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ISSUE

261

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Public Transport in Ipoh : A Review

By A. Jeyaraj and Ili Aqilah
Pics by Luqman Hakim

Although Ipoh has grown in size covering 643sq.km with new commercial areas and suburban towns with a population of about 700,000, it still lags behind other cities in the country in terms of public amenities. Bus services in the city needs to be urgently overhauled so that it will be the choice mode of transport for the residents, as well as tourists arriving by bus, train and air.

Taxi service in the city is equally bad. Only *kereta sewa* (hired cars) is available and there are no metered taxis. Ipoh Echo went on a discovery tour on the availability of public transport including buses, taxis, Uber, Grab Car, motorised trishaw, trains and flights.

Continued on page 2



Crowd boarding the bus



Passengers waiting at Sultan Azlan Shah Airport



Medan Kidd Bus Station



Passengers disembark from the train



Ipohites getting an UBER/GRABCAR



Priority Needs to be Given to Public Transport Integration in Ipoh

Tan Sri Syed Hamid Albar, former chairman, Land Public Transport Commission (SPAD) has said “No country has ever climbed from low-income to middle- or high-income status without a significant and dynamic land public transport. Therefore, it is important for us now to give priority to public transport investment, rather than giving priority to building roads in the name of connectivity and relieving congestion.”

We have transport hubs in **Amanjaya, Medan Kidd Bus Station, Railway Station** and the airport and these hubs must be integrated. Medan Kidd is to be developed as Ipoh Sentral. When is this going to materialise or will it ever?



Town Buses

There are only two companies operating town buses and is dominated by one of them, **myBAS** services which is elaborated below:

Perak Transit/myBAS

Perak Transit is an integrated operator of transport services and William Lai, Operations Manager said that they operate services to six routes within the city.

myBAS Ipoh is part of the Stage Bus Service Transformation (SBST) project introduced by SPAD and funded by the government. It is operated by Perak Transit. **myBAS** has 37 buses on the road and services 19 routes which are decided by SPAD, operating from 6am to 9pm at 30- and 60-minute intervals.

Perak Roadways

The spokesperson for Perak Roadways said that he is a regular reader of Ipoh Echo and added that in spite of the paper highlighting the shortcomings of the public transport in Ipoh, little has been done. He is optimistic that the initiatives taken by SPAD would improve the public transport system. His company abides by SPAD requirements and serves a few routes.



SPAD Designates Bus Routes

I visited the SPAD office in UTC to get information on how they select the routes and was told that I should contact their Head Office. In spite of several attempts I was not able to talk to the person concerned and I then sent an email requesting how the bus routes in Ipoh were selected and whether discussions were held with the public. Most of the time **myBAS** is running empty or with only a few passengers. There is no bus service to several places including Kampung Manjoi, Lim Garden, Merdeka Garden and many more.

I received a standard reply from Hazimin Sulaiman, Manager, Media Relations



Communications Division Suruhanjaya Pengangkutan Awam Darat [SPAD], saying, “**myBAS**’s new social routes for areas which were under-served, is designed to eliminate duplication of routes and ensure optimum coverage.

“Under this model, SPAD as the planning authority will be responsible for network planning, operating costs and will receive the fare box revenue. In return, operators will be paid a vehicle per km rate and must ensure commuters enjoy better service and connectivity.”

I wonder whether SPAD carried out any field study and survey before deciding on the routes in Ipoh. Decision makers are in Kuala Lumpur - AJ.

Shuttle Service Between Railway Station and Medan Kidd

The taxi fare from the Railway Station to Medan Kidd bus depot which is about 300m away (a walkable distance) is RM15, which is a ridiculously high fare. Many passengers walk from Medan Kidd to the railway station carrying their bags and vice versa. A shuttle bus service should be introduced using the rear entrance of the railway station. The bus from Medan Kidd would only go on the roundabout and has to stop at one traffic light only before reaching the subway of the station at the rear. This could alleviate traffic jams at the front of the station and would encourage more passengers to use the rear entrance. A ramp at the centre of the stairs to enable passengers to roll their bags would be very convenient. Security guards must be stationed at the back entrance for safety.

This should be implemented immediately - AJ.

Commuters Comments

Chris Ng Chong Phee who wrote to Ipoh Echo on the status of the **myBas** service had this to say, “*Although myBAS service was fully operational from September 2015 with increase of more trunk and feeder routes, it still failed to improve public transport to create a more integrated transportation system to the consumers in Ipoh, as there was no study of the routes due to poor management by Perak Transit operators. Also due to lack of proper study, there are often buses overlapping routes, with a few buses running the same routes with no passengers. Again, I had to wait for 45 minutes to take a bus from Tesco Extra Bercham to Medan Kidd.*”



Taxis/Kereta Sewa

In Ipoh we do not have metered taxis, only **Kereta Sewa** (hired cars) and the drivers charge as they wish. There are a number of taxi associations and they face similar problems. Taxi drivers claim that they have unfair competition from Uber and Grab Car and there is no level playing field. Their business is badly affected. Taxi drivers complained that:

- insurance cost is high
- car has to be inspected every six months
- must have Public Service Vehicle (PSV) operator’s licence
- drivers must have regular medical check-ups
- must have Kad Pemandu which costs RM5 per year
- must register business with Suruhanjaya Syarikat Malaysia (SSM) which costs RM40 per year
- must make rubber stamp for receipts
- must be compliant with SPAD requirements.

Taxi Drivers at Railway Station

The drivers said their business is badly affected by e-hail taxi services. Previously they could earn RM120 by working from morning till evening. Now they have to work till midnight to earn the same amount. The fare to each destination is fixed and they have to pay 10 per cent service charge. They have to wait for more than two hours to get a customer. The government has stopped giving them free tyres. Out of 100 taxis registered with KTM only about 40 are operational. To be registered with KTM they have to pay a one-time fee of RM150.

Last Mile Connection

This service is operated by Koperasi Pekerja-Pekerja Melayu Keretapi Semanjung Malaysia Bhd at the railway station and passengers requiring taxis from the station must buy their coupons from this counter. The rates for various destinations are fixed by SPAD. The Koperasi takes 10 per cent commission on the fare.

Continued on page 6



By Fathol Zaman Bukhari

BULLYING, A RECURRING PROBLEM

I am often asked if ragging is prevalent at RMC and in military establishments. I will be lying if I say otherwise.



The months of May and June will remain etched in our memories, as they amplified a tragically phenomenal development in our youths – bullying. A cowardly act that had resulted in the untimely death of two youngsters in the prime of their youth. The expectations of the deceased's parents, their relatives and friends were dashed when the duo died without regaining consciousness after being brutalised by their own friends. Both died on hospital beds, not somewhere more comforting, and neither lived long enough to experience the joy of adulthood. How they ended up in hospitals, at extreme ends of the peninsula, one in Serdang and the other in Penang, is a story worth telling and the reasons worth examining.

Zulfarhan Osman Zulkarnain, 21, was a naval cadet undergoing training at the National Defence University Malaysia. The campus, incidentally, is located within the 200-acre Royal Military College in Sungei Besi, Kuala Lumpur. It is the very place where I received my military training in the late 1960s.

The Royal Military College has been around since 1952. It was then known as the Federation Military College and was located at 5th Mile, Port Dickson where the Army Academy now stands. In 1961, the college was moved to its present site in Sungei Besi cantonment. This institution provides secondary education and basic military training for potential army officers. Navy and air force cadets were trained in Dartmouth and Cranwell, UK respectively. The Royal Military College is our equivalent of the renowned, Royal Military Academy Sandhurst, in England.

The need to provide better qualified officers for an expanding armed forces necessitated the formation of a new wing – the Armed Forces Academy – it was established in 1995. In 2006 the academy became a full-fledged university. That was how the National Defence University Malaysia came into existence. Essentially, it is a tri-service military academy that provides military and tertiary education for junior officers of the army, navy and air force.

I am often asked if ragging is prevalent at RMC and in military establishments. I will be lying if I say otherwise. It does happen. Its intensity and frequency, however, is dependent upon the officer-in-charge.

We were ragged at RMC by our seniors but took things in our strides as we knew our turn would come. Things turned ugly when one of our juniors decided to report our activities to the commandant. He provided photographic evidence (smartphone was unknown then) and the culprits, including yours truly, were duly punished for our shenanigans. It stopped for a while but continued years later.

Although I disapprove of ragging, it is an important aspect of an officer's upbringing. It instils in him the strength to withstand hardships and make him a well-rounded person. I speak for myself after having endured physical deprivation and mental anguish as a greenhorn joining a military outfit. You will be shouted at and be told to do things you

never expected. But it is all in the game, and how well you take it depends on your resolve. Ragging, in essence, made me a man. And I say the same of my juniors, subordinates and students who are in positions of authority in the army today.

When I was an instructor at the Officer Cadet School in Port Dickson (1979 to 1982) ragging took place in my battalion, but it was supervised. None of my cadets complained when being bundled up in the night and forced to take a dip in the sea, dressed in combat gears.

In the case of Zulfarhan, I suspect supervision was poor or perhaps non-existent. I wonder how his tormentors could take him out of the college grounds for treatment at a clinic in Bangi and kept him away for an extended period of time. Something is very wrong with the institution's security system. My guess is, the huge number of students, in excess of 2500, prevents the university's authority from exercising complete control, unlike during my time. A board of

inquiry, surprisingly, was never convened within the required 21-day period, as stipulated in Army Act 1972. This is gross negligence, and the culprits should be made to answer.

Poor Nhaveen, 18, on the other hand, was tortured and brutalised for being what he was – an effeminate kid on the block. You cannot change someone's sexual orientation. And those who feel that to be a man one must be macho and gung-ho, you are wrong. Both the attributes have nothing to do with being a man.

I can't say much about bullying, as I didn't experience such inconvenience during my formative years. Perhaps, I was not the skinny type who is constantly taunted and teased by his schoolmates. Size matters, and being a strapping six-footer, while in secondary school, I was left pretty much to myself. Nevertheless, bullying was not something common during my years in school.

EYE HEALTH — Facts & Myths - Part 2

Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about EYE FACTS & MYTHS.

Myths and facts about issues surround us daily with many of them being passed on from one person to another without any confirmation of truth. So, take your blinkers off when it comes to eye-care ads and know the facts. Here are some common myths about eye-care:



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

THE DARKER THE SUNGLASSES THE MORE PROTECTION YOUR EYES GET FROM THE SUN

This is not true. The colour of the sunglasses you wear has nothing to do with eye protection. Always look for sunglasses that will block off both harmful ultraviolet rays of both UVA and UVB rays. It is important to get a good pair because exposure to bright sunlight can increase your risk for cataracts and age-related vision loss.

The ability to block off UV light does not depend on how expensive the sunglasses, or how dark the sunglass lenses are. Brand also does not matter! Choose sunglasses that either have a CE mark, a label that says 100% UV protection from UVA and UVB rays, or has a UV400 tag.

