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ISSUE

259

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Recycling in Ipoh: Beyond the Bin

By Tan Mei Kuan

The term “recycle” is defined by the Oxford dictionary as “to convert waste into reusable material”. Ipoh Echo zooms in on how non-governmental organisations and business entities here are going beyond the bin in getting the community and workforce to embrace the green culture. This is where every single one of us come in to play our part. Besides sustaining Mother Nature, recycling now enables us to provide for the disadvantaged in the community and also fund local charities via opportunity shops. All the more reason for us to recycle!

Continued on page 2



KOHIJAU: Cleanliness campaign during Thaipusam



KOHIJAU: Dr Richard (forth from right) with volunteers



Anning Berhad: Sorting out papers



Recycle bins at Meru Valley Resort



Anning Berhad: Browsing pre-loved goods



KOHIJAU-ICYCLE bin at Teluk Intan

Take Recycling to Next Level – at Home, at Work and in Your Community

Koperasi Alam Hijau Perak Berhad (KOHIAU)

Koperasi Alam Hijau Perak Berhad (KOHIAU) is a co-operative formed by the NGO, Ipoh City Watch (ICW) in April 2016 to provide a solution to waste management through its high technology KOHIAU-ICYCLE recycling system.

The KOHIAU-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. Since the launch in September 2016, over 1200 people have registered as KOHIAU-ICYCLE members. To date, a total of 35 recycling bins have been launched at Ipoh, Bercham, Buntong, Tambun, Jelapang, Tualang Sekah, Taiping, Bagan Datuk, Tg. Malim, Slim River and Teluk Intan. More will be launched.

“First of all, we need to provide a recycling bin in every community where we promote 3R (Reduce, Reuse, Recycle) for the convenience of the people. Then, we organise awareness programmes to get the community involved by getting them registered as recycling members,” Associate Professor Dr Richard Ng, President of ICW cum Chairman of KOHIAU explained to Ipoh Echo.

“Once they have registered, they will be given a set of barcodes and two biodegradable bags to start collecting their recyclables: papers, plastics, wrappers, bottles, aluminium cans, e-waste such as used batteries, fluorescent lamps, old handphones, etc. These recyclables are then placed either in a bag or box, attached with the barcode before it is dropped into the bin. Our lorry will do the pick up once or twice a week, take back the recyclables, scan the bar codes, weigh the recyclables and update into the system for the members to check via internet or smartphone,” he added. Only food and wet items are not accepted at the moment.

Their efforts caught the attention of the state government as cleanliness is one of agenda items in promoting Visit Perak Year 2017. The government then launched the Perak Clean campaign in March and KOHIAU is one of the main NGOs brought in to help promote recycling in a more systematic way. KOHIAU has participated in Menteri Besar’s meet-the-people sessions to educate the public in every district. Plus, you can catch KOHIAU in most Ipoh Car Free Days held on the third Sunday of every month.

“The total recyclables collection since September 2016 is 5068kg and collection for various plastics is 1936kg or 38%. This means we have managed to salvage 1936kg of plastics from going to the landfills or ocean. We have projected to register a total of 10,000 members by end of 2017 which will help contribute 50,000kg recyclables per month,” he highlighted.

According to Dr Richard, one of the many challenges KOHIAU faces when promoting recycling is the lack of civic mindedness among society due to the lack of knowledge and concern about the environment. “They feel that the rightful place for garbage is anywhere outside their house, be it placed by the roadside, on the highway, drain, river or sea. They do not care about recycling as they treat every unwanted thing as garbage,” he lamented.

He expressed that the public must discard the fixed mentality that since they pay rates, cleanliness is the responsibility of the local government and not theirs.

Meru Valley Resort

Recycling efforts in Meru Valley Resort began in the year 2010 in which recycling activities are conducted bimonthly for the residents and members of the resort. Excluding recycling of household waste, members and residents will gather their recyclable materials at the car park area behind the clubhouse just behind Café 28. Aurora Recycle Facility is assigned to collect the recyclables from the resort.

Employee education is integral to the resort’s initiatives. For instance, staff is educated on the proper usage of recycle bins, to print double-sided instead of one-sided for paper saving (mandatory) and encouraged to bring mugs or cups to the office instead of using disposable paper or plastic ones.

The management is equally committed via continuous monitoring of the volume and types of recyclables that are being collected. Plus, all receptacles and bins are well-marked for guests and staff. The materials recycled include papers, cardboards, bottles and printer toner cartridges from the administrative side and cans, recyclable containers, glass and other waste materials from the food services area.

Members and residents have been giving their tremendous support as every week the recycling bins get filled up. Every month, about 400kg of recyclables are collected (paper box – 60%, used paper – 15%, old newspaper – 10% and others – 15%).

Meru Valley Resort is committed to reducing its carbon footprint and becoming one of the eco-friendliest resorts in the state. The resort’s upcoming recycling campaign will be held on Sunday, June 18.



Recycle bins at Meru Valley Resort



Launch of bin at Gunung Cheroh

“The main reason that keeps us going is that we as volunteers within our NGO are guided by our vision to make our city one the most liveable cities in Malaysia. We believe it is never too late to promote recycling and get the people to embrace such a culture. We are looking at the next 10 years or perhaps 50 years. We have to get things started and hopefully our next generation of society will pick up from where we left off until we achieve a recycling rate of above 40%. At the moment the average recycling rate is only 5%. Ninety five per cent of the garbage generated will end up at the landfills which are getting scarce. We always see and hear about too many illegal dumpsites (over 2000 in Perak) and we need to do something now to educate and engage the public,” he concluded.

In the KOHIAU-ICYCLE system, earnings from the recyclables collected are shared among the contributors, residents, community and NGOs that participate in the system. Hence, any NGO, school or resident association which are keen to promote a green environment can register for the system to be implemented immediately. Interested community leaders can also invite KOHIAU for an awareness talk presentation.

“We managed to sign an MOU with an NGO in Kerala to operate our recycling system there to serve a population of over 2 million people in Cochin. We are in the process of implementing our system in certain parts of China as well. Thus, we are proud that our system is now being accepted not only in Malaysia but bigger countries such as India and China,” Dr Richard enthused.

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

The Salvation Army Kedai Jimat (Family Thrift Store) Ipoh

The Salvation Army Kedai Jimat (Family Thrift Store) Ipoh has a vision to assist financially vulnerable and underprivileged members of our community by providing reasonably priced, quality, used clothing, furniture and other household goods. It is located at No. 26, Jalan Besar, 31400 Tambun, Ipoh.

“Clothes, household items, books, etc. in good condition are sold in our shop. Recyclable items like plastic bottles, newspapers, glass, etc. are sold to recyclers. The response from the public is quite good. We receive a lot of donated recycled items during the festive seasons like Chinese New Year and Christmas,” Lieutenant Carmen Ng, Ipoh Corps Officer who oversees the store, stated.

The store opens Mondays to Saturdays from 9am till 5.30pm. Readers can opt to contribute via their drop-off points at: Ipoh Children’s Home @ Jalan Raja Permaisuri Bainun (Jalan Kampar), Ipoh Boys Home @ Jalan Tambun, Perak Home for the Aged @ Jelapang, Ipoh Corps @ Jalan Taman Star. Collection service for large items is available. To learn more, call 05 548 3314.

Family Thrift Stores, in association with The Salvation Army Community Services, will supply clothing and household goods free to individuals and families referred by an authorised corps officer.



Continued on page 6



By Fathol Zaman Bukhari

FATHERS, HAVE WE DONE ENOUGH?

Having read Ding's mother's sacrifices for her only child, it saddens me. Obviously, I have not done enough.



A physically handicapped Chinese man has defied all odds by gaining admission into an Ivy League university in America. Ding Ding, 29, from central China, attributed his achievements to his mother's persistence and devotion.

Complications during childbirth nearly suffocated Ding, afflicting him with cerebral palsy. Doctors told his mother not to expect much, saying it was pointless to save the child as he would have a difficult life ahead.

His father was less forgiving. He told his wife that the boy would be a heavy burden on the family. The wife insisted on saving the child. Their disagreement caused them to split and they went separate ways. Ding's father divorced his mother, leaving the two to fend for themselves.

To support the family Ding's mother took several jobs including a teaching post at a college in Wuhan. She did part-time jobs as well. When time permitted, she took Ding for rehabilitation sessions regardless of the weather. She learnt how to massage the boy's stiff muscles and would play intelligence-boosting games and puzzles with him.

The mother too insisted that Ding learn to overcome his disabilities as much as possible. And this included the use of chopsticks, something the boy found difficult, as he had problems coordinating his hand movements. She trained him to act and be accepted as a normal person.

Ding graduated with a bachelor's degree from Peking University in 2011 and followed up with a master's degree at the same institution of higher learning. Last year he was admitted into Harvard, a private Ivy League university in Cambridge, Massachusetts, USA.

Ding described his mother, who now lives in Jinzhou, Huben province, as his "spiritual mentor". The two cherish their close relationship very much.

You may wonder why my sudden interest in an event that took place far away from our shores. Well, it has much to do with the recent Mother's Day (Sunday, May 14)

and the upcoming Father's Day (Sunday, June 18). Although some dim-witted Islamists have termed both occasions as a Christian conspiracy to influence Muslims' thinking, especially those whose *aqidah* (faith) is shaky and are, therefore, easily swayed. Why are these self-proclaimed mullahs so naïve? Does honouring our parents constitute a deviant act? Come, on! You can't be a bigger moron than that.

Ding's mother's devotion to her only child is a fitting tribute to mothers who go out of their way for the love of their children. In my lifetime I have witnessed many such instances. I have seen mothers who would save every morsel of food available so their children would not go hungry. Their personal wellbeing is of no consequence. That's what some mothers are made of.

When I was in primary school, in the 1950s, I remember one Punjabi lady who would, without fail, come to the school at recess time to feed her twin daughters. This was in spite of them having enough pocket money to get by. In those days a 20-cent pocket money was a luxury few could afford. And the two girls had that in their possession. The mother would be there to question the class teacher whenever she felt they were being wrongly graded. The lady was not much of a scholar but she could differentiate A from B and B from C.

Incidentally, my father wielded the rod. Woe betide anyone who crossed his path. He insisted that we speak English among us siblings. My elder brother got to read the Straits Times (15 cents then) and me, the now-defunct, Straits Echo (10 cents). And after reading the papers we were required to relate to him what we had read, verbatim. That helped me in mastering the English language. I thank him for that and for enrolling me in a mission school instead of a Malay-medium school, which I had the dubious distinction of being a reluctant student for a year.

I have two sons and both are married. One is well into his forties, the other in his late thirties. Unfortunately, I was not around much when they were growing up, as I was moving from one army camp to another. Their mother was their mentor and companion. In reflection, it was an opportunity lost as I did not perform my fatherly duties to the fullest. Having read Ding's mother's sacrifices for her only child, it saddens me. Obviously, I had not done enough.

Both my boys have a child each, one girl and one boy. They are as doting as any caring father would be and I respect them for that. So fathers out there you should do more for your kids. And with Father's Day around the corner, perhaps it is time for a change.

EYE HEALTH — World No Tobacco Day 2017

In conjunction with WORLD NO TOBACCO DAY on May 31, Ipoh Echo talks to Consultant Ophthalmologist Dr S.S. GILL on effects of smoking on the eyes.



