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30 SEN FOR DELIVERY TO YOUR DOORSTEP -
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ISSUE

271

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Shall We Dance?

By Khaleeja Suhaimi

Modern dance is often referred to as a wide genre of theatrical dance. It began back in the 19th and early 20th Century in Germany and the United States. Discarding the rigid rules of classical ballet, both Martha Graham, who is known as the 'Picasso of Dance' and Angela Isadora Duncan, known as 'Mother of Dance' are the two American pioneers in modern dancing. They both had the same goal of restoring dance to a higher art form, rather than mere entertainment.

What began as a form of freedom in movement is now known worldwide. Today, modern dance such as Hip Hop, Zumba, Latin and even Indian contemporary dances are popular in Malaysia. Want to know where you can find these in Ipoh? Let's find out!

Continued on page 2



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Work of Art, Self Expression or Form of Communication

Groove Fitness

Passionate about fitness since young, Penang-born Adeline Low is the first to bring Zumba Fitness to Ipoh. When she moved to Ipoh in 2011, she continued teaching Cardio Kickboxing and later heard about Zumba Fitness, a combination of dance and fitness. Interested, she began introducing it to a small group of students and much to her surprise, the love kept growing and has not stopped since.

Well-known and well certified, Adeline teaches Zumba at her studio called Groove Fitness. Zumba Fitness is a Latin-inspired cardio-dance workout which uses music and choreographed steps to form an atmosphere of a fitness party. It is inspired by various Latin dance styles and music such as Merengue, Salsa, Reggaeton, Cumbia, Flamenco, Cha-Cha, Tango and more.

Originating from the Dominican Republic, Merengue is known as the 'Marching Dance' and is the country's official dance and music. It is usually a fast paced and energetic dance. Born in New York, Salsa takes much of its soul from cultures of Cuba and the Caribbean. It is flirty, fun and emphasises a lot on hip motion. Many Zumba songs blend elements of Reggaeton with Salsa music to allow a broader range of movements.

Cumbia was once a courtship dance among slaves but has now evolved due to new instruments introduced by European traders. The movements reflect its origin, with steps that resemble harvesting sugarcane. Reggaeton's music is distinguished by heavy bass drum, similar to the sounds produced by a Reggae style drum. The unique beat is what really sets it apart from other Latin dances, thus making it most similar to American Hip Hop.

Flamenco, on the other hand, does not rely on music. Instead, the dancers use their body parts to produce sounds by clapping, snapping and tongue clicking. Zumba uses this concept and refines the essence of the attitude. Similar to Cumbia, Samba originates from the West African slave trade. It is famous for its sexy hip movements and festive style and mood.

"As an instructor, how we lead a class is very important. For Zumba, we use non-verbal cueing as our primary form of communication. Usually we motivate the students by showing them our energy and encouraging them to have fun. Also, remember to smile!" Adeline expressed, cheerfully.

Zumba, to Adeline, is the perfect workout to get rid of stress. The upbeat music and moves will enhance one's mood as you lose yourself in the music. To begin, her advice is to have an open mind and follow as much as you can at your own pace. In terms of losing weight, it always boils down to what you eat. It also depends on how much effort you put into it. A session of Zumba Fitness usually burns about 500 calories or less.

"Another thing I love about Zumba is that I get to meet and interact with new people every time. We all end up as a big Zumba family without realising it. In Zumba, nobody is watching. All you need to do is let loose and have fun! Ever since I introduced Zumba to Ipoh, I believe there's no other exercise as fun as this and nothing comes close. I'm glad that more Zumba studios are coming up and spreading the love everywhere," she continued.

For anyone who is interested, Groove Fitness consists of four instructors, including Adeline herself. She opens everyday and fees range from RM60 onwards.