WHEN DUST GETS IN YOUR EYE, RUBBING IS FINE

This is the big mistake that many make. Never rub your eyes because it can injure the eye. When you rub the eye with a foreign particle still in your eye, it would have a sandpaper effect on your eye, invariably resulting in injury to the eye. The commonest injury from rubbing the eye with a foreign body in it is a corneal abrasion. If this corneal abrasion gets infected, you end up with a corneal ulcer that can have serious implications including blindness.

The correct thing to do is to flush out the foreign particle from the eye with water or saline. If it still remains in the eye even after flushing the eye, do not attempt to use the edge of a tissue paper or a toothpick as these are potential sources of infection. See a doctor if things do not settle.



YOUR REGULAR PRESCRIPTION GLASSES CAN DOUBLE UP AS SAFETY GLASSES

This again is not true. While your regular prescription spectacles may be able to prevent most of the hazards of working with flying splinters and some chemicals, it cannot protect our eyes from heavy flying objects with high velocity. Always wear proper safety goggles over your spectacles whenever you are doing any work such as hammering nails, mowing the lawn or tinkering with sharp objects.

USING ARTIFICIAL SWEETENERS WILL MAKE YOUR EYES MORE SENSITIVE TO LIGHT

Some sugar substitutes like cyclamates may cause eyes to be more sensitive to light. Some medication such as oral contraceptives and diuretic medication may also cause the eyes to be more sensitive to light (photophobia). Should you have any undue sensitivity to light, do discuss this with your physician.



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



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

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Kudos to MARA Junior Science College Parit

The quiet enclave of Parit received a nasty jolt when, on May 6, six students in Form Two of the Parit MARA Junior Science College (MRSM) complained about being bullied by 10 senior boys. The victims were bullied because they had refused to lend the older boys their football boots. This refusal so enraged the seniors that they assaulted the younger boys in the school hostel.

The 14-year-old victims had been beaten by boys who were 15 and 16 years old. Although the police reported that the injuries were not serious, the school has dealt swiftly with the issues and suspended the senior boys.

The Perak Central District Police Chief, Superintendent Mohamad Zainal Abdullah, said that the 10 suspects were investigated under Section 147, for causing harm.

Mohamad Zainal said that the police have initiated legal proceedings, and the school had provided counseling for the victims. He said, "I hope that the parents don't take any rash actions that may interfere with our investigation."

After their statements were recorded, and a MARA appeal committee had been formed, it was decided that the bullies, who had already been suspended from the school, would be expelled.

The Deputy Rural and Regional Development Minister, Ahmad Jazlan Yaakub, said that after a full investigation into the incident had concluded, the bullies were issued with expulsion letters. He warned that this should serve as an important reminder to all students that bullying will not be tolerated.

He said that the appeal committee had made its decision without prejudice, and in full accordance of the MRSM disciplinary management procedures.

Ahmad Jazlan reiterated that MRSM would not compromise on bullying as its ethos was to develop well-rounded students, who were successful in their studies, and who were of good behaviour and character.

Nurul Kharmila Abdullah, the 40-year-old mother of one of the victims was satisfied with the outcome of the investigation into the bullying. She wholeheartedly agreed with the decision to expel the perpetrators, as it showed others that the school, and MARA, would not tolerate bullying.

It was, she said, a decision which reassured the victims and their parents, and would also help embolden other children who had been bullied. She expressed hope that the outcome would encourage victims of bullying to speak up, to combat the problem. She said that she was aware bullying was still happening in many schools.

Nurul expressed sadness that her son, who was one of the six boys who had been bullied, was so traumatised by his experience that he had refused to return to his school in Parit to sit his mid-year examinations. She told reporters that her son, and the other victims were still fearful of being bullied and would need time to overcome their fear.

The stress and trauma has prompted Nurul's son to apply to another MRSM school, in Pahang, to continue his secondary schooling.

As a lecturer in a public higher education institution, in Negri Sembilan, Nurul expressed concern for the futures of the 10 expelled students whom she hoped would be able to continue their studies in other schools.

She said, "As an educator, I hope those involved in bullying will be given counseling and a continual reminder of their misbehaviour. They blew-off the chance to study at MRSM, but there will be many other opportunities elsewhere, provided they mend their ways."

In recent weeks, Malaysia has seen a spate of bullying incidents, which have shocked the nation. Students assaulting other students are not the only bullies. Teachers have also bullied their students, and children are powerless to act, confused because a teacher should protect them, and not beat them just because they are younger or weaker.

We read about the high profile cases, such as the teacher who beat an 11-year-old tahir (Koran memorising school) pupil, on the soles of his feet. The boy's legs developed blood clots and had to be amputated. Doctors



also feared for the condition of his right arm, but Mohd Taqif Amin Mohd Gaddafi, died before the operation could be carried out.

At the end of May 21, naval cadet Zulfarhan Osman Zulkarnain, 21, who was studying at the Malaysian National Defence University (UPNM), died after being scalded and beaten by his fellow students. The instruments of torture were a belt, a rubber hose, a steam iron and a clothes hanger. He

had been bound and tortured over a number of days.

His bullies tried to seek treatment for him, but when he did not respond to medicine, they rushed him to hospital, where he died soon after admission. Eighty per cent of his body had been covered in bruises and scald marks.

In the latest beating, 18-year-old T. Nhveen, from Penang, who was due to start college in KL, at the end of June, died after he was assaulted while buying burgers at Bukit Gelugor, Penang. The boys who assaulted him were his former school mates who took him to a field and beat his head with their crash helmets, before burning him with cigarette butts and sodomising him with a blunt implement.

Did no one notice any of the bullying? Why did the other members of staff not help Thaif? Had the wardens at Zulfarhan's dormitory noticed that several teenagers were torturing him? Had his lecturers not noticed that he was missing from class? In Nhveen's case, was his bullying not dealt with by his school?

A few people claim that there is an anti-bullying policy in schools, and a hotline is available for victims. How well publicised are they? When I asked around, few people were aware of either the policy or the hotline.

CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Child Abuse

There are many reports of Child Abuse every year. There is a need to put an end to this. In this process, increasing awareness is an important part.

What is Child Abuse?

Child abuse is when a parent or caregiver, whether through action or failing to act, causes injury, death, emotional harm or risk of serious harm to a child. There are many forms of child abuse, including neglect, physical abuse, sexual abuse, exploitation, and emotional abuse.

Physical abuse of a child is when a parent or caregiver causes any non-accidental physical injury to a child. This includes striking, kicking, burning, biting, hair pulling, choking, throwing, shoving, whipping or any other action that injures a child. Even if the caregiver didn't mean to cause injury, when the child is injured it is abuse. Physical discipline from a parent that does not injure or impair a child is not considered abuse. However, this is not encouraged.

Physical abuse can result in:

- Bruises, blisters, burns, cuts and scratches.
- Internal injuries, brain bleed and damage.
- Broken bones, sprains, dislocated joints.
- Emotional and psychological harm.
- Lifelong injury, death.

Emotional Abuse is when a parent or caregiver harms a child's mental and social development, or causes severe emotional harm. While a single incident may be abuse, most often emotional abuse is a pattern of behaviour that causes damage over time.

Child neglect is when a parent or caregiver does not give the care, supervision, affection and support needed for a child's health, safety and well-being. Child neglect includes:

- physical neglect and inadequate supervision
- emotional neglect
- medical neglect
- educational neglect.

Sexual abuse occurs when an adult uses a child for sexual purposes or involves a child in sexual acts. It also includes when a child who is older or more powerful uses another child for sexual gratification or excitement.

Sexual abuse of children includes:

- Making a child view a sex act
- Making a child view or show sex organs
- Inappropriate sexual talk
- Contact abuse
- Fondling and oral sex
- Penetration
- Making children perform a sex act
- Exploitation
- Child prostitution and child pornography.

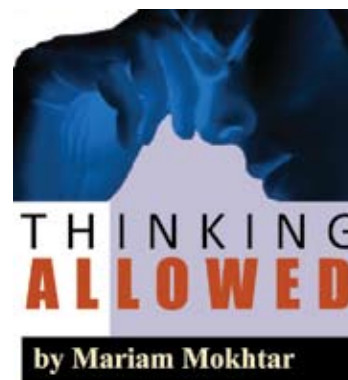
Child abuse and neglect can have lifelong implications for victims, affecting their well-being. While the physical wounds heal, there are several long-term consequences of experiencing the trauma of abuse or neglect. A child or youth's ability to cope and even thrive after trauma is called 'resilience', and with help, many of these children can work through and overcome their past experiences.

Children who are maltreated often are at risk of experiencing cognitive delays and emotional difficulties, among other issues. Childhood trauma, at a very young age, also negatively affects nervous system development, putting children who have been maltreated at a higher risk for health problems as adults.

I will discuss other aspects of Child Abuse and its prevention in my further articles.

Shaken Baby Syndrome:

Injury to a baby caused by being shaken violently and repeatedly. Shaking can cause swelling of the brain, internal bleeding, detached retinas leading to blindness, mental retardation, and death.



by Mariam Mokhtar



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 Gets Sweet on Savoury

Pics by Tan Mei Kuan



It's known as 'Tong Sui Gai' or sweet soup Street, a regular small thoroughfare by day which transforms into a veritable cornucopia of foodie delights by night. Very popular in days gone by, 'Tong Sui Gai' is quieter now, foodies having found new grazing grounds elsewhere. But there are still enough stalls offering sweet goodies for the name to trigger recognition. And a new 'Tai Chau' stall is garnering fans to this location.

Pusat Makanan Man U is a covered area at the end of 'Tong Sui' street where **Zhong Hwa Seafood Restaurant** has opened for business. You can't miss the location as their sign is emblazoned right at the entrance on the left.

I was invited by antiques expert Eddie Foo who gathered a bigish group of us to come and sample the food here. And what a sampling that was.

All in all we gorged on 10 dishes, each one a gourmet's delight. This was no slapdash, feed-the-masses *tai chau* stall but one with a chef who has the 'touch' and the '**Wok Hei**' (the 'breath' of the wok) which is quintessential to a good Chinese kitchen. Only then can some of the stir-fried dishes have a complex smoky flavour while simultaneously retaining the textural crunch that is used as a measure of a Chinese chef's skill.

As in their **Kwai Dao** (French Beans) with dried prawns and chillies and their **18-year-old Fried Rice** (more on this later).

Allow me to run through the list of delectable dishes we had that evening, starting with their **Yeem Gai** or steamed salted chicken which was perfectly seasoned, not overly salty and tender on the bite. This was a '**Wu So Kai**' which is known for its extra flavourful meat and we ordered half a bird. **RM28 for half.**

Next to arrive was the **Har Cheong Fah Lam** or the pork belly with prawn paste. These morsels of pork belly were deep fried and served piping hot at the table. Umami, crispy at the edges and utterly delicious, each piece still retaining its '**yeen un**' or chewy yet tender texture. **RM15 (S) / RM30 (L).**

Ham Dan or Salted Egg Pumpkin arrived scaldingly hot and crispy and was wolfed down in a flash. **RM12 (S) / RM25 (L).** Followed by the **Lemon Fish Hotpot**, Tilapia chunks in a broth seasoned with loads of lemon grass, lime and oodles of garlic. The fragrance of **Calamansi** or **Limau Kasturi** predominated, its essential oils wafting in the air as the steaming hot tureen was brought to the table. Served together with blanched *meehoon*, this could be a meal on its own with just a vegetable on the side. Seasonal price depending on type of fish used.