Most people tend to think that smoking only causes harm to the lungs. Well, this is a myth because smoking harms nearly every organ in the body including the eyes. Year after year, there has been increasing evidence of eye disorders linked to smoking.

Basically, there are two types of smoke generated from tobacco. Firstly there is the **more dangerous side-stream smoke**

that is more toxic even than the smoke inhaled by the smoker. This is the smoke that is inhaled by the people who sit around a smoker, commonly referred to as **passive smokers**. Then there is the **mainstream smoke** that is inhaled and exhaled by the smoker. Cigarette smoke contains thousands of ingredients including cancer causing substances (carcinogens) and agents that cause inflammation. Here is a brief review of the effects of smoking on our eyes.

EFFECTS ON CHILDREN

Children who are exposed to the smoke from their cigarette smoking parents (passive smokers) are more prone to **eye allergies**. The conjunctiva of the eyes becomes inflamed (swollen) due to the exposure to cigarette smoke which is an irritant. Many parents who smoke do not realise these effects and may not take this seriously.

CATARACT FORMATION

Smoking increases the risk of cataract formation. A cataract is a condition whereby the crystalline lens in the eye becomes cloudy and causing poor vision. The risk of cataract formation is 3-4 times more in an individual who is a smoker. Smokers generally develop cataracts earlier than non-smokers because smoking reduces antioxidant supply to the eyes. Smoking releases a substance known as free radicals. These free radicals cause damage to the cells of the body including the eyes and lens, hence the cataract formation.

AGE RELATED MACULAR DEGENERATION

The macula of the eye is the most sensitive part of the back of the eye (nerve). The macula is responsible for the fine vision required for the many daily activities of the day. When the macula gets affected by this condition called as Age Related Macular Degeneration (AMD), it can result in serious loss of central vision and blindness. This condition which was more common among Caucasians in the past is slowly becoming more prevalent among Asians too.

UVEITIS

Smoking is known to cause inflammation to occur in the pigmented part of the eye called uvea (uveitis). The risk of such inflammation is approximately two times more with its problematic symptoms of glare, photophobia, eye redness, tearing and blurring vision. Uveitis is also difficult to treat and may become chronic.

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



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

Business

MIDA – Investors Golf Game @ Meru Valley Resort



Malaysian Investment Development Authority (MIDA) held the MIDA – Investors Golf Game for the first time ever in Meru Valley Resort on Sunday, May 21.

The series kicked off in Johor in February. After the Ipoh stop, it will continue in Melaka in July, Sabah in September and culminate in a grand final in Kuala Lumpur in November.

Celebrating MIDA's 50th anniversary, the event was aimed to enhance business relationships with investors in Perak. Over 40 golfers representing foreign and Malaysian investors participated.

Also present were Dato' Azman Mahmud, CEO of MIDA, Datuk Phang Ah Tong, Deputy CEO of MIDA and Dato' Lim Si Boon, the chairman of Bonanza Venture Holdings Sdn Bhd.

Selvan Subramaniam emerged champion while Dato' Wan Hashim Wan Jusoh grabbed the runner-up spot. Champions of the respective location will be invited to the grand final.

The top 15 players received prizes in the form of vouchers. There was a lucky draw too with the top prize being a limited edition Bonia watch worth RM5000.

Mei Kuan



PUBLISHER

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153 Jalan Dato Lau Pak
Khuan, Ipoh Garden, 31400
Ipoh, Perak Darul Ridzuan.
Tel: (605) 543 9726
Fax: (605) 543 9411
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
Nabilah Hamudin
Leanne Tan

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PRINTER

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

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

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999 (emergency)

Ipoh General Hospital:

05-208 5000

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(emergency)

Perak Immigration Dept

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Where is the alternative entrance to the Ipoh railway station?

The Keretapi Tanah Melayu Berhad (KTMB) procurement general manager and acting president, Mohd Hider Yusoff, claimed in an article, in Issue 258 of The Ipoh Echo, called, "Travel, Visit & Stay Green Campaign 2.0" (TVSGC2), that the Ipoh railway station was the second busiest in Malaysia, after KL Sentral.

Mohd Hider said that 3500 to 4000 people travelled to Ipoh by train every day. He also hoped that the TVSGC2 would create a 50% increase in visitors to Ipoh. He said that KTMB would provide extra carriages by 2019.

The wide road in front of the station is often used for marches and a permanent stage has been erected for parades, which take place in front of the town hall.

A businessman, who frequently uses the train to travel to Kuala Lumpur for work, contacted me and said, "I would like KTMB to inform the train passengers about the alternative entrance to the station. Passengers are inconvenienced when a function is taking place outside the railway station."

He said, "There was a national gathering of firemen or something like that. There were two days of rehearsals, and then the actual parade. All roads leading to the station were closed.

"The blocked roads meant that I had to be dropped off somewhere near Medan Kidd and walk to the station. I nearly missed my train because of this delay. We did not realise that roads were inaccessible, and the congestion created on nearby roads, did not help.

"What if the passengers were elderly, and could not manage the walk? What if families were travelling with children? What about those passengers who had a lot of luggage? What if it were raining heavily?

"What about the passengers who just arrived at Ipoh. Their friends would not be able to pick them up and they may not be able to hail a taxi easily, if vehicles are not allowed to drive into the station."

This businessman believed that there was another route into the station which was rarely used. He added, "I travel by train a lot, but I don't know the location of this alternative entrance. It was once mentioned in the Ipoh Echo, but was said to be deserted and unsafe.

"People can drive into the station using this route so perhaps, KTMB can get security guards to patrol along this route and have it properly lit up for security. Once this route is improved, KTMB should erect proper signs.

"This alternative entrance could be used when the main road, in front of the station, is closed to traffic. If KTMB claims that we have around 4000 people travelling to and from Ipoh, then why shouldn't KTMB improve the other entry point?"

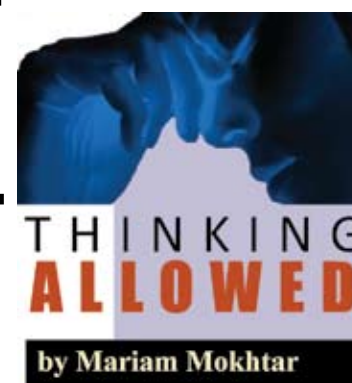
Other train users have also complained and made some suggestions about the station. One said, "It is all very well for KTMB to increase passenger numbers to Ipoh and promote Ipoh as a travel destination, but will KTMB, in conjunction with the Ipoh City Council (MBI), improve the services and environs of the Ipoh station?"

Many Ipohites and visitors to Ipoh are delighted that the train service has improved tremendously, but they are not happy about the station and its immediate surroundings.

A frequent rail passenger said, "KTMB is aware that Ipoh station is very busy, so why don't they do something about improving the facilities and amenities at the station?

"KTMB should do something about the Station Hotel, the food outlets and the car parking facilities. So much could be done but they ignore this aspect of rail travel. Why?

She hoped that writing to Ipoh Echo to voice her displeasure would urge the relevant authorities to address the concerns of the passengers.



by Mariam Mokhtar

She added, "Everything seems to be makeshift and temporary. Many parts of the building are unused. Why can't KTMB find a good use for the unused parts?"

"In addition, KTMB should cater for all its passengers, by making rail travel more comfortable, since they claim that is it the second busiest station in Malaysia."

A group of Ipohites returning, after spending decades abroad said, "Ipoh's beautiful buildings, like the Station Hotel, should be preserved, so why aren't

they maintained and given a second lease of life, instead of being boarded-up and looking forlorn?"

So will KTMB and MBI listen?

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



CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Speech and Language Disorder

Speech is the sound that comes out of our mouths. When it is not understood by others there is a problem. Speech problems, such as stuttering and mispronunciation can be very frustrating.

Language has to do with meanings, rather than sounds. Language is a measure of intelligence and language delays are more serious than speech problems. Language delay is when a child's language is developing in the right sequence, but at a slower rate.

Speech and language disorder describes abnormal language development. Delayed speech or language development is the most common developmental problem. It affects five to ten per cent of preschool children.

When a person is unable to produce speech sounds correctly or fluently, or has problems with his or her voice, then he or she has a speech disorder. Difficulties pronouncing sounds, or articulation disorders, and stuttering are examples of speech disorders.

When a person has trouble understanding others (receptive language), or sharing thoughts, ideas and feelings completely (expressive language), then he or she has a language disorder.

Both children and adults can have speech and language disorders. They can occur as a result of a medical problem or have no known cause.

Developmental speech and language disorder is a common reason for speech/language problems in children. This is a disorder that is caused by the brain working differently. These children may have trouble producing speech sounds, using spoken language to communicate, or understanding what is being said to them.

Hearing loss is often overlooked, and easily identified. If your child is speech/language delayed, their Intellectual ability is often affected.

Extreme environmental deprivation can cause speech delay. If a child is neglected or abused and does not hear others speaking, they will not learn to speak.

Prematurity can lead to many kinds of developmental delays, including speech/language problems.

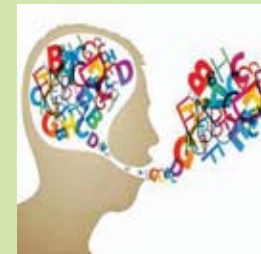
Auditory Processing Disorder describes a problem with decoding speech sounds. These children can improve with speech and language therapy.

Neurological problems like cerebral palsy, muscular dystrophy, and traumatic brain injury can affect the muscles needed for speaking. Autism affects communication.

Speech/language/communication problems are often an early sign of structural problems like cleft lip or cleft palate which can interfere with normal speech.

Apraxia of speech is a specific speech disorder in which the child has difficulty in sequencing and **Selective Mutism** is when a child will not talk at all in certain situations, most often in school.

It is important to identify speech and language problems early. Management of the speech and language disorder and its underlying cause should start soon after the problem is identified.



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



**ON IPOH
FOOD**

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



SeeFoon Remembers Kampung Malay Food

Pics by Tan Mei Kuan

It has been years since I had a bang-up, GENUINE Kampung Malay meal with all the classic dishes and condiments that today, appear to have gone the way of the Dodo bird (as in extinct!) Most roadside eating places have Tom Yam emblazoned all over their signboards and (hello?) Tom Yam is a Thai dish and the ones I've tasted come nowhere near the real McCoy I've had in Thailand. Plus they are usually laden with MSG, which as readers of my column may have noticed, I am on a strong campaign to eradicate from all kitchens!!

It was therefore such a real pleasure to be invited to a preview tasting of the **Citarasa Nusantara** spread at the **Dome Restaurant** in Meru Valley Resort recently in anticipation of Ramadan and all the feasting that goes with breaking fast.

I am familiar with the Western, Chinese and local dishes at the Dome as I eat there quite regularly and I can vouch for the quality of most of the dishes served here. But the Kampung Malay food prepared by Chef Din is a treat and usually only available by special order for functions and events. Other than the **Chicken Berempah** which is on the regular menu, everything else that is being presented on the Ramadan Buffet for this limited time only is by special order.

So in great anticipation I sat down to taste the various dishes that will be served on their buffet spread in the Malay section with Director Chris Bock, Leong Mei Yee and Executive Chef Desmond who kept doing the 'now-you-see-me-now-you-don't' act as he dashed back and forth to the kitchen.

And I was not disappointed.