Facebook Page: <https://www.facebook.com/groove.fit.1>

Number: +6012 288 7670

Address: Groove Fitness, 59 A Jalan Medan Ipoh 2, Bandar Baru Medan Ipoh 2, 31400 Ipoh, Perak

Other Studios offering Zumba:

1) Sculpt Fitness

No. 4, Lebu Ceylon, 30350 Ipoh, Perak

05 254 6232

2) Dynastic Fitness Centre

2A - 16A, Jalan Bercham Nova 1, Bercham Nova, 31400 Ipoh, Perak

05 536 6630

3) Zum Fitness

65A, Laluan Tasek Timur 3, Pusat Perdagangan Tasek Indra, 31400 Ipoh

+6016 412 1026

4) Yencei Dance Studio

10B, Jalan Temenggong, Taman Rose, 31650 Ipoh, Perak

+6017 383 0486



TIMETABLE FROM 1ST NOV – 30TH NOV 2017
59A JALAN MEDAN IPOH 2, BANDAR BARU MEDAN IPOH, 31400 IPOH
+6012 288 7670 (Adeline)

ZUMBA STUDIO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.45 AM – 9.45 AM	ZUMBA toning (8.45 AM - 9.45 AM)	ZUMBA fitness (8.45 AM - 9.45 AM)	ZUMBA fitness (8.45 AM - 9.45 AM)		ZUMBA fitness (8.45 AM - 9.45 AM)		
4 PM – 5 PM						ZUMBA fitness (4 PM - 5 PM)	ZUMBA fitness (4 PM - 5 PM)
5.30 PM – 6.30 PM (50 MINS)	ZUMBA fitness (5.30 PM - 6.30 PM)	ZUMBA toning (5.30 PM - 6.30 PM)	ZUMBA fitness (5.30 PM - 6.30 PM)	ZUMBA fitness (5.30 PM - 6.30 PM)	ZUMBA fitness (5.30 PM - 6.30 PM)		
6.30 PM – 7.30 PM (MON, WED & THURS, FRI) / 6.40 PM (TUES)	ZUMBA fitness (6.30 PM - 7.30 PM)	PILOXING (6.30 PM - 7.30 PM)	ZUMBA fitness (6.30 PM - 7.30 PM)	ZUMBA fitness (6.30 PM - 7.30 PM)	PILOXING (6.30 PM - 7.30 PM)		
7.40 PM – 8.40 PM	ZUMBA fitness (7.40 PM - 8.40 PM)		ZUMBA fitness (7.40 PM - 8.40 PM)	ZUMBA fitness (7.40 PM - 8.40 PM)			

Class Schdeule



Breakdancing

Nexus Dance Studio

Ranked as Malaysia's Top 10 Dance Studios on TallyPress (an online portal that specialises in curating various topics in Malaysia and Singapore), Nexus Dance Studio was founded by 25-year-old Leon Vong Ju Vyn.

Nexus focuses on Hip Hop, breaking (breakdancing), kids Hip Hop, girl style (feminine Hip Hop), popping and K-Pop.



Freestyling

It began operating in October 2012 with zero profit. At that time, Leon had to take on a different job for about two years to support his studio. Things eventually got better when he moved to the studio's current location. His passion for dancing started in 2006, at the age of 14. He would head to Polo Ground just to train with his friends in the middle of the night.

"Once, when we were training, a very nice lady named Miss Chin from Dance Centre Ipoh came up to us. She asked if we had a studio and offered us to teach at hers. So we did. That's when I thought I really wanted to open my own studio," said Leon.

Hip Hop Dance is a street dance style founded in South Bronx, New York, back in the 70s. It was developed by individuals who did not have professional training but had a natural instinct for movement. While the culture gradually changed in the 80s, a new style of Hip Hop, called freestyle was introduced. As the dance evolved through time, films highlighting Hip Hop were produced to focus on the dance moves and combined beats.

Leon also attended classes at Motion Master and looked up to Eddie Chan, his instructor who had the vision of wanting to bring up the dancing scene in Ipoh. Inspired by both Miss Chin and Eddie, Leon was assured he wanted to do something about the dancing community here.

The term 'nexus' refers to a network of connections, which is what he strives to do with the studio; to bring dancers together. For him, 'breaking' is about the freedom to move and do anything while Hip Hop is all about grooving and free styling. The differences are evident through the different types of movements and music used for each dance.

"The biggest challenge in street dance will always be people's mindset. They look down on street-style dancing. It used to be easier to teach back in my era. Now it's all about social media and people only want to learn to dance for their 15 seconds of fame on Instagram or Facebook. It's not about performing anymore," he remarked.

