

# Begging to Travel: The 'Gap Yah' Phenomenon

By Ili Aqilah

Malaysia, Vietnam and Thailand have always been the places most popular with tourists and backpackers. While some tourists don't mind spending more to ensure comfort while travelling, backpackers tend to look for the cheapest rates for accommodation and food. For some backpackers, the idea of travelling is not about comfort and luxury but more about seeing places and experiencing cultures and customs of a country.

But what happens when you don't have enough money to travel but still want to see the world? Some, smitten with wanderlust, may work harder, taking two or three jobs at a time to save money for travelling; while there are those who quit their jobs and travel without any preparation or as the urban saying goes, they just 'wing it' and land in Ipoh.

*Continued on page 2*



*A backpacker from Russia playing music for money at Memory Lane*



*A couple of tourists selling souvenirs at Memory Lane*

## Gua Tempurung – Nature's Best Kept Secret

Located in Gopeng, Gua Tempurung is the longest and biggest limestone cave in Peninsular Malaysia, measuring 1.9km in length and 22 acres in size. The cave is estimated to be between 250 to 400 million years old.

Its tagline of "Now, caving is possible for all ages" offers everyone a chance to explore the unique cave and unveil its secret such as the historical remains from the Malayan Emergency era (1948 to 1960).

There are two exploration packages available: **Wet Tour and Dry Package**. The Wet Tour is divided into two, beginning from the Top of the World area + Short River Adventure leading to Grand Tour. Visitors will trail the river and the hilly path of 1.9km. As for the Dry Package, visitors will walk up the 620 steps and make a stop at both the Golden Flowstone and Top of the World.

Be amazed by the stalactites and stalagmites resembling humans, animals and objects. One special point about the cave is that you will feel the cool blast of fresh



wind along one Golden Flowstone path. You will also get to see the glittering tin on the surface of the limestone. Plus, you get to witness handwriting left by communist insurgents and their hidden pathways yourself.

Unwind from all the exploring at the food stalls that brim with delicious local delicacies and on weekends, entertain yourself to music by local buskers. You will be spoilt for choice at the souvenir shop.

Gua Tempurung is not only an ideal spot for the family, it is equally informative and an eye-opener on the importance of preserving Nature.

The cave is open daily from 9am-5pm. Those coming in groups can make a reservation by calling: **014 220 4142**.



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## Working in exchange for bed and board is the old fashioned ethical way – not begging

### The Gap Yah Community

For those who go with the wing-it concept, it does raise questions as to how they can afford their daily expenses while travelling. Sure, a quick backpacking trip wouldn't cost much but how about those who take a year off and travel to see the world with insufficient funds? This is where the Gap Yah community was born.

What is a Gap Yah? Back in February 2010, an Oxford University graduate name Matt Lacey created a video and later performed the sketch titled Gap Yah <https://www.youtube.com/watch?v=eKFjWR7X5dU>. The video and the performance was about an international student named Orlando who was taking a gap year (a year off from school or university) to see the world. Orlando then was on the phone bragging about the things he had done in his Gap Yah (posh English accent pronouncing 'year' as 'yah'). Orlando's line "I just chundered everywhere!" (chunder, means to throw up or vomit) even became a meme on the internet for a while. The video received over 660k views within a month and currently stands at over 6 million views and counting.

The term Gap Yah has now come to refer to young people who come from posh families and who use their parents' money to travel the world, especially in the Asian region. Although they may have brought enough cash to travel initially, in the midst of partying while travelling, these Gap Yah travellers may find themselves in sticky situations and have to face the reality of how expensive things can be.

This is when things get tough for the spoilt Gap Yah 'kids'. While it is common among backpackers to do chores and clean hostels in return for free lodging, the Gap Yah may opt for something easier and quicker. Thanks to the well-known hospitality among the Asian community, some of the Gap Yah lot may manipulate it and start begging for money to see the world.

### Are all backpackers the same?

"Personally, there is a difference between begging and busking. If it's straight up begging, I think that's wrong, especially if you're overseas. If you're busking (but not asking for money directly), I think that's fine. There is no need to give money but if they're providing value by entertaining, people will give them money," said **Jub Bryant**, an avid traveller who stayed in Ipoh for almost two and a half months.

Like many backpackers, Jub was working as a cleaner at the hostel he was staying in for a free bed. Jub, who is still travelling across Asia, never begs for money to travel but he knows a few people who do. As for **Nadezhda** from Russia, she believes that instead of begging, Gap Yah can perhaps provide services or give something back, "I am a couch-surfer. To afford my travel I do busking and henna painting on the street. Straight-up begging is definitely wrong," said Nadezhda. **Couch-surf** is a website where a couch-surfer can stay in rooms, houses for free, oftentimes a couch, courtesy of the owner. For Nadezhda's trip in Ipoh, she stayed with a local host where she helped him clean his workplace in return for lodging.

### From the locals' perspective

"This whole issue on Gap Yah begging money for travel is an interesting one. I think people have the right to choose however they want to travel; be it first class, hitchhike, asking for donations or even work part time. Similarly, people also have the right to not host them or give money to them as well," said **Chow Jia Long**, an Ipohite who is hosting a room for Nadezhda.

With a wealth of experience hosting a lot of backpackers, Chow admitted that he personally doesn't like them begging and wonder why they didn't save enough money for travelling. As for **Moses Francis**, he was quite surprised to see more and more Gap Yah in Ipoh. Working in Kuala Lumpur, this local Ipohite was in town and saw a few Gap Yah scattered around Ipoh's tourist spots and begging.

"I think it's not a nice thing to do, prey on people for money. However, I met a couple selling things and not just begging. So, for that, I am okay with it since it's a fair trade. Someone willing to buy something you are selling," said Moses.



*Florent Buroleau*



*Chow Jia Long and Nadezhda*



*Moses Francis*

### Work, instead of begging

There are actually several options for those whose hearts really crave to travel and begging is not one of them. Have you heard of 'WWOOF'? A worldwide movement that focuses on engaging volunteers for organic farmers and growers, WWOOF is all about promoting cultural and educational experiences for volunteers. The volunteers are called 'Wwoofers', where they live alongside their host and help them with daily tasks and learning and experiencing life as a farmer.

"This was my first time wwoofing. Luckily for me, my hosts, **Green Wish Vegi Garden** was more than just a host. Not only did I learn a lot, they were so nice to me. They provided a bed and the meals were wonderful. They were kind, plus their neighbours and friends were too and this makes me want to do more wwoofing in the future," said **Florent Buroleau**, 24, from Paris, France who was in Ipoh recently.

For Florent, the idea of begging money for travelling is not only being disrespectful to the locals but also kills the concept of what traveling is about, "When I travel to a country, I prefer to engage with them. Talk and learn about their culture. I don't agree with begging money to travel, especially since they are done mostly in poor countries. Why can't they opt for wwoofing instead of begging?" added Florent.

However, doesn't working at the place you are travelling to mean you are stealing the job that belongs to a local?

"It is certainly not stealing jobs from locals in my case. Picking goji berries is often done by immigrants and travellers who are on tourist visas in Australia. The locals don't want to do it, so I feel that it is not wrong to do that," said **Riduan A.Dullah**, who wrote a book, entitled '**Goji Bundy**', where he talked about his journey and hardship travelling in Australia.

Working in exchange for bed and board is the old fashioned ethical way and how the world ticks over. Especially for those who are fit and healthy. Begging, which happens mostly in third world countries where abject poverty exists, is a headache for humanitarians who struggle with the problem. Is it fair to add to the world poor's burden with spoilt young people competing for scant donations? Lazy youth who would rather beg than to do some honest labour?

Strangely, such begging is mostly done in third-world countries and Malaysia because of its multicultural and colourful diversity appeals to young backpackers some of whom end up begging. With Ipoh starting to get more and more attention, thanks to Lonely Planet's articles, will we be seeing more and more Gap Yah? And if so, will the authorities do something about it?



*Riduan A Dullah*



### Han Chin Pet Soo

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By Fathol Zaman Bukhari

# IPOH'S ICONIC TREE UPROOTED

*The best the Council could muster was a feeble, "it's God's will". Reminds me of Samy Velu's response to the many landslides that occurred then*



**I**nclement weather during this inter-monsoonal period is wreaking havoc in Ipoh. The city is constantly hit by storms punctuated by strong gales and heavy downpours. The phenomenon, according to experts, is caused by climate change, a popular phrase to describe the change in weather patterns attributed to the increase in carbon dioxide levels in the atmosphere. Whether this is the cause or not, it has yet to be proven insofar as Ipoh is concerned.

Notwithstanding that, it is a cause for concern, as of today a life was lost and some properties were damaged.

An old rain tree along Jalan Raja Nazrin Shah (Jalan Gopeng) and fronting Symphony Suites Hotel was uprooted during an unusually heavy thunderstorm on Friday, April 22. The tree fell on a car which was on the Ipoh-Simpang Pulai side of the road. A lady passenger was mortally wounded. It took personnel from the fire department awhile to remove the mangled body from the wrecked Proton Wira. The car's two other occupants, the lady's husband and a child were unharmed but were badly shaken.

On Friday, April 28 at around noontime, strong winds claimed another victim. This time it was the lone-standing Ipoh Tree, one of the city's many landmarks located at the edge of the open space in front of the railway station. The tree, a tribute to Ipoh's namesake, was planted on January 18, 1980 by the former Menteri Besar of Perak, the late Dato' Seri Hj Wan Mohamed Hj Wan Teh on the occasion of Rotary Club of Ipoh's 50th anniversary.