Everyone living in Malaysia knows about rendang with almost every state having their own unique variation. Rendang Tok, however is a special rendang recipe for which Perak is renowned. With "Tok" to mean royalty, Perak's rendang tok is literally food befitting the kings!

The **Rendang Tok** at the Dome goes one better. Instead of the usual beef chunks it is a large lamb shank, with the spiced gravy being greatly reduced from prolonged simmering until all that's left is a thick layer that not only coats the meat but permeates every fibre of it, tender, luscious, moist mouthfuls that fall off the bone and sent me into paroxysms of foodie delight. This is a 'die, die, must try' dish.

The **Nasi Kerabu Kelantanese** comes with *Budu*, a fermented fish sauce popular in Kelantan and the E. Coast of Malaysia, shredded raw vegetables, salted egg, *keropok*

ikan or fish crackers, a chilli pickle and fish floss. Mixed by yourself or have them mix it for you and every mouthful is a burst of flavours and textures.

Ikan Perkasam Gelama was a fried fish with sourish tangy notes provided by *asam keping* and topped with roughly ground fried dry rice that gave the dish a delectable crunch.

The **Ulam-ulaman** (assorted raw greens like wing beans, cucumber, blanched ladies fingers and various leaves) arrived with two tantalising sambals, one a homemade *sambal belacan* (shrimp paste) and another the *cincalok* (preserved tiny shrimps seasoned with chopped shallots, chillies and *limau kasturi* – a local lime). Both the dips were very well rounded in their composition being neither too fiery nor too acidic, complementing the greens to perfection. Eaten with the **Nasi Kerabu**, the *ulam* and the dips tempered any oiliness coming from the *rendang* and the fried fish.

We then had the **Kerabu Jantung Pisang**, a salad made from banana flowers, a rare delight hardly to be found elsewhere nowadays. Mixed with an assortment of herbs and condiments, this salad was refreshing and a treat for the taste buds.

Many more Malay Kampung delights were still in store as we tucked into **Pucuk Ubi Masak Lemak Telur Itik** or in plain English, duck eggs cooked in a coconut sauce with Cassava leaves. This is another divine dish which I adore, the duck eggs poached to just the right consistency with the egg yolk still oozy and combined with the turmeric laced creamy coconut sauce, was heaven in a mouthful.

The **Gulai Patin Masak Tempoyak** was the least of my favourites. A local catfish, the Patin was cooked in a coconut sauce mixed with *tempoyak*, a fermented durian paste that requires an acquired taste to appreciate. Like durians for foreigners who either have a love/hate relationship with this king of fruits, *tempoyak* requires a further enculturation process in order to enjoy its smell and taste and although I am an avid fan of durian, I find *tempoyak* much harder to appreciate. But I have friends who swear by its virtues. And for those who love *tempoyak*, here is your opportunity to eat to your heart's content in a conducive environment too, if you break

fast at the Dome.

For dessert, don't forget their **Tapai Pulut**, fermented rice pudding served with ice cream.

What I have reviewed here for my dear readers are just some of the Malay Kampung temptations on the buffet spread at the Dome. There will be three rotating menus with a set carving station featuring **roasted Australian beef, chicken and Dorper lamb leg and Chicken Satay** every night as well as a **Cold Japanese** station featuring **Salmon and Tuna Sashimi**, mussels on the half shell, Tiger prawns and assorted **Sushi and Maki**. The **Noodle Stall** will be alternating their offerings between **Asam Laksa, Mee Rebus and Prawn Mee** and the **Dessert spread** will have a revolving series of delectable delights to tempt your taste buds.



Citarasa Nusantara will be available at the Dome Restaurant from June 5 to 22.
Call 05 529 3358 for reservations.
Non members are welcome.
Pork Free.

Recycling in Ipoh: Beyond the Bin... continued from page 2

Kechara Ipoh Study Group (KISG)

Recycling to protect the environment and the beings within, Kechara Ipoh Study Group (KISG) is an NGO established in 2011.

"Kechara members and volunteers will join in the sorting and distribution of the recyclable items from time to time. When we put an announcement in the newspaper, members of the public or people from the neighbourhood contribute to us. Many people like to donate their old clothes for the Orang Asli," Wan Yee Mun, who has been volunteering at Kechara since 2011, told Ipoh Echo.

"Some people might want to donate their stuff, but unsure where to, so I act as a middle person to help channel it to the needy," she shared.

The collection site is located in front of the **Ipoh Garden Post Office every 4th Sunday** of the month from **9.30am-11.30am**. Readers can contribute metal/aluminium, plastics, newspaper/carton boxes, paper, electrical/electronic equipment and old clothes. For further details, call Yee Mun at **012 522 3200** or Kin Hoe at **016 532 8309**. Also, do visit their Facebook page: *Kechara Ipoh Study Group*.

All proceeds from the sales of recyclable items are used to support KISG for their charitable activities.



Rumah Warga Tua Anning Berhad

“Started about 15 years ago, profits from Rumah Warga Tua Anning Berhad are contributed back to Anning Children's and Old Folks' Home and used to buy lunch for the vagrants daily. Customers will come here and buy secondhand goods. We rely on donations from the public in the form of pre-loved, saleable goods. To collect it, we have seven lorries going around in residential areas in whole of Ipoh daily to collect recyclables. Some prefer to drop off their items at Anning homes as our lorry will then collect from there,” Chon, the person in charge who has been working here for seven years, shared.

“We also employ those from poorer families no matter their age, as long as they are able, to work here,” he said. From mattress, bric-a-brac, plastics to newspapers, the customer favourites are clothes and furniture.

The 0.25-acre branch is located at **no. 39-41, Laluan Perusahaan Kledang 1, Kawasan Perindustrian Chandan Raya, 31450 Ipoh**. Closed on Mondays, it opens from **9am to 4pm from Tuesdays to Saturdays** and **9am to 3pm on Sundays**.

There is something for everyone; while you may be there trying on clothes, your Mum is surveying tableware, your sister is browsing soft toys, your father has disappeared into a corner to read a book while your brother is finding some CDs. Try this unpretentious retail experience today!



Conclusion

Whether it is shopping at opportunity shop, contributing for charity or raising awareness, take the first step by recycling the recyclables at home – you'll be glad you did! After all, charity begins at home.



Wellness

By SeeFoon Chan-Koppen

More than Waterworks

Urologists diagnose and treat diseases of the urinary tract in both men and women. They also diagnose and treat anything involving the reproductive tract in men. Dr Ding Chek Lang is one of these, in fact the first British Certified Urologist to practise in Malaysia.

Waxing lyrical about his time in UK where “at that time we were all one-stop urology centres, from treating newborns to the dying. There were no sub, sub specialties then, so we had to learn about all aspects of urology,” he said.

Teaching, doing research and surgery was what he loved to do best when he returned from his urology training in Edinburgh and London with stints at Harvard and UCSF (University of California at San Francisco) where he studied with dedicated teachers. But the halls of academia in Malaysia with its pretensions, soon disappointed, and he came back to Ipoh (a Sitiawan boy) for a break.

And stayed. For 31 years this August.

As Consultant Urologist at KPJ Ipoh Specialist Hospital throughout these 31 years, you might say that Dr Ding speaks from authority and on his favourite subject of Urology.

On Erectile Dysfunction (ED for short), a topic that is rarely discussed and mostly hidden in the closet, Dr Ding has this to say, “ED will come to you sooner or later. About 40% of men at age 40 and 90% by age 70 years. The underlying cause in the great majority of cases is vascular – with ageing, diabetes and primary vessel diseases contributing to it. Other causes include general poor health, nerve problems, hormonal problems and psychological causes. The PDE5 inhibitors (e.g. Viagra, Cialis, Levitra, Zyderna) will take care of some of these patients but in the main these men need to discuss options with their urologist.”

Other conditions that Dr Ding treats are diseases or cancers of the bladder, kidneys, penis, testicles, and adrenal and prostate glands in men; and in women, bladder prolapse, or the dropping of the bladder into the vagina, cancers of the bladder, kidneys, and adrenal glands, interstitial cystitis; kidney stones, overactive bladder, UTIs and urinary incontinence.

In children, bed-wetting, blockages and other problems with the urinary tract structure and undescended testicles are common problems.

As one hears so often about prostate problems in men as they age, I asked whether it is necessary for men and at what age, for them to measure their PSA or Prostate-specific antigen which is a protein produced by the prostate gland. Blood levels of PSA are usually elevated in men with prostate cancer. Dr Ding replied, “It must presume a desire to know or desire to be screened for prostate cancer on the part of the patient. From age 40, if there is a family history of prostate cancer death. From age 50 years for the general population. There is no specific prostate cancer symptom.”



Dr Ding Chek Lang
Resident Consultant Urologist

According to Dr Ding, prostate cancers in Asia are not common as compared to the West, which is probably related to diet. For example, a first generation Japanese moving to the USA will have the same low incidence of prostate cancer as their counterparts in Japan, but by the third generation, he will have the same chances of developing prostate cancer as the whites of the western population. The same is true in China where again prostate cancer is very low. “Treatment options are now very wide and men need not fear that their testes will be removed. In fact, the good news is that more men die at a ripe old age with the cancer than from the cancer. The task of the urologist is to distinguish the so called ‘pussy cats’ from the ‘tigers’ in the prostate,” he added.

On whether testicular cancer is one of the more curable cancers if caught early and what are the signs for a man to go to an urologist Dr Ding said, “it is regarded as a curable cancer. The sign is a swelling of the testis, regardless of whether it is painless or painful. Self-examination is the easiest, done on a warm day or after a warm shower.”

Lest we get the impression that an urologist treats primarily men, Dr Ding clears this misconception by saying that he treats many women especially for ‘voiding’ problems like UTIs or urinary tract infections and incontinence issues. His advice for women who get more than three UTIs a year or if not responding to prescribed medication, is to go to an urologist and get thoroughly assessed. The important thing, when women and especially men, get either a burning sensation on voiding, a frequent urge to void straight after voiding or in worst case scenarios, passing blood, is to go straight to an urologist.

As for kidney stones which are more common amongst men, aside from genetic tendencies, Dr Ding says the most common cause is inadequate hydration. “Water is cheap whereas kidney stones are expensive and painful,” he quips. “So drink more water! If the stone is smaller than 1.5cm we can break it up with the Lithotripter which is non-invasive and the smaller bits will pass out with the urine but larger stones will require surgical intervention,” he added.

For urinary incontinence in older people, this is addressed on a case by case basis but Dr Ding has a word of strong advice for young people who may be flirting with recreational drugs. “Do not take Ketamine! This will give rise to urinary incontinence, damage your bladder and subsequently your kidneys, and I have seen many young people suffer as a result.”

So do take heed all you recreational drug users out there. Take care of your Waterworks!

Dr Ding Chek Lang
Suite L1-20, KPJ Ipoh Specialist Hospital
Tel: +605 240 8777 ext 250

Ramadan Buffet WEIL Hotel

Iftar (buka puasa) or the breaking of fast is a major event during the fasting month of Ramadan. It is the time when Muslims break their day-long fast and eat together. WEIL Hotel's Tiffin Restaurant offers over 80 delectable local dishes delightfully mixed to create their very own buka puasa offerings.

Running on a theme ‘Juadah Istimewa Ramadan’, the idea is to provide diners with signature dishes from each of the hotel's outlets on the buffet spread.