More fishy business lay ahead, as we next had the **Garupa fish head in curry** served in a claypot. Brimming with *Taofu Pok* or fried tofu puffs, ladies fingers and eggplant, the curry was umami, not overly spicy and again the gravy was wonderful eaten with blanched *meehoon*, **RM50 (S) / RM80 (L).**

Kwai Tao or French Beans with dried prawns, crispy fried garlic bits and chillies were crunchy and the dried prawns were large and crispy, providing the perfect umami touch. An alternative for this dish is having it stir-fried with pine nuts. **RM10 (S) / RM20 (L).**

Pig's trotters came next, tender succulent chunks braised in a clay pot in dark soya sauce and dried chillies, piquant, tangy and the trotters cooked to the right degree of

doneness, an almost fall-off-the-bone velvety texture. **RM18 (S) / RM35 (L).**

Snow Kangkong was a term on the menu that had me baffled until the dish arrived. A heaping plate of battered and deep fried kangkong or water convolvulus topped with bits of crispy *Ikan Bilis*, was a novel way to serve up the common *kangkong*. Yummilicious to the last crunch. **RM10 (S) / RM20 (L).**

Lai Wong Har were very large and very fresh prawns, still in the shell, coated with a creamy sauce that was neither too sweet nor too overly gooey as in some other restaurants. **RM12 per 100g.**

Finally to end our meal, the *de rigeur* carb dish – in this instance fried rice. Not any old fried rice but a dish termed "**18 Year Old Rice**". No, the rice itself is not 18 years old but the name given by the chef had all the men at the table laughing. When questioned by ignorant 'ole' me as to the significance of the name, I was told that it resembled an eighteen year old teenaged girl, fresh and crispy (in Cantonese, the colloquial term is 'pok pok chuey'). Terribly *un PC*! The rice dish was *terribly* tasty though. Well defined grains of freshly cooked rice mixed with 'Fan Chew', the burnt bottom layer of rice only produced when rice is cooked the old fashioned way on a stove or open fire, fried with the usual accoutrement and topped with a sprinkling of fried garlic and ringed with slivered lettuce, both garnitures adding additional textural nuances to the dish. **RM8 per portion** meant for one person.

Go to **Zhong Hwa** when you're looking for good wholesome Chinese cooking in a relaxed outdoor ambiance. Well situated fans will cool you down as you explore the menu or order up a storm. Because it is situated at the furthest end of 'Tong Sui Gai' there is less noise here and the well spaced tables allow for conversation that sometimes even air-conditioned restaurants won't.



Zhong Hwa Seafood Restaurant

(inside Pusat Makanan Man U)

Lot 2305N Beside SRJK Sam Tet

Jalan Sultan Ekram, Taman Jubilee, 30300 Ipoh.

Tel: 012 515 1404 or 017 234 2361

Business hours: 6pm-1am. Closed 2 days early in the month.

Public Transport in Ipoh: A Review . . . continued from page 2**Kinta Taxi Owners & Drivers Association**

Low, chairman of the association said that there are more than 100 members, but only about half of them are active due to poor demand. The drivers operate mostly from shopping complexes and fix their own price. At one time it was difficult to rent Kereta Sewa due to shortage of cars, but now many cars are lying idle. Low feels the days of *Kereta Sewa* are numbered.

Ipoh Radio Taxi Service

Mdm Yong Ah Lam said that she took over the business from her brother who passed away three years ago. There are more than 70 taxis in service. She has a staff of five people who are disabled and the taxi drivers are old. She only charges the drivers RM5 per day. At times she has to use her own money to pay the salary of workers.

Mdm Yong said that her main problem is passengers calling two radio taxis at the same time. When her driver arrives at the site, the person would have left by the other taxi. Operation number: 05 2411388 / 2411753.

BK Satellite Cab

Spokesman for BK Satellite Cab informed that they operate under a cooperative and have more than 150 taxis and due to competition from e-hailing services, there is about 50 per cent drop in business and many taxis are not in service. The taxis charge RM1.25 per km and their taxis have a meter to read the mileage for each trip. Operation number: 05 2534188.

A New Taxi Wave: Uber and Grab

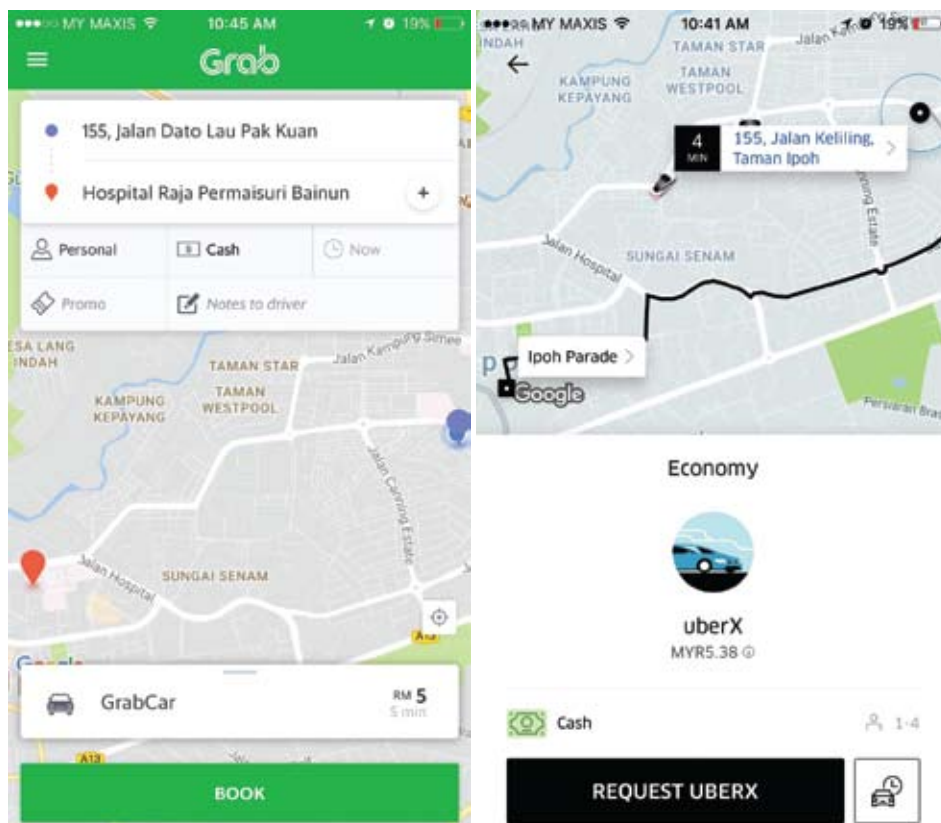
Although they arrived in Ipoh slightly later than Kuala Lumpur and Penang, both **Uber** and **Grab** have been gaining in popularity from locals and also tourists. The reason for this is probably owing to the convenience they offer, unlike any other public transportation available in Ipoh. These two services work through smartphones where users need to download their app from App Store (for iPhone users) or Google Store (for Android users) for free.

In comparison, the e-hail taxis cost less to use than the previously mentioned ones above. For example, it costs roughly RM20 from Aeon Kinta City to Taman Meru before e-hail, but with Uber it costs around RM10 depending on the time of day (peak times are slightly higher).

Grab having just recently arrived in Ipoh, appears to be gaining acceptance and more people are using it.

Ipoh Echo reporter, Ili, said that based on personal experience she prefers using Uber as the car is more comfortable, the service is better and of course the rate is cheaper. Previously, Uber only accepted payment through credit or debit cards where the fare is automatically deducted on arrival but early last year saw Uber promoting cash transactions for those who prefer it that way. Waiting time to get a ride is around 5 to 10 mins.

Will this new form of taxis eliminate our usual cabs?

**Flying from Ipoh**

The newly upgraded Sultan Azlan Shah Airport has definitely made travelling overseas easier. Although more flights depart and arrive from KLIA or KLIA2, it is now easier to fly to and from Singapore and Johor with TigerAir and Firefly that will directly fly you from Ipoh to these two destinations. Malindo Air which used to fly to these two destinations now only flies to and from Johor Bahru. Although it may cost more, at least it will get you there quicker and you won't have to deal with bad traffic especially during festive seasons.

**KLIA and KLIA2 bound**

Although Ipoh airport only serves very few destinations, Ipoh is still very accessible from KLIA and KLIA2 as shuttle bus services ply between them. One of the known Airport bus services in Ipoh is the **YOYO** by A-Bus Express Sdn Bhd where tickets can be purchased at Amanjaya Terminal Bus station or at their website www.yoyo.my.



Another airport bus service available in Ipoh is the Star Shuttle bus by Utamagas Sdn Bhd. Similar to YOYO, **Star Shuttle** bus services provide services from Ipoh to and from KLIA and KLIA2 and tickets can be bought at Amanjaya Terminal Bus Station or online at www.starwira.com.

The Electric Train

Aside from cabs, buses and planes, we have to mention the quickest way to get to Kuala Lumpur from Ipoh which is via the Electric Train System (ETS) by Keretapi Tanah Melayu Berhad (**KTM**). Moving as fast as 160kph, ETS can take you to Kuala Lumpur from Ipoh in just 2 hours and 30 minutes. In addition to their service, early this year ETS introduced several new destinations where passengers can now get to Gemas (Negeri Sembilan) and Padang Besar; the border town located between the northern part of Perlis and Thailand's Songkhla province.

Over the years, it has become evident that more and more Ipohites are opting for the ETS train to get to Kuala Lumpur, thanks to its speed and the facilities provided inside the train. There are toilets, F&B bar, LED television and in some models, a prayer room for those who need it.

Train tickets can be purchased either at KTMB Ipoh Train Station located at Jalan Panglima or via e-ticket at www.ktmb.com.my.

No More Excuses

With this lengthy list of public transportation in Ipoh, there are no more excuses to not explore the city that is Ipoh. As this year is Visit Perak Year, this is your opportunity to use all the public transportation to experience Ipoh like you never did before.



Wellness

Advice from Dr Cheong Hon Kin on Baby Safety

Baby safety – from hospital to home

According to the International Liaison Committee On Resuscitation, at every birth, potential problems can happen even to a newborn with no apparent risk factors and about 10% of newborns would need some form of help with breathing. Newborns who do not start breathing on their own in one minute after birth should receive help to breathe.

Care of all newborns includes immediate and thorough drying, keeping the baby warm, skin to skin contact of the newborn with the mother, cord clamping and cutting after the first minutes after birth, and early initiation of breastfeeding.

One of the most feared potential problems is sudden unexpected postnatal collapse (**SUPC**) of apparently healthy term or near-term infants within the first days of life which can have catastrophic consequences. About 5 % of unexpected infant deaths during the first year of life occur during the first postnatal week. Prone position, cobedding, a first time mother, and parents left alone with baby during first hours after birth have been identified as risk factors for SUPC or early **SIDS** in several recent publications. **Never ever sleep together with your baby in the same bed** because of the risk of smothering and suffocating your own baby especially in the first year of life.

