an automatic savings programme.
- **Assess Your Needs.** Keep yourself on track with your financial goals. Constantly keep yourself up to date with the latest education costs as they generally rise each year, not forgetting the currency fluctuations as well.
- **Think Positive.** The task may be daunting but do not underestimate your ability. If we've done our best, we should leave the rest to God.
- **Set Reasonable Expectations.** Talk to your children pertaining to the family's finances and set reasonable expectations with them. If it takes too much to save up in order to send them overseas, tell them earlier that they'll have to study hard to obtain a scholarship.

Sometimes the best education in life need not cost an arm and a leg. The best education parents can provide for their children may be found at home, that is, by being good role models and by practising what they preach. No amount of money can substitute our role and responsibility as parents to educate our children well. This is priceless!



iSpeak

A. Jeyaraj

LA21 – NATO (No Action, Talk Only)

I came across the signboard in Little India saying that MB Dato' Seri Diraja Dr Zambry Abdul Kadir launched LA21(Local Agenda 21) on 18 October 2015. LA21 or Local Agenda for 21st century programme was launched in June 1992 during the Earth Summit in Rio de Janeiro.

In MBI website there is a description of the LA21 programme and under the heading of Role of Stake Holders, the role of Community is stated as:

"Members of the community comprising people with diverse interests and backgrounds. Representative members of the community will forward their respective views in the LA21 partnership and to bring LA21 revolution back to the community and their respective neighbourhoods."

Benefits of LA21 to individuals and community:

- Your views being taken into account in the planning and implementation of development projects. Your local authority will be more sensitive and effective to your needs.
- A more conducive environment and a higher quality of life.
- Having more pride and ownership over your surroundings.

What is written above is the concept of LA21, now let us come to the implementation. Launching LA21 and practising it are two different things. I am listing a few projects I know of where LA21 requirements have not been followed. There must be many more.

Tun Razak Public Library opening hours

The library used to be opened from 10am to 8pm, but the time has been reduced to 10am to 5pm from Monday to Saturday and closed on Sundays. How can working people make use of the library? Sunday is the day parents are free to take their children to the library and it is closed. How are we going to encourage people to read?

Mohd Zakuan bin Haji Zakaria, MBI Secretary who is head of the Library Committee was not willing to talk to me to justify his decision. I have worked in Kuantan, Johor Bahru, Miri and Kuala Belait (Brunei) and the library in these towns are opened on Sundays. Why can't it be done in Ipoh?

This shows that MBI makes decisions for its own convenience and is not interested in public needs. Is this what LA21 is about?

Saint Philomena Tamil School's request for field

For the last 20 years, Saint Philomena Tamil School in Jalan Silibin has been applying for a piece of vacant land next to the school to be used as a field for extra-curricular activities including sports. The authorities decided to give the 0.6ha lot to a state government agency for commercial development.

Instead of holding a public hearing, MBI had discussions with a few representatives from the school and rejected their request. We have more than enough commercial centres. If businesses are set up in the area it would affect all the nearby residents and create an unsafe environment for the pupils. The residents were not consulted.

Bottom line for MBI is to make money and it shows a lack of interest in the welfare of students and residents.

Playground converted to low cost housing

The only playground along Jalan Manjoi in Merdeka Garden was converted to low-cost housing. The residents staying nearby opposed the move and approached Perak Consumer Association (PCA) to help them. PCA wrote to the relevant authorities including the Mayor and Menteri Besar. MBI said that since the project is executed by the PM's Department, they have no jurisdiction. Low-cost houses have been built, depriving the residents of the only playground. Is this the way MBI is promoting a healthy lifestyle?

If this is the case, soon more vacant land in housing estates will be gone, including those gazetted as playing fields.

What happened to LA21?

Plant Nursery at junction of Jalan Hasan and Jalan Raja

The plot of vacant land at the junction of Jalan Hasan and Jalan Raja at the entrance to Kampung Manjoi is fenced with no signboard informing what is going on. The nearby residents say that the place will be used for a plant nursery. This place is not suitable for a plant nursery. Unlike the location of nurseries along Kuala Kangsar Road, there is no parking space available here. The roads around here cater for single lane traffic and no vacant place is available for parking. This is a busy junction with school children cycling.