Not only will there be authentic Malay cuisine, there will also be a variety of Indian and Chinese dishes. International delicacies that are guaranteed to satisfy your most ravenous appetite are also available.

The line-up includes Nestum Prawn and Chilli Crab from the Chinese outlet. These are the addictive meals as many diners are known to make repeat visits. Mutton Biryani Rice and Fish Head Curry are the Indian outlet's signatures while from the Malay outlet are Ketam Masak Lemak Cili Api, Bubur Lambuk and Black Pepper Clam.

Diners will be awed by a selection of Asian salads and kerabu that will help rekindle your kampong memories. For starters, there are over 10 varieties such as Glass Noodle Salad and Mango Salad.

Nine action stations serve local and international favourites – Laksa Johor, Shawarma, Roasted Lamb, Satay, Chicken Rice, Murtabak, Ais Kacang, selection of ice creams and variety of Malaysia's favourite teatime snacks like Banana Fritter (Pisang Goreng), Fried Cempedak, Sukun and Sweet Potato.

As for international dishes, there will be Wild Mushroom Soup, Irish Lamb Stew, Japanese Beancurd with Crab Meat Sauce, Roasted Chicken and Roasted Lamb, undeniably the buffet's centrepiece.

Tempting pastries and Malay kuih such as Pulut Inti and Bubur Cha-Cha will present you with a conundrum: do you want to skip the savoury and move on to the sweet? It will be a tough choice to make.

Those yearning for local food in a cosy environment this is the place. Curl up in Tiffin and break your fast in comfort and style from 7pm to 10pm.

For reservations, call 05 208 2228 or email: tiffin@weilhotel.com

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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.

'Postcode lottery' for rubbish collection in Ipoh

I was in Ipoh for 10 weeks recently after being away for a over three and a half decades. It certainly looked very decadent seeing rubbish even in monsoon drains in front of and behind houses besides those similar as in the pictures. There are posters all over the place to inform and encourage the public to keep the city clean. That is about it. The city council is not elected and so is not accountable to the voters. The rubbish problem has been talked about time and time again over many years as far as I can remember. Whatever action the city council has taken has not been effective judging by the growing rubbish vandalism. Even though the council is not elected, it still can do something by engaging with the public in town hall like consultations and conversations to work together with the residents to find solutions to the growing menace. At the moment, the unelected representatives believe as if they know it all and are out of touch with the public. In the meantime, we keep on moaning like we have done over the however many years since people started to grumble to deaf ears.

Ngai C O

Age of Gua Tempurung

I often read in tourism articles and on posters that Gua Tempurung is 250 to 400 million years old: the latest example is on the front page of the current Ipoh Echo (Issue 258). However, this is a misunderstanding of geological dates. The calcareous sediments that now form the limestones of the Kinta Valley were deposited on the seabed between 250 and 400 m.y. ago. About 200 m.y. ago they were consolidated, uplifted and metamorphosed by intrusion of the granitic rocks that now form the Main Range. Eventually the processes of weathering and erosion started to evolve the landscape of the Kinta Valley: cave formation dates from this last episode. There is no reliable date for when Gua Tempurung started to form but the best estimate is probably 1.57 to 1.84 million years ago (Ros Fatimah Muhammad. The geomorphology and origin of Gua Tempurung, Perak, West Malaysia. *Bulletin of the Geological Society of Malaysia* 56 (2010) 127-132).

W.K. Fletcher & Donna Baylis



Flood in Bercham – Aftermath

On May 19, my friend Kundan Lal and I spent about three hours visiting flooded areas in Bercham and Sungai Rokam. The worst hit area was Taman Bercham Impian. When we went there we saw the residents drying their belongings in front of their houses and road. It was pitiful. The residents here are Malays.

I spoke to an elderly lady who said she has been living here for 17 years and there are floods every year. Once in three years or so it peaks. This year it was bad. On Friday the residents were provided lunch. She has sent her car for repairs. No one has visited them and they have not received any aid.

I spoke to another Malay guy. He is from Lenggong, is working in a factory and has been staying here for 16 years. There are many abandoned houses. He informed us that people who rented houses have left the place. People with their own houses are staying here. These people feel they have been forgotten and accept their fate.

The Chinese stay on the other side of the main road and that place was also flooded and people are building walls.

There are a number of pumps installed by JPS, Drainage and Irrigation Dept around the area. I don't think these pumps can cope with the volume of water.

I was not able to contact any DAP guys. We spent some time looking for their service centre, but could not find it.

We went to the place in Sungai Rokam which was flooded. Four new pumps have been installed in Sungai Rokam. The guys were still working.

One of the workers said that the pumps are working. The monsoon drain next to the river is not clean. Sand from the river had back flowed into the concrete drain.

Since I have visited the sites, I will make an appointment with JPS and MBI to find out what action they are taking.

A. Jeyaraj

Gua Tempurung – Nature's Best Kept Secret

Re the article Gua Tempurung - Nature's Best Kept Secret, in IE 258, I don't know where the writer got his facts from, but there are a few inaccuracies. Firstly the cave is somewhat longer than 1.9 km. It is at least 4.8 km - I was involved with one of the original surveys in 1993, and more recent surveys show a length of 4.8 km. Also caves are never measured in terms of acres, so I really wonder where that figure came from. And "The cave is estimated to be between 250 to 400 million years old" is wrong. The limestone rock is dated at that age, but it took millions of years after the rock was formed for the cave to be developed and in fact it is still developing today.

Liz Price

Community

Clothes for Special Children

It was a memorable day for 19 autistic children from the National Autism Society of Malaysia (NASOM), when they were picked to don hari raya clothing designed by local fashion designer Tengku Syahmi.

NASOM Ipoh coordinator, Salina Safii, said the opportunity was an honour for these less fortunate kids.

"We feel blessed, as this is our first invitation to a breaking-of-fast cum gala dinner on June 8 at Lost World Hotel, Tambun. The highlight of the evening was a parade by the society's special children dressed in clothes designed by Tengku Syahmi.

"I wish to thank all those involved in designing the kids' clothing and for ensuring the success of the programme," she said during the 'iM4U Fabrik Kasih bersama Sunway' event held at NASOM Ipoh on Thursday, May 18.

Jointly organised by Sunway iM4U fm, Sunway Group and Giatmara Malaysia, the programme featured the collaborative efforts of three local fashion designers namely, Tengku Syahmi, Fazana Mokhtaza and Zakwan Anua.

Tengku Syahmi was so excited to be picked by the organisers to partake in a charity programme for the benefit of these special children.

"I feel fortunate to be a mentor to Giatmara students in designing hari raya clothing for the special children. I'm happy to teach them how to design.

"I wish to share this experience. When I first visited NASOM Ipoh, I found the children were sensitive to certain colours and fabrics. We had to choose fabrics which were suitable and appropriate for them. I treat this responsibility as a challenge and will ensure its success," said Tengku Syahmi, the programme leader.

Pasir Salak Giatmara trainer, Habibah Shoid, said that working with Tengku Syahmi had its benefits, as students got to learn the art of tailoring and designing.

"This is a convenient platform for students to do charity work. I hope this kind of activity will continue in the future," she said.

Rosli Mansor



A Fun Colourful Run

The first ever Charity and Colour Run 2017 by UNiKL RCMP was held at the campus located at Greentown Ipoh on May 14 and was attended not only by the students but also by members of the public who love running.

The flag-off started at 7.30am starting from the campus itself then heading to Polo Ground. From there, runners continued their journey passing through Jalan Panglima Bukit Gantang Wahab to get to the finishing line back at the campus, a total of 6.6km.

While the first 30 finishers got an exclusive medal, many were left disappointed and wished the organisers gave out more medals.

"I ran as fast I could. Instead of giving it for the first 30 finishers, perhaps in the next run, they could do it in categories. For example the first 30 male runners and the first 30 female runners would get medals. I reached the finishing line in less than 40 minutes but luck wasn't mine. I feel like a sore loser," said Huda Zambry who went on the run with her friends.

Although she didn't win any medals, Huda admitted that the event was indeed a fun run and wished it could be done again next year. Aside from the main event, runners were also invited to join the post-run Zumba and lucky draw sessions held by UNiKL students. Photo credit goes to Afham Suhaimi (013 595 3285).

Ili Aqilah



Book Review

Sarong Secrets

I have always had an affinity for female characters who strike a perfect balance between discretion and survival, a necessary trait especially for mothers in order to protect their loved ones. Hence, the book entitled "Sarong Secrets: Of Love, Loss and Longing" by **Dr Lee Su Kim** clamoured for my attention, more so during the past Mother's Day.

Featuring the colourful world of the Malaysian Peranakan, the tales range from heart-rending, nail-biting, supernatural, to amusing, each one a reflection of this unique cultural heritage particularly when faced with the challenges of modern times. However, the lessons learnt resonate across cultures. For instance, most mothers will agree with Auntie Manis in the story who exclaims, "No nyonya worth her salt will cook from a recipe book, at least not from my generation. I'm quite sure the next generation will be different – my two daughters don't even know how to cook rice or fry an egg!"

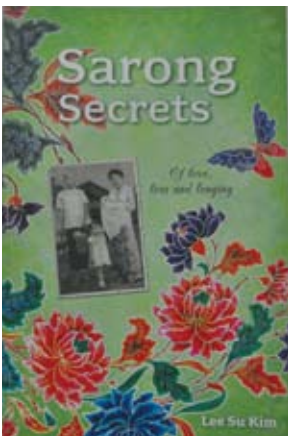
Upon reading, there is much truth on the back cover which aptly depicts the book as "bitter-sweet, light and delicate as the kebaya, spiced with the tang of sambal belacan." To those who are not familiar with the sambal belacan (a spicy dip made from preserved prawn paste and chillies), no worries! Lee with her sharp senses describes it in vivid detail in "The House of Smells and Noises", one of my favourite chapters.

The few feisty and sharp-tongued heroines, who will swear in Baba Malay whenever startled out of their wits, are people that you want to love as you will soon discover that their hearts are in the right place.

A collection of twelve short stories seasoned with wit, each chapter ends with either pictures of vintage sarongs and artifacts or the community's idioms and expressions. Did I mention the family photos of the author too?

Coming right after Sarong Secrets in the trilogy is "Manek Mischiefs: Of Patriarchs, Playboys and Paramours" in which the babas now take centre stage. Hitting the bookstores from May onwards, it will be the ideal Father's Day book for June!

A former columnist for The Star, Lee is a founder member and the first woman



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President of the Peranakan Baba Nyonya Association of Kuala Lumpur and Selangor. She holds a B. Arts (Hons) degree in English, Diploma in Education (TESL) and Masters in Education from the University of Malaya, Kuala Lumpur and a Doctorate in Education from the University of Houston. The sixth generation Nyonya with roots in both Penang and Malacca Peranakan communities once graced the Sharpened Word session with a talk on the Peranakan culture in Ipoh last year.

Mei Kuan

Sarong Secrets (paperback) is available in MPH at RM49.90 or Amazon at US\$11.00. For more updates on the latest Manek Mischiefs, visit Lee's Facebook page at: LeeSuKimAuthor.

Tourism

Ecotourism is the Attraction

Meriti Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir estimated that a total of 150,000 tourists from Indonesia would visit Perak during the ongoing Visit Perak Year 2017 (VPY 2017).