To change this perspective, he suggests that more dancers should perform in schools for events. Exposing students to these dance styles will interest them and they might agree to giving it a shot. Even if they do not want to do it professionally, just keep going as a hobby.

"Too many people quit dancing for nonsensical reasons. Many people think that dancing is all about being competitive but really, it's way more than just that. Yes, it will always be a financial struggle but it's a visual art and my advice is, keep pushing past your limits," he concluded.

Leon and his teammates have been in various dance competitions. They were champion for the Solo category of Feel the Beat and was awarded third place for the group category. His teammate, Christopher Chow was also on Astro Battleground 2016.

Currently, Nexus has three instructors including Leon himself. Classes are held on Fridays, Saturdays and Sundays. However, students can request for a weekday class with a certain amount of students. Fees are RM70 per month.

Facebook Page: https://web.facebook.com/NexusDanceStudio/?_rdc=1&_rdr

Contact Number: +6016 553 9623

Address: 16A, Jalan Medan Ipoh 9, Bandar Baru Medan Ipoh, 31400 Ipoh, Perak

Other Studios :

1) D'Artiz Studio

20A, Off Jalan Ng Soon Teik, Taman Pertama, 31400 Ipoh

+6017 461 8549

2) Rhythm Expression Dance Academy

54, Lebu Medan Ipoh, Bandar Baru Medan Ipoh, 31400 Ipoh

+6016 200 3006

Continued on page 6

MORE ARE OWING THAN PAYING

Had loan repayment been consistent, PTPTN should have, by now, collected RM18.97 billion.

I was shocked upon learning that a total 410,500 borrowers owe the National Higher Education Fund Corporation (PTPTN) RM6.84 billion in loans. This was the opening line of an online news report I came across recently. Almost half a million students have yet to settle their "debt of gratitude" to the government for having seen them through their higher education.

The report further stated that of the amount, RM2.84 billion was from borrowers who had never paid a single sen to PTPTN since the programme was introduced in 1997. The remaining RM4.05 billion was from borrowers who are paying their dues but less than the agreed instalment amount.

These revelations, apparently, were made known during question time at the last parliamentary sitting.

If anything, this goes to show the state of our economy and, perhaps, the resolve of our youths when it comes to fulfilling an obligation. Granted that the education loans are from the government coffers and it is the government's responsibility to provide education to its people, gratis or otherwise, but a debt is debt and paying whatever is owing is not something to be taken lightly.

Had the loan repayment been consistent, in other words, borrowers honouring their pledge to repay upon completion of their studies, PTPTN should have collected RM18.97 billion. However, only RM12.13 billion was collected as at September 30, 2017, according to a Ministry of Education source. The amount is pretty dismal. And, unless something drastic is done, the fate of other students, in dire need of funding to complete their tertiary education, hangs in a balance.

Here is another interesting piece of information. From the sum, RM6.55 billion was collected from 970,330 bumiputra borrowers while RM5.58 billion was from 519,913 non-bumiputra borrowers. This disparity in numbers is so apparent. Perhaps the non-bumiputra borrowers are more conscientious and trustworthy than their bumiputra counterparts, as figures do not lie. I shall leave that to conjecture, not wishing to ruffle any feathers.

In Budget 2018, the government is extending discounts for repayment of PTPTN loans till December 31, 2018. For full repayment, borrowers will receive a 20 per cent rebate on outstanding debt. A 10 per cent rebate for repayment of 50 per cent of outstanding loan and a 10 per cent rebate on settlement by salary deduction or scheduled direct debit.

Incidentally, the repayment period has now been extended to 12 months from the current six months, from completion of study.

For the uninitiated, PTPTN loans are meant for students pursuing tertiary education at a recognised institution of higher learning in the country. The programme, introduced in 1997 has benefitted thousands, especially those who could not get study loans from the Public Service Department (JPA), Mara and other agencies as the criteria are rather stringent. Borrowers who performed well in their studies, like getting a first-class honours in the selected degree courses, will have their loans waived. The loans will be considered as a scholarship, instead. This is applicable to JPA and Mara loans too.