Providing a safe environment is an important part of caring for your new baby. Most injuries to babies do not occur by chance or by bad luck, and are not an act of fate. By their very nature, babies are active, curious and often excitable. These are all attributes that put them at risk of injury. As a parent or

carer, you can do a lot to prevent injury to your baby.

If you understand a child's development, this will help you plan ahead for safety. Different risks appear at every stage of development and change takes place very rapidly in the early months and years.

To **make sure your baby is safe** at all times you should:

1. Take your baby home from hospital in a car seat or other suitable child restraint that faces the back of the car.
2. Make sure your baby travels in a child restraint at all times in a vehicle.
3. Provide a safe sleeping environment for your baby – this includes taking precautions to reduce the risk of sudden unexpected death in infancy (**SUDI**), which includes SIDS (sudden infant death syndrome) and fatal sleep accidents.
4. Provide a safe environment at home.
5. Check the safety of your environment when you are away from home.

Last but not least, the common use of **swing cradles** in our community is actually **not recommended**. This is because the swinging no matter how gentle can cause whiplash injury to the baby. This kind of inflicted head injury while unintended could be life-threatening. We have seen many babies dying due to this injury. There ought to be greater public awareness on these kinds of potential dangers to our precious little ones that can happen in our own homes.



Dr. Cheong Hon Kin
Consultant Paediatrician & Neonatologist
MD (UKM), MRCPCH (UK), CCFT (NEONATOLOGY) (MAL/MELBOURNE), AM(MAL)



Car seat

KPJ Ipoh Specialist Hospital

Suite 1-16

26, Jalan Raja Dihilir, 30350 Ipoh, Perak

Tel: 05-2408777 Ext: 8027 / 8028

History

Vintage Bicycle Exhibition

In conjunction with Visit Perak Year 2017, Perak Museum Board and Kelab Komuniti Pemilik Basikal Klasik Malaysia organised a vintage bicycle exhibition recently at the state museum, Ipoh.

Director of Perak Museum Board, **Nor Janati Ibrahim**, said that the exhibition would provide visitors with an historical overview on the evolution of bicycles since the 19th century.

One of the bicycles on display was the **Penny-farthing**, which was invented around 1870. Metal wheels were first installed on such bicycles. The penny-farthing replaced the **Velocipede** developed by the Coventry Machinists Company in 1869.

"Visitors can see original vintage bicycles made in England, as well as their accessories and development process.

"The exhibition not only serves to educate the younger generation about vintage bicycles, it brings back a sense of nostalgia to the older generation," she added.

In 1873, "safety bicycles", which incorporated the use of chain and sprocket-wheel, were invented. **Thomas Shergold** is believed to be the inventor of the first chain-drive bicycle.

In the 20th century, metal composites and aluminum were combined to develop a lighter and a more robust frame that translated to faster bicycles.



Penny-farthing on left



Bicycle used by postmen

"Before the digital era, bicycles were commonly used by postmen, firefighters and farmers. During the Second World War, soldiers of the Japanese Imperial Army travelled down Malaya on bicycles," said Nor Janati.

Activities, workshops and games were conducted throughout the exhibition. The exhibition was well patronised by both locals and foreigners.

Rosli Mansor



Bicycle for firefighting

Community



The Joy of Music

Ipoh-born Linda Loke Lai Mei started her musical journey at the age of three when her mother sat her down at a piano. Linda proceeded to obtain her grades, Diplomas and Fellowship which culminated in a Licentiate and Professional Certificate from the distinguished Royal Academy of Music London in 1989. One of the greatest musicians, Sir Elton John, was an alumni of the academy. The Professional Certificate allows Linda to teach other aspiring music teachers, design learning programmes and give master classes.

“In my batch at the Royal Academy of Music London, there was another Malaysian candidate but only I passed in the final year. It was not easy to get the Professional Certificate! Another big moment of my life was when I got invited to a garden party by Goats International of International Students House where I shook hands with the patron, Her Majesty Queen Elizabeth The Queen Mother in 1987,” she recalled. Even as she obtained her Fellowship from the Trinity College of Music London, she was probably the youngest from Perak when she took it in 1986.

When she returned to Malaysia, she began teaching full time. Back in London, she used to perform both as a soloist and accompanist. With piano being her main instrument, she also plays the violin and does composition in various genres from classical to pop.

What makes her piano classes unique? “As teachers, we are trained to bring out the students’ confidence or interest and we work from there. I don’t force them and let them develop at their own pace instead. I always tell them, if you fail, do not give up. It is not a failure, you treat it as a learning curve to improve further,” she explained.

Currently, her students range from three and a half to over seventy years of age. “Plus, I have working adults coming in to learn music in order to de-stress,” the pianoforte teacher added. The class schedule is tailored to individual students and she does not believe in pressuring her students.

“I will make sure my students appreciate the music. I do not want them to learn just for the sake of examination and certificate. They should play from the heart,” the amiable Linda highlighted.

“For instance, if you give me some numbers, I can assist you to compose and converse in music, which is an international language. Helping people to express themselves freely through music, this is the joy in my way of teaching!” she enthused. Citing Beethoven as her favourite composer, she can compose in a heartbeat!

Interested readers can call Linda at **017 575 0882** for more details. Her studio, with a striking gate painted with black-and-white keys of a piano, is located at **145, Jalan Dato Lau Pak Khuan, 31400 Ipoh Garden, Ipoh.**

Mei Kuan

Drawing and Poetry Writing Contests

Perak Association of Elected Representatives’ Wives (Baiduri), Yayasan Kampung Karyawan Malim, People of Remarkable Talent (PORT) and Persatuan Seni Rupa Malaysia are jointly organising a national flower drawing contest and a national day poetry writing competition this year.

“Registration for both competitions began on Tuesday, May 23. The drawing contest is only open to Perakeans with digits “08” registered in their IC number, while the poetry writing competition is open to all secondary school students, from Forms one to six. Registration for both contests ends on Monday, July 31,” said Datin Seri DiRaja Saripah Zulkifli, wife of Perak Menteri Besar, at a press conference recently.

Among those present at the press conference were Chairman of Yayasan Kampung Karyawan Malim, Malim Ghazali PK and PORT Manager, Zamari Muhyi.

According to Saripah, participants for the drawing contest are to use watercolour. They have to bring their own drawing materials.

“The poetry writing competition is divided into two categories namely, lower secondary (Forms one to three) and upper secondary (Forms four to six).

“The top three winners in each category will receive prizes worth RM1000, RM750 and RM500, respectively. Fifteen consolation prizes worth RM200 will be given away. All participants will receive a certificate, a book and a trophy.

“Baiduri plans to publish the best poems submitted, in a coffee-table book,” said Saripah.

Readers interested to participate in the drawing contest can download the registration forms from: www.portipoh.com.my, while registration forms for the poetry writing competition can be sourced at: webwww.kampungkaryawannalim.com.

Rosli Mansor



Be Safe! Not Sorry!

On May 21, we were shocked by the story of a lady in Puchong, KL, who suffered a miscarriage as a result of the trauma experienced when robbed during her Uber ride. The victim, Wong Mei Yan, 26, wanted to go home but the driver took a different route despite her protestations. Mei Yan was threatened with a sharp knife by a passenger who was seated in the front seat and was robbed of her valuables. The poor lady was then left in the middle of the road after the robbery.

According to the report, Mei Yan acknowledged the existence of another passenger who was sitting in front but didn’t ask anything until the driver drove her through a different route. The passenger turned out to be the driver’s accomplice who participated in the robbery. The trauma caused her to have a miscarriage where she lost her baby. Mei Yan is planning to sue the e-hailing company for negligence and also for the lack of customer service offered to her after the event.

Another case that also grabbed the attention of many is that of a Grab car driver who is currently on trial, accused of raping his passenger at 4am. The case, happening a month after Mei Yan’s trauma, has raised some questions in the public mind. Are Uber and Grab safe? And what can we, as passengers do if we were faced with this situation?

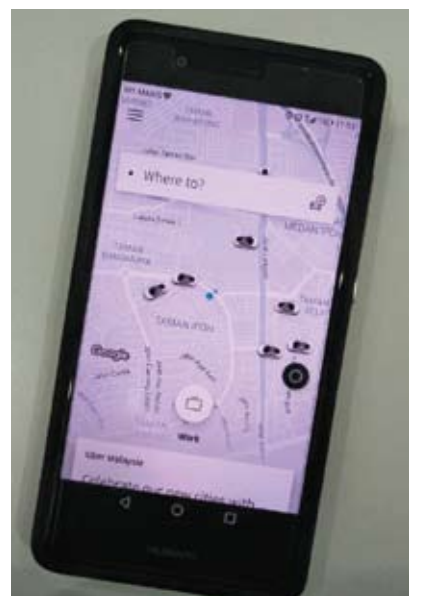
While we are not able to control what may happen, we can certainly learn how to be prepared. For example, **before entering your Uber/Grab car**, check the ‘**Safety Child-Lock**’ button that is usually located at the lower portion of the door itself. Make sure it is unlocked because if it is not, the driver can keep you “locked” in his car.

You must also **check the car first before going in**. If you see someone else other than the driver, do not get into the car. Unless you are sharing your ride through the app (both Uber and Grab), don’t get into that car. Decline your ride and send a report through the app about the issue.

Another step you must take before accepting the ride is to **check the ratings of your driver**. Always go for drivers with **4 stars and above**. This will not only ensure your safety but also guarantee a safer ride. It is also advisable **not to opt for this service alone at night**.

We want to encourage the expansion of e-hailing taxi service, as it has made public transportation so convenient and a boon for commuters. However, it is important to keep our wits about us here, as anywhere else in the world. So do pay heed to the safety tips above.

Ili Aqilah



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



Community

#projectsahurwithhomeless

In the light of the beautiful month of Ramadan, Zeti Suhaila Mustafa and her friends continued their annual charity affair where they distributed packs of food to the homeless or anyone who was in need of meals.

This has been seven years in a row for Zeti to spend her Ramadan this way and she hopes to encourage more members of the public to join her, "Not many people are as fortunate as us. Therefore, it is our responsible to help them out. This project started back in 2011 and we hope to continue it again next year," said Zeti.

Zeti also added that it has been known to many that during Ramadan, the spirit of generosity is most felt to help the needy, the orphans and the homeless. Although Ipoh doesn't have as many homeless individuals like in Kuala Lumpur, help must still be given to them as some of them are struggling to survive daily.

"When we first started, it was just me and a few of my friends doing everything. But now, things have changed. We receive enquiries from both big and small companies who want to donate and also from college students who are eager to be volunteers," added Zeti.

After Ramadan, Zeti and her team will go back to their routine: opening up a pop-up



soup kitchen at Dato' Sagor Food Court every two weeks where it opens for everyone who are in need of hot meals, pre-loved clothes and more. Readers who are keen to join Zeti please check out their instagram at www.instagram.com/dapurjalanipoh for more information.