He had received positive feedback from various tour agencies following the 3-day Tourism Marketing Mission at Medan and Jakarta. The mission's objective was to promote Perak as a likely tourist destination for Indonesians.

"Before this, most Indonesian tourists didn't stop in Perak while in Malaysia due to the lack of information on the state. We've enlightened them on the facilities and destinations available. I believe this will encourage them to visit Perak," he said.

He was quoted during the press conference held at the conclusion of the Visit Perak Year 2017 Tourism Marketing Mission at Mandarin Oriental Hotel, Jakarta on Wednesday, May 10.

Present were Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications and Datuk Seri Abdul Puhat Mat Nayan, the state secretary.

The programme, held at Medan on May 8 and Jakarta from May 9 to 10, attracted over 60 tour agents from both countries.

According to Zambry, some eight million tourists are expected to visit Perak during VPY 2017.

"Ecotourism is the main attraction and places such as Royal Belum, Matang Mangrove Forest Reserve and Kuala Gula will be the focus.



"I'm confident with the opening of the Movie Animation Park Studios (MAPS) on June 26, it'll spice up our tourism industry and be an added attraction to the Indonesians," he concluded.

Rosli Mansor



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Community

New Poultry Market

It was all smiles for the long-suffering traders at Ipoh's poultry market in Jalan Laxamana, Ipoh.

When the market was closed for repairs in 2014, most of the traders were moved to the main wet market (Super Kinta) across the road. Unfortunately, they did not gain much, as the placement was temporary. Moreover, space in the wet market was limited and movement, restricted.

Their anxiety ended when the repaired market was reopened for business by Urban Wellbeing, Housing and Local Government Minister Tan Sri Noh Omar on Thursday, May 4. It was named Amanjaya Poultry Market.

The minister presented keys to 34 traders who began their business soon after. One of the traders, Mohd Jamil Mat Jamlus, 46, said he looked forward to his business at the new revamped market.

"I felt the pinch at the main market due to poor sales. Parking was almost impossible there and that was the real cause.

"But today I'm happy to do business in this gleaming and modern building. Conditions were pretty bad before the renovation. People weren't keen to come because of insufficient parking space. I hope customers would return as the market is more user-friendly now and there are ample parking lots," said Mohd Jamil to Ipoh Echo.

Another trader, K. Kalithasan, 47, hoped the upgraded market would encourage Ipohites to buy their necessities there.

"The market is more comfortable compared to the previous one. One is spoilt for choice here," said Kalithasan who has been selling chicken for over six years.

Work on the 56,783 sq ft market was completed on January 30 this year. The estimated cost was RM12.6 million. The bulk of the funds came from the Urban Wellbeing, Housing and Local Government Ministry with Ipoh City Council chipping in a little.

The high ceiling with an open-air concept creates a comfortable ambience for customers. It is breezy thus providing a salubrious effect on shoppers.



"The market has 60 trading lots. It is equipped with elevators, multi-storey parking with 313 parking lots, WiFi, closed-circuit television and functioning public toilets.

"I hope traders will maintain the cleanliness of the market. The multi-storey parking building will help alleviate traffic congestion in this area," said Noh Omar.

Present at the ceremony were the Executive Councillor for Public Utilities, Infrastructure, Energy and Water Dato' Zainol Fadzi Paharudin and Ipoh City Council Secretary, Mohamad Zakuan Zakaria.

Nabilah Hamudin

Army Civic Action Programme



Ipoh-based 2nd Malaysian Infantry Brigade is responsible for planning, coordinating and carrying out civic action (jiwa murni) programme in Perak. Focusing on retired military personnel and locals, the programme is aimed at fostering good and cordial relationship between the army and the local community. It is a continuation of the age-old psychological operations conducted since the Malayan Emergency (1948 to 1960) era.

Adopting a door-to-door approach, the programme, consisting of specialty teams such as medical, religious, repair and recovery, carpentry and engineering, travel from village to village seeking out their potential targets.

The medical team provides health and dental services while the religious team oversees spiritual training and activities. The repair, recovery and carpentry teams perform minor repairs on motor vehicles and houses while the engineering team repairs lines of communications such as roads, pathways and bridges.

The programme was launched on Saturday, May 6 at Kampung Sungai Perah. The morning began with some sporting activities involving the village kids, mainly from the local school and kindergarten. The kids then lined up for their dental check-up while the adults got their blood pressure checked.

The accompanying soldiers then did a gotong-royong with the villagers partaking in the general cleaning-up of the village. The day ended with a karaoke session, presentation of goody bags and a group photo session.

The brigade's next visit was at Kampung Suak Padi on Sunday, May 21.

Mei Kuan

A Well-meaning Charity Dinner



The Perak Association for Intellectually Disabled organised a fundraising charity dinner at Syuen Hotel, on Friday, May 12.

With its tagline, "Every Donor Appreciated, Every Dollar Accounted," chosen by its president Dato' Yeoh Beng San, the occasion was a resounding success. It received overwhelming support from various organisations and individuals, and helped raised some RM250,000.

Yeoh assured all funds received would be used solely for the people the association serves.

"During times of economic slowdown, your generosity has truly touched our hearts and for this, we're forever thankful. The unwavering support is beyond our expectation. Not only have you paid for your dinner, but you've given in excess of the cost, helping us raise the much needed funds to run the association," he said.

In his speech, Yeoh added the association's success was attributed to the strong foundation laid down by his predecessors, chairman and council members who had persevered. They're committed in their effort from the beginning.

"We had our humble beginning as a small centre in Kampung Tawas, Ipoh in 1980. Since then, we've spread our wings to Taiping, Sitiawan, Kuala Kangsar and Batu Gajah, having special schools and sheltered workshops in these areas. Today, we have a special kindergarten and a sheltered factory in Ipoh for special children, which is a first of its kind in Perak," said Yeoh.

To date, the schools have about 600 students with special needs, making it the largest non-governmental organisation catering to these special children.

"We have many success stories. About a hundred of our graduates are gainfully employed in the private sector. Two are married and a few are licensed drivers. A few excelled in sports, winning medals at the Special Olympics World Summer Games in Dublin, Athens and Shanghai and at Special Olympics Asia Pacific Games," Yeoh announced.

HRH Sultan Nazrin Muizzudin Shah, HRH Raja Perempuan Tuanku Zara Salim Davidson, Menteri Besar Dato' Seri DiRaja Dr Zambry Abdul Kadir and his wife, Datin Seri DiRaja Saripah Zulkifli, were in attendance.

The hotel's banquet hall was filled by eager donors numbering over 700, in all. Entertainment was provided by special-needs children who sang and danced.

Nabilah Hamudin

Community

Celebrating Mother's Day

Twenty members of East Ipoh Single Mothers Association celebrated Mother's Day at the Medan Gopeng McDonald's outlet on Sunday, May 14.

The get-together, organised by the fast food chain, was to honour mothers on the auspicious day. General Manager, Zurina Mat Akhir, hosted the fun-filled event.

"It's tailored to their age and comes with games with matching prizes to boot. We want single mothers to feel loved and appreciated in spite of their problems. It's our way of showing how grateful we are to our mothers for raising us with love and dignity," she told Ipoh Echo.

The programme, she added, was also aimed at instilling awareness in the public on the importance of family ties and respect for the elders.

Chairperson of the East Ipoh Single Mothers Association, Hajjah Nik Jamaliah, expressed her gratitude to McDonald's for its efforts in remembering them.

Hajjah Nik, 71, hoped the programme would encourage the public to be more appreciative of single mothers, as they play an important role in society.

"When I see corporations and big businesses organising activities such as this, I feel proud. There are still those who are prepared to walk the extra mile to spread joy and happiness," she remarked.



SWAN Visits Mothers in Hospital

It is sad to be in the hospital on Mother's Day, whether you are a mother staying with your sick child, a new mother who just gave birth to a premie, or a mother who had just had surgery.

However, there are always ways to cheer them up and lift their spirits and this is what the Perak Sikh Women Awareness Network (SWAN) did when they organised a visit to Hospital Raja Permaisuri Bainun (HRPB), Ipoh on Sunday, May 14.

Smiles were etched on the faces of patients and family members of those at the women's ward of HRPB when they received a visit from SWAN.

The objective of the campaign, according to one of its members, Premjit Kaur, was to cheer women on this special day and to make them feel special.

The team spent about two hours walking from bed to bed in four wards to distribute goodies to about 100 patients. They were accompanied by guest of honour Keshvinder Singh and Dato' Dr Jasvinder Singh.



Nabilah Hamudin

According to Zurina, McDonald's is currently looking for mature staff (those in their 40s) to be part of their crew. Those keen in taking the offer can apply with any McDonald's outlets in the country.

Luqman Hakim

Media Family Day



As a form of acknowledgement for its members, the Perak Media Sports and Welfare Club organised a first-ever family day on Friday and Saturday (May 19 and 20). The two-day event was held at Sahom Valley Agro & Eco Resort in Kampar.

It was an enjoyable weekend for 72 club members and their families. Laughter and

merriment filled the air. The choice of the resort was most appropriate as it is located in a valley with rolling hills in the background.

Various games and competitions such as kayaking, fishing, flying fox, swimming and karaoke were organised to keep the revellers occupied for two days.

Organising committee member, Hamimah Hamid said although contributions by members are of utmost importance in an organisation, social bonding is important too.

"A short holiday is meaningful for members. Our daily schedules are tight, hence an outing like this helps clear our minds and strengthens the bond between us," Hamimah remarked.

The family day was sponsored by Econsave, Nestle, Barkath Stores – Ipoh, Sahom Valley Agro & Eco Resort, Tourism Perak and the state government.

The highlight of the event was the much-anticipated karaoke competition. Perak TV3 bureau chief, Fareez Azman, won first prize. He walked away with a RM300 cash prize, a hamper and gifts from Nestle. Salmah Khairuddin took second place. She won a RM250 cash prize and Nestle products. Third spot was won by Mohd Syahrizal Azmi. He took home RM200 and Nestle products. The prizes were presented by Gopeng police station chief, V. Ashok Kumar.

Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Dato' Nolee Ashilin Mohammed Radzi, a representative from Tourism Perak Adnan Sulaiman and Wan Asrudi Wan Hasan, the media club president were in attendance.

Blogger Emily Lowe felt so grateful to be present, as she had never been to the resort before. "It's such a happy occasion, as it's different from the norms. We're at this resort to have some fun together and this place is simply perfect," she said.

Rosli Mansor

Family Well-being

In conjunction with UN International Day of Families 2017 running on the theme 'Families, Education and Well-Being', Family Wellness Club Ipoh held a public forum on Monday, May 15 at the Old Andersonian Club.

Three panelists spoke at the three-hour forum. They were Celine Chung Lai Keng, Assoc Professor Dr Rajinder Singh and Solehah Ahmad Bajuri. Some 50 participants were in attendance.

Celine, the director of Distance-Care Healthcare Management Consultancy Ltd, spoke on, "Caring and Caregiving for Our Loved Ones". She was trained in nursing, midwifery, counselling and public health.

According to Celine, who has 30 years of experience in aged-care management, taking care of the elderly is much different today than previously.

"In the past, the aged were cared for by their younger relatives until they died. Today it's a norm for us to visit our loved ones only on special occasions such as during festivals and birthdays," she remarked. This is due to several factors such as better education, urbanisation, economic prosperity and individual-lifestyle choices.