But getting a waiver is not as simple as is stated in the application papers. "You've to cross mountains and lakes to get it" said a former University Malaya student. She performed pretty well in her degree course and had obtained first-class honours and, by convention, was entitled for a waiver. But that was where her problem started. She thought PTPTN keeps track of its borrowers' performances, as that is what is expected out of them. However, upon checking she was told to fill forms and make a separate application. "It's pointless to deal with the state branch as the staff are seldom sympathetic," she lamented.

Having been forewarned of this anomaly she took her problem to the head office

AN APOLOGY

We refer to our editorial, "The Practicality of Tahfiz Schools" Ipoh Echo Issue 267 (October 1-15) and wish to apologise to the owner of the tahfiz school in Manjoi, Ipoh, which the article alludes to. The portrayal of his character is definitely uncalled for. Our sincere apologies to the person concerned.



at Jalan Yap Kwan Seng in Kuala Lumpur. After a few trips to the federal capital she got the much-anticipated exemption. Nonetheless, she is still short of a couple of refunds, instalments paid while waiting for the waiver.

Well, that is how government departments function. I had similar problems too when settling my housing loan upon retirement from military service. I had to make several trips to the Housing Loan Department in Kuala Lumpur to settle the matter. To add salt to injury, they mailed my overpaid instalments to my old house in Kuala Lumpur. The cheque got lost and I had to apply all over again. That is efficiency for you.

While debating Perak Budget 2018 on Friday, November 24, the state legislative assembly's attention shifted to the proposed airport at Bota and Lambor Kanan in Perak Tengah. The new airport will straddle a 4169-hectare site at the Cempaka Sari Industrial Gate. The Transport Ministry has approved the application said Dato' Dr Mah Hang Soon, BN representative for Chenderiang. The project will be undertaken by a private entity named Malaysian Resources Sdn Bhd. Whether the company has the capacity to build the airport is another question. However, the burning question on Perakeans' lips is whether the state requires a new airport when the existing one is under-utilised. Although the debate has been raging for sometime, nothing has yet materialised. Hopefully, it is not another dry run.



EYE HEALTH — WORLD DIABETES DAY 2017 – The Sudden Blindness!



In conjunction with **WORLD DIABETES DAY on NOVEMBER 14th 2017**, Ipoh Echo talks to Consultant Ophthalmologist **Dr S. S. GILL on SUDDEN BLINDNESS IN DIABETICS.**



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

The World Health Organization (WHO) has estimated that in the year 2030, Malaysia would have a total of 2.48 million people with Diabetes Mellitus (DM). "One in six diabetic Malaysians above 30 years old, are at risk of becoming blind, making it the second biggest cause of curable blindness in the country. It is estimated that approximately 25,000 productive individuals with families to support become blind every year due to diabetic eye disease."

SUDDEN BLINDNESS

"A diabetic patient runs a risk of suddenly going blind especially if they have uncontrolled diabetes and if they have never had their eyes checked." Diabetes Mellitus is one of the leading causes of blindness in Malaysia due to a complication affecting the eyes called Diabetic Retinopathy. "The disease is responsible for over 80 per cent of blindness in diabetics. **The key is to get your eyes checked regardless of your diabetic control.**"

"There was a patient in his 30s who used to skip lunch and have a carbonated drink instead. A couple of years later, he developed DM. His doctor started him on diabetic medication and advised him to go for regular eye checks, but he ignored the advice. One morning he woke up to find that he could hardly see in one eye. **Like him, many diabetics have ignored the need for regular eye check until they get into trouble.**"

EYE DAMAGE

Diabetic retinopathy (damage to the retina) is an eye disease that can cause decreased vision and blindness occurs when vessels at the retina leak. Secondly, the retina becomes ischaemic (lacks oxygen), producing a substance which induces the formation of abnormal weak blood vessels, which start bleeding.

50%

Nearly all people with diabetes show evidence of retinal changes over time, and up to 50 percent will progress to sight-threatening variants of diabetic retinopathy without treatment.

WHO RECOMMENDATIONS:

- **BODY WEIGHT:** achieve and maintain healthy body weight.
- **EXERCISE:** 30 minutes of regular, moderate-intensity activity on most days. More activity is required for weight control.
- **DIET:** eat a healthy diet of between 3 and 5 servings of fruit and vegetables a day. Reduce sugar and saturated fats intake.
- **NO SMOKING:** smoking increases the risk of cardiovascular diseases.
- **EYE CHECK:** Get your eyes checked regularly if you are diabetic!