The iconic tree was uprooted with its unsightly roots exposed for all to see. It was an inglorious end to a grand old tree that had stood its ground for over 37 years. Makes one wonder why an important landmark, a piece of living history, was not accorded the care it truly deserved? Why was it allowed to stand on its own without any buttress and reinforcement? Why no attempt was made to ensure its well-being and its continued existence? There are many questions but, as always, answers are not forthcoming. Ipoh City Council has plenty to answer for but don't raise your hopes too much.

The best one Council officer could muster was a feeble, "It's God's will" – the classic Samy Velu's response to the many landslides that occurred along Karak Highway and Genting Highlands during his tenure as the works minister. He blamed God for the unpredictable weather that caused the mishaps. That is the easiest way out.

There is another Ipoh Tree in Taman DR Seenivasagam. I don't know its exact age but it is old, perhaps older than the one at the railway station. Is this piece of history kept in its original condition? I have no way

of telling.

The absence of a qualified horticulturalist on Ipoh Council's payroll compounded the problem. That explains the current state of mind at the Council. When less-developed cities like Hanoi, Ho Chi Minh City and Vientiane have established a system to keep tabs on their trees, Ipoh has none. This is in spite of an attempt at registering trees at Ipoh's popular public park, Polo Ground, a few years back when a furor over some missing and damaged trees made the headlines.

The Council's overstretched and understaffed Landscape Department is responsible for overseeing tree-planting and tree-maintenance in the city. How effective this department has been is debatable. I don't wish to delve further, as its effectiveness is an open-ended question. When it comes to trees, it's an ad hoc arrangement; one that has neither a beginning nor an ending. One time bougainvillea was the rage and then the Tecoma trees, picked for its colourful and fragrant flowers like the cherry blossoms. Wonder what comes next?

There is no viable landscape blueprint for the Council to fall back on when in doubt. It's simply a do-as-I-tell-you dictate, much similar to what is happening in Putrajaya today. This rather awkward and amateurish method of keeping a tally on trees in the city is a non-starter as commitment, let alone accountability, is non-existent.

As for the fate of the fallen Ipoh Tree, I am told a new sapling will be planted in the vacant spot. Let's hope the Council will give the plant its due diligence.

## EYE HEALTH — Cataract, Some Quick Points

*Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL, giving us a final CHECKLIST on CATARACT.*

**I**n Malaysia, cataract is the leading cause of poor vision in patients above the age of 55 years. Cataract occurs when the normally transparent natural lens in our eye becomes cloudy.

### SOME CAUSES:

- **Aging:** Commonest cause. Occurs in every person at some stage.
- **Secondary cataracts:** Due to diabetes, steroids, radiation, UV exposure.
- **Trauma:** Injury by blunt objects & sharp ones.
- **Congenital:** Babies born with cataracts.

### SYMPTOMS MAY BE:

- **Blurry vision** is commonest. Sometimes described as foggy, filmy or cloudy.
  - **Colours seem washed-out** and dull.
  - **"Second-sight of aging":** paradoxical improvement in near vision!
  - **Frequent change of spectacles, dissatisfied with new spectacles**
- CATARACT EYE EXAMINATION:**
- **Vision check, front of eye check, eye pressure check,** then **dilating your pupils** with eyedrops for the full cataract and retina (nerve at back of eye) examination.
  - **Remember:** It takes **30 to sometimes 90 mins** (for diabetics) to dilate pupils.
  - Be prepared for the wait! Bring **sunglasses** with you to wear after eye check.
  - Check eyes **annually** after 40 years of age especially if **diabetic**.

### PREPARING FOR CATARACT SURGERY:

- **Arrange time from work:** avoid unfinished business that may distract rest.
- **Arrange for a driver:** this is always helpful. If staying very far, **ward stay** best.
- **Review all medications:** confirm which need to be **stopped temporarily**.
- **Eating and drinking:** find out whether op under **Local** or **General anaesthesia**.
- **Hygiene:** wash face thoroughly, **no cosmetics** or eyeliners, **hair-wash**.
- **Inform doctor** if eye is **red** with any **unusual eye discharge** on morning of operation or if you **feel unwell** for any reason.

### ON THE DAY OF SURGERY:

- **Remember:** Fast from **water & food** if surgery planned under **General Anaesthesia** (G.A.) **Light meal** if surgery under **Local Anaesthesia** (L.A.)
- If under **L.A.**, eyedrops to numb the eye will be instilled. You are **awake** during the surgery. **Cooperate with surgeon** by **not moving head** during surgery.
- If under **G.A.**, you will be **unconscious** during the surgery.
- After surgery, once you have been given a meal, you may go home **to rest**.
- If the eye is **padded**, **do not remove it or get it wet**.

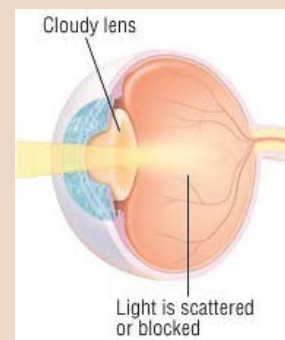
### AFTER THE CATARACT SURGERY:

- Remember to **strictly instil eyedrops** regularly as instructed.
- **Inform doctor** if you have any **eye pain, undue redness** or **blurring vision**.
- **Do not rub** or **wet** your eye. Keep **eyelids clean**. **Avoid eye make-up**.
- Never stick your fingers into the corners of your eye.
- **Avoid heavy exercise, swimming, prolonged computer use, alcohol.**
- **Be patient** as healing duration may **vary from person to person** depending on **age, health** and **associated conditions** like **diabetes**, etc.

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah **05-5455582** or email [gillyeyecentre@dr.com](mailto:gillyeyecentre@dr.com)



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# 'Postcode lottery' for rubbish collection in Ipoh

If a picture paints a thousand words, then a friend's photos have revealed huge variations in rubbish collection in and around Ipoh. The photos encouraged others to post their photos of rubbish strewn areas where they live and work. So what is the Ipoh City Council doing about rubbish?

The rubbish 'postcode lottery' riddle started last month, when friends alleged that the collection of rubbish varied widely in and around Ipoh.

In affluent areas along Jalan Kelab Lumba Kuda, Jalan Tambun, Tiger Lane, and Gopeng Road, they claimed that the roads and grass verges were in pristine condition. They said that in outlying areas like Bercham, Chemor or Menglembu, the rubbish collection was a hit and miss affair. If one was lucky, the garbage men might come to collect the rubbish, but otherwise, they might not see the rubbish collectors, for weeks on end.

Some people also alleged that in affluent areas, the residents were given free black plastic bin bags, but none were distributed to those who live in other areas.

Doesn't everyone pay rates, or are people residing in so-called affluent areas treated with deference because many of them are titled and have a "kabel ke atas" (connections to the top)?

Moreover, complained the unhappy Ipohites, the monsoon drains, on either side of the roads in the affluent areas were clear of plastic bags and neither long grass nor shrubs were thriving in these drains.

Drains which are not clogged up with rubbish allow excess run-off water to flow smoothly, unlike in other parts of town, where litter blocks the drains and contributes to localised flooding.

So how true are these allegations of a "postcode lottery" affecting rubbish collection in Ipoh?

A friend came to the rescue and decided to go around the city to take photos of the piles of rubbish which many Ipohites may encounter around their homes, or on the roads they use daily. There may be some truth to the allegations.

The photos show that there are no piles of stinking rubbish or torn bin bags, in the 'affluent' areas. In other areas, especially in the outlying parts of the city and along country lanes, the littered roads are an embarrassment, especially as this is Visit Perak Year, 2017.

So who is at fault? You, me, the Ipoh City Council (MBI) or everyone?

Is the MBI short of resources, has funding for rubbish collection been decreased, is there a lack of manpower, or are the people to blame for treating areas outside their homes as an open rubbish tip?

Do we have contractors who give umpteen excuses for not collecting rubbish, such as the ridiculous assertions that bins are not properly colour-coded, or are overflowing?

One person said that rubbish collection was irregular in his area, and he observed people fly-tipping around the corner from his house. He claimed that people refused to store their uncollected rubbish at home, as it would attract flies and vermin.

Some people have said that the assessment rate has been revised but the roads are bad with pot holes appearing on most roads in Ipoh, and rubbish is everywhere. Others consider themselves lucky if their rubbish is collected at all, never mind twice a week.

An elderly Ipohite reminisced that in the good old days, when the Seenivasagam brothers were in the People's Progressive Party (PPP, an Opposition party) the Ipoh Council was active. He said that there were local government elections and the PPP won the councillor elections and that the councillors were not appointees, like these days. He beamed with pride recollecting that in those days, Ipoh was the cleanest city in Malaysia.

Another Perakian, who works in Ipoh but lives just outside Ipoh, asked that the spotlight on rubbish collection be extended to areas outside Ipoh. She said, "What about the small towns? Come and see the old Chenderiang to Tapah road. Rubbish is thrown all along the verge."

She said that when she complained to the local council, she was told that it was not their area of responsibility.

If that is the case, then who is responsible for rubbish collection in the small towns? Is the local council fobbing off people, by claiming that rubbish collection is not in their purview?

She also said that the local council built a railing, ostensibly to prevent rubbish being thrown onto the grass

verge, but irresponsible Malaysians simply dumped their rubbish further up the road.

It is also alleged that areas around kampongs are similarly bad and people simply throw their rubbish into the rivers. Even furniture and mattresses have ended up in the river.

So will local councils start collecting rates from the kampong folk so that their rubbish can be disposed of properly? Are our schools highlighting the problems of rubbish disposal to the young children, so that they can at least inform and educate their parents and elders about the importance of the responsible disposal of rubbish and preserving the environment?