Consultant Psychiatrist for Faculty of Medicine of UniKL Royal College of Medicine Perak, Assoc. Professor Dr Rajinder Singh, in his talk titled, "Handling the Increase in Mental Health Problems", said that the loss of spouse, divorce, separation and death of close family members are the top-ranked life events that cause depression.

Rajinder, who was once the Head of Department of Psychiatry, Hospital Raja Permaisuri Bainun, Ipoh, added that unsolved family problems can also lead some to



suffer from mental anguish.

The common mental health problems in Malaysia, attributed to family problems, are depression, anxiety, stress, sleeplessness, drugs, alcoholism and severe mental disorders such as schizophrenia and split personality.

"The causes of these problems are classified under two factors namely, extrinsic and intrinsic. For extrinsic, there are the physical factors (infections, injury and intoxication) and psycho-social factors such as stress, socio-cultural and family conflicts. For intrinsic, the causes are genetic factors (specific genes, chromosomal, biochemical) and constitutional factors," he explained.

A credit counsellor at the Ipoh Counselling and Debt Management Agency, Solehah Ahmad Bajuri, advised those who are in debt to come to her office for assistance.

"Everyone is welcome to seek counselling anytime. The service is free. We'll help to find solutions to your financial woes via our on-going programmes, as we're an

agency of Bank Negara Malaysia (BNM). We can get BNM to reduce your bank loans if you're a bankrupt. Financial problems affect the happiness of a family. Don't run from your problems, as there are ways to overcome them.

"Counselling and advice are not for those with financial problems alone, those without problems too can visit us. You can check on your credit rating through the Central Credit Reference Information System. That's the other service we provide," she added.

Nabilah Hamudin

News

AMCian Award Presentation Night



It was a dazzling night for over 900 present at the Inspirational & Outstanding AMCian Award Presentation Night organised by the **Ave Maria Convent Alumni Association (AMCAA)** in conjunction with its 35th anniversary. It was held at the ballroom of Kinta Riverfront Hotel & Suites on Saturday, May 20.

It kicked off with the grand entrance of the VIPs through the giant star arch into the hollywood-themed hall with the accompaniment of the school band.

“Through tonight’s event, we will donate RM100,000 to our alma mater (primary and secondary school) for their planned activities and meaningful projects for the benefit of our dear sisters in Ave Maria Convent,” **Moy Ooi Thye, president of AMCAA** stated.

“Tonight, we are here to show our love for our school. From great schools, come great alumni. And to be part of the prestigious alumni of Ave Maria, it’s a badge of honour we all wear with pride,” guest of honour, **Datin Irene Lee**, board chairlady of SMJK and SJK(C) Ave Maria Convent, Ipoh said.

The gong-hitting ceremony by the platinum category donors (contributing RM5000 and above) signified the opening of the event. Among the donors were Puan Sri Dato’ Sandra Lee, representing Kuala Lumpur Kepong Berhad, Foo Mee Har, Datin Jade Ting and Dato’ Lee Chee Leong.

A total of 10 awardees were selected to receive the Inspirational & Outstanding AMCian Award based on their lifetime achievements, inspirational stories, abilities to overcome challenges, contributions to society and their various honours. The distinguished panel of judges were made up of **Dato’ Chew Soo Ho**, retired high court judge, **Dr Lim Chie Kean**, CEO of Fatimah Hospital Ipoh, **Puan Sri Dato’ Sandra Lee**, founder and chairman of Persatuan Daybreak Ipoh, **Puan Sri Siew Yong Gnanalingam**, board member of The Women Institute of Management and **SeeFoon Chan-Koppen**, director of Ipoh Echo community newspaper.

Tan Bing-Xuan, graduated in 2009, was the youngest award winner. She was suddenly struck down by a rare illness, rapid onset dystonia parkinsonism (RDP), at the age of 10 which left her severely disabled and wheelchair-bound. There is apparently no cure for RDP which causes movement abnormalities with severe muscular stiffness, cramps and seizures in her limbs, making it difficult to walk, talk and carry out normal activities of daily life. Despite her disability, she achieved excellent SPM results (8A+, 2A) and received Top Special Student in SPM award from the then Education Minister. Then, she secured a JPA scholarship to pursue an accounting degree in Multimedia University, Cyberjaya. Five years later, she graduated with first class honours and honoured with CPA Australia Book Award. Currently, she is an associate dealing with risk management matters in one of the Big 4 accounting firms.

The other winners were **Datuk Dr Choo Yuen May** for her major contributions to the Malaysian palm oil industry; **Dato’ Elaine Teh Chooi Peng**, chairman and founding partner of Octopus Group; **Foo Mee Har** for her distinguished career of 20 years with Standard Chartered Bank despite often being the youngest and only female amongst her peers; **Irene Lock Sow Mei**, a chemical engineer with Petronas and active motivational speaker who was diagnosed with acute lymphoblastic leukemia back in 2009; **Lee Yee Ming**, sought after internationally to speak on deposit insurance and insurance guarantee schemes; **Dato’ Leong Sir Ley**, prominent lawyer with a property development empire in Malaysia; **Stephanie Khor See Voon**, co-founder and CEO of the Inimage Group; **Dr Tan Chew Khang**, for serving in the healthcare sector for 27 years while testifying God’s goodness; and **Yeap Yen Chin**, principal of MY Dancesport Studio and winner of numerous international titles in Latin dance open championships.

Mei Kuan

5th Ipoh International Waiters Race

A total of 300 participants representing leading hotel groups vied for top honours at the 5th Ipoh International Waiters Race 2017 held at River Walk @ Kinta Riverfront on Sunday, May 14. The 1.2km fast walking race with a total amount of RM17,900 cash prizes was hosted by Malaysian Association of Hotels (MAH)



Perak Chapter in collaboration with Perak Tourism Association and supported by Tourism Perak.

Carrying a serving tray with a bottle and two glassfuls of water, the speed, agility and balance of participants were challenged at every turn. The race was a key option to improve the service delivery and customer care in the tourism and hotel sector.

Foreign participants notably from Vietnam, Hong Kong, Thailand, Bangladesh, Pakistan and Great Britain joined in the fun. To accommodate the overwhelming response, the 4th and 5th placing were introduced this year for the college, F&B outlet and hotel categories.

Below are the champions of the respective categories:

Classic tray (male): **M. Burhan bin Matli**, Seri Pacific Hotel Kuala Lumpur

Classic tray (female): **Amelia Anak Jona**, Pullman Miri

Sportive tray (male): **Surenthren a/l Ganesan**, Royal Ipoh Club

Sportive tray (female): **Thorn Srey Mao**, Healy Mac’s

Fun tray: **Xavier**

“I didn’t expect to win as there were many international participations. I just tried my best,” 23-year-old Amelia Anak Jona, who represented Pullman Miri, shared with Ipoh Echo. She has been crowned champion in the female category for three consecutive years. Will we see her again next year? “Sure!” she enthused.

Also present were Maggie Ong, chairperson of MAH, Sam Cheah, president of MAH and Haji Mohd Odzman bin Abdul Kadir, city councillor.

Mei Kuan

Chamber’s Suspension is Unlawful

The Malaysian Associated Indian Chambers of Commerce and Industry (MAICCI) has to reinstate the membership of the Perak Indian Chamber of Commerce (PICC) which was suspended since November last year.

This is in line with the judgment by the Ipoh High Court on Tuesday, May 2 to rescind MAICCI’s decision on suspending PICC’s membership.

Judge Dato’ Ruzimah Ghazali, in a judicial review, said that MAICCI had breached Section 9 of the Societies Act 1966. She said that the defendant did not comply with procedural fairness, as the suspension was against the MAICCI’s Constitution and was thus void.

The High Court ordered the plaintiff’s membership be reinstated without prejudice to its rights.

According to PICC legal advisor, M. Mathialagan, PICC had sought a judgement over the suspension, as it was ultra vires (beyond the power).

“MAICCI has to reinstate our membership, as the suspension is wrongful. Their action is contrary to the Association’s Constitution. That’s our argument and the court ruled in our favour. The high court ordered MAICCI to pay us RM10,000 as cost,” he told reporters at a press conference on Friday, May 5.

The MAICCI’s constitution touches on expulsion of members but not suspension.

“It’s a breach of natural justice and the court concurs,” said PICC president, K. Seven Munusamy.

The legal suit was initiated by PICC when it was ordered by MAICCI to give the



RM120,000 allocation by the state government to the association.

Nabilah Hamudin

Arts & Culture

Art for Dummies



Three panelists spoke at the May edition of Sharpened Word held on Saturday, May 20 at the Old Andersonians' Club. They were Lusy Koror, KY Chin and Kareem.

Born in Britain, Lusy Koror has been in Malaysia for the past three years. She teaches art at the Prince of Wales Island International School, Penang.

According to Lusy, art has transformed from passive admiration to interaction between artists and audience.

"Art can link the artist and the audience. Nowadays, people don't just adore arts they see, but establish a connection between the artist and the audience," she remarked.

Lusy managed to, skilfully, give her audience a basic drawing lesson by using alphabets. The interactive presentation allowed the audience to draw a face by just using alphabets.

KY Chin, or Chin Kok Yan is a co-founder of Urban Sketchers (Ipoh Chapter), a group of people who prefer to sketch on the streets or anywhere else to document their lives. Inspired by Urban Sketchers Penang, the Ipoh chapter started their artistic journey in 2016. To date, Chin has written a sketchbook for his personal expressions, and is evolving some artworks that are uniquely his.

Chin related his reasons for sketching and its relevance to the nation and his beloved city, Ipoh.

"When I started sketching, I began to realise that I appreciated Ipoh's historical buildings more than I ever did before. Sketching allows me to explore every part of the building's structure, which I'll never notice by taking pictures.

"I found that no one in Ipoh appreciates these buildings, therefore, I want to do this for future generations," he said.

He insisted that there are no barriers in sketching. Hence all, regardless of age and ethnicity, are welcomed to join the group.

"Don't worry about getting a perfect drawing. Just draw for fun's sake and enjoy the process. Practice makes perfect. Over time, your strokes will improve," he said.

Ipoh born Kareem is a 22-year-old artist. He has been studying Western painting and Chinese brush painting for well over a decade.

Kareem had his first solo exhibition entitled, "The World Through My Eyes" when he was 18. Kareem said that art is important in our everyday life, although few realise it.

"Why is art important when there are more pressing matters to consider such as global warming, our current economic situation and how much money we need to make in order to survive?

"But art is important in our everyday life, as it exists on our clothes and the buildings we pass by every day. Art is around us all day, but we take it for granted. From art it

Life Sdn Bhd: People

The First Lady of Malaysian theatre, Dato' Faridah Merican brought her famous series 'People' to Ipoh recently.

The two-hour play, staged at RTM Perak, was casted by nine theatre and non-theatre personalities namely, Joe Hasham, Karan Hundal, Sharon Ohno, Roshinee Mookaiah, Veshalini Naidu, Ian Chow, Mark Beau De Silva, Omar Ali, Ryonn Leong and Sukhbir Cheema.

The show started at 8.30pm. "People" featured stories told by people from various fields, based on real-life issues. The stories were laced with both humour and tragedy to keep them frisky.

The play can be described as an immersive interaction between the audience and the actors themselves, when the expressions and dialogue acted out tugged at the audience's heartstrings.