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



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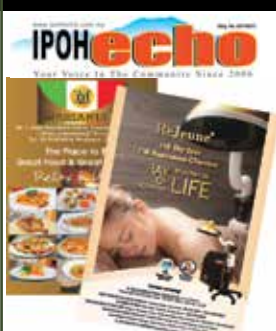
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Hotel Ignores Customers to Please Politicians

Many industries, including the hospitality industry are suffering in these strained economic times, but the Hotel Seri Malaysia (HSM) Ipoh decided to shoot itself in the foot by cancelling an event, at the last minute.

The hotel cancelled an event, in which the PKR deputy president, and MB of Selangor, Azmin Ali, would attend. The chairman of the HSM's board of directors, Aziz Sheikh Fadzir, denied suggestions that the board had a say in the cancellation or that the move was politically motivated.

Aziz stressed that the decision to cancel, was made entirely by the management and said, "The Hotel Seri Malaysia Ipoh management decided, on its own, about the cancellation after finding out, at the last minute, that Azmin Ali would be attending and was worried that if the programme was a political ceramah, it would embroil the hotel in a controversy and tarnish its name.

"Therefore, on behalf of the Hotel Seri Malaysia network, I would like to express regret and apologise over the misunderstanding that happened between the Hotel Seri Malaysia Ipoh management and the organiser of the event." (sic)

The closed-door meeting with Perak PKR had to be relocated, and Azmin complained that the management had been pressured to cancel the event.

Aziz denied this and said, "I would like to inform that the board of directors have never interfered in the day-to-day management of Hotel Seri Malaysia, including on bookings and other related matters. (sic)

"The incident also had nothing to do with political pressure from any quarters." (sic)

He insisted that HSM has never discriminated against PKR, but he claimed that, on this occasion, the hotel management feared that a political event would tarnish its reputation.

For the past five years, PKR has held events at HSM, without violating any of the hotel's policies. What made this event different? Was it because the Selangor MB would be present? How would the event tarnish the hotel's reputation, especially as this was a closed-door event?

The reaction from the public was understandable. They expressed shock at the summary cancellation of the event, by HSM.

The Perak PKR secretary, Abdul Yunus Jamahari, claimed that they were not informed of the cancellation until the night before the event. No valid explanation was given and he said, "About 10pm last night, our representative received a call stating that due to instructions from the hotel management, the booking has to be cancelled.

"This is unprofessional. (The hotel) should not treat the Selangor Menteri Besar this way. I feel ashamed."

An employee of HSM, who declined to be named, said that the order to cancel the event booking, had come from their headquarters, and he said, "I cannot comment, you need to ask my head office, because the instruction came from the head office".

The HSM network is owned by the Ministry of Finance Incorporated and HSM's chairman, Aziz, is also the Umno-Baru MP for Kulim Bandar Baru. Passing the blame to the Ipoh HSM manager is outrageous and unacceptable.

One event organiser said, "Usually, a hotel would ask for details about an event to be held at the venue, so for Aziz to claim that there had been no pressure from the board is unconvincing.

"Moreover, the organisers would have booked the venue in advance, and for the board to instruct the manager to cancel at the last minute, would upset the Ipoh staff, because they will be put in a bad light."

One local person, who arranges accommodation, in Ipoh, for various groups said, "HSM's reputation was not great, to start with. For them to cancel an event at the last minute, will only drive people away".

A visitor to Ipoh, said, "The location is convenient, as I have to be close to the centre of Ipoh for work. I just need somewhere to sleep. HSM is not fantastic, and I would avoid it, if I had to go to Ipoh, on a private visit."

One Ipohite said, "The chairman has just shown how not to run a hotel. What are the hotel's priorities? The customer or the political masters?"

Another local said, "Would Umno-Baru be allowed



to hold an event at HSM, or would the chairman dare to suggest that the reputation of the hotel would be tarnished? Isn't the board of HSM just playing politics?"

A couple who run a homestay said, "Money is money. What is wrong with the colour of PKR's money? A customer who brings in money, is still a valued customer. The HSM chairman is very shortsighted."

