

# IPOH RAILWAY STATION: ON THE RIGHT TRACK?

By Nabilah Hamudin and Tan Mei Kuan  
Pics by Luqman Hakim

The Electric Train Service (ETS) Ipoh-Kuala Lumpur has become very popular. This makes the Ipoh Railway Station crowded and busy every day. According to Keretapi Tanah Melayu Berhad (KTMB), Ipoh Railway Station is the second busiest station in the country, after KL Sentral. On an average, 3500 to 4000 people travel to Ipoh by train daily.

With the increase in passenger traffic, has the quality of the service improved proportionately? Is it true that many of those using the service faced unpleasant experiences each time they use the train? Or are these the ramblings of some disgruntled passengers who are at odds with KTMB?

In this issue, Ipoh Echo examines the facilities and services provided at the Ipoh Railway Station.

*Continued on page 2*



Insufficient seats at waiting area



Escalator



Passengers alighting from the train



# Facilities and Services of Railway Station

## Insights into Commuter Experience

Ipoh Echo spoke to regular commuters, from all walks of life, to obtain their thoughts about the facilities and services available at the Ipoh station. Most of their complaints, however, revolve around train punctuality and reliability.

"I am a regular traveller and commute between Ipoh and KL almost every weekend and sometimes on weekdays since ETS was introduced in 2010. As an Ipohite, working in KL and having a house in Ipoh, the service was a blessing. We can now travel without the hassle of driving and avoid the traffic jam, especially over weekends," Associate Professor Dr Richard Ng, the president of Ipoh City Watch said. Having taken both the morning and the night trains, he has seen the good and the bad of ETS and KTMB services.

"In the early days the ETS lived up to its slogan of 'On Time All Time'. Daily there were seven trips from KL to Ipoh and seven trips from Ipoh to KL. Additional trips were added during weekends and public holidays. Coaches were clean and services were excellent. Passengers were served by young stewards and stewardesses," he recalled.

Unfortunately, over time the services deteriorated. Punctuality was the main problem. On many occasions the ETS train does not arrive on time although it departs on time.

"The problem started in 2015 after five years in operation. Coaches used were not maintained properly and no new coaches were added except for the new Intercity ETS connecting Padang Besar to Seremban. The trains very often experience engine failure midway which sometimes can take between 30 minutes to 2 hours," Richard said.

Pui San, a 26-year-old Ipohite who also commutes weekly between Ipoh and Kuala Lumpur since 2010, shares Richard's sentiments. During Chinese New Year, she was stuck mid-way for three hours as the train ran out of electricity. The passengers were told of the problem after an agonising hour of uncertainty. With all the passengers still inside, the train needed to be pulled to the nearest charging station. However, there were other stalled trains and the queue was long. The festive food she brought home turned putrid in the stifling heat.

Kate Aw, 26, who works in Kuala Lumpur makes it a point to return to Ipoh at least once a month. She opts for the 5.05am train from Ipoh to KL. "Last month, my train was delayed without any warning or prior notice. When we asked the staff at the counter, they had no idea too. It was really frustrating. Next, when I made a complaint to the relevant authorities via email, I only got a very general reply one week later," Kate lamented.

"The worst part is that ETS staff are not trained in crisis management. For example, in one of the 7pm trips I took from KL Sentral, which normally arrives in Ipoh at 9.20pm, reached Ipoh well past midnight. It was due to power failure at Batang Kali. None of us were told what was happening and how long we had to wait. The ETS staff hid in the cockpit to avoid us. After waiting for over an hour, we decided to hop onto an oncoming ETS. Space was limited so we had to cramp into the limited coaches and stood throughout the journey. No apology was forthcoming from KTMB," said Richard.

"I recall another incident when an ETS train rammed into an oncoming train at Batang Kali. Passengers, including senior citizens, were made to walk down the embankment with their luggage. It's unbecoming," he decried.

Other issues relate to a ticketing system that is down frequently, dirty toilets, non-functioning escalator, traffic jam, insufficient benches in the waiting hall, stuffy waiting area, especially in the afternoon, and a lack of pick-up space.

An Ipohite who wished to remain anonymous said, "Once, the ticketing system was



Associate Professor Dr Richard Ng



Pui San



Litter spotted at the station

down so I couldn't buy my ticket online. Even the digital numbering system was not working. We had to queue and the line stretched to the station entrance."

"During heavy downpour, we noticed water dripping from the ceiling and this problem has persisted for many months now. Pails were placed to collect the rainwater. During peak periods, over 300 people would crowd the station, which has seats for only 50 people. The air conditioners need to be changed, as they have broken down for many months now. Five fans are being installed temporarily. This is grossly insufficient," Richard highlighted.



Kate Aw

Pui San suggests that ATM machines be made available. "There's only a cafe, a newsstand and a waffle/sweet corn stall. Shouldn't there be shops selling our iconic Ipoh food?" she opined.

Hector Netto, a retired Ipohite said, "While waiting at the railway station for my brother, I wanted to use the gents. I had to pay 30 sen to enter. The toilet was smelly and not clean. In contrast, the toilets in KL Sentral are well-maintained and are free."

There is a subway connecting the Buntong side to the railway station in the form of an underground walkway. Not many are aware of this back entrance located near a temple. "I heard it from my neighbour. It's faster to get to the train station compared to the front entrance, as I stay in Taman Merdeka. Parking space is plentiful, as there are only a few cars parked whenever I'm there," Pui San told Ipoh Echo.

"A security guard should be stationed at the back entrance for safety. I doubt anyone will hear you if you shout for help when in the tunnel," she exclaimed. When Ipoh Echo checked out the subway recently, we spotted a vagrant begging at the entrance. The walkway was dimly lit with only a single CCTV camera fixed on one end of the entrance. We wonder whether it is working.

## What Do the Authorities Say?

In order to get a better perspective of the complaints by passengers, Ipoh Echo spoke to KTMB's Head of Corporate Communication, Ridhwan Arshad.

According to Ridhwan, KTMB is now upgrading its e-ticketing system for ETS in order to better serve the passengers.

"We're now in the midst of upgrading our online ticketing system and it's 70 per cent completed. The new sophisticated system is expected to be operational in September.

He added that the Prime Minister has ordered KTMB to resolve the numerous complaints regarding the faulty ETS online ticketing system.

"We admit that our old system is problematic, user-unfriendly and sometimes inaccessible but, the problem had arisen due to the significant increase of online transactions. The existing Internet capacity can't accommodate the increasing traffic.



Traffic congestion



Lack of pick-up space

Continued on page 6





By Fathol Zaman Bukhari

# HOW IRRESPONSIBLE CAN YOU BE?

*Points are deducted when an offence is committed, the amount is contingent upon the severity of the infringement*

I chanced upon this piece of news in The Star recently and it almost knocked me out. A former salesman had 102 unpaid traffic summons collected over a ten-year period. He was flagged down by traffic policemen for stopping in a yellow box during an operation to nab traffic offenders in Georgetown, Penang recently. And that was how his carefree days came to an abrupt end.

The guy had amassed compounds amounting to RM5000, in all. The policeman issuing the back-dated summons using a hand-held printer ran out of paper and had to use a fresh roll. It may sound funny but it just goes to show how irresponsible some Malaysians are. And this I feel is just the tip of the iceberg. There are many out there who have unsettled summons in their names.

The former salesman told reporters, present during the blitz, that he had many more compound tickets dating back to 2007 and beyond. He had been trying to settle them since six years ago by paying one at a time. He was advised to settle the heftier fines first, especially those issued when he ran red lights, talking on his mobile phone and not wearing seat belt when driving. The eventual amount may exceed the RM5000 estimated earlier.

I have been called a slow and over-cautious driver. My wife would take a snooze whenever we travel outstation. But she would be wide awake when her son is at the wheel. She would hold onto the dashboard, muttering some incomprehensible gibberish, when she is in her son's car.

Youngsters have a way with cars, the faster and flashier the better. I think this is a universally-acquired habit prevalent among kids, and our fortysomething son is no exception. He does the Ipoh-KL route under two hours when it takes me almost three. He is a fast driver but a safe one, I must say. Nevertheless, we are always alert and awake whenever we are in his car. "Sam, remember your wife and daughter," warned his mother before we get into his dark-blue diesel-powered 3.5-litre Bimmer (BMW).

Incidentally, our daughter-in-law shares her husband's passion for speed and fast cars. But she is pretty sober when her in-laws are in her souped-up Honda Insight, a 1.5 hybrid with enough power under the bonnet to tear down the road.

The authorities are coming down hard on speed fiends and those who flaunt traffic regulations at will. The Road and Transport Department (RTD) will implement the Automated Awareness Safety System fully by year's end. Effective April 15 only offences involving speeding and beating the red light are given demerit points. Fourteen Automated Enforcement Systems (AES) cameras are installed nationwide. The cameras



are to monitor and 'capture' traffic offenders. All drivers are given 20 points.

The points are deducted when an offence is committed, the amount is contingent upon the severity of the infringement. Once you lose all 20 points your driving licence would be revoked. Getting a new licence is a hassle you would not want to endure.

I was a little sceptical whether the department was serious in implementing the demerit system until I visited the Ipoh RTD office recently. I was there to renew my car's road tax and was pleasantly surprised by this new requirement. All applicants are required to produce their identity cards (MyCard) for scanning.

The reason, according to the counter clerk, is to determine whether an applicant has any outstanding compounds or has committed a traffic offence captured on any of the 14 AES cameras.

The guy ahead of me had 10 compounds for breaching the 110-kph speed limit along Plus Expressway. He had no choice but to pay the fines before he could renew his car's road tax. Luckily, I had none but it gave me a scare,

nonetheless. The department is serious about making the much-touted demerit system works, and that is commendable. The Transport Ministry had wanted to implement it in the past but had either shelved or postponed it for some unknown reasons.