Sukhbir Cheema related a sad but true story of his life. How he lived separately from his wife and daughter due to Sikh customs and traditions where a Sikh man is only allowed to marry a Sikh woman. "It's like letting off a burden inside me. I always feel good and positive after the show although I was afraid to recount this story of mine, initially," he said.

Faridah said some of the stories were uncovered accidentally over a cup of coffee while others were sought out or asked to be shared. "The title 'People' covers everything. It revolves around the feelings, the good, the bad, the ugly and how people relate to one another. It opens a wide range of topics but nothing is made up," said Faridah.

For Joe Hasham, the award-winning actor and director, he chose to share his experiences growing up as a Lebanese-Australian.

Theatre-goers were amazed to hear the stories. And the burning question on their minds during the play was, "Did you really go through that?"

One of them, Muhammad Faez Muhammad Wan Su, said that people come from different walks of life and cultures but they all have similarities, without really realising them.

Nabilah Hamudin



branches to music, songs and movies," he theorised.

Kareem told the 50-odd audience to try drawing or anything related to art at home.

"Remember, there's a beginning to everything. You might come to enjoy what you start today," he concluded.

Nabilah Hamudin

A Journey Told in Dance

Lovers and fans of Balinese dance movements were left awed and found themselves mesmerised by the show of **Hambali From His Eyes** dance act performed at **Yasmin at Kong Heng** on May 21 recently.

The show was a contemporary Balinese dance performance that follows a man's journey to become the greatest Balinese dancer. Aside from telling his journey, the story also contained a spiritual element as Hambali means 'A slave to God'.

"It all started when I first watched Hambali being staged for the first time in my university last month. The performance was so amazing that I knew it was meant to be seen by many. I took the courage and approached the team with the idea to re-stage their production and perhaps do a tour. And now we are here, before heading to KL for another show," said Roshafiq Roslee, the representative and emcee of the event.

Ipohite Roshafiq decided to showcase *Hambali From His Eyes* in Ipoh after the first show on April 13-16 and the third will be at KLPAC on May 26 till 28 where the performance will be slightly longer than the one in Ipoh.

The lead dancer of the show, Zhafriz Muzani is truly an amazing performer. His movements were delicate and intricate. Having to lose 10kg just to make sure he would be perfect for the role, shows how much he is dedicated to play the main character.

"Zhafriz is also the director of the show and during his practicum programme in Yogyakarta, Zhafriz took the chance to learn and study Balinese dance for a year. According to him, this dance needs a lot of discipline and depends hugely on eye movements co-ordinated to body and intricate hand and arm postures. Balinese dancers definitely need to be physically fit," added Roshafiq.

"The late Yasmin Ahmad loved Ipoh. Ipoh is the city that celebrates arts and culture. I can see that theatre and cultural shows are slowly bringing a hum to the city. We hope by bringing *Hambali From His Eyes* to Ipoh, it will help to promote more performing arts to Ipohites," explained Roshafiq.

Ili Aqilah



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Education

A Day in a Bank @ KinderJoy

KinderJoy Education Group, in collaboration with **Standard Chartered Bank Malaysia Berhad**, organised 'A Day In A Bank', a first of its kind programme in Ipoh.

A total of 200 KinderJoy students from ages 3 to 12 participated in the programme designed to educate young children on the basics of savings, engaging them in various role plays of a bank such as a manager, teller, support staff or customer. Complete with mock ATM machines, deposit receipts, debit cards, money in notes, passbooks and staff name tags, the mock bank branch simulation held in the auditorium of the main campus mirrored the real life banking environment. Plus, the props were tailored to the height of an average kindergarten child.

"KinderJoy has always emphasised on educating our children through hands-on experiences and engaging activities. This is our first time collaborating with an international bank and I believe their banking knowledge and expertise will enable our KinderJoy children to benefit extensively," **Stephanie Liu**, director of KinderJoy stated.

"Ultimately, our aim is to help prepare our children with the necessary skills sets to embrace the uncertainties and challenges they will face in the near future," **Looi Lee Ying**, principal and academic director of KinderJoy added.

Besides the role play session, the children were also taught saving tips via interactive

workshops and entertained by the clown performance and balloon modelling.

A mother of a 6-year-old girl and 3-year-old boy told Ipoh Echo, "My kids get to have firsthand experience by acting the actual role and have some fun at the same time."

At the end of the day, the young ones were given a certificate of appreciation for their active participation and happily brought home the mock banking stationeries as souvenirs.

To learn more, visit www.kinderjoy.edu.my or call 05 253 5182.



Mei Kuan

Appreciating Teachers



"**T**hank you, teachers," said students of SMJK Yuk Choy Ipoh, as they served a cup of tea to their teachers during Teacher's Day celebration on Tuesday, May 16. More than 90 students walked up to their teachers, bowed and handed them a cup of tea. It was a form of gratitude for the teachers' dedication and sacrifices in educating them.

The scene touched everyone's heart. It was a memorable Teacher's Day, the first of its kind ever held at the school. Inspired by an ancient Chinese tradition, principal Chan Hen Huan said that serving tea to teachers signifies their respect and adulation.

"This is to cultivate respect among students for their teachers, which is grossly lacking nowadays. We too wish to highlight the roles teachers play in their students' lives. They're like parents who love them unconditionally and will correct them if they are wrong," he said.

The principal added that the tradition, a cultural trait of the Han Dynasty, and held for the first time at the school, made a significant impact on the school's history. "Chinese culture is revived and the traditional virtue of respecting teachers is carried to the present. We hope the students will appreciate their teachers more, like in the past," he told Ipoh Echo. After the tea ceremony, the audience was entertained to performances by students. Some of the teachers, whose birthdays were in May, were pleasantly surprised with a birthday cake.

Teacher's Day in Malaysia is celebrated annually on May 16, while World Teacher's Day is held on October 5.

Nabilah Hamudin

SK Kampung Kenang to Pioneer 21st Century Education

SK a m p u n g Kenang was selected to be the pioneer school to receive the 21st century education through the 21st Century Education Programme that will be shared by other Orang Asli school (SMOA) in Perak.

According to the Head of Department of Perak State Education, Mat Lazim Idris, SK Kampung Kenang will also be the first SMOA in Perak to perform a showcase in English.

"SK Kampung Kenang was selected as the pioneer because they have the potential and hopefully it will inspire other SMOA schools too," said Mat Lazim during the event held at Sk Kampung Kenang on May 22.

The 21st century education will be focussing on the 4K elements that are Collaborative, Communication, Creativity and Critical Thinking. These four elements will be used during lessons, depending on the student's level of understanding and comprehension of the subject. Mat Lazim then added that these techniques will also be expanded to all 28 SMOA schools in Perak, "We want to make sure that all the teachers in SMOA schools will apply the 21st century education in the classroom to benefit the students," added Mat Lazim.

Attending the affair with Mat Lazim were the Head of State Inspectorate of schools, Mohd Hidzir Abdul Rashir, Perak and Kedah Head of Department of Orang Asli Development (JAKOA) Hairul Nizam Abdul Rahman, Perak state education officer Syed Mahizan Syed Hashim and the headmaster of SK Kampiung Kenang, Mohd Ridzuan Hasnan.

Ili Aqilah



Young Perak

Sam Tet Marching Band Takes Gold

The SMJK Sam Tet Marching Band took home the Gold Marching Show Band Award recently when it was invited to take part in the 34th Shanghai Spring International Music Festival.

Organised by the Yangpu District Government and the Asian Marching Band Confederation (AMBC), the band's journey to Shanghai was the culmination of the endless support from the school's Board of Governors (BOG) and Parent Teacher Association (PTA). The primary objective of this music festival is to boost the development of music culture, on top of promoting goodwill between China and participating countries.

With a strong contingent of 71 members, SMJK Sam Tet Marching Band took the stage and performed well-known classics like We Will Rock You and Bohemian Rhapsody by Queen and also Hana, a Japanese folk song. To suit the local taste of music, the band also played their very own arrangement of Brightest Star in The Night Sky by Escape Plan and Blessing by Jacky Cheung. The audience was awed by the scintillating performance of the band.

The festival was held for a total of five days from April 28 to May 2 in the city of Shanghai, with the band also privileged to perform on board a cruise on the famous Huangpu River on Labour Day.

The chairman of the Board of Governors, Rev Father Stephen Liew, who joined the trip to Shanghai, thanked all parties involved especially teachers, coaches, BOG and



PTA. He said the school achieved yet another milestone by representing Malaysia in this musical festival placing SMJK Sam Tet Marching Band among the best internationally.

News

Queen's Counsel Visits Ipoh

Ipohites, especially those in the legal profession, were in for a treat as the Honourable Michael J. Beloff QC from the Blackstone Barristers Chambers of London, gave an enlightening talk on 'Magna Carta and its Relevance to the 21st Century' at the award-winning Haven Resort Hotel, Ipoh.

"Very privileged to have a presentation like this, as I believe he's one of the top legal brains in the world. He acted in the Merdeka University case," said Chan Kok Keong, Deputy Chairman of Perak Academy.

Ipoh Echo had an exclusive one-on-one with Beloff on Saturday, May 16, his eighth time in Malaysia.

"I like coming back very much. I've a lot of friends, especially within the legal fraternity in Kuala Lumpur," the amiable Beloff shared. He was called to the Bar by Gray's Inn in November 1967.

Regarding the Merdeka University case, he commented: "I've been in the Bar for nearly 50 years now, it's the most interesting case I've ever done."

What keeps him doing what he is doing? "Foremost, I enjoy advocacy very much. I enjoy presenting arguments and the intellectual challenge. The kind of areas that I work in now, mainly are either constitutional or administrative law, which has a sort of political dimension making it rather interesting if you are keen on politics. My other great area of interest now, which I develop more and more every year, is sports law and that takes me

around the world. In the last year, I've been in arbitrations in Dubai, Los Angeles, Sydney and Switzerland. And I work with overseas lawyers a lot, which I enjoy very much," he enthused.

Also present were Peter Chan, the chief executive officer of the Haven Resort Hotel. "Ipoh is very fortunate to have eminent personalities like Beloff to grace our occasions. It's the purpose of the Haven to bring more and more people here to enjoy our facilities," he stated.

He proceeded to give the audience exclusive updates on his next project in Lagoi Bay, Bintan Island, Indonesia which is four times the size of the Haven Ipoh.

"Potentially the number one resort in Asia, it'll be the Hawaii of the East, located in close proximity to Singapore. The 26-hectare site is surrounded by three pristine water bodies: sea, river and lake. Thus, it's one of a kind. High capital appreciation is expected with the selling price of the Haven Bintan at only a third of a luxury Singapore condo. Our outstanding track record includes a 300 per cent increase in prices of all previous projects within five years," Peter highlighted.

The evening concluded with a networking buffet dinner at the Cuisines.



Mei Kuan

Upcoming Event

Ipoh Cultural Parade

Celebrating its 110th anniversary, the Perak Chinese Chamber of Commerce and Industry (PCCCI) is teaming up with **Tourism Perak** to jointly organise the Ipoh Cultural Parade 2017. To be held on the morning of **Sunday, July 23**, the colourful parade pairs with a carnival atmosphere along a 2.5km route and comprises 50 participating teams.