Ili Aqilah

Upcoming Event

International Friendship Piano Open Competition 2017

In an effort to promote music education in the 21st century, Malaysian Talent Championship (MTC) Event Sdn Bhd will be organising the first ever Malaysia, China and Korea International Friendship Piano Open Competition this year.

Divided into three categories namely, Junior (ages 12 & below), Intermediate (ages 13-18) and Open (ages 19-28), the competition is split into two rounds, national and international. Up to 80 per cent of the net proceeds of the competition will be donated to various non-governmental organisations in the country.

To participate in the competition, interested readers are first required to register online at <http://www.1stmckpiano.com> before the closing date on Saturday, July 15. Each participant must then submit a video on a piece of their choice, ranging from baroque, romantic, modern to jazz, before Monday, July 31.

Based on the video submissions, ten participants from each category will be selected to proceed to the national round at the National Department for Arts and Culture (JKN) Perak on Saturday, August 26. The top five participants from each category will then be selected to represent the nation and stand a chance to win a P. Ramlee Upright Piano at the international round held at Hotel Casuarina@Meru from October 2 to 4.

Director of MTC Event Sdn Bhd, Grace Antoni Tang, hoped to introduce music education to schools, as music has been scientifically proven to enhance academic learning.

Peter Chua, executive director of Distinctone Sdn Bhd, main sponsor of the competition, said that by introducing music to the education system, it complements the emphasis placed on academic learning.

"Many parents emphasise a lot on academics but none on music, as they're not aware of the importance of music education in their children's lives. We need to let them know that music classes are just as important as tuition classes," Chua concluded.

Leanne Tan

Financial Planning

The Legacy

This is the Final Part of the 12-part series on financial planning.

As Adam and Aida are now progressing to the next stage in their lives, their priority now is to live comfortably and to leave a legacy.

There's a need for us to plan carefully should we intend to leave something behind for our next generation and this is where Estate Planning comes into effect.

Estate Planning is really the process of managing and administering one's assets through proper accumulation, conservation and distribution of his/her assets in the most effective and efficient manner. The whole purpose of estate planning is to ensure that when the time comes for a person to return to his Creator, his assets are sufficient to meet all his wishes and the beneficiaries will receive the assets in the proportion and manner desired. In addition, it aims to minimise assets depleting expenses like taxes and that the estate is sufficiently liquid to pay for all the costs of transfer like legal fees and stamp duties.

Adam is now thinking of how best to organise his estate to ensure that everything can proceed smoothly after his demise. He would like to leave the family home to Aida until such time when she departs, the home will be passed on to their children. He would also like to leave something behind for his grandchildren as some sort of legacy for them to remember their datuk. To achieve these objectives, there can be more than one way to realise them and we'd now look at some of the common estate planning instruments.

Basically, a Will is a written instrument by which an individual signifies his wishes as to the distribution of his estate after his demise. A Will, by its very nature, is revocable and can be modified at any time before the Will-maker dies. There are various ways in which you may get a Will written:

Engage a lawyer or professional Will-writer who is well versed with estate laws to write a Will (especially if you have loads of assets and dozens of family members!)

Engage Amanah Raya Berhad, a quasi-governmental body that specialises in estate administration, offering Will-writing services as well as estate administration and trust services.

Do-It-Yourself by searching for sample Wills in the internet or books, provided

your Will is a straightforward one. Muslims are also able to write their Wills to cater to their needs who want to adhere to the syariah principles in estate administration.

Apart from the Will, there is another instrument which is a Trust.

Essentially, a Trust is a legal arrangement or relationship whereby an individual transfers assets to a third party called a trustee (who may be an individual, a professional advisor or a corporation) who are bound to follow a set of directives, rules and regulations for the benefit of the beneficiaries. The trustee is duty bound to handle the trust property for the benefit of the beneficiaries. For example, Adam may decide to create a Trust whereby each of his grandchildren will receive RM100 a month until they reach 21 years old, upon which they stand to get a lump sum of RM10,000 each as a graduation gift. All these payments will be ongoing even when Adam is no longer around.

You may also create a Life Insurance Trust by purchasing an insurance policy on your own life and nominating your spouse, children or parents as your nominees. Upon your death, the sum assured plus whatever bonuses, if any, will be payable to your appointed nominees and they will be able to receive the money as beneficiaries without the need for probate and with less hassle. However, this is not applicable for Muslims as their appointed nominees will receive the money as trustees rather than beneficiaries and they should distribute it according to the faraid law of distribution.

You need not be a superstar or a world leader to be able to leave a legacy. And what better legacy to leave behind than the positive values that you sow within the hearts and minds of our children and our grandchildren. As the saying goes, "Give a man a fish and you feed him for a day. Teach a man to fish and you'd feed him for a lifetime!" This is similar to financial management and we should not just leave behind a large estate for our children without teaching them how to manage.



News

Thanksgiving @ Haven

The Haven Resort Hotel, Ipoh held its annual thanksgiving dinner on Saturday, June 10. The evening began with music from a string quartet followed by a belly dance.

"Our mission is to perform extraordinarily by completing our developments well, providing high quality resort hotel suites, preserving nature and creating harmonious communities. Profit is only our third objective. What comes in the afterlife is what motivates us to be responsible corporate citizens," said Peter Chan, the chief executive officer of The Haven.

It was a double joy, as the celebration coincided with Peter's birthday. Present to share the moment was director, Tan Sri Haji Megat Najmuddin.

Besides guests from Hong Kong, Indonesia and China, the occasion was made extra special with the presence of alumni of Raffles Hall, Peter's mates at the university.

The entertainment line-up featured a video presentation dotted with humorous segues and an impromptu performance by the Raffles Hall brothers. During the staff performance, a solo acoustic guitarist, singing a self-composed song, was the hit.

Peter announced the construction of a show gallery for his upcoming project in Lagoi Bay, Bintan. The gallery is scheduled to complete in July and can be viewed in August.

"Running on the motto, 'Above All, There Is The Haven', The Haven Bintan will be the highest in the realm of archipelago consisting of hundreds of islands. It will feature the biggest clubhouse (three floors) ever at 48,000 square foot and the trademark 5-level seahorse design infinity swimming pool, fronting the natural virgin mangrove forest. It'll be the only sky-rise resort in Lagoi Bay," he revealed.

Mei Kuan



Distribute Tourism Tax Fairly

The Federal Government should allocate the Tourism Tax revenue to state governments based on the number of registered accommodations rather than an allocation by region, said the State Tourism, Arts, Culture, Multimedia and Communications Committee chairman Dato' Nolee Ashilin Mohamed Radzi.

Nolee said her proposal was to ensure fairness in terms of the tax collected, as state governments are responsible for the tourism industry's sustainability. Therefore, the collection should be returned to individual state governments.

"The Tourism Tax, which is scheduled to be implemented on July 1, should be returned to the state governments based on the total tax collected in the states.

"For example, the number of hotels in Perlis is lower. Thus, it's not fair if the federal government chooses to distribute the overall collection by region, as states in the northern region have more hotels than Perlis. The allocation should be based on the numbers of registered hotels and how much tax has been collected in the state," she told reporters during a breaking-of-fast dinner with media representatives and tourism industry players, on Sunday, June 18 at Symphony Suites Hotel, Ipoh.

She said, the Perak government suggests that the Federal government organise a dialogue with stakeholders so all parties involved could give their views.

"We (state government) agree with the Tourism Tax implementation, as it can



help us to identify unregistered hotels. In Perak, only some 200 hotels are registered, compared to over 600 advertised," she added.

The dinner ended with Nolee presenting duit raya to about 25 Rohingya children from the Rohingya Society Malaysia Ipoh Branch.

Nabilah Hamudin

Starbucks Opens Second Drive-Through in Ipoh



Located at one of the strategic locations in Ipoh, the second Starbucks drive-through finally opened at **Jelapang Square**. Officially launched on June 20, this store marked the 10th Starbucks store in Perak alone.

"Starbucks has been here in Malaysia for almost 19 years. We are very fortunate to have Team Keris Berhad because they are such a great landlord and looking at the traffic and the potential development of Jelapang Square, we are looking forward to seeing it become another successful store," said **Sydney Quays**, the Managing Director of Berjaya

Starbucks Coffee Company Sdn Bhd.

Together with Sydney to officiate the event was **Dato' Lee Seng Hee**, the Group Executive Chairman of Team Keris Berhad. Soon after the VVIP arrival, Dato' Lee took the media on a quick trip around the current largest Starbucks in Ipoh.

"According to the Public Works Department, statistics show that Jelapang Square's main road is currently holding the highest traffic impact in Ipoh with 46,000 vehicles passing through compared to Ipoh Garden with just 29,000 vehicles. This was based on a 16-hour period viewing. With such big numbers and of course the MAPS opening, we at Team Keris Berhad are super excited about this Starbucks opening," added Dato Lee during the media brief.

The first Starbucks drive-through for Perak is located in Sunway city, Sydney has confirmed that the 11th Starbucks will be opening soon in Tasek.

The new Jelapang Square currently is home to a few well known stores including **Econsave** and **Courts**. With a few more store openings happening soon, there is no doubt that Jelapang Square will be the next hot spot in Ipoh.

Ili Aqilah

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Ramadan Round-up

Unity Through Fasting



To promote friendship and understanding among races and religions in the country, Malaysians for Malaysia, in collaboration with **Soroptimist International (SI) Ipoh and Perak Women for Women Society (PWW)**, invited all Malaysians to fast in solidarity with their Muslim friends on Friday, June 17. This was followed by a breaking-of-fast dinner at MU Hotel Ipoh.

According to President of SI Ipoh, **Sumathi Sivamany**, the event has been held in Ipoh for three years running.

"This event is an opportunity for non-Muslims to better understand Ramadan and appreciate the teachings of Islam," said Sumathi, who skipped lunch on the day of the event.

"What I went through was just a fraction of what my Muslim friends went through the entire day. I only skipped a meal, but to fast continuously for 30 days is something special," Sumathi added.

Co-founder and Secretary General of PWW, **Yip Siew Keen**, encourages non-Muslims to try fasting to find out how it feels like.

"People can start by fasting for half a day, and once they get a hang of it, they can gradually increase the number of hours," said Yip.

Among those present at the dinner were double amputee **Jenny Pong** and President of Persatuan Pink Champion Perak, **Mardianah Mohd Yusof**.

Mardianah described the efforts made by the non-Muslims to fast as, "touching".

"We, Muslims, are fasting in solidarity with those struck by famines. The key difference between us is, they don't know when they'll be able to slake their thirst or assuage their hunger," Mardianah told Ipoh Echo.

Established in 2009, SI Ipoh is an NGO that seeks to improve the lives of women and girls in local communities. The organisation helped Jenny to achieve financial independence by launching her homemade Nyonya curry paste and other products early this year.

Leanne Tan



Hari Raya Shopping

Laughter filled the halls of Mydin Meru shopping mall as 730 orphans from 23 different orphanages in the state did their *hari raya* shopping at the inaugural "Jom Shopping Baju Raya" programme organised by the state government, on Monday, June 12.