Perhaps, it is timely that the Menteri Besar, Dato' Seri DiRaja Dr Zambry Abdul Kadir, accompanied by the mayor and his retinue of councillors, again don their orange t-shirts and overalls, and take their brooms and dustpans out for another airing. Ipoh and the surrounding towns, need their rubbish to be collected.

(Thank you, for the photos of rubbish, which many Ipohites sent to me. The final portfolio of photos can be seen at [www.mariammokhtar.com](http://www.mariammokhtar.com))



Cenderiang to Tapah road



Bercham

## ABOUT LASIK

**Dr Lee Mun Toong**  
Consultant Eye Specialist Surgeon KPJ Ipoh Specialist Hospital

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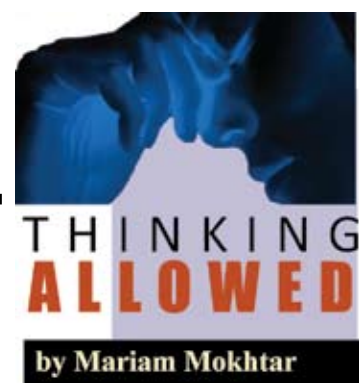
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To be continued...

For more information, readers can call Lee Eye Specialist 05 254 4388 or email at [ishkjpj@gmail.com](mailto:ishkjpj@gmail.com). Also visit their Facebook page: LASIK Services at KPJ Ipoh Specialist Hospital.

Opening hours: 8.30am-5pm (Mondays to Fridays), 8.30am-1pm (Saturdays).







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

# SeeFoon Swaps Eating for Detox

I am often envied for all the eating and drinking that I do, trying a lot of different places before deciding on the ones worth writing about. It certainly is fun and for a foodie like me who lives to eat (versus eat to live), eating trumps all other forms of enjoyment. But culinary delights aside, too much of a good thing does take its toll and every now and then I have to take stock and undo some of the abuse I have been inflicting on my health. That is when the idea of Detox pops into my head.

One hears the word **Detox** being bandied around quite readily these days and there are thousands of merchants out there clamouring to sell you products or ways to help you do just that. But what actually is it all about? Do we need to detox and what are some of the ways? Do we need to travel to some exclusive health farms for the whole process or go on some punishing diet to clean out our physical system?

Maybe not. But clean out we must, as environmental and lifestyle abuses accumulate in our bodies whether it's in the air we breathe (*air pollution*), the food we eat (*pesticides in our fruits and vegetables, synthetic hormones in our meats*), or the voluntary poisons (*alcohol, trans fats, excess sugar*) we consume, and what we apply to our skin (*toiletries, household products*). Not all of these chemicals can be processed adequately by the body, nor can an endless amount or number of them be handled at one time.

So what are some of the ways we can help our bodies to detox, to regenerate and hopefully rejuvenate ourselves, and perhaps regain some of the energy we have lost with our lifestyle abuses.

This is where I turned to **RëJeune** and put myself into the caring ministrations of **Grace Cheah**, the proprietor and passionate advocate of **FIR and Meridian Massage** to alleviate some of the damage done to my body.

Our skin is the biggest elimination organ of the whole body. Yes our livers, kidneys, intestines and lungs do the work but often we forget about our largest organ, the skin and this is where dry saunas come in.

## FIR Sauna

Now there are traditional saunas and then there are **FIR or Far Infrared Saunas**. One of the main differences between a traditional sauna and an infrared sauna is the heat involved while inside the unit. Traditional dry saunas use temperatures as high as 185°F to 195°F, which can overwhelm those like me, who are more sensitive to the heat. Infrared saunas use a much milder temperature environment of between 120°F to 150°F. However, because the heat of infrared saunas travels much deeper into the body, they are able to cause a more vigorous sweat at lower temperature.

## Toxin Removal

Deep heat stimulates the cells to remove toxic substances, such as lead and mercury, from the body through sweating. Focused heat has also been used in the treatment of small local pain but all the benefits offered by the deep heat were not understood until now. In clinical studies deep heat has been discovered to activate complex neurological, vascular and metabolic mechanisms in order to relieve pain.

FIR – far infrared heat increases the body temperature to 38.5°C and this artificial fever kills bacteria and viruses. Clinical research has shown that this far infrared energy which is close to the same wavelength as that which the body naturally emits – often referred to as the ("Vital Range" of 7 to 14 microns), so the energy is well received by the body, stimulates the cells to remove toxic substances, such as lead and mercury, from the body through sweating.

The toxin removing effect of FIR is in its own class, because the sweat comes from deep within the body where toxic substances hide. The objective of aerobic exercise is to increase the heart rate and metabolism, which increases blood circulation and improves overall health. It has been found that exposure to far infrared radiation has the same effect as physical exercise and you can burn up to 600 calories in a single session with the cardio and metabolic benefits of a session comparable to a 6 to 9 mile run.

Interestingly, in a recent finding, Megan Shields, MD, discovered that even after a sauna programme is complete, your body will continue to rid itself of toxins at an accelerated rate for many months afterwards. Also the composition of your sweat is different than that produced in a traditional sauna — the sweat produced is loaded down more with toxins, including unwanted chemicals and heavy metals.

## FIR Resonance Chamber

RëJeune has more than FIR sauna to help in the Detox process. The FIR Resonance Chamber at RëJeune, unlike traditional wooden saunas, is a cocoon-like capsule made of the same material as astronauts' spacesuits and as I sat in it with my neck swaddled in a towel and my head free, I could watch the infomercial and chat comfortably with the girls who were always in attendance, as they kept wiping off the sweat which was pouring profusely from my forehead. The amazing thing is that I normally cannot stay more



Grace Cheah (middle) with Tan Hoong Sim and Gillian



Grace with FIR Sky Eye



Magnetic Meridian Massage tools

than five minutes in a traditional sauna and yet in the FIR chamber, 15 minutes passed easily and I found myself asking for more.

## Physio Magnetic Meridian Massage

Then the best part begins. After being wiped down (such luxury!) by Cindy or Sheryl, they begin the **Physio-magnetic Meridian Massage**, using special magnets combined with the special RëJeune cream. Plus the use of the FIR lamp called **FIR Sky Eye** for focus on specific areas of the body.

Based on Traditional Chinese Medicine (TCM), Meridian Massage utilises unique magnetic physiotherapy tools combined with their **RëJeune Women** cream to activate the acupoints and deliver the cream to deeper layers. The Cream, consisting of many special essential oils and other ingredients known for their purifying and skin rejuvenating properties, work synergistically with the magnets and the massage to hasten the whole detoxification process.

I for one am very pleased with the three treatments I've had. For starters most of my joint pains and bloating appear to have miraculously disappeared and my energy levels feel higher.

I talked to a mother and daughter who happened to be there one day when I finished my treatment, Mrs Tan Hoong Sim and her daughter Gillian Teh Shu Tien. Mrs Tan had this to say about her experience, "I happened to just walk in one day in 2013 and was persuaded to try their Meridian Massage. I have been a fan ever since. My energy levels have shot up and where I used to suffer from restless sleep, I can now sleep through the night with only one break. My skin is brighter and I am more alert. I found the treatments so beneficial that I brought in my daughter who is now enjoying the treatments."

Gillian who started treatments in 2015, has since, with the introduction of the FIR chamber and the FIR lamp, together with taking the other supplements carried by RëJeune (another article will cover these topics) found huge improvements in her skin and her energy levels. Additionally the 6kg weight loss she has experienced over a three-month period from this synergistic combination, has made her a committed fan of the RëJeune treatments. "Coming here is better than going to a health farm," echoes her mother. "I have tried so many other places in Ipoh and the service and caring I get from the therapists here beats anything else I have experienced."

Rave worthy testimony indeed.

## RëJEUNE

1 Jalan Medan Ipoh Bistari 1b/1, Medan Ipoh Bistari, 31400 Ipoh.  
Tel.: 012 502 2293 or 05 545 2293  
Closed on Tuesdays.



FIR Resonance Chamber



## News

# More to Tapioca Than You Know

What is safe for the environment, non-toxic and all natural? Tapioca paper plates and cups of course. These products are made from renewable resources, bleach free and hundred percent biodegradable. And the utensils are even safe for consumption by animals and fish while becoming a fertiliser to enrich soil.

"It'll take eight years before our heat-tested eco-friendly products expire. After expiry they can be reused to make bio-friendly nature craft items", said R. Meyyanathan, director of Nature's Harmony Consultation Sdn Bhd. More importantly, it'll reduce damage to nature and the environment," he said, adding that the products were made of tapioca fibre and starch and would break down in 28 days.

Meyyanathan said the 28-day period has been patented by the company that was set up in 2004. He said tapioca farmers would find an additional beneficial market for their crop, as his company could support them by turning their produce into harmless packaging material as well to sell to manufacturers.

"It's a unique upstream farmer, midstream company and downstream manufacturer business system where the whole plant is used. We are promoting this system as a prototype to create awareness for manufacturers," he said.

Meyyanathan's establishment was among the companies, NGOs, government departments and civil groups participating in Taiping's monthly Aman Ahad event held on Sunday April 23, and the last Sunday of every month, at the Taiping Lake Gardens. It has been around since September 2015.

Organising chairman, Dr V.K. Rajendran said the inaugural Aman Ahad Netball League Taiping, organised by the Larut Matang and Selama Netball Association has been inceptioned. Ten teams were registered under the open and school team categories. Prize money ranged from RM240 to RM1200.

"We hope to promote a healthy lifestyle in Taiping where sports, humanitarian activities, harmless products, safe living and good habits are jointly highlighted by schools, NGOs, the public and private sectors and civil groups" said the Taiping Municipal Councillor.