With the aim of showcasing Perak's rich and varied culture to the community and the world, it will be illustrated via dance, costume, heritage, music, martial art, traditional practice and homegrown brands. It is expected to draw a crowd of over 25,000 in conjunction with the **Visit Perak Year 2017**. Plus, it will be an attempt to break the Malaysia Book of Records as Malaysia's largest cultural parade.

To commence at 8am, the parade will kick off at Ipoh Padang, passing by Jalan S P Seenivasagam, Ipoh City Hall, railway station, Jalan Panglima Bukit Gantang, Jalan Raja Musa Aziz, Jalan Sultan Idris and heading towards the final destination opposite Brewster Village. There will be free shuttle services from Sri Maju and Perak Transit Berhad on the day of the parade.

Here is a little sneak peek from Meru Valley Resort, one of the participating teams. "We are going to have nine buggies (two-seater and six-seater) and one with a float on it featuring a model of Meru clubhouse. Then, ten golfers will do a little juggling with the golf balls and clubs," Christian Bock, director of Meru Valley Resort unveiled to Ipoh Echo. All teams will be vying for best costumes, best performance, best float, most



creative, most entertaining and most popular awards.

Meanwhile, members of the public can take part in the photography competition. The judging criteria will be based on content, creativity, composition, colour and contrast of the photos taken at the venue on the day of the parade. It will continue as an exhibition after the parade. Each entry must be labeled with contestant's particulars (entry form can be obtained from the organisers' offices) on the reverse side together with original images in JPEG format in the form of CD/DVD. The envelope to be stated "IPOH CULTURAL PARADE 2017", entries are to be sent to the PCCCI office located at 35-37, 3rd Floor, Jalan Tun Sambanthan, 30000 Ipoh by Tuesday, August 15. For more info, call SY Yip at **012 5151299**. The first prize includes RM3000, one-night stay at The Haven and certificate.

The signing of the joint organisers agreement was held on Monday, May 15 at WEIL Hotel. Present were Dato' Nolee Ashilin Mohammed Radzi, the Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications, Zuraida Majid, CEO of Tourism Perak Management Berhad and Dato' Liew Sew Yee, president cum chairman of PCCCI.

"This joint effort is also a testimony of how a public-private effort can work together to promote the interests of the community," Dato' Liew said.

To commemorate its 110-year milestone, PCCCI is organising a series of events that promote the interest of its over 1600 members and the state particularly in areas of trade, investment and tourism.

Mei Kuan

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.

Tour De Perak (3-Day Round Cycling), June 10-12. Entry form can be downloaded from: www.kbb.net.my. Online registration: 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. 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 Abdullah will be singing during the show. To book, call **012 501 1599** (Zulkepli Hussin) or **019 351 8854** (Syed Shaiful Nazreen).

Agriculture Technology Seminar Series XV – 'Promoting Organic Farming in Malaysia', Saturday July 8, 9am-5pm (registration starts at 8.30am) at DDK2, Faculty of Science, UTAR Kampar Campus, Perak. Organised by Universiti Tunku Abdul Rahman's Centre for Biodiversity Research (UTAR-CBR). The aim is to bring a group of imminent agronomy scientists and development specialists to share their knowledge on organic farming. Open to the public. Registration fee is RM50 (public) and RM10 (students) (inclusive of GST 6%, lunch and refreshments). For more information and registration, contact: Dr Kho Chiew Ling (khocl@utar.edu.my) or Mr Sim Kheng Yuen (simky@utar.edu.my). For online registration, log on to: <https://goo.gl/6QAEB2>.

Exhibition on Obstructive Sleep Apnea (OSA), from June 13-18, 10am-5pm at 15 Clarke St, 15 Jalan Sultan Abdul Jalil, 30450 Ipoh. Organised by the Perak Chest Society, Malaysian Thoracic Society and Lahat Road YMCA. OSA screening (sleep study not included) will be conducted by doctors at 10am-1pm. Public talks will be held on June 17 in Mandarin and June 18 in English at 3pm-4pm. Free admission. Pre-registration required. Call **05 255 6302** (Azmeera). Website: www.pcs.org.my.

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. Online registration: www.checkpointsport.asia. Contact: **019 571 0590, 012 518 9888** or **012 528 6383**. Email: 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.

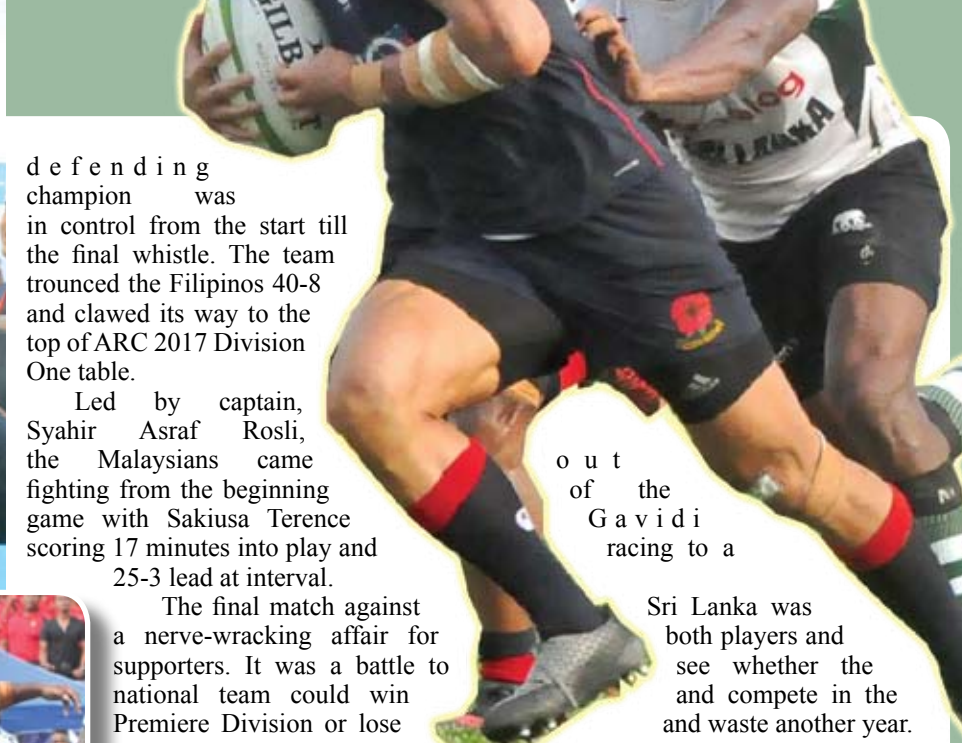
Garden Market @ PORT Ipoh. Friday, Saturday & Sunday nights, 6pm onwards. Food trucks, book, antiques, vintage comics, collectibles, buskers, bundle, pre-loved items, etc. Wayang Pacak on Friday and Saturday nights.

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.

Sport

Asia Rugby Championship 2017 Division 1



defending champion was in control from the start till the final whistle. The team trounced the Filipinos 40-8 and clawed its way to the top of ARC 2017 Division One table.

Led by captain, Syahir Asraf Rosli, the Malaysians came fighting from the beginning game with Sakiusa Terence scoring 17 minutes into play and 25-3 lead at interval.

The final match against a nerve-wracking affair for supporters. It was a battle to national team could win Premiere Division or lose

The home team got the play by Jone Mawara Nasalo. They showed their mettle despite three of their players being yellow-carded for bad tackles throughout the match. The result, Malaysia won with a convincing 22-9 score line.

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Sri Lanka was both players and see whether the and compete in the and waste another year.

The Critiques

Despite winning the tournament, there is still room for improvements said the coach, Lee Nyuk Fah and Malaysian Rugby Union president, Dato' Shahrul Zaman Yahya.

Malaysia has still a long way to go to qualify for the Rugby World Cup 2019. With the available facilities in the country is the team capable of making the grade?

By winning the ARC 2017 Division One crown, Malaysia is the top-notch rugby nation in Southeast Asia. Is Malaysia ready to take on the best in the world in the coming years when we don't even have a rugby stadium, to begin with?

The Good

With the win, Malaysia is now ranked 47th in the world. This proves that Malaysian rugby is on track for bigger things internationally.

An improved ranking does not mean a thing if the team does not train and play hard. It's much tougher in Premier Division. Malaysia has now to contend with stronger teams such as Hong Kong, ranked 25th and South Korea, ranked 34.

Youth and Sports Minister Khairy Jamaluddin had promised to build a rugby home if the team performed in ARC 2017 Division 1. And it did.

Two days after the national team won the tournament, Khairy announced that Putrajaya and Universiti Putra Malaysia (UPM) in Serdang had been earmarked as possible sites for a permanent rugby stadium.

The national team can now look forward to a designated ground for training and a place to call home. The players currently train at either UPM in Serdang or at Cobra Club in Petaling Jaya.

This new development augurs well for rugby in the country.

Nabilah Hamudin

The annual Asia Rugby Championship (ARC) 2017 Division One tournament kicked-off on Sunday, May 14 at Ipoh Padang, Ipoh.

Held for the first time in Ipoh, the championship was also a qualifying tournament for teams aspiring to compete in Rugby World Cup (RWC) 2019 in Tokyo, Japan. The winner of ARC 2017 Division One will get to compete in the Premiere Division 2018 and a slot at the subsequent RWC 2019 repechage round.

Being the host, and having won the championship title last year, Malaysia aimed to defend the title and get through to the Premiere Division in ARC 2018. Fans' hopes of seeing the national team lifting the trophy for the second time were realised when Malaysia won all the three games, acquiring 14 points to top the table.

Incidentally, the four teams competing in ARC 2017 Division One were Malaysia, Sri Lanka, Philippines and United Arab Emirates (UAE).

Sri Lanka, ranked 16 notches above Malaysia in the World Rugby ranking, was placed second in the championship with nine points, followed by Philippines and United Arab Emirates (UAE) in third and fourth positions, respectively. For coming out last, UAE is relegated to Division 2 in ARC 2018.

Winning Three Games

The national team faced UAE on the first day of the tournament. With three tries in succession by Jone Mawara Nasalo, Malaysia won the game 36-22. It was as a good sign for the national team, as it went on to win the two remaining games convincingly. Last year, Malaysia lost its opening game against the Philippines but rebounded and won the remaining two games.

The second game against Philippines was relatively easy for Malaysia. The



KLK Muhibah Cup – U12

Proud parents beamed with joy as their young ones competed in the third Piala Muhibah KLK under-12 boys category organised by Kuala Lumpur Kepong Berhad (KLK) from May 13 to 14. The competition was coordinated by Ipoh Bug.

The annual football tournament aims to provide a platform for our multiracial populace to come and play together under the spirit of *muhibah* (goodwill) and at the same time, promote a healthy lifestyle.

With increasing participation, this year saw a total 16 local football clubs with players from various races in each team. New teams this year included St Michael's Institution, Tenby Schools Ipoh and the city council.

Panglima Kids A emerged victorious in the tightly contested final, finishing with a 2-1 scoreline against PAFA DRZ B. The young goal-scorer from Panglima Kids A, Muhd Al-Fahmi was crowned the best player of the tournament.

Prizes in the form of cash, trophies, medals and footballs for the top eight teams were presented by Trevor Chong, the chief accountant (plantations) of KLK.

"We want to promote the spirit of *muhibah* right from a young age," Trevor told Ipoh Echo.

A similar tournament for boys under 16 will be held in August. Interested readers can visit **KLK Care Facebook page** for more updates.

Mei Kuan