Executive Councillor for Women, Family and Community Welfare Development, Housing and Local Government, Dato' Rusnah Kassim, said that the objective of the programme was to bring joy to the orphans.

"In previous years, we gave *duit raya* to the orphans, but this year, we wanted them to experience the joy of picking their own *baju raya* with their friends.

"When we were young, *hari raya* shopping was one of our favourite times of the year. So we want the orphans to have their share of fun and treasure such moments when they grow up," said Rusnah.

According to Rusnah, some of them were orphaned as early as two years old and never had the opportunity to do *hari raya* shopping. Hence, it is the responsibility of the state government to make this *hari raya* a memorable one for these orphans.

Luqman Hakim

Bubur Lambuk WOW 2017 Competition



Over 10,000 packets of *bubur lambuk* (porridge) were distributed to the members of public in conjunction with 'Bubur Lambuk WOW 2017 Competition' organised by Tourism Perak on Friday, June 16.

The annual competition held along Jalan Sultan Abdul Jalil, Ipoh saw participation from 20 organisations.

Executive Councillor for Tourism, Arts, Culture, Multimedia and Communications **Dato' Nolee Ashilin Dato' Mohammed Radzi** said the annual event is part of Tourism Perak calendar activities.

"The response was overwhelming. We'll organise a more lively competition next year.

"I'm happy to see foreign tourists joining in the fun. Some tried to prepare the porridge themselves," said Nolee to reporters after the prize-giving ceremony.

The competition was sponsored by Adabi Consumer Industries Sdn Bhd and Petronas.

Perak State Library won the competition and walked away with cash and other prizes, while Perak Media Sports and Welfare Club was runner-up in the *ketupat* weaving category.

"This is my fifth year joining this event. I learned to prepare and cook the porridge," said visitor Lu Yew Yien.

"This event should be continued as it allows other races to experience the unique Malay traditions," she said.

The porridge, cooked by the contestants, were later given to motorists around the city and at rest areas along the Plus Expressway.

Rosli Mansor

Troops Break-fast with MB

Menteri Besar, **Dato' Seri DiRaja Dr Zambry Abd Kadir**, attended a breaking-of-fast dinner with troops from the 2nd Malaysian Infantry Brigade. The occasion was held at Town Barrack Camp, Taiping, home of the 9th Royal Ranger Regiment on Monday, June 19.

Present were **Major-General Dato' Mohd Ramli bin Jaafar**, General Officer Commanding 2nd Malaysian Infantry Division and **Dato' Mohd Zahir bin Abdul Khalid**, the Executive Councillor for Industry, Investment and Corridor Development.

Aimed at strengthening comradeship, some 680 soldiers of all ranks, serving under the Ipoh-based brigade, attended the dinner. They then performed the obligatory evening and tarawih prayers.

Mei Kuan



Free Bubur Lambuk

In the hope of spreading goodwill among Ipohites during the month of Ramadan, Ipoh City Council distributed free bubur lambuk (rice porridge) to passers-by along Jalan Sultan Abdul Jalil on Tuesday, June 13.

As early as 8am, City Council workers, including Mayor **Dato' Zamri Man** and his councillors were ready for action. Some set up tents and while the rest prepared ingredients for 10 pots of bubur lambuk.

According to Zamri, this mass cooking of the porridge was aimed at forging closer ties among the workforce and departments.

"The spirit of *gotong-royong* was strongly felt among us. Through this initiative, we're able to invite more people – Muslims and non-Muslims – to savour this porridge together," he said.

No sooner after Zamri started distributing the porridge, hundreds of motorists thronged Dataran MBI, where the event was held, to get their share.

Passers-by snapped up 2800 packets of *bubur lambuk* in less than 30 minutes.

Zamri hoped private entities and non-governmental organisations will jointly organise this annual event.

"This year, we've Nestle as our partner. We hope more private companies will help out with this charity event," he said.

Zamri disclosed that no major complaints on bazaar ramadan were received this year.

"In fact, we received many positive feedback from customers. They're satisfied with the prices and quality of food sold at the bazaars," he remarked.

Nabilah Hamudin



Zakat Payments

HRH **Sultan Nazrin Muizzudin Shah** received zakat (tithe) payments worth in excess of RM13 million from eight organisations, comprising government agencies and private companies.

The payments, made during a breaking-of-fast dinner with members of the media, non-governmental organisations, corporate and private sectors, government-linked companies and youth associations, was held at Istana Iskandariah, Kuala Kangsar on Saturday, June 17.

The payments were by Tenaga Nasional Berhad (RM6.45 million), PLUS Malaysia Berhad (RM4.29 million), Bank Kerjasama Rakyat Malaysia (RM1.53 million), Telekom Malaysia Berhad (RM225,141), Menteri Besar Incorporated (RM213,188.58), Bank Muamalat Malaysia Berhad (RM171,018.43), Felda Global Ventures Holdings Berhad (RM128,953) and GITN Sdn Bhd (RM100,000).

Sultan Nazrin Shah handed over the cheques to the President of Majlis Agama Islam dan Adat Melayu Perak (MAIPk), Tan Sri Wan Mohd Zahid Mohd Nordin.

Present were Raja Permaisuri Perak **Tuanku Zara Salim**, Menteri Besar **Dato' Seri DiRaja Dr Zambry Abd Kadir** and his wife, **Datin Seri DiRaja Saripah Zulkifli**.

Rosli Mansor



Arts and Culture

Yoga and Bhairavi



The Greentown Indian Cultural Society Ipoh organised two special events on May 21. In the morning, there was an enthusiastic turnout of over 100 participants for a special Yoga session for Stress and Anger Management. This event was led by Yoga Master Kempchand Gupta, currently the yoga master at Nethaji Subash Chandra Bose Indian Cultural Centre in Kuala Lumpur who arrived that morning with his team. Master Kempchand who hails from Mumbai, India accorded all participants a Certificate of Participation at the end of the event.

In the evening, classical music lovers were enthralled by the mesmerizing voice of Vidwan Sundarajaan from Andankoil, South India. His rendition of classical and devotional songs was accompanied by Vainika Smt Jayalakshmi Premkumar on the veena, Vidwan Suresh Panjanathan on the Mridangam, Vidwan Hari Chandran Panjanathan on the Gatham and Vidwan Darmen Krisnan on the Ganjira. Vidwan Sundarajaan is the vocal guru of Nethaji Subash Chandra Bose Indian Cultural Center Kuala Lumpur. Vidwan Sundarajaan has been in Malaysia on and off since 2002, conducting classical music lessons. Many of his former students also attended the event.

Both events were held at Nattukottai Cettiar Temple Hall in Jalan Lahat, Ipoh. This double-event was jointly organised together with Nethaji Subash Chandra Bose Indian Cultural Centre Kuala Lumpur, High Commission of India to Kuala Lumpur and Majlis Kebudayaan Negeri Perak.

Of Brushes and Pens

The word “calligraphy” originated from an amalgam of two Greek words, kallos, meaning “beauty”, and graphein, meaning “to write” – literally “beautiful writing”.

Ipoh Echo had an exclusive one-on-one with self-taught modern calligrapher, **Kong Pui Yee**.

An avid reader of the Ipoh Echo paper, Pui Yee works as a full-time process engineer in Ipoh. It has been over a year since she was introduced to modern calligraphy and wishes to spread the hobby among Ipohites.

“I was influenced by a friend who's a full-time calligrapher. I was impressed with her artwork so I purchased some supplies and tried it out myself. And I fell in love with it,” said Pui Yee, adding that she found it very therapeutic.

One of the forms of modern calligraphy is pointed-pen calligraphy, which involves the use of a dip pen with a nib and ink to create thick and thin lines under varying degrees of pressure.

Some of the supplies Pui Yee uses are dip-nibs, straight pen holders, oblique pen holders and an ink set.

Another branch of modern calligraphy is brush-lettering, which involves the use of brush pens and watercolor.

Pui Yee picked up most of her skills in modern calligraphy from reading blogs, and watching videos on YouTube and Instagram. Among her favourites on Instagram include @suzcunningham, @calligkatrina, @masgrimes, @yaochengdesign and @monvoirco.

“In this time and age when sending emails and WhatsApp messages is the norm, we hardly receive any hand-written notes anymore. I believe that modern calligraphy is a good way to rekindle the old way of sending handwritten letters,” Pui Yee told Ipoh Echo.

Pui Yee runs custom calligraphy services for various events such as weddings. For further information, readers can connect with her via Instagram ([Instagram.com/owlandquill](https://www.instagram.com/owlandquill)) or Facebook ([Facebook.com/owlandquill](https://www.facebook.com/owlandquill)).

Pui Yee will be holding pointed-pen calligraphy and brush-lettering workshops in Ipoh in July/August. Interested readers can contact her via Instagram or Facebook.

Leanne Tan



Salangai Poojai – Premiere Performance on Stage



‘Salangai Poojai’ is basically a ceremony where the guru or dance teacher ties the ‘Salangai’ (anklet with bells) around her student’s ankles and blesses the student. ‘Salangai Pooja’ (worshipping the anklets) is part of Bharatanatyam tradition and is the first time the student performs on stage. It motivates the student to intensify her commitment to the art form.

Uma Baratha Nrithyam Dance Academy organised Salangai Poojai for 13 of its students at the Town Hall. **Guru Uma Thevi Sivabalan** said that the students must have undergone about two to three years training and must be competent before being allowed to perform Salangai Poojai.

Uma had six years training under renowned bharatanatyam artiste **Padma Bushan Dr Padma Subramaniam** in Chennai, India. For Indian classical dance and music, the credibility of the teachers are judged by their gurus and is known as ‘guru parambarai’ or lineage of teachers. As a student of Dr Padma, Uma commands respect. The academy has conducted 60 Salangai Poojais and currently 80 students are being trained.

In Bharatanatyam ‘Bha’ is Bhavam (expression), ‘Ra’ is Ragam (music), ‘Tha’ is Thalam (beat or rhythm) and Natyam (dance) in Tamil.

There was a live orchestra comprising of a vocalist accompanied by instrumentalists playing the violin, flute, mirudangam (drum) and the nattuvanar who is considered as the conductor of the entire programme.

When asked why he wanted his daughter to learn Bharatanatyam, **F. Vije**, father of **S.F. Jeannifer** said his daughter was given a choice to choose between Indian classical dance and ballet dancing. She herself chose Indian classical dance and has been an exemplary student ever since. Jeannifer who is now ten years old, started dancing at the age of seven.

Most of the Tamil movies of the forties and fifties have Bharatanatyam dances performed by professional dancers. Popular actresses like Padmini and Vaijayanthi Mala started their careers as Bharatanatyam dancers. By seeing these dances the students can pick up some useful techniques.

A. Jeyaraj

Announcement

RESIDENTS' ASSOCIATION GRANT

Residents' Associations (RAs) in Perak can apply for the RM10,000 grant approved during Budget 2017.

So far less than 50 out of the 200 registered RAs in Perak have applied for the grant.