"We plan to make Aman Ahad an event to be organised by all communities in Taiping by 2020. Taiping is where Aman Ahad began and we're glad that Ipoh would follow suit soon," said Dr Rajendran.

Booths and exhibitions by Rotary Club of Bukit Larut, Coway Water Systems, Taiping Dental Clinic, Taiping Health Clinic, Taiping Hospital Blood Bank, Taiping Hospital Organ Donation Unit and the Larut, Matang and Selama Health Departments were set up. The programme began with a mass aerobics exercise in the morning.

**Nirmal Ariyapala**

## "Travel, Visit & Stay Green" Campaign 2.0

Jointly organised by Keretapi Tanah Melayu Berhad (KTMB) and the Haven Resort Hotel and Residences, "Travel, Visit & Stay Green" Campaign 2.0 is to promote eco-luxury travel, visit and stay in Ipoh. The campaign was launched by the Minister of Tourism and Culture, Dato' Seri Mohamed Nazri bin Abdul Aziz at the Haven on Friday, May 5.

According to Peter Chan, chief executive officer of the Haven, the campaign will span half a year, from May 8 to November 8. During this period, ETS and KTM Intercity passengers with digits "888" registered on the last three of their 17-digit ticket number will stand the chance of spending a night at the Haven for only RM88.80, compared to the standard rate of RM1500 per night.

KTMB procurement general manager and acting president, Mohd Hider Yusoff, claimed that Ipoh train station is the second busiest station in Malaysia, after KL Sentral.

"On average, 3500 to 4000 people travel to Ipoh by train daily. With the campaign, we hope to see at least a 50 per cent increase in the number of passengers," said Hider.

Hider added that efforts to provide more ETS carriages are underway. KTMB aims to provide an additional 19 sets of carriages by 2019.

"The campaign will not only draw more people to board ETS trains, but also promote the Haven as a holiday destination. This will indirectly boost the number of tourist arrivals to Perak in conjunction with Visit Perak Year 2017," said Nazri.

Nazri hoped that the joint venture will be the start of many more joint ventures to come, which will unlock the tourism potential in Perak.

**Leanne Tan**

Here is how to win a night's stay at the Haven Resort Hotel & Residences for only RM88.80:

Step 1: Purchase any ETS or KTM Intercity ticket at any KTM intercity ticket counter or via E-Ticket

Step 2: Check the last three digits of the 17-digit number "xxxxxxxxxxxx888-xx"

Step 3: If "888" is registered in your ticket, present your ticket to any KTM counter and collect your entitlement voucher.



## Mrs Malaysia Earth 2017

Thirty-eight-year-old businesswoman, Lee Mei Jen (Jen Lee), won the Mrs Malaysia Earth 2017 title at the pageant finals at Syeun Hotel, Ipoh on Sunday, April 30.

A mother of four young children, Lee battled her way to the top, defeating 14 other beautiful mothers from various parts of the country. She walked away with a RM5000 cash prize and gifts worth RM40,000.

Lee also won the Mrs Congeniality and Audience Choice Award subsidiary titles.

Hailing from Ipoh, Lee is 5 feet 7 inches tall. She enjoys travelling and swimming.

The doting mother described the support given by her family and friends as, "overwhelming". According to her, she had to prioritise her needs and juggle between pageant practices, work and family.

Lee said that after having kids of her own, she felt disconnected from society, and hence the reason for her participation in the pageant.

"A pageant queen inspires girls and women to never give up on their dreams," the soft-spoken Lee added.

Lee will be representing Malaysia at the Mrs Earth 2017 pageant in Las Vegas, Nevada in June.

A total of ten subsidiary titles and two top awards were given away.

Among those present at the pageant were Wanita MCA chief, Datuk Heng Seai Kie; winner of Mrs Universe 2013, Carol Lee and mother of Tan Sri Dato' Seri Michelle Yeoh, Datin Janet Yeoh.

Top 5 Winners:

Mrs Malaysia Earth 2017: Lee Mei Jen

Mrs Malaysia Earth – Humanity: Lam Woon Nee

Mrs Malaysia Earth – Climate: Yvonne Liew Ee Mun

Mrs Malaysia Earth – Cultural: Emily Tan Mei Leng

Mrs Malaysia Earth – Eco Tourism: May Liew Mee Mui

**Leanne Tan**





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## Nosh News

By Ili Aqilah

### Ninety One Coffee & Food

Ipoh has been known to many for its great coffee, but how many cafes are actually embracing the culture of drinking, learning and appreciating coffee? *Ninety One* cafe, which started operating since February last year, is perfect for caffeine addicts and for those who want to learn more about coffee.

Upon ordering their coffee, customers will receive a card containing factoids of their drink. Not familiar with the term? The baristas are more than happy to explain it to you, "I had training on brewing and understanding coffee in Australia and another partner of mine, William had his in Hong Kong. I find it interesting that despite learning about the same topic, we have different techniques and styles in serving the drink," said Yi Vern, one of the three who manages the cafe.

Together with Shin, the trio not only share the same passion about coffee but also about serving good and fresh food too.

From your usual espresso (RM7.50), to long black (RM7.50) the cafe also serves filtered coffee and cold brew or cold drip where the flavour and type of beans are changed every day.

"Aside from our specialty coffee, we also offer healthy food. All fruits served in our food are fresh and we have been serving house-made bread to our customers. We also don't put any MSG in our food," added Yi Vern.

Among the must-try food at the cafe from their rice bowl selection is the Mr Kare, a fried breaded chicken on rice with carrot and apple Japanese Curry Sauce, at RM16.50; or from their sandwich selection, the Captain Keroro (RM10), chicken ham and fried eggs with cheese sandwiched between their house-made bread.

"After trying out several recipes and mixtures, we finally found the right texture for the bread which we make from scratch here. Currently, we have three types of bread here: brioche, wholemeal and matcha bread. Customers can even pre-order the bread from us,"

said Yi Vern.

Other items available at the cafe are Happy Day, a sausage, scrambled eggs, mashed potatoes, turkey ham, grilled tomato and house-made brioche (RM19.90); a variety of pastas and desserts such as the Lemon Cheesecake and more.

Located at Tambun Inn, the cafe will conduct a special coffee-tasting session once in a while for customers to learn more about coffee. This pork-free cafe opens every day except Tuesday from 10am to 6pm (Monday-Thursday) and from 9am to 7pm (Friday till Sunday).

*Ninety One Coffee & Food* is located at 91 Jalan Raja DiHilir, 30350 Ipoh. For more updates on their latest menu and coffee tasting session, readers can follow them at their Instagram account at [www.instagram.com/ninetyoneipoh](http://www.instagram.com/ninetyoneipoh).



### Han Chin Pet Soo

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





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**WEIL** HOTEL

(907947-T)

## WEIL Hotel Ramadan Buffet

The holy month of Ramadan is here, and if you are looking for a place to break fast with family and friends, look no further! WEIL Hotel has more to offer.

Savour local favourites this Ramadan at TIFFIN Restaurant as chefs from the hotel will bring the various signature dishes of the hotel's outlets to the buffet table.

With its theme 'Juadah Istimewa Ramadan', the spread of more than 80 sumptuous dishes will have diners taking a food journey down memory lane, with their childhood favourites, from May 29 until June 23.

Not only will there be traditional Malay cuisine on the menu, there will also be a variety of Indian specialties as well as Chinese dishes.

The chefs have also come up with three rotating menus with a curation of delectable local favourites to entice Muslims to break fast here from 7pm to 10pm.

The hotel food and beverage director, Tharama Rajah said the buffet spread is bigger this year, with nine action counters offering more items than earlier buffet spreads.

WEIL Chef de Cuisine of Malay Banquet, Aidil Afendi Muhamad said this year's concept is to serve diners with signature dishes from each of the hotel's outlets.

"In the line-up are our specials from each of our food outlets. We will bring our special Nestum Prawn and Chilli Crab from the Chinese outlet, Mutton Biryani and Fish Head Curry from our Indian outlet and for Malay, we have our signature Ayam Panggang Percik. The menu is a hit among our loyal diners and it's the highlight of our Ramadan Buffet," he said.

Action stations will be offering local and international favourites such as Laksa Johor, Shawarma, whole Roasted Lamb, Satay, Chicken Rice served either roasted or steamed, Murtabak, Ais Kacang, selection of ice creams, and a variety of Malaysia's favourite tea-time snacks like Banana Fritter (*Pisang Goreng*), Fried Cempedak, Sukun and Sweet Potato.

Local appetisers at the buffet range from *ulam* (herbs), a variety of vegetables tossed in spicy sauces and *kerabu* (Malay salads) such as Prawn and Mango Salad, Chicken Salad, Cockles and Bean Sprouts Salad, Smoked Lamb with Four-Angled Bean Salad and more. There are over ten choices of salads to start your meal.

To end the night with a sweet treat or two, the buffet line has three different sections just for desserts, and one live counter of Ais Kacang and ice cream. A variety of Malay kuih-muih, cakes and puddings are on the first section such as *Kuih Dangai*, *Kuih Sri Ayu*, *Kuih Kasui*, *Pulut Inti*, *Kuih Ketayap*, *Tepung Pelita*, *Kuih Tepung Talam* and *Kuih Koci*. The second section has the best *Pengat Ubi Keledek* and *Bubur Cha-Cha*. The third is mainly for fresh fruits.

To make the festive season more special, Tharama Rajah said the hotel will be giving free *Bubur Lambuk* (porridge) to the members of the public and passers-by in front of the hotel especially to the motorists who are stuck in traffic, on May 27, from 5pm until the *Bubur Lambuk* is finished.

With the purchase of the Ramadan Buffet vouchers, the diners can stand a chance to

win amazing lucky draw prizes on the last day of the Ramadan Buffet, June 23. Among the prizes are vouchers for hotel stay and food and beverage vouchers.