It looks like MBI approved this project without visiting the site and without consulting the residents.

Bandar Meru Raya – rapid developments

It looks like every inch of land in Meru Raya is planned for development and there would be no green lung left. The residents are not happy with the rapid developments and are not informed of what is going on. Development is good for the community, but other factors must be considered. Residents are worried of the social ills that would come with the developments. MBI must inform the residents on what is going on and get their views as well.

If MBI is really serious in practising LA21, then public forums must be held especially in housing estates and explain to the ratepayers how they can take part in the decision-making process. Councillors must play their role in dissemination of information.

During a trip to Melbourne, a friend of mine attended their local council meeting uninvited. When he told the councillors that he was a tourist from Malaysia, they welcomed him and allowed him to participate in the discussions. This is the difference between first and third world countries.



Education

A Joint Venture

ESnet Academy Sdn Bhd, a renowned Perak-based automotive skills academy joined hands with DRB-HICOM University of Automotive Malaysia to offer quality education and training to students in the silver state. A Memorandum of Understanding (MoU) between the two parties was signed on Tuesday, January 17 at Kinta Riverfront Hotel, Ipoh.

Director of ESnet Academy Sdn Bhd, Syed Nasrul Azmi, and Vice Chancellor of DRB-HICOM University of Automotive Malaysia, Professor Dr Garry James Clayton, signed the memorandum on behalf of respective parties.

According to Azmi, ESnet Academy has trained over 600 students under their Malaysian Skills Certificate programme. With the joint venture, students of the academy are now able to pursue a degree in the automotive field.

“Our students will be given the opportunity to further their studies at DRB-HICOM University of Automotive Malaysia in Pekan Pahang,” said Azmi after the ceremony.

ESnet Academy has given RM500,000 worth of scholarships to five charitable organisations to sponsor the tuition fees of students in need.

“By offering financial aid to orphans and needy students, they’re able to obtain free education in their selected field of study,” Azmi added.

“This is our first partnership with a local institute. We look forward to exchanging knowledge, ideas and academic human resources with each other,” enthused Dr Clayton.

The collaboration will provide students with a conducive learning environment and be equipped with automotive skills which will come in handy.

Luqman Hakim



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.

Sharpened Word Creative Arts Events. We aim to create awareness on the significance and value of creative arts. Sharpened Word events take education beyond the classroom, please join us Saturday **February 18**, 2-5pm at Old Anderson Club, Ipoh. F/B page: www.facebook.com/sharpenedword.kinta. For details call **019 574 3572** (Pak Peter).

8th Tan Sri Lee Loy Seng Perak Grand Prix Chess Championship 2017 (2nd Leg-Kerian). Sunday **February 19** at Kolej Vokasional Kerian, Jalan Siakap, Bagan Serai. Sponsored by Kuala Lumpur Kepong Berhad and organised by Persatuan Catur Negeri Perak. For more information and the entry form, go to: <http://perakchess.blogspot.my/>.

The Perak Malayalee Association will organise Musical Extravaganza 2 at the Royal Ipoh Club on Saturday, **February 25** commencing at 7.30pm. It is an evening of fun, good food, fellowship, music, dances and songs. Tickets (costing a minimum RM60) can be purchased from Bhanu: **019 281 3636** and Sakuntala: **017 579 8062**.

‘Romeo & Juliet’ by Gardner & Wife Theatre, Sunday February 26, 3pm at ACS Auditorium @ SMK Methodist School Ipoh. Recommended for ages 12+. Admission: RM60+ Economy; RM75+ Premium; RM250+ Premium family (4-pax). For more information of the show go to: http://gardnerandwifetheatre.com/17_romeojuliet.asp. Box Office: **017 2289 849** www.tix.my. For school and NGO rates, contact **012 230 2469** or groups@gardnerandwife.com.

Ave Maria Convent Alumni Association Ipoh (AMCAA) 35th Anniversary – Top 10 Inspirational & Outstanding AMCian. Closing date for nomination is **February 28**. For details, email: amcaa@outlook.com or Facebook: [AMC Alumni Association](https://www.facebook.com/AMCAlumniAssociation) or call Miss Felicia or Miss Apple at **05 241 502** or **241 2532**.