A sum of RM40 million was allocated during Budget 2017. The money is to be given as grants to RAs. The purpose is to improve safety and promote harmonious activities within the community.

Applications for the grant should be made through the Perak Registrar of Societies (RoS) at this address:

**Jabatan Pendaftaran Pertubuhan Malaysia Negeri Perak Aras 4,
Kompleks Kementerian Dalam Negeri,
Persiaran Meru Utama, Bandar Meru Raya,
30020 Ipoh, Perak.**

Download the application form from the RoS website (www.ros.gov.my) or its official portal system eROSES (www.eroses.gov.my). You can also get the form from the RoS counter.

Fill the form and submit it to the Perak RoS before **July 31**.

For enquiries, please call: Theresa Rose Edward/Nor Azliza Osman/Nur Aimi Abdul Razak/Siti Zubaidah Sulaiman at **05 528 8445** or **05 528 8446**.

Health and Fitness

by Suraya Eland Yusoff

Choose Fitness Not Fat

Recent obesity statistics have rung alarm bells in Malaysia of late. We are now being known as Asia's fatties, with heavyweights making up close to half of the population. Obesity has skyrocketed within the past 15-20 years. Lifestyles are just becoming overly-sedentary. Diabetes is on the rise and cholesterol levels have spiked. Along with these issues, come the hidden ills of depression and stress. But all is not lost if we mend our ways.

Suraya Eland Yusoff an ACHPER Certified Instructor of Australian/Malaysian heritage, and Founder of Ipoh's premier gym, **Sculpt Fitness**, believes that with more educated choices, things can change. From graduating as a Designer, to becoming a mother and housewife, to blooming into successful entrepreneur, she believes that with determination, anything can be possible. We need to be constantly learning and improving ourselves. "Both of my parents were diagnosed with cancer, and both went on to overcome their situation and to lead healthy, fruitful lives. Till today, my Dad is up at 5am for his Power Walks!" Combined with better food choices and reduced calorie intake, exercise has a long list of health and psychological benefits that make it an essential activity.

"You can start out with improving your daily lifestyle. Walk around whilst on the phone, use the staircase more, play outdoors with your pet/grandchild...and the list goes on. Positive changes can be made to your diet without being extreme. If you love



Suraya

coffee, maybe switch over to skim milk, and cut the sugar. With regards to carbs, consider switching over to whole grain pasta, and brown rice. Ultimately it's about making healthier choices within the parameters of your own life," enthused Suraya.

The results can be amazing as evidenced by Suraya's healthier lifestyle, and her desire to change people's lives for the better was what ultimately paved the way for Sculpt Fitness.

"We do not stop exercising because we get old, we get old because we stop exercising," says Dr Kenneth Cooper. This is the absolute truth. Keep moving. However in Malaysia, it can be insanely challenging to stick to a disciplined exercise programme outdoors when the weather can range from being scorchingly hot, to sopping wet, and that's not even taking into consideration our annual haze woes. This is where gyms come into the picture.

Creating a centre which was big enough to be well-equipped, but not so big that it would become impersonal and commercial, with a dedicated team of enthusiastic instructors to guide the way became Suraya's goal. Thus was born **Sculpt Fitness**, an attractive stand-alone boutique style gym which houses Perak's broadest range of group fitness classes which range from TRX, Piloxing, Yoga, Pilates, Zumba, Cardiodance, KPOP, FIT HIIT, Tabata, BnG, Spinning, Tone Zone and more. Variety is the key, prompting members to love what they do! A fully equipped gym graces the ground floor, whilst three generous studios dominate the upstairs. Ample private parking is available within the grounds.

"Banish the excuses and make fitness the best part of your life! If we all did the things we are capable of doing, we would literally astound ourselves" admonishes Suraya.

Currently Sculpt Fitness is having a **Raya Promo Package**, "**A Gift of Health is a Gift of Love**".

And for those who want to shape up fast "**The 6 Week Challenge**", is an intense result-oriented programme which will be launched on the July 3.

Sculpt Fitness

No. 4, Lebuhraya, 30350 Ipoh, Perak.
www.sculptfitness.com.my. Tel.: 05 254 6232

Young Perak

Fairview Honours Day

Running on the theme, "Together We Can Make a Difference", the third Honours Day of Fairview International School Ipoh (FISI) unfolded in splendour on Saturday, June 17 at their newly-renovated multi-purpose hall.

It is one of the most anticipated events of the year, as it brings together amazing performances, and recognition of academic excellence and achievements. Parents smiled affectionately as their children were awarded in the following categories: Outstanding Effort, Global Effort, Gifted and Talented and Top Scholar.

For the young students, the event marked an interesting transition in their lives. They closed the door on their lower year level and opened a new chapter in



higher learning.

The ceremony commenced with a welcoming speech by Head of Campus, **Natalya Krassilnikova**. She introduced the school's new 21st century learning – International Baccalaureate (IB) programme – where parents would be part of the programme.

She said, through the programme, students are not just assessed via traditional examinations but are monitored and encouraged through progressive assessments, including emphasis on co-curricular activities and fine arts.

Apart from concerts, the students performed a ceremony specifically for their elders and teachers. The ceremony, dubbed 'Xie Shi', is steeped in Chinese tradition. It is a ritual to thank both parents and teachers for their sacrifices.

Dressed in traditional attire, students bowed down and presented tea in cups symbolising respect and gratitude to their parents and teachers. Principal **Professor R. Gopinathan** was gesturing with a ruler and gave his blessing, signifying the authority of the elders.

The Principal acknowledged that FISI was the first school in Perak to be awarded the World IB School status by the IB Organisation. This was the highlight of the evening.

"We've had many enquiries from parents, wanting to enrol their kids, as we're the only truly certified IB school in the state. The IB programme is a concept-based inquiry-driven curriculum incorporating the UK National Curriculum," he said.

The joyful occasion ended with a concert performance by students.

Nabilah Hamudin

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.

Water Park Affected by "Puasa" Timing

On May 30, I brought my kids to the playground at Taman Bulatan Aman Jaya. We were there at around 4.30pm. I asked the security personnel on duty what time does the water park there operate, he told me 4.45pm to 7pm, and 8pm to 10pm. I asked if there were any morning sessions and he said during normal time there is one session from 10am to 12pm. But since it is *puasa* month, nobody would come in the morning and they actually suspended the morning session.

I felt very angry and offended by the security personnel. The park is a public park and open to EVERYBODY regardless of race. By suspending the morning session they are denying kids from other races from enjoying the water park there. And as it was the school holidays, parents could have brought their kids to the park in the morning. I did not question or raise the issue with the security personnel, as I know he is just doing his job and following instructions. But I hope Ipoh Echo could raise this issue to the relevant authority.

I think RACE or RELIGIOUS practice should not be related to open public areas, like in this case a public outdoor water park. This public water park is open to EVERYBODY.

Wilson

Remembering Fallen Heroes

Every year the historic event, Remembrance Day, is held at Ipoh cenotaph and at Kem Syed Putra, Tambun. It is no exception this year. The events are being supported by the army, police, and Commonwealth countries such as Great Britain, Australia, New Zealand, Nepal and India.

On June 9, invited guests from Malaysia and foreign dignitaries gathered at the Ipoh cenotaph at 10am, to commemorate the historic event. This year's guest of honour was ACP Razali Ibrahim, representing the Perak police chief.

Memorial verse recital was held after representatives laid the wreaths. Speeches were delivered by Dato' R. Thambipillay, the founder of the Warriors' Association Malaysia and its President, R. Jeyasingam.

They then adjourned to the Royal Ipoh Club to watch choir performances by students of Wesley Methodist School International and St Michael Institution. A representative from the British High Commission delivered her speech. Lunch followed soon after.

On June 10, the memorial service for the fallen Gurkhas was held at Kem Syed Putra, Tambun. The Ambassador of Nepal, Dr Niranjana Man Singh Bascyat played host.

This annual Remembrance Day service is a good way to honour soldiers and those who gave their lives in the defence of our beloved country.

K. Letchimanan

MBI Round-up

Nabilah Hamudin

Full-board Meeting

The monthly Council full-board meeting was held on Wednesday, June 21 at the designated conference hall.

In his welcoming speech, Mayor Dato' Zamri Man announced that Perak has been proclaimed the second cleanest state in the country. He attributed this achievement to the MB's effort in making Perak a clean state via his ongoing cleanliness campaign.

In view of Malaysia Games 2018, which will be hosted by the state in August, Zamri called on all Ipohites to ensure a clean Ipoh. This will bode well with visitors and athletes who will make Ipoh their home for the duration of the Games.

Ipoh City Council is working closely with other local authorities to ensure Perak remains clean. The Council has embarked on a tree-planting programme to enhance the beauty of the city. The mayor requested that the private sector chip in to help.



Spying on Litter Bugs

The Council, according to Zamri, has set up a team to 'spy' on litterbugs, especially the hardcore offenders.

"Team members carry an authorisation card and are empowered to arrest those caught littering. They'll be issued compounds too."

"We've launched 'Op Buru Sampah' to curb the problem of littering and illegal dumping. The hotspots have been identified," he said.

The problem, said the mayor, is caused by irresponsible contractors engaged by individuals and companies to dispose rubbish. They would dump the rubbish at a spot they feel is convenient," he said.

The Council feels that the current compound limit of RM500 is no deterrent to offenders, as the sum is too little.

"Therefore, there is a need to raise the amount," said the mayor.

Hari Raya Gathering



Some 2,500 Council staff attended the Council's annual hari raya gathering held at the Ipoh Town Hall on Thursday, June 22.

The event, although held within the fasting month of Ramadan, was organised to allow staff to enjoy the spirit of Hari Raya minus the food and drinks. It was aimed at strengthening the bond between officers and men in view of the auspicious occasion.

The Council's musical cum dance troupe, Gema Warisan Budaya, kept the *raya* mood alive with their songs and dances.

The eventful occasion ended with Zamri giving away *raya* cookies to all and sundry.



Education

Form 6 Society Blood Donation Campaign

Seri Keledang Secondary School, Menglembu Form 6 Society organised their Annual Blood Donation Campaign on the June 21 at the school hall. This year's campaign aimed to celebrate the many reasons their teachers and students donate blood to save lives.

It was a collaboration with Hospital Raja Permaisuri Bainun, Ipoh with 59 donors who donated blood to those in need. According to Principal Mr Sit Wai Yin, this event showed that this school's teachers and students played their part to save lives this fasting month as well as helped the hospital to increase their supply of blood for emergency cases. It is also part of their education to inculcate a caring society concept into this school's mission. The event was attended by Mr Ng Ah Chye, PTA Chairman and his PTA committee members.



Medical Equipment for Hospital



A simple ceremony, held at the Ipoh General Hospital (Hospital Raja Permaisuri Bainun) on Wednesday, June 7, saw Tenby Schools Ipoh Interact Club presenting medical equipment worth RM30,000 as part of its initiative to fight cancer in children.

Funds to purchase the equipment were raised during a charity dinner held in collaboration with the Rotary Club of Greentown Ipoh in March.