The RTD, in spite of its widely-publicised action, is in the news again. Its deputy director-general, Datuk Yusoff Ayob, was booked for driving on the emergency lane along a Putrajaya highway last year. On Tuesday, July 18, he sent his aide to represent him when his case was up for mention at the magistrate court. Instead of citing him for contempt, the court fined him RM600, in absentia.

This is utter nonsense considering Yusoff's position as the department's deputy head. What was he trying to prove? How irresponsible could he be? Had it been you or I, we would end up in the slammer. But there again this is Malaysia, the 'Land of Endless Possibilities'. I rest my case.

## EYE HEALTH — Is It That Medication? - Part 2

**Ipoh Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about more on MEDICATION THAT CAN AFFECT THE EYES.**



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

Some medication may result in side effects including eye-related ones. In some instances the side-effects significantly cause distress. It all depends on the type of medication and the duration of use. In this second part, Dr Gill speaks to us more about some medication that may cause eye side effects.

### Corticosteroids

Glaucoma and cataracts are the two commonest side-effects of long-term use of corticosteroid medication. Corticosteroids is a commonly used medication to treat a variety of illnesses ranging from bronchial asthma, certain skin diseases, joint problems and even some eye conditions, as well. It is also used for *hormone replacement therapy* (HRT). This may be given orally, injected, inhaled, given as eye drops or applied directly to affected areas of skin. Topical and oral corticosteroids have also been found to cause glaucoma. People who are taking corticosteroids for extended periods should have their eyes checked from time to time.



### Accutane

This is a medication used to treat acne (pimples). It is known to cause dryness of mucous membranes in our body and also the eyes. When someone develops dry eye symptoms, they may complain of redness, a burning sensation, and even blurred vision at times. Accutane may also lead to temporary visual disturbances and trouble with night vision for some people. When starting on Accutane, your doctor will often inform you on these potential side-effects.

### Minocycline

This drug is also used to treat acne and another skin condition called rosacea. It is similar to the oral antibiotic called *tetracycline*. It may cause a side-effect resulting in a blue-grey or brownish pigmentation of the white of the eye (sclera). This pigmentation may be more in areas exposed to sunlight. Discontinuation of this drug reverses the pigmentation that it causes.

### Amitriptyline

Amitriptyline is an effective tricyclic antidepressant. Dry eye effect is common in patients on this antidepressant. Additionally, it has an effect on accommodation of the eyes, resulting in difficulty with near reading and sometimes distant vision too. This medication may also have a risk for causing a type of glaucoma called "Angle Closure Glaucoma", particularly in persons who are at risk for this kind of glaucoma. Thankfully, most people who suffer from glaucoma have "open angle" glaucoma and not the angle closure glaucoma variety and so are spared from this side-effect.

In conclusion, every medication may have side effects but the decision on whether you need it is BEST DECIDED by your physician after weighing the benefits against the side effects. Also, NOT every person will develop side-effects! Should you need to see a doctor for any ailment, you must inform him of all the medication that you are taking. This will avoid unnecessary problems with drug interactions.



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# Do RTD officers escape prosecution for traffic offences?

At some point in our lives, we have all been stopped by officers from the Road Transport Department (RTD), or policemen manning a roadblock. Many of us complain about the delay, because these roadblocks create a backlog several miles long.

If you were one of those who were stopped for driving in the emergency lane (the hard shoulder of the highway), would your reasons for doing so be one of the following:

You wanted to avoid the traffic congestion.

You had to get to a toilet quickly, as you had a vinaloo the previous night. Or you had too much drink before your journey.

You were unaware that no one could drive on the emergency lane.

There were too many broken down vehicles and you wanted to avoid them, to get to your destination quickly.

The focus has always been on the ordinary road-user; but have you ever wondered what happens to the RTD officers and policemen who are caught speeding, or jumping red lights or are guilty of other traffic offences?

On October 7, 2016, the Road Transport Department (RTD) deputy director-general, Yusoff Ayob, was filmed in his car, number plate BLY68, driving on the emergency lane of Lingkar Putrajaya.

When his case, finally came to court, in July 2017, he pleaded guilty to the charge of violating Rule 53(1) of the Road Traffic Rules 1959. This offence is punishable under Section 119 (2) of the Road Transport Act 1987, and it carries a maximum imprisonment of six months or fine of up to RM2000, or both, upon conviction.

As a senior RTD officer, he has brought his department into disrepute. He should have known better than to commit this serious crime, but when his case was brought to court, he sent a special officer, to plead guilty on his behalf.

How can this be allowed? Was the magistrate not aware of the position he holds in the RTD?

How can another person act as a proxy for the guilty party? What would happen if he had to go to jail?

The rich, or those who acquired their money through illegal means, could pay someone else to go to jail, on their behalf. Hasn't Yusoff committed another crime by this deception?

Why did Yusoff get a small fine and not face the full force of the law, especially as he holds a senior position in the RTD, the department which enforces traffic laws and other laws pertaining to traffic and vehicles.

In July 2016, several road users were charged in court for driving in the emergency lane at KM222 of the North-South Expressway (PLUS) around 5pm on May 22.

In that particular incident, a crash involving two motorcyclists occurred near the Pedas-Linggi rest and service area, at KM222 of the North-South Highway (PLUS).

Although the emergency services were summoned and an ambulance sped to the scene, it was unable to reach the victims in time, as the emergency lane had been blocked by 20 road-users. This was probably a contributory factor in the deaths of the victims.

The presiding magistrate, Nor Azizah Yusof, handed down sentences to all of the accused, who comprised 16 men and four women, whose ages ranged from 23 to 65. Six of them were fined RM1000, 11 were fined RM1500 and the remaining three were fined RM2000.

She warned them that the court had to take into account the public interest of not just the affected accident victims, but other road users. She said, "If you were not using the emergency lane, the help could be channeled immediately... In fact, vehicles involved in a crash can be removed quickly to avoid traffic congestion."

She appreciated the anger of the family members of the accident victims, who would have lamented the fact that the slow response of the emergency services was attributable to the selfish attitude of certain people.

Fast forward to 2017. What if there had been a crash on the Putrajaya highway and the RTD Deputy-DG had been filmed in the line-up of vehicles on the emergency lane, blocking the route of the ambulance, police or fire-fighters?

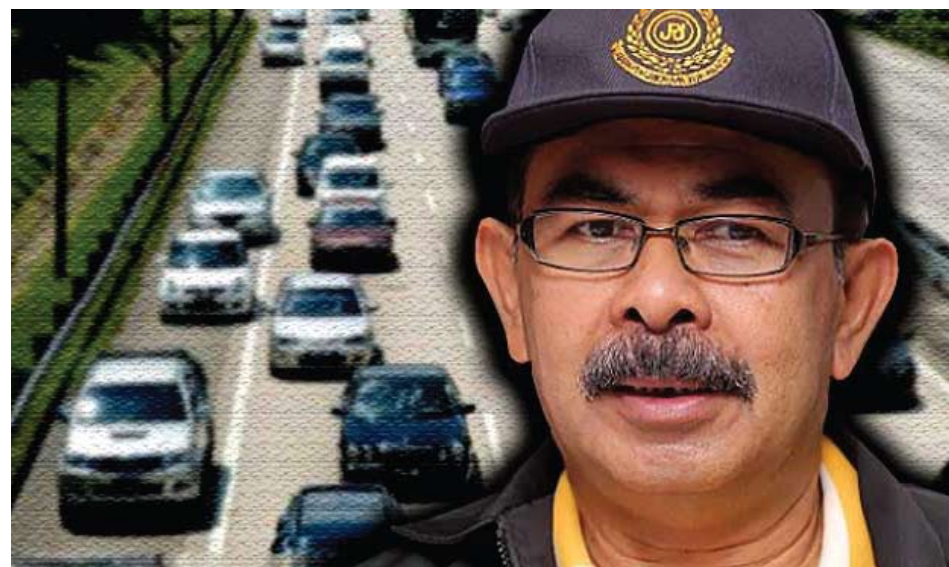
The twenty drivers from the Pedas-Linggi accident received fines of RM1000 to 2000, whilst Yusoff was only fined RM600.

Yusoff should do the honourable thing and resign, or he should be sacked by his superior. He should have penalty points put on his licence, be fined the maximum of RM2000 and face a jail term.

He dishonoured his department and if we are to educate road-users, then an example should be made of people in positions of responsibility who flout the traffic laws.

It would be interesting to know the percentage of RTD officers, or policemen, who are let off for their traffic violations. Are their slates wiped clean?

The Yusoff case seems to show that the courts are practising double standards.



## CHILD HEALTH

**Dr Shan Narayanan**  
Consultant General Paediatrician, Hospital Fatimah

## Physical Abuse of Children

Physical abuse of children is defined as non-accidental trauma or physical injury caused by punching, beating, kicking, biting, burning or otherwise harming a child.

Physical abuse is the most visible form of child maltreatment. In many occasions physical abuse results from inappropriate or excessive physical discipline.

The abuser, who may be a caregiver or parent, insists that their actions are merely to make children learn to behave, that is, discipline. However, there is a big difference between using physical punishment to discipline and physical abuse. The point of disciplining children is to teach them right from wrong, not to make them live in fear.

**In physical abuse, the following elements are present:**

- Using fear to control behaviour.  
Those who physically abuse believe their children need to fear them to behave.
- Unpredictability  
Children do not know what is going to set off their parents/caregiver. There are no clear rules to follow.
- Lashing out in anger  
Those who physically abuse lash out in anger and desire to control. The angrier the parent/caregiver, the more intense is the abuse.

**The following are risk factors for child abuse including physical abuse:**

- domestic violence
- alcohol and drug abuse by caregiver/parent
- parent/caregiver with mental illness
- lack of parenting skills
- parents/caregivers who lack support
- highly stressed parents/caregivers.