Free Obesity Symposium, Saturday **March 4**, 8am-2pm at Auditorium Kompleks Rawatan Harian, Hospital Raja Perempuan Bainun, Ipoh. For registration, contact: Pn Noraini **05 208 7341** or **05 208 7469**.

Westlake International School (Kampar) Charity Fundraising Carnival on Saturday **March 11**, 10am to 3pm at the school campus. All are invited to come and join the carnival! For more information, contact: **05 467 2222**.

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 love ones with dementia and others are welcome to attend. These are sharing sessions. The centre also welcomes volunteers. For more details kindly call April at **05 241 1691** before 5pm.

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.

St John Ambulance Malaysia Perak is recruiting volunteers who are interested to join the Emergency Rescue Unit, Volunteer must be 18 years to 50 years of age. Training will be provided to all volunteers. Those who are interested call up **05 254 5946/012 550 4002** Manin Singh for registration and more details.

LETTERS

We reprint some of our reader’s comments from our online paper. Go to <http://www.ipohecho.com.my/> to read more. The views expressed in these letters are not necessarily shared by the Editorial Board. We reserve the right to refuse or modify the letters we publish.

Looking for a Kind and Generous Donor

The Perak Society for the Promotion of Mental Health in Ulu Kinta, Perak has been in existence for over 50 years and very soon, the 50th Anniversary Celebration will take place. The founder is Tan Sri Dato’ Seri Azlanii Dr M. Mahadevan who was the Director of Hospital Bahagia in Tanjung Rambutan, Perak. Since its inception in 1967, this Society has been a driving force in providing care and rehabilitation for the 100 women with psychosocial disabilities from all over the country with the hope for a better future and adaptability into society.

Although the Society has been functioning for over 50 years, it has no van of its own to transport the female residents of this centre to Hospital Bahagia, clinics and government hospitals for medical check-ups/treatment everyday. Currently the centre has a van. Unfortunately, it breaks down very frequently and the repair works are very high and taxing for the centre to maintain it.

This Society has been in the forefront in championing the rights of persons with mental illness. The current President is Dato’ Dr M. Majumder who has been at the helm for over 40 years. She and her dedicated nursing group, including the more than 30 staff at this centre, are doing a great service to the 100 over female residents with mental illness.

Quite recently, our Society was chosen as one of the best NGOs in Perak by the ROS Perak. The Hon. Secretary was invited to give a talk about this Centre to an audience of 200 participants from the various NGOs in Perak. The Director General of ROS from Kuala Lumpur and other dignitaries, including the ROS of Perak and staff, were present.

It is time to seek for a generous donor to donate a 12-seater van for the centre and it will be a timely affair as the centre will be celebrating its 50th anniversary soon.

The patron of the Society is our beloved DYMM Sultan of Perak who is always supportive towards this organisation. He is a very caring ruler and has a golden heart for everyone.

I am sure a generous and kind donor will come forward to donate a 12-seater van to save people’s lives. The donor’s name or company’s name will be inscribed on the van.

It is our vision to empower the 100-over female residents with occupational and social skills in order to improve the quality of their lives. “Our attitude decides the altitude of our achievements.” Kindly help us in our quest to get a 12-seater van for the centre as soon as possible for which we will be always grateful.

K. Letchimanan
012 538 1939

Help Needed to Contact

Iam trying to contact a relative, Mr Choong Tian Chuan and read about him in your newspaper’s story <http://www.ipohecho.com.my/v2/2010/11/01/seventy-five-years-of-tin-miners-together/>

He is a distant cousin whom I have lost touch with and hope to contact.

I am the daughter of his late aunt Choong Kim Lan, Min. My telephone contact is (65)97833056.

Huang Shuo Mei

Ecology



Friends of Kuala Gula mangrove nursery

The Friends of Kuala Gula Mangrove or known as Sahabat Hutan Bakau Kuala Gula (SHBKG) commemorated its 10th anniversary by planting 5000 mangrove saplings at three hectares of degraded land in Teluk Rubiah Forest Reserve recently.