If you're looking for a great taste with value for money at a comfortable place to hold iftar with family and friends this year, then head to WEIL Hotel as they can also cater for group bookings for over 50 people.

Diners can now book their seats for early-bird prices: RM68 nett per adult (RM78 for normal price), RM58 nett for a senior citizen (RM68 for normal price), and RM38 nett per child. The early-bird promotion lasts until May 22.

For reservations, call **05 208 2021**.





## Ramadan Supplement

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# MULTISENSORY GASTRONOMY @ THE HAVEN

For The Haven Resort Hotel, Ipoh, it is the best or nothing. The pioneering green development has put Ipoh on the world map with its 43 prestigious local and international accolades (and still counting!). Plus its multitude of ever-increasing facilities designed to cater to residents and guests of three generations (grandparents, parents and children), it is no wonder that The Haven is a 2017 Travellers' Choice Award winner, the highest honour given by TripAdvisor.

Since Ipoh is hailed as a food haven, the exclusive retreat which advocates healthy living will be the *crème de la crème* with its MSG-free cuisines, just as Mum would make at home. The Cuisines, named the Country winner for Luxury Hotel Restaurant of the World Luxury Restaurant Awards 2016, has its chefs visiting the market every day to source for only the freshest ingredients.

Hence, for this Ramadan period which is a time for tranquility and reflection, the buffet with healthy 'clean' food at the Cuisines @ The Haven will truly be a feast for all of your senses.

Befitting its name, the world class luxury resort is a real haven brimming with nature splendour and a care-free atmosphere. Imagine breaking your fast with this postcard-perfect view: the iconic 14-storey high limestone outcrop among undulating forest-clad karst hills being mirrored glass-like by an emerald-hued lake. Take in the stunning view to your heart's content while tucking into a halal feast bursting with traditional flavour and choice!

For the first time ever, the Iftar menu features bona fide kampong-style food synonymous with the many states in Malaysia. Running on the theme "Kampong Boy", it is presented buffet style in all its glory to those seeking the taste of their hometown

and childhood. Families can also opt for the dishes to be served in a dome container for sharing, available upon request with a notice of 3 days. The Cuisines has a capacity of 120 while the Lakeside Gallery can cater up to 250.

The culinary team, headed by executive sous chef Megat Danial Aizat who was trained in a Michelin-starred restaurant in France, offers specially crafted heritage delicacies such as *ulam raja*, *nasi hujan panas*, *ayam kari kapitan*, *ayam kalio padang*, *daging salai masak lemak*, *kambing vindaloo*, *ikan tenggiri belado*, *pajeri nenas*, *labu masak lemak* and more. Of course, no celebratory meal is complete without the dessert: Malay kuih, *bubur kacang hijau* and pudding. Upon request, individual items on the menu can be tailored according to diners' preferences.

Also, pair your ultimate palate-pleasing experience with a stay at the lakeside paradise as you stand a chance to win a one night luxury suite's stay worth RM1500 when you dine in the restaurant. Dovetailing the prehistoric site dating over 280 million years with the convenience of city living, the one-of-a-kind setting is equipped with 8-level 24-hour security system, impeccable yet un-snooty service and is disabled-friendly, another plus point. Nestled at the edge of a lush virgin forest, The Haven, endowed with aquatic and terrestrial ecosystems, is only a 15-minute drive away from the city centre, a fact hard to believe in, yet true.

To date, business and leisure guests from over 50 countries have visited and stayed in this untouched location. Many international conglomerates such as Shell, Petronas and The Emirates have also held their functions here, a testament of The Haven's well-sustained quality. Your turn now!







# itarasa Nusantara

## Festive Indulgence

05th June - 22nd June 2017

(Monday - Thursday)

6:30 p.m. to 9:00 p.m.

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Adult ( above 12 years old )

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## Community

## Khairuldin, the Blind Masseuse

A few months after sitting for his Sijil Pelajaran Malaysia examination, Khairuldin Mazli, 26, was found to suffer from glaucoma. It began with him having blurry vision accompanied by a lingering headache.

"I did a thorough medical check-up and when told that I was suffering from glaucoma, I was crestfallen. It's as if my whole world had fallen apart. I was then referred to an eye specialist at Raja Permaisuri Bainun Hospital, Ipoh for treatment," said Khairuldin or Khai.

The hospital became his second home. Khai's vision was completely lost, three years later, when he was 20.

Glaucoma not only affects Khai but his entire family. It is his family's support that makes the difference. The poor guy underwent a period of depression but with family by his side, he rebounded.

"I had to give up my nine-to-five job and everything else that I had, including my car.

"It's hard to lose a part of yourself. I was afraid people would look at me differently and spent nearly two years avoiding people and fearing what my future would be," he recalled.

Since then Khai has been depending on handouts and was wallowing in self-pity. In 2013, his father introduced him to the Malaysian Association for the Blind, Perak Chapter at Gunung Rapat, Ipoh. He pursued a course in computers and obtained a Certificate in Computer Basics, six months later.

In 2014, he furthered his studies at the association's headquarters in Brickfields, Kuala Lumpur and did practical training in customer service at the Petaling Jaya Municipal Council.

"Losing my eyesight wasn't the end of the world. It's definitely an inconvenience but I want people to know that you can still be useful to society," he said.

Who would have thought Khai was once a national futsal player? He represented Malaysia at many international tournaments. He played at the 2016 Rio Paralympic qualifying rounds. Unfortunately, the national team lost to Iran and did not qualify for the Rio Games. He also represented the country at the Hong Kong and Japan Open. The team won bronze in Hong Kong.



"Centralised training is in KL. I've to travel back and forth by train, alone. Playing futsal is fun but it comes with a cost. I made a decision to quit in 2016," Khai lamented.

In order to fill the time, he began learning reflexology techniques seriously. Today, he does not have to depend on anyone, as he makes a steady income with his bare hands. He is a foot masseuse and has stationed himself at Ipoh's iconic park, the Polo Ground. His father accompanies him when he is out at work.

And having been at work for almost a year now, Khai has made a name for himself. Response was very encouraging since the day he began his massaging business. Woo, 66, one of his many loyal customers would come for her 'foot treatment' twice a month.

"When I'm little late and couldn't get his service, I'll look him up the following day," she said.

For Khai, it is a dream come true. He aspires to own his own shop where he can operate his massage business more appropriately. "I'm working hard towards it. Hopefully, I'll succeed."

Readers wanting to try his reflexology service can look him up at Polo Ground from Saturday to Thursday between 7am to 11am. He charges a moderate fee of RM20 for a 30-minute massage. Khai also operates from a stall at Meru Downtown in Bandar Meru Raya from 8pm until midnight daily.

Nabilah Hamudin

## Food Bike a New Concept

A new business concept named 'Food Bike' will be introduced in Perak to help disabled people start their own businesses.

The business model, according to Izat Izwan Idzian, CEO of My Food Bike Sdn Bhd, is similar to a food truck but a purpose-built electric motorcycle is used instead.

Since it uses electricity, the business is not only eco-friendly, it is emission-free too.

"It's a cafe on the wheels, selling hot and cold drinks and pastries at very affordable prices.

"We'll work with the Perak Social Welfare Department to identify and shortlist suitable candidates. Potential candidates should be those with physical disabilities and those with learning and hearing difficulties," he told reporters during a media conference held at the PORT (People of Remarkable Talent) building on Tuesday, April 18.

The motorcycle can travel at the maximum speed of 25km per hour. It runs on electricity provided by a lithium-ion battery and can travel a distance of 50km before recharging.

"The state government will purchase five units of this two-wheeler costing RM100,000. To date, CIMB Foundation has acquired five units making it 10, in all. The bikes will be delivered in July.

"In early May, a food bike will operate near Plan B and another near the Amanjaya roundabout in Meru. We'll see the response from Ipohites.

"Incidentally, food bikes will be around during the Kuala Lumpur SEA Games in August," he added.

My Food Bike Sdn Bhd will provide both operational and business-skill training to



the operators.

"They need only buy the motorcycles and start their business. The rest is our responsibility," Izat concluded.

Rosli Mansor



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## Community

# Tamils Festival 2017



This year marks the 20th anniversary of Tamilar Thirunal or Tamils' Festival celebration in Ipoh. Though the festival was started in the early fifties it did not survive for long. During 1997 a group of interested people in Ipoh decided to revive the festival. The celebration in Ipoh is considered as the Mother Festival in the country because it sticks to the original concept of why it was started.

Tamilar Thirunal is celebrated in conjunction with Tamil New Year and was recently celebrated at Kinta Indian Association and some five hundred people attended the function. Though the New Year falls in mid-January, the function is celebrated at end-April to commemorate the birthday of the late K. Sarangapany, the founder of the festival.

M. Mathialagan, President, Tamilar Thirunal Committee Perak, said that the festival is celebrated to unite all Tamils regardless of their religion, caste and political background. It is to promote the Tamil language and culture. He lamented that Tamil parents are giving fanciful names to their children and their identity is being lost. The Tamils are encouraged to wear traditional dresses when attending cultural programmes. The audience consisted of Hindus, Christians, Muslims and atheists.

The event started with the traditional way of welcoming guests with nathaswaram music which is always played during auspicious functions, followed by barathanatyam, Tamil classical dance. There was a display of Tamil folk dances which are seldom performed on stage.

Four outstanding members of the community who excelled in their respective fields were honoured. Poet Mythi Sultan received Sa. Si Su. Kuringi Kumaran Award for Literature, Datuk V. Nadarajan received K. Sarangapani Award for works on Tamils' History, K. Seven Munusamy received Tun V. T. Sambanthan Award for Social Service and Miss T. Muralitharan for sports. Except for Miss Muralitharan, the other recipients were mature citizens.