**The warning signs of physical abuse are:**

- Frequent injuries or unexplained bruises or cuts.
- Is always watchful and 'on alert', as if waiting for something bad to happen.
- Injuries appear to have a pattern such as marks from a hand or belt.
- Shies away from touch, flinches at sudden movements, or seems afraid to go home.
- Wears inappropriate clothing to cover up injuries.

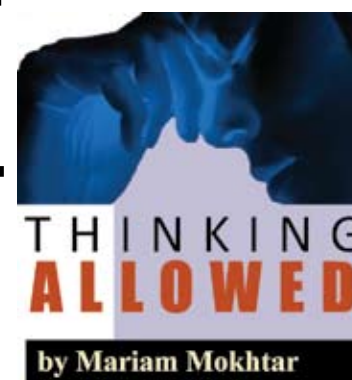
**Signs and symptoms of physical abuse are as follows:**

- Physical indicators that should raise suspicion for physical abuse include the following:
- Injury pattern inconsistent with the history provided.
- Multiple injuries/multiple types of injuries.
- Injuries at various stages of healing.
- Poor hygiene.
- Presence of injuries highly suggestive of abuse including loop marks; forced immersion burn pattern; and classic abusive head trauma findings of subdural hematoma, retina hemorrhage and skeletal injuries.

The child who is abused, requires medical care and/or surgical care depending on the injury. The Welfare Department is informed and a police report is made by the attending doctor. The health and welfare authorities work together to ensure safety of the child and look into ways to provide the families with support they may require. If there is evidence of foul play, the police will pursue legal action.

In my next article, I will focus on *Child Sexual Abuse* and preventing child abuse.

**For more information, call Dr Shan's clinic at Hospital Fatimah 05-546 1345 or email [shaniea02@gmail.com](mailto:shaniea02@gmail.com).**



Bruises inflicted by a belt





## Nosh News



## A gathering of Nosh News from the Echo team

### New at Indulgence

If yummilicious baked items are your thing, then head over to Indulgence on weekends for brunch, lunch or afternoon tea. A new **Bakery Table** has been launched at *Indulgence Restaurant and Living*.

Tuck into mouthwatering **Charcoal Brioche with black sesame** – RM9, or **Beetroot Milk Buns with red bean mochi** – RM10 and **Salted Egg Yolk Cheese Tarts** – RM7.50.

Available on Fridays, Saturdays and Sundays, the Bakery Table starts at 10am and will feature different items each time.

They have also started Surprise Platters for lunch on Wednesdays, Thursdays and Fridays from 12pm till 3pm.

**Indulgence Restaurant and Living**  
14 Jalan Raja DiHilir, 30350 Ipoh.  
Tel: 05 255 7051

SFCK



## High Tea @ Maharaj

Beginning July, *Maharaj Restaurant* is now offering original Indian chaats hailing from different regions of India for high tea from 3pm to 6pm. The items, mostly vegetarian, are priced at special rates too!

First on the menu is the crispy **pani puri** (RM6), stuffed with tomatoes, onions and potatoes to be drenched in sweet and spicy sauce or mint flavored water. Then, the morsel is enjoyed in one bite.



One can spice up the **plain samosa** (RM8), a fried snack with a savoury filling such as potato and peanuts, by opting for the **channa samosa** (RM9.90) which comes with chickpeas masala. You can also switch the vegetarian samosa for chicken or mutton.

"Everything including the sauce is homemade here while the spices are sourced from India. We have chefs from the different regions of India here with lots of experience hence our food has the

original touch. In the future, we will expand the high tea menu in tandem with the variety of tea snacks available in India," S.M. Murugan, the manager explained.

The next savoury snack on the menu is the **bhel puri** (RM6), made of puffed rice and vegetables. Other mouth-watering favourites include the **dai puri** (RM6), **pappadi chaat** (RM6) and **dai pappadi chaat** (RM6). Be sure to make the **madras bajji** (RM7), a starter made of deep fried shredded onion with chilli and coriander as part of your high tea experience.

"Our **masala tea** (RM4.50) and coffee go well with the high tea items. Starting August, we will offer the filter coffee," he said.

"Every Saturday, we offer a different biryani such as **chettinad chicken dhum biryani** for lunch and dinner. For Friday evenings, we have unique dishes. Thus, check out our Instagram and Facebook page to see what is in store for that week," the amiable Murugan added.

Maharaj is a title conferred upon the expert masterchefs who operated the Royal Kitchens of India. Such is the legacy behind the birth of the Maharaj restaurants, with a collection of recipes never before tasted in Malaysian soil, a tribute to those masterchefs who held dearly to the principle of quality and standards. Hence, we can now dine like a king!

With a capacity of over 200, the Ipoh branch is located along **36 Jalan Raja Dr Nazrin Shah (Jalan Gopeng), 30250 Ipoh**, on the site of the Shooting Club. Function and private rooms are available. For more info, call **05 243 2515**. **Pork-free.**

Mei Kuan



## Oohlala Otak Otak

"This has to be one of the best Otak Otak I've ever tasted," slurped SeeFoon our inimitable food critic, as she tucked into one of these delectable banana leaf packets.

Widely served across Asia especially in Malaysia, Indonesia, Thailand and Singapore, *Otak Otak* is fish meat mixed with a spiced paste served either steamed or grilled. In Malaysia, this Peranakan Nyonya dish is often served grilled at local restaurants. In Ipoh, fans of this delicacy can now savour at their own leisure when they order the **steamed Otak Otak** handmade by **Peter Khoo** and his team from **Authentic Creation Sdn Bhd**.

Having nearly 16 years of experience of making Otak Otak in Malaysia, Peter's customers come from all over Asia including Thailand, Singapore and Australia.

"Not only do we have local customers, we also have loyal buyers from neighbouring countries who can't get enough of Peter's Otak Otak," said **Marcus**, one of the directors of Authentic Creation Sdn Bhd. "Our Otak Otak is big. One portion is a meal in itself," he added. SeeFoon concurs.



Together with his helpers, Peter will make the paste from scratch daily. His knowledge about making Otak Otak comes from his stay in Thailand of almost 20 years and he even speaks fluent Thai. Unlike the ordinary frozen grilled Otak Otak, Peter's has neither MSG nor additional colouring or preservatives or artificial flavouring. Every bite of his Otak Otak consists of over ten



different ingredients and spices.

"Not only do I make the regular Otak Otak, which is made with Barracuda (*Ikan Kacang*), we also have **special Otak Otak** where we put in juicy prawns or squid. We have a few customers who have their own customised orders and I'll try my best to feed their needs," said Peter, while he continued to fold each Otak Otak.

Readers who are interested to taste this simple yet delicately delicious Otak Otak can do so by contacting Marcus Ng at **016 567 6148** or Jason Law at **016 339 5221**. It is advisable to contact them 2-3 days in advance to book your Otak Otak. The team also accepts orders for big events, celebrations, parties, meetings or any special occasion. **Regular Otak Otak RM10**. Prawns and Squid: seasonal price.

Ili Aqilah



## *Ipoh Railway Station: On the Right Track? . . . continued from page 2*

“A new and more compatible system is needed and we hope it is available by September. However, no major hiccups have occurred on our online ticketing system service so far, unlike before,” he insisted.

On the subway issue, Ridhwan said the subway has not been used as frequently as before.

“It was built years ago when, the area where it’s connected to, was a busy business centre. But today, the area is not like before.

“KTMB has insufficient budget to upgrade the subway by installing more closed-circuit television cameras. As an alternative, we hope for the public’s goodwill.

“We advise passengers to be alert and report any suspicious activity to our auxiliary police,” he explained.

He urged passengers to be wary when using the subway and not to use it alone.

Commenting on another issue, Ridhwan said the toilet-cleaning job is being outsourced to appointed contractors.

“The appointed contractors are not being thorough with their job. If this happens, we’ll terminate their contract or issue a show-cause letter as a warning.

“Therefore, it’s imperative for the public to report directly to us rather than use other channels to resolve the issues. We can’t take action if they don’t report to us,” he reasoned.

He reminded that the passengers too are responsible for the cleanliness of the toilet and the waiting area.

“They shouldn’t throw rubbish indiscriminately. They have to use the toilets prudently. Must they stuff diapers and sanitary pads in the basins?

“The public want world-class infrastructure and facilities but their mentality is still third-world. They should be responsible too,” he said.

When asked about the escalator problem, Ridhwan said that the breakdown was never frequent.

“It happens because of maintenance works. We’ve to stop the escalators when the works are in progress. The public have to understand that the maintenance works are for their safety and convenience. They have to look at the positive side.

“We’ve minor and major maintenance works for the escalators. For minor issues, we’ve maintenance crew to check but for major issues, our appointed contractors will do the repair works,” he added.



*Vagrant loitering at tunnel entrance*



*Dimly lit walkway*

Regarding traffic congestion in front of the station, Ridhwan said the power to act against errant motorists lies with Ipoh City Council and the Police.

“We’re working closely with both the Police and Ipoh City Council to overcome the problem,” he said.

### **Suggestions and Efforts Done by the Authorities**

Ridhwan encourages the public to log on to KTMB official website at [www.ktmb.com.my](http://www.ktmb.com.my) or call its **hotline number: 03 2267 1200** if they have a complaint regarding KTMB’s services.

“We wish to apologise for any unpleasant experience faced by passengers. We’re truly sorry. We’ll upgrade our facilities from time to time for the betterment of the paying public.

“Hopefully, the public will be patient with us while we upgrade our e-ticketing system and other services. Things do happen and when they happen, there’s little we can do,” he remarked.

Ipoh Echo was informed by the KTMB that efforts to provide more ETS coaches are underway. KTMB aims to provide an additional 19 coaches by 2018 to meet the high demand.