Reports on social media, about the attitude of the HSM board, have gone viral. Talk about boycotting HSM is rife. Others say that they will avoid this budget hotel, because it favours the playing of politics, over customer service.

The general public is aware of what goes on, and do not need politicians or their cronies to pull the wool over their eyes. Appointing politicians to the board of directors does not auger well for the business. Instead of attending to the needs of the customer, political appointees will only bend over backwards to please their political bosses.

Last month, a number of hotels were in the news for the wrong reasons. The hijab banning hotel scandal has caused accusations to be made about religious discrimination in the workplace and violations of women's rights.

An Ipohite said, "The cancellation is an attempt to remove our democratic right to question our politicians. This is in direct contravention of the Constitution."

This last minute cancellation, by the HSM Ipoh, only serves to anger the public, who will vote with their feet.

What is the reaction of the Tourism and Culture Minister, Nazri Aziz?

Source: <https://www.malaysiakini.com/news/402478>

CHILD HEALTH

Dr Shan Narayanan
Consultant General Paediatrician, Hospital Fatimah

Genetics

Genetics is interesting and puzzling. In this article we continue to look at the various terminologies:

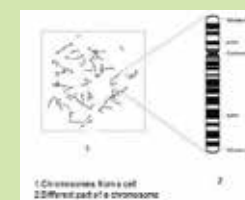


Diagram 1

KARYOTYPE, AUTOSOME, SEX CHROMOSOMES

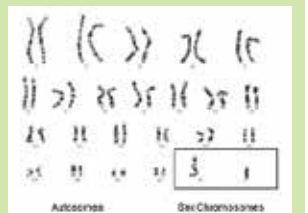
Our body is made up of numerous cells with many different cell types like muscle, kidney, skin, etc. Each cell contains 46 chromosomes. Each chromosome can be identified by its relative size and location of the centromere, a constriction in the chromosome.

The chromosomes come in pairs. The 46 chromosomes, make up 23 pairs. In each pair one chromosome comes from the father and the other from the mother.

The arrangement of chromosome in one cell according to its size is called Karyotype. This is created by photography.

The first 22 pairs (that is, Nos. 1 to 22) of chromosomes are called 'autosomes'. They decide our appearance and instruct cells to carry out the bodily functions.

The last pair, the 23rd is called the 'sex chromosomes'. A part of it decides the sex of the individual and the rest carries other information. Males have one X chromosome and one Y chromosome. Females have two X chromosomes.



Male Karyotype

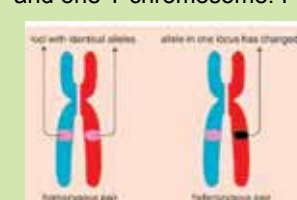


Diagram 2

ALLELES AND LOCUS

From the previous article we know that a gene is a stretch of DNA in the chromosome. As chromosomes are in a pair, genes are also in pairs (except in the sex chromosome). The gene pairs are a set of instructions that tell the cell how to make a specific product called protein.

Each gene may have different forms. Alleles are the different form of the same gene. An individual has two alleles of a gene (as genes are in pairs).

An individual may be homozygous or heterozygous for a gene. A homozygous individual has two identical allele for the gene. A heterozygous individual has two different allele for the gene.

Locus is the position of the gene in the chromosome. Alleles and locus are illustrated in the diagram above (Diagram 2).

GENOTYPE & PHENOTYPE

At a specific locus there is an allele in each of the two chromosomes. In the above diagram the first pair of chromosome has identical allele at a specific locus (homozygous). The second pair of chromosome have different alleles at a specific locus (heterozygous).

The two allele together are called genotype. As gene determines our traits, there are different genotypes for different traits. The traits being physical, behavioural and predisposition to medical condition.

The observable traits such as height, colour of eyes, blood group, severity of inherited medical condition, temperament, etc., are called phenotype.

An example:

Genotype	Phenotype
A/A, A/O	Group A
B/B, B/O	Group B
O/O	Group O
A/B	Group AB

For our blood group there are three alleles, namely A, B and O.

This explains why a couple, one with blood group A (genotype : A/O) and the other with blood group B (genotype B/O) can have a child with blood group O (Genotype O/O).