Datuk V. Nadarajan, Chairman of Bujang Valley Study Circle gave a talk on Bujang Valley in Kedah which is known as Kadaram in Tamil. He explained the role played by the Chola Kings in the development of the place.

## Lions Promote Environmental Projects

The Lions Club of Ipoh Host held two environmental projects, first at the Bercham market on April 16, then at the Buntong Market on May 10. Members from the club led by President Emily Kong walked around to distribute recycle bags to the public.

The project was to create awareness for the public to use recycle bags when they go shopping or marketing and NOT to use plastic bags.

The response from the public was overwhelming as a few hundred bags were distributed within half an hour. The project was in line with the state's order to ban the use of plastic bags and polystyrene containers on June 1.

On May 24, twenty seven participants from the Malaysian Association for the Blind are going to carry out an Environmental Project and Motivation Camp at Teluk Batik, Pangkor. In support for this project, the Lions Club of Ipoh Host sponsored the T-shirts.

President Emily Kong Phooi Lai said that the club intends to do more projects with the blind since these people need the support and understanding from the public that they too can play an important role in society.



The highlight of the function was a literary talk given by Mathalai Somu, a Tamil scholar from Australia. He spoke of the scientific facts found in the Sangam Poems which were written about two thousand years ago. The Tamils knew that the earth was spherical about two thousand years ago.

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

A. Jeyaraj

## Announcements

Announcements must be sent by fax: **05 255 2181**; or email: [announcements@ipohecho.com.my](mailto:announcements@ipohecho.com.my), by the 9<sup>th</sup> or 23<sup>rd</sup> 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.

**Talk: 'From Fear to Love', Sunday May 21, 7.30pm** at Inner Space Peace Centre, 3A Jalan Wira Jaya, Taman Ipoh Jaya Timur 1, Ipoh. The speaker is Ms Maureen Chen from Australia (a former moderator of the Hong Kong Network on Religion and Peace). Free admission. Bookings are essential. Contact: **016 374 3606, 012 539 3178**.

**The Hambali from His Eyes: a Balinese Dance Performance, May 22, 12pm, 2pm and 4pm** at Yasmin at Kong Heng. The dance is about a man's journey to strive as the greatest Balinese dancer. Ticket price: RM10. For tickets, call: **014 952 6354** (Mongji) or **017 574 1008** (Syahirah).

**PWW Charity Concert: 'A Walk Back in Time', May 26-27, 8pm-10pm** at Grand Ballroom Syeun Hotel. Organised by Perak Women for Women Society, featuring Hong Kong Cantopop, Butterfly Lovers by City Ballet and Paul Lee as Elvis impersonator. Dress code: smart casual. For enquiries, call: **05 546 9715, 05 253 7114, 012 327 9755, 012 451 5631** or visit [www.facebook.com/awbit](http://www.facebook.com/awbit).

**Sharpened Word May 20 Outing:** Morning Session: 9am to noon, Second workshop "Reading Film" by Hassan Muthalib. Afternoon session: 2-5pm, "Art for Dummies" An introduction to Arts for a better understanding and appreciation. Saturday May 20 at Old Anderson Club, Ipoh. Entrance by donation. Follow us on Facebook, [www.facebook.com/sharpenedword.kinta](http://www.facebook.com/sharpenedword.kinta).

**Tour De Perak (3-Day Round Cycling), June 10-12.** Entry form can be downloaded from: [www.kbb.net.my](http://www.kbb.net.my). Online registration: [www.checkpointsport.asia](http://www.checkpointsport.asia). PCCCI Secretariat contact persons: Ms Liew Sheh Wen & Ms Gillian Teh **05 242 1366**. Fax: **05 254 9123**. Email: [pccci@pccci.org.my](mailto:pccci@pccci.org.my). Address: 35-37, 3rd Floor, Jalan Tun Sambanthan, 30000 Ipoh.

**Kelab Gunung Bakti Kledang Charity Dinner, July 8** at Hotel Casuarina@Meru Ballroom. Donations received will be used for orphanage homes and the homeless in Ipoh. Evergreen performer, Jamal Abdillah will be singing during the show. To book, call **012 501 1599** (Zulkepli Hussin) or **019 351 8854** (Syed Shaiful Nazreen).

**Menglembu Kledang Hill 10-km Jungle Trail Race, July 9, 7am** at Menglembu Kledang Hill, Ipoh. Entry forms can be downloaded from: [www.kbb.net.my](http://www.kbb.net.my). Online registration: [www.checkpointsport.asia](http://www.checkpointsport.asia). Contact: **019 571 0590, 012 518 9888** or **012 528 6383**. Email: [pccci@pccci.org.my](mailto:pccci@pccci.org.my).

**Calling all 1976 ACS Kamparians!** We are having a 'Back to the 70s' reunion and celebration gathering on the **July 15** at Grand Kampar Hotel, Kampar. This will be a

fun-filled night of reminiscing our schooldays and showing our appreciation to our teachers besides talent time, stage games, photos from yesteryears, disco, etc. Ticket price is RM120 per pax. Those interested to attend, kindly sign up before **April 30**. For more details, contact Chow **013 360 3338**, Ng CF **016 285 5939**, Ng SC **012 614 5048**, Tham **012 253 5368** or Tan **012 250 2999**.

**11th Asian Science Camp (ASC) from August 20 to 26** at Universiti Tunku Abdul Rahman (UTAR) Kampar Campus. Organised by Kuala Lumpur Engineering Science Fair (KLESF). Members of the public are welcome to attend the free plenary sessions conducted by four Nobel Laureates as well as top scientists and technologists on August 21, 22 and 24. For participation and more information, kindly visit <http://www.asc2017.net/>.

**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** or **012 550 4002** Manin Singh for registration and more details.

**Free Simplified Yoga for Beginners.** Vethathiri Maharishi Yoga. **Every Saturday, Sunday and Wednesday.** Class starts at 6.45am-8am. Place: Buntong Benevolent Fund Hall, Jalan Guntong, Buntong Ipoh, Perak. Must bring yoga mat or mat itself. Please call Sivam **016 670 4285** for free lesson appointment.



## News

# Ipoh-Medan Flight to Resume

The state government will consider the proposition to resume flights from Ipoh to Medan in the near future after the service was terminated a year ago.

Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir said that he had discussed with the Indonesian government via Governor of North Sumatra, H. Tengku Erry Nuradi regarding the matter in an effort to attract more tourists from Medan in conjunction with Visit Perak Year 2017.

With the upcoming opening of the *Movie Animation Park Studios* (MAPS) in June 26, he is confident that the flight between the two destinations will resume.

"So far, we can see that Tengku Erry's side is committed and if all parties agree, the service will be on soon. The flight between the two cities was available before, it's just that we need to find ways to ensure that the service has sufficient passengers each trip," he stated.

He was quoted following the launching of the Perak, Medan and Jakarta Tourism Marketing Mission at Grand Aston City Hall Hotel in Medan, Indonesia on Monday, May 8.

Present at the launch were Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Datuk Zainol Fadzi Paharudin, the Executive Councillor for Public Utilities, Infrastructure, Energy and Water, Datuk Mohammad Zahir Abdul Khalid, the Executive Councillor for Industry, Investment and Corridor Development and Datuk Seri Abdul Puhat Mat Nayan, the state secretary.

The mission witnessed the participation of 25 tourism industrial players from Perak namely, MAPS, Lost World of Tambun, Zoo Taiping & Night Safari, Tempurung Cave and Kellie's Castle.

According to Zambry, besides involving the Indonesian government, the discussion was also held with airlines from both countries.

The shuttle flight between the two cities had to be cancelled previously because there were few passengers flying from Medan to Ipoh.

"The situation created problems for the airlines as they needed sufficient passenger load to make their venture profitable. This is possible if there is enough passengers both ways," he added.

Rosli Mansor



## Personality

By SeeFoon Chan-Koppen

# Caring for People from 'Womb to Tomb'

"Take care of people from 'womb to tomb'" quips Ahmad Nasiruddin Harun, the affable Senior General Manager of Group Education & Strategic Support Services and Deputy Chairman of KPJ Ipoh Specialist Hospital (ISH) and Chairman of KPJ Penang, Taiping and Manjoi, as we sat sipping tea and nibbling on cheese straws in ISH recently.

Nasir, as he likes to be called, explained that not being a medical professional, his involvement in healthcare began through people's pockets – in the accounting department – where he began with the KPJ group in Ipoh in 1994 armed with an accounting degree from UiTM and as a member of the Malaysian Institute of Accountants.

An Ipoh boy who grew up living in government quarters in Greentown in the area now occupied by the Greentown Business Centre, Nasir waxes lyrical about his childhood as the youngest of 10 siblings and his growing up years of sharing and caring where each sibling knew their duties and responsibilities and carried them out with nary a quibble or squabble.

"My father was a government servant and his salary was very low. Yet despite his meagre earnings we were fed and well cared for. We walked to school and my after school hours were spent with neighbourhood friends, Malay, Chinese, Indian, Bengali, playing football, flying kites, climbing trees. We had no need for fancy toys or gadgets. We had no race or religious issues. We were all brothers. We'd fight and make up and be friends again," he reminisced.

"I loved sports. I played hockey, badminton, you name it, I played it and with passion. I was captain for hockey since primary school. Hence with all the time I spent on sports, I was never brilliant in school. Nevertheless after Anderson School, where I was educated, I managed to get my degree in Accountancy and my working career began," he added.