“The first nine are expected by the end of this year. The remaining 10 by next year,” he said.



*Back entrance*

## **HARI RAYA ROUND-UP**

### **Brigade Commander’s Open House**

Commander 2nd Malaysian Infantry Brigade, Brigadier-General Datuk Mohd Nizam bin Hj Jaffar hosted his first raya open house after assuming command early this year.

The event was held at his official residence on Thompson Road on Sunday, July 16.

With the accompaniment of a live band, stalls offering raya delicacies, and the must-try Ipoh fried kway teow, enlivened the occasion.

“Over 2000 of my men are here today. This is my first raya open house since taking command in February. In October, we’ll be celebrating the brigade’s 70th anniversary,” Mohd Nizam told Ipoh Echo.

When asked what prompted the guests to come, he replied, “Hospitality and tactfulness. I want them to feel at home.”

The affable commander greeted everyone personally and distributed duit raya to the young ones.

Present were Mayor Dato’ Zamri bin Man and the Chief Police Officer Perak, Datuk Hasnan Hassan.



### **Funds to Restore Mosque**

Built in 1898, the oldest mosque in Ipoh, Panglima Kinta Mosque, will undergo restoration works estimated to cost in excess of RM5 million.

Mosque committee chairman, Toh Muda Panglima Kinta Dato’ Ab Wahab Azizul Hassan, announced that the works involve the rehabilitation of the walls which are made of pounded clamshells and egg white.

“It was built at the cost of 15,000 Straits Dollars in 1898, when cement was very expensive. Thus, other materials were used as substitutes.

“We want to restore the walls using original techniques and materials,” he told reporters during the mosque’s raya open day on Sunday, July 16.

Ab Wahad added that the project could not be carried out immediately as funds were still insufficient.

“There is no timeframe. In the meantime, we’ll beautify the exterior of the mosque,” he said, adding that over 2000 tourists have visited the building since October last year. The 119-year-old mosque is a major tourist attraction in the state.

The guests had a fun day enjoying the plentiful raya spread. They were dressed in their raya best.



*By Tan Mei Kuan and Nabilah Hamudin*



## Affordable Healthcare For All

**P**erak Community Specialist Hospital (PCSH) is a not-for-profit hospital with a mission to provide affordable healthcare for the community. Since established in 1904, the hospital has come a long way serving the community via its healthcare facilities and services.

### Diagnostic Imaging Department

Established in 1987, the diagnostic Imaging Department in PCSH serves to provide both diagnostic and intervention examinations to its patients. Over the years, many newer modern facilities were added in the department to generate more accurate and prompt diagnosis.

Currently, the range of diagnostic imaging services include the Multislice CT Scanner, X-Rays, ultrasounds, fluoroscopy, mammogram, and Echocardiogram with High End Digital Colour Doppler. For X-ray procedures, a picture archiving and communication system – PACs System is used where X-ray images are economically stored and conveniently accessible by doctors from multiple modalities.

The department is led by a qualified Resident Radiologist, Dr Suma Menon, assisted by radiographers, serving the inpatient and outpatient cases as well as those referred from other healthcare providers.

The Imaging Department is open from 8.00am to 7.00pm on weekdays and from 8.30am to 1.00pm on Saturday.



CT Scan



Echocardiogram



X-Ray

### Pharmacy

The pharmacy team comprises of a qualified pharmacist and pharmacy assistants who are ready to provide excellent and highly competent healthcare services to all inpatients and outpatients. The team works in close collaboration with consultants and nursing staff to ensure patients receive effective, appropriate and safe medications all the time.

The pharmacy offers expert advice and professional services to improve public health. They also store a wide range of quality medications and over the counter products to make sure patients achieve the best possible outcomes from their medicines.

The pharmacy is open 24 hours for inpatients 7 days a week, and from 8.30am-9.00pm daily for outpatients.



Pharmacy

Perak Community Specialist Hospital is located at 277 Jalan Raja Permaisuri Bainun (Jalan Kampar), 30250 Ipoh, Perak Darul Ridzuan. Call them at 05 241 9000 or visit [www.pcsch.com.my](http://www.pcsch.com.my) for more info.

## Community

## Family Needs Help

**F**ormer soldier, Abdul Rahman Sihak, 44, and his wife, Suriyati Zainuddin, 38, never lost hope of seeing their bedridden son recover despite their many challenges.

Their second child, Mohamad Luqman Hakim, 16, is paralysed, neck down, following a motorcycle accident on the eve of his PT3 examinations in October 2016.

According to Suriyati, his son suffered bleeding in the brain a day after the tragedy. After five months in coma, Mohamad Luqman could only move his eyes while his whole body was immobile.

"There is no visible wound on his body. His condition, according to the doctor treating him, is due to brain injury. It'll take time to heal.

"We couldn't forget the incident, as it happened right in front of us. Luqman was on his motorcycle when a motorcyclist rammed him from the rear. The guy rode off without stopping to check. It's a hit-and-run," she told Ipoh Echo when met at her house in Taman Makmur, Sungai Siput recently.

The Form 3 student is fed powdered milk daily, as he is not allowed to take solid food. The milk is fed via a tube through his nostrils.

"He needs 15 tins of powdered milk a month. The milk, at RM72.50 a tin, only lasts two days. We've to work doubly hard to buy the milk.

"We need additional items such as disposable diapers and medical supplements for his use. Fortunately, the hospital fees are being borne fully by our son's school. It helps reduce our burden a little.

"Our only source of income is our food stall business. Although my husband is an ex-serviceman, he receives no pension. He taps rubber to make ends meet," she added.

The boy passes motion using tubes which need to be changed daily. He requires specialised drugs for these bodily functions.



The family receives RM300 from Baitulmal and another RM300 from the state welfare department every month.

Mohamad Luqman has four siblings. Three are still in school while the youngest is a toddler.

"I place Luqman's fate squarely in God's hands. He'll recover, as he's a strong boy. My wish is for the kind-hearted to come forward and help us," she implored.

Readers wishing to donate can remit your contributions to Bank Simpanan Nasional Account No: 08901-29-0001 2535-7, in the name of Suriyati Zainuddin.

**Rosli Mansor**

### Han Chin Pet Soo

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





## Community

## Elevator and Escalator Awareness Campaign



Some 70 shopping mall managers from within Perak were briefed on the rules and proper usage of lifts and escalators during the Elevator and Escalator Awareness Campaign organised by the Perak Department of Occupational and Safety Hazard (DOSH).

The campaign, held on Thursday, July 20 at Ipoh Parade, was prompted following two recent incidents. In one, an elderly couple were left traumatised after being trapped for nearly 26 hours in a lift at a shopping mall in Meru, Ipoh.

Perak DOSH director, Ir Mohd Hatta Zakaria announced that these were the only reports his department had received this year.

"After what happened at the Mydin shopping complex, we'll no longer compromise on those who fail to ensure that their escalators and lifts are well maintained, or in good working condition.

"Action will be taken against owners and contractors appointed to maintain the facilities," he said.

During the two-hour briefing, specialists from TMS Engineering Sdn Bhd spoke at length on the subject matter.

According to Mohd Hatta, in 2016 his department prosecuted 67 owners for negligence while another 129 were issued compounds worth RM1.1 million.

"This year, four compounds worth RM8000 had been issued while one case is awaiting trial. All are related to poor maintenance of escalators and lifts," he disclosed.

Mohd Hatta advised the public to exercise caution when using these modes of conveyance.

"Keep a close watch on your kids. Take heed of the instructions displayed to avoid any untoward incidents," he added.

For more information on safety guidelines for elevators and escalators, readers can log on to DOSH's official website at [www.dosh.gov.my](http://www.dosh.gov.my).

Rosli Mansor

## Giving Children A Chance



In aid of the Paediatrics Department of Hospital Raja Permaisuri Bainun Ipoh, WEIL Hotel initiated last Christmas a hotel-wide corporate social responsibility campaign titled, 'Stretch Your Ringgit to Save Lives'. This was upon learning that the department was facing a shortage of medical equipment.

The hotel collected about RM2000 from their guests and patrons and topped it up with a RM3000 contribution. The aggregate amount will be given to the department.

WEIL Hotel hopes that the money will be used to purchase medical equipment for the Paediatrics Department of the hospital.

The campaign helps raise awareness among Ipohites about the much-needed support the hospital requires to give young children a chance at life.

Leanne Tan

## RESTAURANT CLAYPOT FISH CURRY & BANANA LEAF



No 93, A-G, Jalan Meru Bestari B2,  
Medan Meru Bestari, Bandar Meru Raya,  
30020 Ipoh Malaysia.

☎ 05-525 3995 | Email: [cpfcrestaurant@gmail.com](mailto:cpfcrestaurant@gmail.com)

## Emily Pledges To Serve

Running on the motto "We Serve", the 52nd installation of president and board of directors of Lions Club of Ipoh Host was a lively affair attended by over 400 at the ballroom of Kinta Riverfront Hotel & Suites on Saturday, July 15.

"I've been requested by the members to take up a third term (2017/18) as president of the club. I am indeed honoured to accept the post of a very active club which is in its 52nd year. I can't rest on my laurels but must prove myself once again," said Emily Kong Phooi Lai.

"The club carried out 143 projects and activities for the fiscal year. This is a record of sorts.

"When I took up the post of president in July 2015, we had 34 members. Two years down the road, we now have 63 members," she added. Emily is the first ever lady president.

The first Vice District Governor, Dato' Neo Say Yeow, graced the function, as the guest of honour.

"Under Emily, the establishment of a Lions Home, mooted 24 years ago, has been realised. Lions Club of Ipoh Host now owns a Lions Home for the benefit of less-fortunate children," Neo stated.

Ipoh Echo was duly recognised for its coverage on community issues.