The next article will be about patterns of Inheritance: Autosomal dominant, Autosomal recessive and X-linked.

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



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

Pics by Vivien Lian



SeeFoon tracks down best "Wu Kok" in Ipoh

Having lived in Hong Kong for an extensive period of my life, "*yum cha*" (in English to drink tea) was a common experience that probably occurred at least once a week. No I'm not referring to the tea with milk variety served with petit fours and cucumber sandwiches but the gustatorial feasts of delectable plate upon plate and steam basket upon basket of small, sweet or savoury dishes, each one a "*light touch on the heart*" which is what *Dim Sum* means.

This culinary tradition is said to have begun thousands of years ago when those who travelled along the ancient Silk Road through China would often need a place to rest before continuing on their journey. In response to the increasing amount of people passing through, teahouses opened up along the roadside of southern China. It was later discovered that tea aids digestion, so teahouse owners began offering bite-sized snacks as an accompaniment, and thus yum cha was born.

Finding a foothold in Hong Kong was easy and from there, Dim Sum was a hop step and jump to all the locations in the world where the Chinese settled and missed their culinary traditions.

Since living in Ipoh, my heart has not been "touched" much as I have had difficulties finding the definitive Yum Cha or Dim Sum (often used interchangeably) place to either whet or sate my appetite for delectable morsels.

But now all that has changed with my rather late discovery of **Dynasty Palace**, a gem of a 'Yum Cha' restaurant that has eluded my foodie 'tentacles' because it is somewhat off the beaten track for me.

Situated in Station 18 directly opposite Aeon, the restaurant appears small when you look at the entrance but on entry I discovered that it is very spacious, occupying two shoplots. And this is where I found the best '**Wu Kok**' in all of Ipoh.

Having been spoilt for choice all those years in Hong Kong, my definitive Wu Kok (a taro paste-deep-fried-dumpling with meat filling), is crispy, with lace tendrils flying, tongue-burning-straight-off-the-oil fresh, crunchy on the exterior, followed by a velvety smooth taro pastry and filled with beautifully flavoured meat farce.

And this they had in Dynasty Palace. As well as a host of unusual Dim Sum delicacies not found elsewhere in Ipoh.

Not surprisingly, on chatting with proprietor Tim Lee and partner Chef Ben Lew, I surmised that their Dim Sum is all "homemade" unlike some other Dim Sum establishments who are supplied by factories. And the biggest surprise of all is that Chef Ben learnt his craft in the UK under the tutelage of a HK 'Sifu' or Master Chef.

So it is UK's loss and Ipoh's gain as this pair has come home to roost, bringing with them years of training with some of the best chefs that HK has lost through migration.

For the purposes of this review, I shall only concentrate on the unusual items, those which I consider the well worth trying items on their menu which is very extensive. All of the other typical Dim Sum items are there but as space is limited I shall only dwell on the ones that impressed my palate.

Aside from the Wu Kok, the 'must tries' are their **Bean Curd Skin Cheung Fun**, a delicate steamed rice pancake wrapped around deep fried bean skin; **deep fried Char Siew Pao** (their steamed ones are good too); **Siew Mai** which is ubiquitous but especially good here; **Pan Fried meat and vegetable Pao**; **Loh Hon Chai Cheung Fun** which is



rice pancake wrapped around vegetarian stir-fry; their **chicken feet** both the deep fried (hot) and their Thai Style, boiled, deboned and spicy (cold) versions; unusual **Spinach and Goji berry dumplings**; their **spinach and prawn dumplings**; **Chives and prawn dumplings**; pan fried **vegetarian pao**; steamed **spare ribs** which were well seasoned and tender; and last but not least their small delicate **custard tarts** which are melt-in-your-mouth yummilicious.

I am told by Tim that their bean skin is imported from Hong Kong as is their Pao flour, which may explain why they're particularly good.

Expect to pay on the average of RM5.10 per portion with most around RM4.80 and RM5.10 with the odd item as high as RM6.30 and you'll be more than satisfied with the tally at the end of the meal.

All in all, a brunch here at Dynasty Palace is worth the drive to Station 18.

Dynasty Palace

16-18 Medan Station 18/11

Station 18, 31650 Ipoh.

Business hours: 7am-2.30pm

Tel: 05 321 6419. Off days: Call to check.