Imbued with habits, 'programming', and values from a happy childhood and enculturated with the ethics of the older generation which he admires, Nasir is all about 'putting a smile on people's faces', a personal philosophy which he espouses both in his personal and professional life.

"We have lost so much of our humanitarian ethics and I try wherever I can within my



area of responsibilities to bring this back whether it's in regard to patients in KPJ hospitals or for the staff who work in them," he enthused.

"I sit on the board of four hospitals and wherever possible I work at bringing new ideas and innovations to them. During the time I spent in London when KPJ sent me to do a course in Healthcare Management, and later when I was doing my MBA at the Henley School of Management, I picked up many ideas and strategies for improvement especially in the areas of customer service and human resource management, ideas which I have implemented over the years in KPJ Ipoh as well as elsewhere," he continued.

Some of these innovations can be seen in KPJ Ipoh where Nasir has implemented the 'Shout Out Board' a board in the lobby where both patients, their relatives and KPJ staff can write on the board for recommendations, improvements and any other topics which require venting.

Another area that KPJ is venturing into, thanks to Nasir, is in the area of aged care. Nasir is the Director in charge of Jeta Gardens, a retirement home in Queensland, Australia where KPJ has a majority interest. Here he is expanding his expertise in the field of aged care, developing a core of skilled carers who will be in

the forefront in providing healthcare and management for senior citizens. A pilot project towards this effort is the setting up of the KPJ medical facility in the newly-opened Meru Eco Village's Meru Suites in Meru Valley Resort. KPJ plans to develop other retirement or aged care facilities in Malaysia.

As a keen Human Resource development advocate with strategies gleaned from his Henley training, Nasir has been instrumental in spotting and developing talent amongst staff at KPJ Ipoh and elsewhere. The weekend lobby entertainment in the hospital on weekends and special occasions creates a carnival-like atmosphere which helps to lift spirits of patients as they walk through the lobby. With talent culled and encouraged from amongst their staff, it fosters a camaraderie and joie de vivre that is seldom experienced in hospitals elsewhere. With all the credit going to Nasir who is a passionate 'people person'.

Ipoh Echo wishes him more success with bringing his joie de vivre to more KPJ hospitals around Malaysia.



## 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.

## Disability Awareness and Acceptance in Borneo International Marathon 2017

This year's Borneo International Marathon (BIM), which concluded on May in Kota Kinabalu, Sabah, partnered with UNICEF Malaysia to raise disability awareness and acceptance for people with disabilities. The theme for this year's marathon was #thisability, urging the public to see beyond a child's disability, to accept and respect their differences as part of our society. Besides highlighting messages of disability throughout the event, the marathon organisers, together with UNICEF, put in much thought to enable individuals with disabilities to participate in the marathon, such as waiving marathon participation fee and planning a 3km running track for them.

Throughout the event, UNICEF Malaysia featured messages of hope and achievement by children with disabilities under the slogan "All Different, All Able, All In", bringing the focus of diversity and inclusion into the spotlight; while creating awareness, understanding and acceptance of people with disabilities in an inclusive society.

Children with disabilities need opportunities to participate in our society in all aspects, and we applaud Borneo International Marathon and UNICEF Malaysia for enabling their participation in the marathon.

We need more event organisers to consider the needs of people with disabilities and make adjustments to break down barriers to access and participation.

With "43% of people surveyed think it is disruptive for children to be in school with children with disabilities" — source UNICEF Malaysia, sport is only one of the various aspects that children with disabilities face barriers to full engagement in our society. In Malaysia, many children with disabilities and their families still encounter obstacles in obtaining necessary quality care, education and services for their needs, which is critical to empower children and families with disability to gain knowledge and skills to overcome everyday life challenges brought on by their disability.

Although Malaysia has seen substantial growth in the awareness and services for children with disabilities, much effort is still needed to support their needs. Due to rising costs, many children with disabilities and their families still do not have access to necessary intervention services, such as early intervention programme, speech and language therapy, occupational therapy, counselling, physiotherapy, psychological intervention/consultation, etc. It is time that concrete steps are taken to make these services affordable and accessible to children and families with disabilities. Particularly, these intervention and support services need to be regulated to keep professionals and programmes accountable; so that children and families with disabilities can be assured that they receive effective and evidence-based services.

Therefore, early detection and intervention is crucial to ensure that children with disabilities and their families acquire necessary services and support for their various

## Reading Habit is a Lifelong Journey

We often hear that Malaysians pay less attention to their reading habit compared to Japan, Korea, China and Russia.

The reason behind this is they fail to realise the value of acquiring knowledge through reading.

Reading enriches the mind and heart. It helps mould our lives and habits thus translating the learning process into action.

Teachers must encourage their students to read. Once a child picks up the habit and learns to comprehend what he reads, the power of the thinking process is unleashed thus paving the way for creativity, imagination and evaluation.

Parents too must be role models in cultivating the reading habit and ensuring a conducive learning atmosphere in the home. Buy them books instead of other gifts for birthdays.

Expose children to books by taking them to exhibition and book shops.

The spark of curiosity thus ignited will feed a lifelong passion for reading and knowledge.

**R. James Ratnam**  
Educationist Ipoh

needs and improve their quality of life.

If you notice or suspect that a child you know has not kept up with his/her development, seek help immediately from paediatricians.

When parents should be concerned about their child's development?

These are a few key indicators that a child may have a developmental problem or disability:

Lack of response to name, lack of appropriate eye contact, or lack of gestures (pointing, reaching, waving) by 12 months.

1. Not able to speak six clear words with meaning at 18 months of age.

2. Not able to walk independently at 18 months of age.

3. Not able to read and write after 1-2 years of kindergarten.

(Adapted from Filipek et al., *Neurology*, 2000, and Dato' Dr Amar-Singh HSS, 2017)

Dato' Dr Amar-Singh, Senior Consultant Paediatrician, further emphasized that the **key message to all parents that will enable us to pick up 90% of children with Autism, Speech Delay, etc** is: "If your child has any of the above indicators, see a good paediatrician as soon as possible, do not delay. If the doctor reassures you or tells you to wait, go find another doctor who will listen to you."

Healthcare professionals should never dismiss or take lightly any parental concerns. Early intervention is crucial to support children with developmental problem or disability.

**National Early Childhood Intervention Council, Ipoh**



# iSpeak

A. Jeyaraj

## Pemukiman Programme Must be Extended to Urban Areas

During the recent State Legislative Assembly Sitting, Menteri Besar Datuk Seri Dr Zambry Abd Kadir explained that the Pemukiman Programme is a meet-the-people session to listen to their problems and find solutions. He listed all the rural areas where the programme is being conducted. Instead of confining to the rural areas, our MB must also listen to problems of urban dwellers.

I am highlighting a few of the never-ending problems faced by residents in Kampung Manjoi, Pari Garden and surrounding housing estates which are adjacent to Sungai Pari. Residents in other housing estates may have problems of a different nature.

After massive flooding in 2012, we have not had heavy rain until December 22, 2016 when the water in Sungai Pari reached an exceptionally high level after two hours of rain. A number of houses were flooded. Another major flooding occurred on the night of March 28 this year and many people were caught unawares. In spite of raising the height of the river bund, garbage overflowed onto the road at Jalan Raja Bridge. In the middle of the night residents had to take their cars to high ground. I wonder why there was no media coverage of this; maybe the people living here do not matter?

Recently, after a heavy rain, water in Sungai Pari was flowing above the banks. My neighbour and I walked along the river bund to have a look. We noticed that the river water was back flowing from three of the sumps downstream of Jalan Raja Bridge. In fact, water was gushing out from the sump which was closest to the bridge. If there is constant erosion and the bund gives way, there is going to be a big disaster.

Luckily the vast vacant land between Lorong Pari and the river bund with a crater in the centre serves as a big natural retention pond and is also breeding ground for mosquitos. Excess water flows into this pond. If houses are built on this land, definitely the houses nearby will get flooded whenever there is heavy rain because the water has no way to dissipate.

After the 2012 disaster, the usual statements and explanations were issued and it was assured that flood mitigation work would be carried out. The only projects completed are the construction of the retention pond in Merdeka Garden and upgrading of the bridge along Jalan Menteri in Kampung Manjoi. Flooding is a recurring problem and people living along the river live in fear of impending flooding.

There used to be a flood warning siren when the water reaches danger level. There is no more siren; I am told it has been stolen.

In 'boleh-land', when flooding occurs in certain places, it is attributed to the government and in other places it is due to the Almighty. In this case who is responsible?

I am staying in Pari Garden which is about two kilometres from the MB's office and

am sharing my house with mosquitoes. About a couple of years ago when dengue was at its peak, five members of my family including my wife were stricken. At my request, Dato' Dr Mah Hang Soon, Chairman State Health Committee came to my place with doctors from the State Health Department. Many reporters came and were scratching themselves and applying anti-mosquito cream and wanted to leave the place quickly. After the visit I was told that the mosquitoes breeding in the pond in front of the houses were not Aedes and so we need not worry about dengue. Case closed, but the mosquito problem is not solved.

Cows and buffaloes are grazing in the land next to the river bunds of Sungai Pari. The place smells of dung and urine. This is not healthy. During the current rainy season the water which does not flow away is contaminated and may cause diseases.

During the fifties I was living in Lahat Lane near Kinta River. We were rearing cows, goats, rabbits, chickens, turkeys and my pet dog Biro. Back then there was no flooding, no mosquitos and no dung smell. We were enjoying a quality life. Why has the quality of life deteriorated?

Our frequent complaints have fallen onto deaf ears and our caring MB must visit this place and find a permanent solution. He must listen to senior citizens and get their advice on how we can revive the lost quality of life.