Mei Kuan





## Study in Canada Without Limits:

Studying at Lakehead University is not your typical university experience. Lakehead University offers an exceptional academic education, earning it a ranking in Canada's top ten undergraduate universities by Maclean's Magazine in 2016.



Ten percent of Lakehead's 9,000+ populations are international students who come from around the world. Known for its friendly, safe and supportive university community, Lakehead has two campuses located in the heart of Canada—in Orillia, Ontario and Thunder Bay, Ontario listed as Canada's most beautiful campuses by Huffington Post.

On academic front, Lakehead University's has also developed a reputation for medical science research, engineering and business. Lakehead's Faculty of Business is among 5% of the world's business schools that hold the AACSB accreditation.

For two consecutive years, Lakehead University has earned the top ranking spot for undergraduate research in Canada (ReSearch Infosource). Many undergraduate students are given opportunities to participate in paid research, or choose paid co-operative education programs that allow them to gain valuable experience before they even complete their undergraduate degree. Students are also eligible to work on campus for up to 20 hours per week through the university's Work-Study Program.

Lakehead's employment rate of 94.4% within two years of graduation—and 100% in the fields of Engineering, Math and Computer Science due to the smaller class sizes which contribute to the success in graduate school and careers beyond university.

Looking beyond university in Canada, international students who graduate from a degree program may be eligible for a post-graduation work permit for up to three years. Canada's new visa policy also now awards students who have graduated from a Canadian university an edge when applying to immigrate.

Starting your own Canadian journey at Lakehead University is closer than you think.

For information, please contact:

**A3 Education & Training, 8A, 1st Floor, Jalan Greentown  
3, Greentown Nova, 30450, Ipoh Perak.**

**Tel: +6016 555 6811/+6019 571 8507/+6012 501 8007/  
+6013 520 7683 Email: info@a3.my**

## Community

### Blind Father in Dire Straits



A 40-year-old man requires assistance to support his family of four. He lost his sight two years ago due to diabetes.

R. Saravanan suffers from heart disease. And to compound the problem further his wife left the family in 2015. Life is a constant struggle for the former wireman.

The poor guy has been unemployed since losing his sight. He and his four kids, aged between six and 11, live in a one-room flat rented from his friend. The five survive on a monthly allowance of RM350 given by the Perak Welfare Department, besides contributions from generous relatives and friends.

"I want my children to lead normal lives like other kids, but my condition prevents me from providing for them.

"The monthly allowance, I receive from the welfare department, is barely enough. I pay my friend RM350 a month for the flat and the food he provides," Saravanan told reporters during a press conference held at the Perak Barisan Nasional Public Service and Complaints Centre, Ipoh on Tuesday, July 18.

His ordeal began in 2013 when he was diagnosed with heart disease. His eyesight began to deteriorate due to diabetes and his heart condition. He became completely blind in 2015.

## Wellness

by SeeFoon Chan-Koppen

### Breast is Best

"Breast is best" emphasised Dr Adeline Tan, Consultant Paediatrician at KPJ Ipoh Specialist Hospital on the subject of baby care. "In fact we encourage mothers to breastfeed their babies within one hour of birth. Even in the case of babies delivered by Caesarean section: most caesareans are carried out under spinal anaesthesia so the mother is conscious, we place baby on her chest to allow baby the opportunity for the first suckle on her breasts even while she is being stitched up," she added.

According to Dr Adeline, this first contact within the first hour is a precious one. The bonding with the mother is immediate and her breast milk is immediately stimulated. This 'skin to skin' contact between mother and baby is vital for stabilising temperature, blood glucose and bonding especially in the case of pre-term babies.

KPJ Ipoh Specialist Hospital (KPJ ISH) became a 'Baby Friendly' hospital in 2004 and with the support of hospital administrators, medical staff and Paediatricians like Dr. Adeline, KPJ ISH goes to great lengths to maintain this 'baby friendly' status (verified by assessments by the government health authorities) and is the only private hospital in Perak to achieve this baby friendly hospital status.

So what does being 'baby friendly' entail I asked Dr Adeline? "Well, it means that we encourage mums to maintain breastfeeding exclusively for the first 6 months and to continue breastfeeding for at least 2 years. We do not promote any particular infant formula or allow milk brands to be advertised in the hospital but we focus our attention on safe practices for babies. For example, we have fully trained staff and a full time lactation nurse to teach mothers how to breastfeed and how to express their milk if babies are separated from them. There are facilities for safe storage of breastmilk in the maternity and paediatric wards," she replied. "We also encourage babies to room-in with their mothers day and night so that mum can recognize the feeding cues in baby and to breastfeed baby on demand (baby-led feeding) and especially at night when milk production is highest," Dr Adeline added.

Dr Adeline graduated with MBBS (with Distinction) from University of Malaya in 1984 and received her training in Paediatrics in University Hospital, Kuala Lumpur, completing her Membership of the Royal College of Physicians (Paediatrics) in Edinburgh, UK in 1988. She spent 10 years at University Hospital in Kuala Lumpur where she worked as a lecturer from 1988, being involved in the treatment of childhood cancers and bone marrow transplants under the tutelage of Prof Lin Hai Peng who pioneered bone marrow transplants in Malaysia. She moved to Ipoh in 1994 and has been practising general paediatrics in KPJ ISH ever since.

Her passion for spreading the message for mothers to breastfeed stems not only from WHO and UNICEF guidelines which encourage mothers to breastfeed infants till at least 2 years of age but from her own personal experience, having enjoyed being able to breastfeed her 3 children despite work commitments.

"Breastfed babies are healthier with less respiratory and ear infections. Human milk provides the ideal and complete nutrition to meet the infant's need for growth and development. Human milk contains the bifidus factor to prevent harmful bacteria growing in baby's intestine, living white blood cells and antibodies which fight against infection to which baby's mother has been exposed and growth factors that enhance baby's immune system," she enthused.

"Breast milk also reduces the risk of allergies like eczema and asthma. Furthermore, breastfeeding is convenient and cheap! And babies who are breastfed exclusively for at least 6 months have higher IQ scores."

Dr Adeline also stressed that the benefits of breastfeeding also apply to the mother. Oxytocin that is released while breastfeeding, contracts the uterus and helps to reduce bleeding after delivery; postnatal depression is reduced and breastfeeding mothers lose excess weight faster.

So for all you potential mothers out there, take heed of Dr Adeline's advice and give your babies the best start in life – your own breastmilk.

A booklet entitled 'The Successful Breastfeeding Guide' is available from the hospital which lists names of Breastfeeding Counsellors and Support Group members with their telephone numbers on the back page. This comprehensive guide has all the information on the subject of breastfeeding.

#### Dr Adeline Tan Ai Lin

Klinik Kanak-Kanak David, Suite 2-02 & 2-03,  
KPJ Ipoh Specialist Hospital, 26 Jalan Raja DiHilir, 30350 Ipoh.  
Clinic hours: Monday to Friday 9am – 1pm, 2.30pm – 5pm;  
Saturday 9 am – 1pm

Tel: 05-240877 ext. 121, 05-2415752 (direct) for clinic appointments



He had to use the maximum limit of his insurance coverage for an angiogram and supporting treatments at a private hospital. The cost was over RM30,000. As a result, he had insufficient funds for a follow-up surgery.

"I was referred to the government hospital instead. The doctor said I only had a 50-percent chance of survival if an operation was done. I dared not take the risk for my children's sake," he said.

His cousin sends his three children to school daily.

"How long can I depend on people for help? I cry when I'm alone. I don't know what will come of me?" he sighed.

Perak Barisan Nasional Public Service and Complaints Centre head, Mohd Rawi Abdullah said the state government will help him get a government low-cost flat.

Saravanan lives at the Lapangan Perdana flats in Gunung Rapat. He can be reached on his mobile at: **014 604 7121**.

Readers keen to help can remit their payments to Pertubuhan Masyarakat Prihatin Perak's CIMB account No. **80-0488265-7**.

**Nabilah Hamudin**



## Community

Story and pics by Ili Aqilah

# Ipoh Cultural Parade 2017

July 23 marked the first ever Ipoh Cultural Parade held in conjunction with **Perak Chinese Chamber of Commerce and Industry's (PCCCI) 110th Anniversary**. The parade, aimed at celebrating the multicultural races in Malaysia, was witnessed by over ten thousand people and even made it to the **Malaysia's Book of Records** as the largest cultural parade in Malaysia, with a total of 2296 participants from 55 groups and 120 floats. The record was conferred by Malaysia Book of Records Chief Operating Officer, **Christopher Wong**.

The one-day parade started at 8am with crowds, including **Menteri Besar Perak Dato' Seri DiRaja Dr Zambry Abd Kadir**, State exco Dato Nolee Ashilin Mohammed Radzi and Dato' Dr Mah Hang Soo, Mayor Dato' Zamri Man and president of PCCCI Datuk Liew Sew Yee, gathered at Jalan Panglima Bukit Gantang to see over 55 teams participate in the parade.

Crowds of spectators, with their cameras and smartphones, were eager to get the best view as the parade started as soon as it was officiated by Zambry. PCCCI's enormous three-tier cake float was among the biggest seen that day.

The parade also became the platform for not only locals but also international tourists, who were given a chance to witness the Malaysian diversity in cultural weddings, religious chariot processions and more.

"This is our second day in Ipoh and we couldn't be happier to be able to see this parade. Back in our hometown, we don't have anything like this before," said **Ronja Stein and Mattheaus Nader** from Frankfurt, Germany who have been in Malaysia for almost two weeks."

As for **Haryati Yunos**, 41, from Station 18, together with her family, came as early as 7am just to see the parade, "Every year, my family and I wouldn't miss the annual Independence Day Parade. So when we heard about the Ipoh Cultural Parade, it was definitely a must go for us," said Haryati who didn't mind standing under the hot sun while watching the parade.