The equipment, purchased from B. Braun, the world's leading provider and manufacture of healthcare solutions, will allow for a safer infusion of chemo drugs to children.

"We from the pediatric department are truly grateful to students and parents of Tenby Schools Ipoh and the Rotary Club of Greentown Ipoh for making an effort to help children who suffer from cancer," said **Dr Aisyah Rivaii**, the head of oncology.

Present to witness the presentation were **Praenaay Bharadwaj**, president of Tenby Schools Interact Club, **Julia Halsperger** and **Khor Wan Wei**, organising chairpersons, **Bernie Victor** and **Siti Mariam**, teacher advisors.

Representing Rotary Club of Greentown Ipoh was its president, **Joe Anbalagan**.

Mei Kuan

Personality

Nur Amisha, A Muay Thai Boxer

Bullying was the reason why **Nur Amisha Azril Rizal** took up Muay Thai (Thai-boxing). She excelled in the sport and went on to win a gold medal at the Muay Thai World Junior Championship in Bangkok last year.

"I was a victim of bullying when I was in Year One. I had to learn something to defend myself," said the 15-year-old girl, also known as Amisha.

Today, she is an accomplished Muay Thai boxer when she defeated Thailand's Phin Pong Ratchada, the World Number 1, in the championship.

"It's not just about medals. I've won many Muay Thai championships since I was eight. Those who bullied me now respect me. I'm no pushover. That's what I want – respect," said the student of SMK Gunung Rapat, Ipoh.

Her keenness to become a Muay Thai exponent is acknowledged by her father, **Azril Rizal**, who doubles as her manager. Azril manages the **Ipoh Muay Thai Academy at Polo Ground**.

Amisha is a familiar face at the academy, which was opened in 2011. "I felt sad when my father wanted to train my youngest brother, initially. I was so eager to be in the ring when I saw trainees sparring and persuaded my father to give me a chance," she said.

Azril gave in. He bought her gloves and she began training seriously.

Amisha trains under **Bernard Radin**, 44, an Iban whose ring name is "Head Hunter". He is the chief coach of the national Muay Thai team for Sea Games 2017.

Bernard knew she had talent after seeing her sparring. He sought her father's permission to take her under his wing. Since then, the gym has become Amisha's second home. She trains after school.

It didn't take long before she started winning competitions. This included national school-level titles, which made her eligible to represent Malaysia in Bangkok last year.



She has achieved many things, but after being diagnosed with vertigo when she was 12, she had to stop training for a year. Recalling that dark episode, she said: "I still went to the gym to see my friends train. It was the saddest moment in my life. Watching them train and not being able to participate was heartbreaking. I could only sit and watch, as my condition affected my balance," she recalled.

After her recovery she was back in the ring. "It's tough. I felt I had to start all over again."

Amisha's achievements have inspired many of her friends and other young women to take up Muay

Thai.

"I welcome anybody who wants to join, but it's important to have your parents' blessing because of the training schedule. My friends are proud of what I've achieved. Some of them feel threatened by my success, but I'm sure they'll get over it and be happy for me," she said with a smile.

Amisha, who aspires to become a police officer, will sit for her PT3 examination this year.

"Dividing my time between training and studying is challenging indeed. But I can do it because discipline is key to becoming successful in the sport. I've no trouble juggling the two," she remarked.

Amisha is preparing for the Malaysian Muay Thai Championship in July and plans on retaining her title at the junior world tournament to be held in Bangkok from August 3 to 11.

Ipoh Echo wishes her the very best.

Nabilah Hamudin

HAPPENINGS

Announcements must be sent by fax: **05 543 9411**; 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.

Orchid Fest – Competition & Promotion, July 1-9, 9am-9pm at Tesco Extra Bercham, Ipoh. Organised by Ipoh Orchid Society. The public who wish to take part in the orchid competition should register their plants between 9am to 12pm on July 2. Attractive cash prizes will be given away. Besides orchids, fruit trees, ornamental plants, herbs, bonsai, air plants and wooden craftwork will be on sale. Growers come from different states in Malaysia. Open to the public. Free admission.

Blood Donation Campaign in conjunction with the bicentennial celebration of the birth of Bahá'u'lláh – the prophet founder of the Baha'í faith (1817-2017). Sunday **July 2**, 8am-1pm at Baha'í Centre, 26 Persiaran Bercham Selatan 19, Taman Bercham Jaya, Ipoh. Contact: Mr Pandian **012 710 1844** or Mr Dharmananda **011 2654 6304**.

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>.

Michaelian Talente 2017, July 7 to 9 (Friday to Sunday), 7.45pm at SMI Main Hall. Presented by St Michael's Institution (SMI) Ipoh. For details, call: **05 254 0418** (during office hours). Email: michaeliantalente@gmail.com.

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.checkpointssport.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**.

Sharpened Word July Happening, OPEN MIC Storytelling Session – a public event open to one and all. Theme: Childhood Memories, Saturday **July 15**, 2pm-5pm at Old Andersonians' Club, Ipoh. For details and registration, visit Facebook: www.facebook.com/sharpenedword.kinta.

13th Malaysia Festival of the Mind (Perak), July 15 & 16, 10am to 5pm at Dewan Tun Dr Ling Liong Sik, UTAR Kampar Campus, Jalan Universiti, Bandar Barat, 31900 Kampar, Perak. The Festival will feature exhibitions, workshops, demonstrations, consultation on mind related matters, games and public talks by local and international speakers. Visitors also stand a chance to win attractive prizes from the lucky draw. Admission to all talks and workshops is on a first-come-first-served basis. The Festival is open to the public and admission is free. For enquiries, contact Mr Faizul Ahmad (Kampar Campus) at **05 468 8888 ext 2550**. For more information, visit www.utar.edu.my/mmlm/.

Lahat Road YMCA will be hosting IDEAS on Saturday **July 15**, 3pm at 15 Clarke St, 15 Jalan Sultan Abdul Jalil, Ipoh. The invited speaker will be Dato' Dr Amar Singh a consultant paediatrician. His talk will be on "Working with Children in a Medical Context" and "Birds, Photography and Appreciating Nature" which is his other passion and hobby. IDEAS is a monthly event for youths and young adults

modelled around the famous TED series. Contact: Mr Terry **05 241 3130**. Twitter: [@ymca_lahatroad](https://twitter.com/ymca_lahatroad). Website: www.ymca-lahatroad.org.

SMK Anderson Charity School Play: 'Tengu And The Uchiwa Boy', July 22 (Saturday, 7.45pm) and **23** (Sunday, 3pm) at SMK Anderson, Ipoh. Organised by the Japanese Language Club. Performed in English with live ensemble and choir. Tickets: RM20 and RM50 (front row). For enquiries, contact: **012 458 6117**.

"Since 1907" Food and Culture Fair, July 27, 5pm to 7pm at the new Ipoh Convention Centre (next to MBI building) by Perak Chinese Chamber of Commerce and Industry (PCCCI). With a portion of its proceeds contributed to charity, tokens for spending will be sold. Visitors are encouraged to come dressed in clothes of the era. For enquiries, call PCCCI office at **05 242 1366**.

MAPEX Perak 2017, July 28 to 30, 10am-10pm at Ipoh Parade. Official launch on July 28. Showcasing 47 booths with exhibitors from other states. Also exhibiting BUMI MAPEX with special offers or packages for Bumiputera units. There will be informative talks, interesting performances and programmes.

'Rhythms of The Rainbow' featuring Akash 4 (Asia's Top World Fusion Music Band). **August 6**, 7.30pm (light refreshment) at the Ballroom, Syeun Hotel Ipoh. Presented by Ipoh Fine Arts Society. For the benefit of Persatuan Pembangunan Pendidikan Kanak-Kanak Istimewa Ipoh. For further details, contact: **012 519 3004**, **016 527 2959** or **016 532 1087**.

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/>.

Yuan Shi Dian Workshop (in Chinese), September 9 and 10, 8.30am-5.30pm at Ipoh Amitabha Buddhist Association. Collection: RM40 per person (for books, CDs, 2 lunches, 2 afternoon tea breaks, rental of venue and miscellaneous expenses). Contact: Irene Yip **012 529 1993**.

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

The Dementia Day-care Centre is open daily from 9am till 5pm. The centre also holds support group meetings every 2nd Saturday and Monday of each month. All carers who have loved ones with dementia and others are welcome to attend. These are sharing sessions. 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.



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Sport

Tan Sri Lee Loy Seng Badminton Complex

A huge 10-court badminton complex was launched on Tuesday, June 20 at YMCA Ipoh.

The guest of honour was **Dato' Dr Mah Hang Soon**, the Executive Councillor for Health, Public Transport, Non-Islamic Affairs, National Integration and New Villages. Present were **Tan Sri Lee Oi Hian**, chief executive officer of Kuala Lumpur Kepong Berhad, **Dato' Daniel Tay**, president YMCA Ipoh, **Puan Sri Dato' Sandra Lee** and **Datin Lim Soo Lee**.

"YMCA Ipoh, in a way, was a pioneer for Perak Badminton Association which started here. If you refer to Ho Tak Ming's book, 'Ipoh When Tin Was King', they organised the first championship in Perak state here in 1930. The following year the Perak Badminton Association was formed. The president then was John L. Woods who went on to become the first president of the Badminton Association of Malaya. Taking the cue from here, you can see the major role played by YMCA Ipoh in generating interest for the game in our country," Mah said.

Between 1930s and 1940s, there were many championship cups, mostly donated by mining tycoons. Together with the efforts of YMCA Ipoh, it had contributed to Malaya winning the Thomas Cup in 1949.

"The Lee family had played a very significant role. The late **Tan Sri Lee Loy Seng** was an Ipoh municipal councillor when YMCA Ipoh's involvement in badminton was in its infancy. The family has donated kindly to this badminton complex, hence it has been named after him," Mah added. The ground-breaking ceremony in 2015 was officiated by Mah himself.

"I must congratulate Dato' Daniel Tay and his committee for coming up with two brilliant projects for the betterment of our city. One is a hostel and the other, this badminton



complex. Sports is a unifying activity. I hope YMCA Ipoh will continue with their sporting events to instil *muhibah* (goodwill) in the city," said Tan Sri Lee Oi Hian.

Worth over RM2 million, the complex has been operating for the last two months with encouraging response. RM1,700,000 has been raised so far. There is still a shortfall of over RM300,000. Those who wish to **donate** can call **05 254 0809** and ask for **Michael Thong or Vicky Law**.

Donors who have contributed more than RM30,000 will have the courts named after them.

At any one time, two courts will be allocated for public use.

There will be no charge for people with special needs and occasions who write in to YMCA Ipoh. Students below the age of 18 get to play from Mondays to Fridays between 9am and 5pm. Rate is RM10 per hour.

Court rental price for walk-ins:

Mondays to Fridays: RM12 per hour from 9am to 5pm and RM18 per hour from 5pm to 11pm.

Weekend: RM18 per hour from 9am to 11pm.

The complex is located at 211, Jalan Raja Musa Aziz (Anderson Road), 30300 Ipoh, Perak. For bookings and enquiries call 011 5133 6636.

Mei Kuan