The event was officially launched by Dato' Dr Hj. Noor Azmi Bin Hj. Ghazali, Member of Parliament for Bagan Serai and participated by 200 volunteers from local communities, school children, government agencies and private sectors.

SHBKG was initiated by Global Environment Centre (GEC) in recognition of the need for involvement of local communities in mangrove rehabilitation programme.

"Starting with a group of 40 members in 2006, the SHBKG was initiated to be a part of Kuala Gula Mangrove conservation and rehabilitation programme. Ten years on, the group has an additional 20 volunteers and has achieved tremendous success. Since its establishment, they have replanted a total of 120,398 mangrove saplings covering approximately 90 hectares of the degraded mangrove area; annually raised about 30,000 mangrove seedlings in their nursery; monitoring and patrolling the mangrove area from encroachment and illegal activities; participated in public events and conferences to disseminate and exchange information on mangrove issues at local to national level.

April 2014 marked the pinnacle of their achievements when the State Forestry Department gazetted 1502 hectares of Kuala Gula Mangrove as Teluk Rubiah Forest Reserve. This proves a point that community involvement plays a pivotal role in the success and sustainability of mangrove forest conservation and rehabilitation projects," said Faizal Parish, Director of GEC.

Dato' Dr Hj. Noor Azmi said, "The mangrove conservation and rehabilitation activities implemented by Sahabat Hutan Bakau Kuala Gula are parallel to the Federal and State Government initiatives and a part of the National Blue Ocean Strategy". He congratulated SHBKG and GEC on the success achieved.

"We would like to thank GEC and the Perak State Forestry Department for the success that SHBKG has achieved in the past 10 years," said Puji Astuti, Chairwoman of SHBKG. She added that this milestone proves that they are committed to continue to protect the Teluk Rubiah Forest Reserve.

Kuala Gula Mangrove is an area of importance to fishing activities which has supported the livelihood of the local communities. Kuala Gula Mangrove is one of the 10 eco-tourism areas in Perak and is recognised as a Bird Sanctuary and Important Bird Area (IBA) MY05 Matang Coast. Its mudflat and the swampy areas are perfect stopovers and feeding places for various species of migratory and resident birds.

The continuous threat from unsustainable construction of aquaculture farms, illegal harvesting of mangrove trees, encroachment, coastal erosion caused by increasing river traffic on the mangrove and its ecosystem, has indeed caused adverse impacts on the local



Ariel view of participants planting at kuala gula planting site.

Planting 5000 Mangrove Saplings



Local community planting at the planting site

communities who have been dependent of these natural sources for quite some time.

Conservation and rehabilitation programmes of Kuala Gula Mangrove are currently focusing on strengthening the SHBKG networks, establishing and promoting community initiative in non-timber forest products in addition to raising mangrove seedlings and replanting of mangrove saplings, patrolling, monitoring and awareness raising.

Arts & Culture

PORT to Foster SK Tambun's Music Talent

Perak's People Of Remarkable Talent (PORT) is working hand in hand with Sekolah Kebangsaan (SK) Tambun school to foster more music talent among its students.

To start off the campaign, the two parties signed a memorandum of understanding (MoU) at SK Tambun recently. The ceremony which was attended by the manager of PORT, Zamari Muhyi and SK Tambun's headmaster Che Wa Saad. "We have been working together with the school since 2014 where we brought their singing team to attend various competitions in Kuala Lumpur," said Zamari Muhyi.

During the affair, PORT with its partner, CK Music donated a Korg Pa600MY keyboard worth RM5000 to the school as an initiative to support the campaign.

"This is the first step taken by PORT to encourage the younger generation to explore the world of music. We hope to work with more schools in Perak in the future," added Zamari.

PORT and CK Music also plan to donate more musical instruments to the school as well as helping students who have an interest in the field of music including singing and percussion. Aside from the MOU, Zamari added that PORT is currently training its very own marching band for the upcoming Malaysia National Band Competition (NATCOMP) that will be held in Perak in August.

Luqman Hakim