**Perak Wushu Lion and Dragon Dance Federation** was awarded the Best Performance followed by **Au Yong Events** that won Best Costume. While **Sunway Lost World of Tambun** secured the Most Entertaining award, **SMJK Ave Maria** grabbed the Most Creative award and leaving **Eastern Decorator Sdn Bhd** to win the Best Float category thanks to their creative use of colourful bedsheets and decorations.

"Today we are able to see the beauty of our multicultural people. This is the kind of events that I hope to see more of in Ipoh. We need to have more programmes that would involve everyone. I would like to congratulate everyone especially Datuk Liew and his PCCCI team who worked together with Dato' Nolee to organise the first Ipoh Cultural Parade. Hopefully, we get to see this parade annually," said Dato' Seri DiRaja Dr Zambry to the members of the media.

As part of their anniversary, PCCCI also ran the **Tour de Perak** cycling event where 20 cyclists succeeded in cycling across seven towns in the state and the Jungle Trail Event where over 1000 contestants took part in a 10km trail-run at Kledang Hill.

From Ipoh Echo, we would like to wish **PCCCI, A Happy 110th Anniversary!**



Pic by Charlie Choong





## Community

# Sabah: A Pivotal State for Malaysia and ASEAN

Perak Academy hosted Bunn Nagara in its fifth talk of the 18th Perak Lecture Series. The talk, titled, 'Sabah: A Pivotal State for Malaysia and ASEAN', was held at Perak Academy's premises along Jalan Tun Sambanthan recently.

Nagara is a senior fellow at ISIS (Institute of Strategic and International Studies) Malaysia in Foreign Policy and Security Studies, and a commentator on international strategic issues. He has held editorial posts at major Malaysian media and has contributed to academic and civil/public service programmes. His research interests cover Southeast Asia, regional security issues, East Asian integration and major power relations.

In his talk, Nagara gave the audience a detailed explanation of the history of Sabah, her rulers, ownership and disputes, and how they make Sabah the most dangerous yet most promising state in the nation.

"Sabah, Malaysia and ASEAN are linked in vital ways that are urgent because a lot of safety and security issues relate to the lack of security in Sabah, especially on the East Coast.

"We need to find solutions. Personally, I feel that the whole of Malaysia, in particular Sabah, deserves better security in a more systematic and comprehensive manner.

"The issues, problems and challenges that Sabah faces today are actually Malaysian issues. They affect not only Sabah's security, prosperity and stability, but also Malaysia as a whole," the speaker insisted.



According to Nagara, many past security issues of Sabah and Malaysia remain till this day. Example, the former (now defunct) royal family of Sulu still claims that Sabah belongs to them, and not to Malaysia.

During the reign of President Marcos, the Philippine government trained a group of native Muslim (Moro) Philippine troops in Corregidor Island, located at the north of Manila Bay, to attack Sabah. However, when some of the soldiers realised that they were going to attack their tribal brothers in Sabah, they stirred up a mutiny and were eventually massacred by the Philippine government.

Nagara explained how the formation of MAPHILINDO, a proposed union of Malaysia, Philippines and Indonesia, would have affected Malaysia, in particular Sabah.

"The MAPHILINDO concept would've not been good for a multi-racial Malaya and Malaysia to come. Sabah, especially, would have been badly affected, as it's very ethnically-mixed.

"It's good that the idea of MAPHILINDO didn't work. Apart from the dangers it would have imposed on a multi-racial Malaysia, it would have also formed a bigger stronghold and attraction for terrorist groups such as the Islamic State that looks into such regions as its territory to expand since Malaysia, Philippines and Indonesia all have strong Muslim influence," explained Nagara.

The talk concluded with a thought-provoking question and answer session.

Present at the talk was former chief minister of Sabah, Datuk Seri Yong Teck Lee.

Leanne Tan

## Ceylonese Association Centennial Celebration

To celebrate its centennial, the Ceylonese Association of Perak organised a dinner at the Rayan Cultural Hall, Ipoh on Saturday, July 22.

Over 800 people attended the function. The evening began with the arrival of members and guests, dressed in colourful traditional attire. Some arrived early at 6.30pm.

Invocation prayers and the lighting of Kuthu Vilakku signified the opening of the event, followed by classical dances.

Guest of honour, Dato' Seri Ahmad Husni Hanadzlah, Member of Parliament for Tambun then related a story.

The former Minister of Finance shared how a Ceylonese doctor influenced his son to be a doctor.

"My third son was the bottom seven in his class, since he was in Year One until Form Five. One day, after meeting the doctor, he immediately told me that he wanted to be a doctor.

"He never had an ambition before he met the doctor, and now, he's a doctor with the General Hospital Kuala Lumpur. I owe a lot to this Ceylonese doctor. I wanted to meet him, but he's no longer here," he said.

Association president, V. Narayanan, who has served the management committee for over 40 years, in his speech, urged all Ceylonese to be members of the association.

Membership, he said, is open to all Ceylonese residing in Perak.

It was a memorable night for members and guests. They were served with traditional food and were entertained by a live band belting out Malay and Tamil songs and music. The ensuing lucky draws were a much-awaited affair.

The Ceylonese community, mostly Tamils from the Sri Lankan district of Jaffna, arrived in Malaya in the early 19th century.

They were mostly employed in the Malayan civil service, telecommunications and railways. The first Ceylon associations were established in Taiping and Seremban.

The Ceylonese Association of Perak, formed in 1917, is proud to have its own



building located at: 18 Jalan Tun Perak (formerly Connolly Road). It has been the focal point of social contact for Jaffna Tamils in Perak for over four years.

Nabilah Hamudin

## Lifestyle

## Tung Xuan @ Meru Valley Resort

Meru Valley Resort hosted the **Tung Xuan Wellness Open Day 2017** for the first time on Saturday, July 22 featuring free demonstrations on the different types of massage services.

Its aim was to provide a body and mind break from the stress of everyday life by indulging in heavenly massages at reasonable prices.

Tung Xuan is the first comprehensive one-stop, head-to-toe beauty, spa and wellness centre in Ipoh. Its services such as hot stone massage, Balinese massage, muscular massage, special spa candle massage, facial, aromatherapy massage, traditional massage, foot reflexology and relaxing massage are now being offered at the resort's EcoVillage Wellness Centre.

For more info, call 05 525 3628 or 012 668 8579.



Mei Kuan



## Entertainment

# MAPS Successful First Week

After nearly three years since it began construction, Asia's first animation theme park, the **Movie Animation Park Studios (MAPS)** finally opened to the public on June 26 where it welcomed over 40,000 guests during its first week.

The highly-anticipated park was experienced by many animation fans who travelled from faraway places just to enjoy MAPS's unique attractions such as the world's first **Home of BoBoiBoy's 4D adventure**, South East Asia's **first bike and car stunt show** and **Asia's first Smurfs Theatre**. Several rides such as **Hyperspin, Asteroid Attack, Space X-Plorer and Bumper Blast** were among the few rides opened to the public.

Their first week opening also received VIP guests including Menteri Besar Perak, **Dato' Seri DiRaja Dr Zambry Abd Kadir** who thanked the public for its continuous support, "Whilst some parts of MAPS is still undergoing technical rehearsals, it has admitted almost 20,000 guests within five days of its opening; I can only thank everyone for their strong support," said Zambry during his visit.

With only the Dreamzone section currently undergoing minor rehearsal, the public can already visit the park and enjoy over 40 attractions in six themed zones. For the latest price on MAPS tickets, readers can visit [www.mapsparak.com](http://www.mapsparak.com).

Ili Aqilah



## Arts & Culture

# Childhood Memories

An open-storytelling session was held during the July edition of Sharpened Word on Saturday, July 15 at the Old Andersonian Club. Co-hosted by poet, Jamal Raslan, and creative copywriter, Judy Marie Rosario, over 10 participants, ranging in age from 20 to 70, took turns to share their childhood memories for seven minutes.

Jamal started the session by relating the challenges he faced trying to find a sense of belonging in the identity crisis of an English-speaking Malay Muslim.

"After completing secondary school, I specifically chose Multimedia University, as it was a private university, and I wanted to fit in. I believed that those who enrolled there were urbanites. But to my dismay, every other student was from boarding schools. For the first three years of my university life, they saw me as this alien Malay who spoke English.

"I tried really hard to fit in but couldn't. The reason was language. After long years of trying to understand this, I thought I had found the answer, which led me to write a poem entitled, 'Words'," said Jamal.

Jamal then proceeded to mesmerise the audience with his poem, 'Words'.

Mazini Zinal Abidin, a participant, recalled the good old days when she would go from house to house, during Raya celebrations, to collect 'duit raya'.

"Back at school, I was very active. I took part in almost every school event.

"Once my friends and I were preparing to perform a dance, but we didn't have any music. So we decided to sing instead. So we sang and danced. Even without a rhythm, we could bring out a rhythm within us. And that was my most memorable performance," Mazini remarked.

Mazini related her illegal driving adventures.

"I started driving at 12. I learnt to drive from observation and didn't take any formal driving lessons. I wouldn't allow my children to do so now, as motorists nowadays are pretty reckless and less cautious," said Mazini.

Another participant, Commander Ian Anderson (Rtd), Director of IpohWorld, touched on his childhood in Scotland.

"I went to a government primary school at first. Later, my grandmother, who's a Catholic, wanted me to go to a convent. So I went to a convent primary school, and was one of six boys among 400 girls," Anderson recalled.

"My father was an alcoholic and a gambler, the two worst things you can ever

combine together. He needed money for alcohol and to gamble, so nothing was safe at home.

"We were so poor that we never paid our bills until the next one was due. We dared not go to the local grocery store because we owed the owner money. It was only when we got money were we able to pay our bills and get more groceries. We were always in debt," added Anderson.