Recent flooding on May 12



# 26th Sultan Azlan Shah Cup 2017

Ili Aqilah and Nabilah Hamudin



The 26th edition of the Sultan Azlan Shah Cup, the oldest invitational tournament in the world inception in 1983, began on Saturday, April 29 at the Azlan Shah Stadium, Ipoh.

Named after our ninth King, who was himself a hockey player, the tournament has been on the International Hockey Federation's calendar since 1998. It started off as a biennial tournament but due to overwhelming response, it became an annual fixture.

Malaysian supporters' hopes of seeing the national team lifting the cup for the first time were dashed when the host team came second best from the bottom, defeating Japan in the 5th to 6th placing playoff.

All six teams participating in this year's tournament namely, Malaysia, Australia, New Zealand, India and Japan played their hearts out. The host team's performance, on the whole, according to coach, Stephen van Huizen, was "satisfactory".

## Expect the unexpected

The Speedy Tigers faced the Samurais from Japan on the first day of the tournament. Ranked 16th, many predicted that this would be a walk in the park for the national team, considering their impressive campaign earlier this year. However, to everyone's surprise, the game ended in a 1-1 draw. Malaysia's solitary goal was scored by former captain, Razie Rahim at the 8th minute. Japan's Yamata Shota equalised with a dramatic field goal soon after.

Earning only a single point on the first day's outing, it was another bad day for the Malaysians when they went down 6-1 to the gritty Aussies. Despite improvements in controlling the game, it was evident that Faizal Saari's penalty stroke conversion did little to inspire the home team and they went down tamely.

The boys suffered successive defeats against Great Britain (0-1) and New Zealand (0-1). The defeat against the Kiwis ended Malaysia's hope of securing a spot in the third-fourth classification match, although they still had a game against 6th ranked India on May 5.

With nothing to lose, Malaysia rose to the occasion and went one up, thanks to Sharil Saabah's penalty corner shot at the 51th minute. The score remained unchanged till the final whistle destroying India's chance of battling Australia for the top spot.

## Others had improved too

Claiming that the boys had performed well in the tournament and were only let down by poor finishing, perhaps it was time to change tactics. The Speedy Tigers had definitely improved over the years but so had the other teams, especially Japan when they shocked Australia with a 3-2 score line, destroying the Aussie's stellar performance thus far.



Malaysia, however, defeated Japan 3-1 on the final day, Saturday, May 6, securing the fifth (out of six) placing.

The result of the 26th Sultan Azlan Shah Cup saw Great Britain ending their 23-year dry spell when they beat last year's champion, Australia 4-3. India came third, overcoming a tired New Zealand 4-0.

The Brits vowed to maintain their winning streak at the same tournament next year.

## Consistency is the mantra

Although Malaysia has five penalty corner specialists in the form of Mohd Razie Rahim, Faizal Saari, Shahril Saabah and Muhammad Haziq Samsul, are the Speedy Tigers ready for World Hockey League and the 2018 Hockey World Cup in London?

"Although we've improved in the past four years, other teams have improved too. Personally, I'm not worried about our team's performances because they are getting better," said Stephen.

Dropping one notch, back to being 14th in the International Hockey Federation's ranking, is reason enough for the Malaysians to remain consistent in their games. They have to be serious if they want to be among the top ten teams in the world, considering that we were fourth best once.





## Wellness

By SeeFoon Chan-Koppen

# Cancer is Not a Death Sentence

“Yes we can now use the word ‘Curable’ in cancer treatment where before we could only say ‘in remission’ when it comes to certain forms of cancer”, said Professor Dr. Biswa Mohan Biswal, Consultant Clinical Oncologist & Radiotherapist at KPJ Ipoh Specialist Hospital when I caught him using the word ‘Cure’ in my recent conversation with him in his KPJ Ipoh Specialist clinic.

“Seven cancers are now highly curable. They are Childhood Leukaemia, Hodgkin’s lymphoma, Thyroid, Ovarian GCT, Testicular, Skin, and a type of uterine cancer (GTN),” he said.

The four most common cancers in Malaysia are breast, colorectal, lungs and nasopharyngeal cancers. The one cancer that Professor Biswal finds most alarming is the rising incidence of breast cancer in young women.

“It is a worrying trend and of most concern to me. Traditionally we advise women who have passed 40 to have mammograms as this is the age and beyond when women are vulnerable. But now I am seeing patients between 20 and 30 years of age presenting with breast cancer and I have even seen patients as young as 15 and 18,” he exclaimed.

## Published Author

A veteran of 18 years at Hospital USM in Kelantan, Professor Biswal obtained his specialization degree from All India Institute of Medical Sciences, New Delhi, India, in 1991 and came to Malaysia in 1997 where he has been working in Kelantan and since July 2014 in KPJ Ipoh. He is a much published author in peer reviewed journals (to date 83), the author and co-author of textbooks and numerous monographs and scientific papers and the recipient of many awards and recognition honours.

## Allaying Fears

“As an oncologist, I have to deal with patients’ fears about their disease in general and in the case of breast cancer in particular, women fear the loss of their femininity especially as they think they will lose their breast in a mastectomy. Hence in the past, a lot of women in Malaysia would rather go to their TCM doctor or *bomoh* rather than to an oncologist,” he lamented.

“But all that is changing now as more and more women are going to oncologists and are beginning to understand that the so-called disfigurement of their bodies is not a necessary outcome of treatment for breast cancer. With new techniques and new research, simple surgical removal of the tumours combined with a regime of possibly chemotherapy and or radiotherapy, will often take care of the problem. In fact in some instances, depending on the diagnostic tests from biopsies, all the feared treatments may not even be necessary as oral drugs may sometimes be effective,” Professor Biswal emphasised.

## Developing Awareness in Young Women

So how do younger women become more aware of this threat? First of all according to Professor Biswal, young women who come from a family where two or more members have or have had breast cancer, should do self-examinations regularly or go for clinical breast examinations from a gynaecologist. If they can afford it, they can opt for a test to detect if they carry the defective BRCA 1&2 gene. Young breasts are often too dense for mammograms to be effective screening. Other options are ultrasound and MRI and these are options to be recommended by your doctor.

## Minimising Risks

As for ways to minimise the onset of early breast cancer, Professor Biswal recommends

the following lifestyle factors to watch for. These include having babies before age 28; breastfeeding your baby instead of using the bottle; watching your weight as obesity and diet have a statistical relation to breast cancer; moderate exercise of a minimum three times a week with a duration of forty five minutes.

## Treatment Options

So what happens if your biopsy shows that you do have breast cancer? Today, there are further diagnoses that will indicate the best treatment options. Depending on whether the cancer has estrogen, progesterone or HER2 receptors, the treatment options will vary with positive receptor status being very receptive to drug therapy. If no receptors are detected, and most youthful breast cancers belong in this category, the cancer is very aggressive and triple negative breast cancer or TNBC is currently where most research is being focussed and hopefully a solution is on the horizon.

## Integrative Approaches

And what of Integrative or Alternative Medicine I asked Professor Biswal. Is there no room for herbs or natural medicine in oncology? I asked.

“I have actually been involved in a Phase II clinical trial on the use of *Withania somnifera* (Ashwagandha) for patients undergoing chemotherapy and the results are encouraging. Patients experienced less side effects from their treatments which shows me that more research needs to be done in the area of adjuvant therapies in oncology”.

## Staying Current

So how do you keep abreast of all that is going on in the world of oncology I asked? “As a member of the American Society of Clinical Oncology (ASCO) I try to attend their conferences annually failing which I am privy to their papers and latest research. I am willing to discuss various ways, new or traditional with my patients on what suits them best in treating their cancers. For example it is now possible to do Metronomic Chemotherapy which are tiny doses after the main treatment which minimises the side effects or we give weekly doses in smaller amounts.”

“As for the future of Oncology, my wish is for the cost of Personalized Cancer Treatment to become affordable which is cancer treatment based on genomic analysis,” concluded Professor Biswal.



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Consultant Clinical Oncologist & Radiotherapist

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Tel: 605-240 8777 ext 8329 / 8330

## Sport

## Amanjaya Badminton Championship



Aimed to discover new talents among young Perakeans in the badminton arena, the Ipoh City Badminton Club held the first ever Amanjaya Badminton Championship from April 15 to 16 at the Master Badminton Club in Klebang.

Sponsored by Kinta Properties, MB Inc and Maxbolt, the championship attracted a total of 110 participants competing in the under-12, under-14, under-15 (for females), under-16 and under-18 categories containing singles and doubles tournament each.



## Announcement

### Stroke Heroes Act F.A.S.T (Stroke Awareness Campaign)

Venue: **Dewan Organisasi Ugama Buddha Negeri Perak**  
Date: **28 May 2017**  
Time: **9am-4am**

To raise the awareness of the public towards stroke. Talks will be given on what stroke is, how the symptoms can be identified and how can one respond to a stroke-related emergency.

- Free medical check-up
- Blood donation drive
- Informational talk by NASAM professionals
- Testimonial talk by stroke victims
- Games and activities session
- Food and beverages vendor booths

## FREE ADMISSION

For enquiries, contact: Sarrthes **012 637 7275**, Izzati **013 322 5598** or Tan **019 726 6773**.

Led by president Khairul Azwan, the Ipoh City Badminton Club was founded in 2016 with the objective of being a notable club which develops players from Ipoh and eventually produces champions in the international arena.

Present during the prize presentation ceremony were Khairul Azwan and Dato’ Lim Si Boon, chairman of Bonanza Venture Holdings Sdn Bhd. The top two of each category received cash, racquets and medals.

The club plans to have a tournament every two or three months, interested readers can call Yashir at **012 518 7771** to find out more.

**Mei Kuan**