Co-host Judy was the last at the rostrum. Her saddest childhood memory was of people who used to be with her but were no longer around.

"I used to get plenty of hand-me-downs. My cousins had the best treasury of fairy tales. They had Sesame Street books imported from Australia, toys, games and encyclopaedias. When these were passed on to me, they shaped me for who I am today. I loved to read and would cut out pictures and words from these books to make a scrapbook.

"Back at school, you're considered popular if you had a set of 24 colour pencils, 36 coloured crayons, or if you owned 12 poster paint bottles or the coolest Body Glove school bag," said Judy.

She recalled the time when her parents made her move from Kuala Lumpur to Ipoh when she met her first crush. She was enrolled in an all-girls school, but as a teenager with raging hormones, this did not stop her from pursuing her mischievous adventures.

"At school, we'd get other schools' magazines and exchange them among ourselves to look for possible candidates. And when two girls liked the same guy, they became mortal enemies. We didn't need a reason to be childish, we were childish," Judy enthused.

Leanne Tan



# Another Successful Staging

The charity drama titled 'Tengu and the Uchiwa Boy' by the Anderson School Japanese Language Club kicked off on Saturday, July 22 in the school hall amid plenty of cheers.

It told the story of Hanemaru, an ordinary boy living in a small village, who accidentally discovers the magical power of an *uchiwa* (traditional Japanese fan) that his family has passed down the generations. Hanemaru soon finds himself in trouble with creatures that everyone is afraid of – *Tengu* – bird-like humanoids.

The prop running crew, who among others assembled the house of the protagonist and its subsequent retrieval after the scene, showcased remarkable organisation. It was by far the biggest prop the crew had ever produced, made of heavy wooden frames complete with functional sliding doors.

One crew, dressed in black from head to toe in order to imply that he was invisible, drew laughter with his antics of floating the uchiwa around the stage.

Involving students from 14 to 18 years of age, it was performed in English with a live musical ensemble and choir. Each costume design was inspired by real traditional Japanese garments.

"Our main objective is to expose a non-Japanese-speaking audience to the culture. We prioritise the appreciation of arts, music and culture," Loh Kok Hoong, drama director and teacher advisor for Japanese Language Club stated. Kuala Lumpur Kepong Berhad was the main sponsor of the charity drama this year.

"My command of English language has improved a lot. I managed to build up the courage to talk in English more often than I used to. And this project sparked my interest in Japanese culture too," said Helmy, who acted as Hanemaru's best friend. He played the protagonist last year.

The Anderson School Japanese Language Club has organised numerous activities such as National Level Japanese Language Drama Competition (2014), Japanese Cultural

Day (2015) and Momotaro, the first drama staged last year.

Meanwhile, the Japanese language was first introduced to the school in 2013. The class started out humbly with only 25 students. Over the years, the figure has increased to over 100 students.

Mei Kuan





## Upcoming Event

# Ipoh to Welcome CEX

Scheduled to be held between August 24 and 27, CausewayEXchange in Ipoh will see a delegation of Singaporean creative entrepreneurs coming to Ipoh to explore potentials and possibilities with their counterparts in Ipoh. This delegation component is known as "Urban Culture Asia – Ipoh".

Held for the very first time in Ipoh, the four-day event, co-organised with **DMR Production and GLocal Cultural Alliance Ltd (GCA)**, will be happening at various historical and heritage locations in Ipoh and in Hospital Kuala Lumpur and Oasis@Ara Damansara in Kuala Lumpur.

This is the first time there are activities in Ipoh. The festival has been held in Johor Baru, Kuala Lumpur and Georgetown.

Says DMR Productions' **Shawn Lourdusamy** who is founder and co-organiser of this unique dual focus of CEX this year: "CEX is about cross cultural and cross border work. It is about getting to know the little known or unfamiliar about your neighbour through the platform of arts and culture. We choose Ipoh as this city is now experiencing a reawakening. With its rich heritage and opportunities, CEX in Ipoh is symbolic of Singapore's daring venture into 'new' markets and places and Singapore vision of establishing new alliances and relationships in the region". She also describes it as the next "new frontier in Malaysia".

Among the highlights of the Ipoh CEX 2017 are:

### SAME SAME BUT DIFFERENT

**26 August 2017, 2pm-4pm**

**@ 22 Hale Street Heritage Gallery, 22-24 Jalan Tun Sambanthan, 30000 Ipoh**

**Free admission**

**Panel discussion open to all.**

**Singapore poets: Yong Shu Hoong & Sim Piak How**

**Malaysian poets: Wani Ardy, Paul Gana Selvam & Bridget Eu Yoke Lin**

Join friendly banter with Singapore Literature Prize poets and local Malaysian poets, on the similarities and differences between the Singaporean and Malaysian literary and linguistic landscapes. Is Manglish really that different from Singlish? Do both literatures contain the same themes and motifs?

### PROJECT SUITCASE

**25 & 26 August 2017, 7.30pm-8.30pm**

**@ Ipoh Old Town**

**Admission: RM10**

In 2003, **Ekamatra** started a project with a poor theatre format, involving one actor and one suitcase in a performance space. The idea was to show how a play could be effective with minimal setup, allowing actors to captivate the audience simply through storytelling; marrying words with motion.

**Projek Suitcase 2017** presents four pieces of work, each about 30 minutes long, to be performed in various locations. Each night, audience members get to decide which two shows they want to watch and as they traverse between one venue and another, they will also get to negotiate and reflect between social and performance space, controlled versus uncontrolled environments, adding on to the whole experience. Equipped with their suitcases, the storytellers will spin their tales on the grounds of different venues which have their own unique characters, and dare us to follow them on their journeys.

As its proud media partner, Ipoh Echo will be there during the event and readers can even get free copies of Ipoh Echo as well. See you there!

**Check out Ipoh Echo's FB page for latest updates on these events.**

**Ili Aqilah**



## Education

# Lee Toast of Keris College



Keris College, Ipoh held its 14th Convocation ceremony at the grand ballroom of Syeun Hotel, Ipoh on Friday, July 21. The auspicious occasion saw a total of 89 graduates receiving their diploma scrolls from the guest of honour, Aznan bin Haji Alias, Perak Education Department Head of Special and Private Education Sector, who represented Hj Mat Lazim bin Idris, Director of Perak State Education Department.

"Congratulations to all graduates. Your success is worth celebrating with your parents and loved ones.

"Today marks the beginning of a developed and fair Malaysia. Your achievements will contribute towards the advancement of our beloved nation," said Aznan.

Lee Chin Yee, who graduated with a Diploma in Hotel and Tourism Management, was named valedictorian of Keris College's Class of 2017.

Lee, in her acceptance speech, congratulated her fellow graduates for reaching another milestone in their lives.

"The sacrifices made and hard work put in have finally paid off today. Graduation is not an end, but the beginning of a new life and new challenges," remarked Lee, who is currently working as a banquet captain at Shangri-La's Rasa Sayang Resort & Spa in Penang.

When asked what her secret to success was, Lee replied, "It's all about attitude. If you want to be successful, you need to be positive and proactive."

Choi Jack Son, Chief Executive Officer of Keris College, urged the graduates to have the courage to make mistakes and to learn from them.

"Learning new things depends on self-willingness; you can't discover new oceans unless you have the courage to lose sight of the shore. We need not be reminded that education is a progressive discovery of our own ignorance. And no matter where you end up in life, be confident and proud of yourselves," Choi concluded.

**Leanne Tan**

# Project Kerala 2016

Asia Metropolitan International School (AMETIS), Ipoh places emphasis on developing learners who excel academically, are competent socially and are global citizens.

The school's outreach programmes are held locally. In 2015 it was done in Siem Reap, Cambodia.

This year the AMETIS team, consisting of 14 learners, five staff members and two volunteers, conducted its programme, for the second year running, in Don Bosco Sneha Bhavan from June 22 to 27.

**Don Bosco Sneha Bhavan** is a registered charity based in Kerala, India. The organisation helps children at risk: street children and youth, child labourers, child beggars, lost children, children in conflict with the law, abused children, abandoned children, runaways and children from dysfunctional family environments.

The team spent time at one of the centres for boys aged between 11 and 14. They organised games, sing-along sessions, painting and colouring.

Thanks to generous donations from parents and friends of AMETIS, the team was able to provide gifts, stationery, foodstuffs, toiletries and multivitamins to the unfortunate kids. The team donated INR75,000 (RM5025) to the charity.

Members of the team had benefited from the opportunity and, in doing so, had gained many invaluable experiences.

For details on courses offered by AMETIS call **05 241 3141** or visit its website at [www.ametis.edu.my](http://www.ametis.edu.my).

**Ed**



## Han Chin Pet Soo

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





## MBI Round-up

### Hari Raya Gathering

The objective of bringing people of diverse races together was achieved when Ipoh City Council organised a successful hari raya gathering in front of the council building on Thursday, July 13.

Over a thousand Ipohites attended the event, some coming as early as 2pm. They helped themselves to a variety of food and drinks served from 12 stalls.

One of the visitors said he came with his family to savour the tasty beef *rendang* and *ketupat*, his favourites.

"The event is good as it allows people of all races to mix and interact freely," he told Ipoh Echo.

Council staff came out in full force. The departments competed against one another for the best decorated stall prize.

Mayor Dato' Zamri Man gave 'duit raya' to all children present.



### Car Free Day

On Sunday, July 23, the council held its monthly car-free day event at the usual venue. The theme was on hari raya celebration.

The designated route was amply decorated with festivity buntings and banners. Some 5000 people took part, aptly dressed in *baju melayu* and *baju kurung*, while walking and cycling.

### Compound for Littering Revised

Between January and July, Ipoh City Council issued 2180 compounds worth RM400,000 to litterbugs.

Mayor Dato' Zamri Man announced this during the monthly Ipoh City Council-level 'Perak Yang Bersih' gotong-royong at Taman Dr Seenivasagam on Friday, July 21.

Zamri disclosed that the council is now considering revising the compound to RM1000.

"We need to impose a heftier fine for littering and illegal dumping," he said, adding that the present RM500 compound, which has been around since the 1980s, is grossly inadequate.

The mayor revealed that, as at end of June the Council had cleared some 9642 illegal dumpsites within the city. In tonnage, it amounted to about 2933 tonnes of rubbish.



## Announcement

### RADIO MBI

Ipohites can now complain, provide feedback and make appeals via Radio MBI's segment, 'MBI dan Anda'. The programme goes online every Friday between 9am and 10am.

Radio MBI is accessible on Ipoh City Council's official portal ([www.mbi.gov.my](http://www.mbi.gov.my)) and its website ([radio.mbi.gov.my](http://radio.mbi.gov.my)). The application can also be downloaded into your mobile phones from Google Play Store or Apple Store.

Those keen on knowing more about the programme can call **05 208 3406** for details.

## Ecology

### Saving Land Snails

Lafarge Malaysia, a leader of the Malaysian construction industry, recently embarked on a joint-study with scientists to document the diversity of land snails in limestone hills of Peninsular Malaysia.

Known as "arks of biodiversity", limestone hills can harbour animal and plant species that are found nowhere else on earth. A recent study showed that at least 445 limestone hills are found within Peninsular Malaysia.

Quarrying activities, however, are a danger to the survival of species that are unique and endemic to the hills.

To better understand the distribution of land snails in limestone hills in Perak, Lafarge Malaysia provided a research grant to scientists from Rimba and Universiti Malaysia Sabah to conduct a survey on these gastropoda at 12 different limestone hills in the state.

The research recorded a total of 122 species, 34 of which are endemic to one particular hill, and around 30 of which are potentially new to science.

"The findings will not only help Lafarge Malaysia in their limestone conservation efforts, but will also help the state government to identify biologically important hills that should be set aside for protection," said co-author of the study, Dr Gopalsamy Reuben Clements, who is also the founder of Rimba and an Associate Professor of Sunway University.

Lafarge Malaysia's Kanthan Plant Manager, Jean-Yves Clement said, "Lafarge Malaysia has a strong commitment to maintaining biodiversity across all its sites throughout the country.

Under this collaboration, we're able to develop a deeper understanding of endemic limestone biodiversity, and enhance our capacity to carry out our corporate social responsibilities."

Ed



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## Personality

# Unstoppable Syuhaida

“Disability isn't a hindrance, but a blessing to drive us to work harder to succeed,” said owner of SCW Cakes, who has been suffering from scoliosis and Tarlov cysts since 2012.

Hailing from Ipoh, Syuhaida Che Wai, owner and founder of SCW Cakes, a cake-making service, said that people should never let their disabilities stop them from fulfilling their dreams and aspirations.

“To the disabled community out there, you shouldn't wallow in self-pity, but rather treat your disabilities as a motivation to press on.

“I've proven that all a business takes to succeed is honesty and perseverance. My cake-making business is almost into its seventh year and is still expanding,” the 23-year-old insisted.

According to Syuhaida, she began her business from home in 2010 with a working capital of RM100 only.

“We didn't buy extra kitchenware but made full use of what we already have in the kitchen then,” she said.

Photos of Syuhaida's homemade cakes can be viewed on SCW Cakes' Facebook page (Facebook.com/SCWcakes) and Instagram (Instagram.com/scw\_cakes). From cartoon-themed birthday cakes to multi-tiered wedding cakes costing up to hundreds of ringgit, one cannot help but be captivated by her creativity and meticulous attention to detail.

Having had an interest in cake-making since young, the Ipoh-born girl counts herself fortunate to have two very supportive parents, Che Wai Abbas and Rosiah Mat Saad.

Syuhaida claims that one of the toughest challenges faced in her career is the scorching hot weather, as cake icing and fondant can easily melt under high temperatures.

Apart from that, Syuhaida faced stiff competition from others in her line of business in the beginning.



“Once I was cheated by a client who gave me counterfeit money. But I treated it as a test from the Almighty.

“In times of difficulties, I keep my faith in God and cherish the unwavering support by my friends and family. This keeps me going,” Syuhaida remarked.

SCW Cakes operates daily. For further information, readers can visit SCW Cakes' Facebook page or Instagram, or call Syuhaida personally at 014 948 7505.

**Luqman Hakim**

## My Say

By Jerry Francis



# Hope of a New Airport Rekindles

Another round of hope for a new airport in Perak was rekindled when Menteri Besar Dato' Seri DiRaja Zambry Abdul Kadir recently announced that the state government had resubmitted its plans to the Federal Government.

He said the proposed airport is to be located at a site which was selected earlier but had to be shelved as it was earmarked for other development.

It is in a growth centre and the landscape is suitable for the construction of an airport.

Although he did not identify it, it is obvious that he was referring to the Iskandar Forest Reserve area in the Perak Tengah District. According to him, a series of initial discussions have been held.

Tourism and business communities have been calling for a new and bigger airport with a longer runway to accommodate larger aircrafts, to replace the Sultan Azlan Shah Airport in Ipoh.

### Humanitarian Airport

I remember just before the General Election in 2008 a similar announcement was made publicly.

It was of a much ambitious project – the world's first Humanitarian Airport to be established in the same location.

The airport would provide emergency medical care for the Asia-Pacific region – described as one of the most disaster prone areas on the planet, with earthquakes, volcanic explosions, tsunamis and floods occurring regularly.

The Perak Government was to allocate 800ha of land for the transit hub of the global relief operations. It was to include a 500-bed hospital and a 3760m-long runway to accommodate aircraft, such as Boeing 747, and other related facilities.

Apart from accommodating rescue aircraft and helicopters for deployment to disaster areas, the airport would also host commercial airlines facilities – thereby becoming an alternative international air terminal in Perak. The cost, estimated at RM1 billion, was to be provided through a foreign humanitarian fund.

A memorandum of understanding was said to have been signed with the State Development Corporation and the Civil Aviation Department had approved it.

This news about the humanitarian airport was very convincing. The residents of Bandar Seri Iskandar and the surrounding areas were excited over the announcement and were looking forward to the prospect of having such an airport in the area.

But just as fast as a flash flood emerges and subsides, the news about the proposed airport too suddenly fizzled out after the General Election.

What surprises me is how so much was said to have been done and achieved since 2006 and yet, a curtain could suddenly be drawn over the project and nothing was mentioned after that. No explanation was given.

### A Much Talked About Airport

The Sultan Azlan Shah Airport is probably a much talked about airport in the country. Talks of a new airport to replace it have been going on for more than three decades.

In the 80s it was felt that Bota, about 50km east of the city, was the best site. Geographically it is ideal as the terrain in the area is generally flat.

However, over the years there have been suggestions of it being located in the Batang Padang District in the south and in the Northern Economic Corridor of Perak, Penang and Kedah in the north.

But one would have thought all these talks of having another airport would have ended after the Federal Government spent over RM40 million to upgrade the airport in 2013.

The runway was extended from 1800m to 2000m and the terminal building and other facilities were upgraded to cater for both domestic and international flights.

Yet, it failed to achieve its objective as a regional airport. Airlines operating to and from Sultan Azlan Shah Airport began to stop as the volume of passengers was poor.

Can relocating of the airport make any difference? After all it will be midway between the Kuala Lumpur International Airport, Subang Airport and the Bayan Lepas International Airport in Penang.

Let's hope this latest talk of a new airport in Perak is not just another election talk as the General Election is around the corner. Once over, it will fall silent and the talk of a new airport will continue to emerge again and again, but nothing materialises.





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## HAPPENINGS

Announcements must be sent by fax: **05 543 9411**; or email: **announcements@ipohecho.com.my**, by the 9<sup>th</sup> or 23<sup>rd</sup> of every month in order to meet deadlines. Announcements by phone will not be entertained. Ipoh Echo reserves the right to verify any announcement before it is published.

**MGS Ipoh 'Jom Balik Sekolah', August 4 & 5**, Friday (8am-12pm) & Saturday (10am-12pm). Walk around the school, talk to teachers, visit classrooms and eat canteen food. See you at beautiful MGS Ipoh, old MGSians!

**SMC Evergreens Flea Fair, August 5 & 6**, Saturday (6pm-9pm) & Sunday (9am-12.30pm & 5pm-7pm) at Peter Pang Hall, Parish Activities Centre, St Michael's Church, Ipoh. All are invited to take advantage of the massive bargains on pre-loved and new items like CDs, books, bags and shoes, clothes and electrical goods. Come! See! Buy!

**IDEAS: 'Bird Photography - My Gears, Techniques and Results' by Dr Chan Kai Soon.** Saturday **August 19**, 3pm-4.30pm at 15 Clarke St, 15 Jalan Abdul Jalil, Ipoh. Admission is free. Contact: Mr Terry **05 241 3130**. Twitter: @ymca\_lahatroad. Website: [www.ymca-lahatroad.org](http://www.ymca-lahatroad.org).

**'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**.

**Mind Science Association of Malaysia 25th Anniversary Dinner** on Saturday **September 16**, 7pm at Hotel Excelsior, Ipoh. For members and friends. Those interested to attend, kindly call **017 573 2879** (Chooi Yee) **012 399 3809** (Michael) or **012 507 6787** (Thomas).

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

**The Dementia Day-care Centre is open daily from 9am till 5pm.** The centre also holds support group meetings every 2nd Saturday and Monday of each month. All carers who have love ones with dementia and others are welcome to attend. These are sharing sessions. The centre also welcomes volunteers. For more details kindly call April at **05 241 1691** before 5pm.

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

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

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

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