GPS 4° 32' 38.81" N : 101° 4' 16.86" E

Shall We Dance? . . . continued from page 2

Indian Contemporary Dance

Back in the 1920s, Uday Shankar, known as the Father of Modern Dance in India decided to incorporate elements of classical and folk together with ballet to create a new dance form. It was called Hi-dance. While Indian contemporary dance is sometimes defined as a combination of refined and experimental fusions of classical, folk and Western, 22-year-old Lasheni Erakulan is a passionate exponent of this form and shares her thoughts on it.

Growing up with Tamil and Bollywood films in her DNA, Lasheni followed in her mother's footsteps and began dancing from 11 years old. She specialises in Bollywood, classical, semiclassical and folk dances. For Lasheni, a folk dance called Dappan Koothu is the closest it can get to modern dancing in Ipoh.

Dappan Koothu is an informal dance with no structured and repeated steps. It is a fast paced and energetic freestyle, accompanied by facial expressions, especially the tongue which is used to depict emotions. The boys are said to have more energetic steps, while the girls have more delicate moves. It is famous in the South Indian state of Tamil Nadu.

"I've never attended classes. I learned everything myself, through different participations in societies. Also, I choreograph my own steps for both boys and girls to teach. It gets challenging as some dancers can't catch up and require a different approach," she said.

According to Lasheni, the response for Indian modern dance in Ipoh is still very poor. Most of them use being shy or scared as an excuse while others say that dancing can be a burden. Parents should begin encouraging their children to give it a try in order to maintain the tradition itself. With this being said, the instructor needs to know the tricks to pull youngsters into dancing.



Lasheni doing Her Dance



Champions for Akshaya Dance Competition 2015

"I approach people by making these dances sound easy and letting them try. The secret is to indulge yourself in the music, the flow in your movements will come naturally. I lose myself in the rhythm and beat so when I dance, all my sorrows go away. People just don't see the importance of these dances. If the current generation doesn't maintain it, our culture will eventually die," she continued.

Lasheni has joined all kinds of competitions and was even crowned champion in several, including the Akshaya Dance Competition 2015. It was held at Quest International University Perak, Ipoh. Lasheni does not have her own studio just yet but is open to teach anyone. She can be contacted at **014 304 6101**.

Conclusion

Some people define modern dance as a work of art, some say it is an expression of abstract ideas, while others say it is a form of communication. Perhaps it is all of it combined or much more than that.

Nosh News with SeeFoon

Treasure Pot – Best Value for Whole Family

Fancy a no-brainer make-your-own-dinner but without the hassle of shopping, cleaning, chopping and preparation that cooking at home entails? Well how about hot pot or steamboat? It's the easiest way to feed the family that I know of, with each picking and choosing what he or she likes best.

At **Treasure Pot**, all the preparation is done for you. You sit; you order your choice of soup or two if you prefer (choose from Tom Yum, Salmon Fish Head, Special Bone Pot, Imperial Pork Stomach, Seafood Soup, Spicy Hotpot, Pork with preserved cabbage); you go to the food display; you select everything you wish to eat; you pile it on your plate and you start cooking.

Ah and the dipping sauce, what will you choose? Well you have a dizzying choice of 20 (too many to list) to choose from: be a purist and choose one or play master chef and mix them. If you're not happy with the result, go back again and mix some more. And after you've had your fill and refills of the different meats, fish, prawns, vegetables, go back and choose your type of noodle (from six options) to finish the now robust broth. And wash all this down with complimentary orange juice.



If a little sweet tooth is hankering for attention, then head for the ice cream. It's all included in the price of RM30+ for adults, seniors RM25, children under 12 RM15+ and toddlers and those below five eat for free. Now if that isn't the best deal in town! And all in airconditioned comfort too.

Treasure Pot Steamboat

#2-20, 21 Festival Walk, Jalan Medan Ipoh 1, Medan Ipoh Bistari.

Tel: 05 543 9423

Business hours: 5pm-midnight. 24/7

GPS: N 04 37.1 52 E 101 07. 082

La Tentation

La Tentation, French for temptation, is a cosy fusion-style cafe cum bakery tucked away in Bandar Ipoh Raya. Established early last year, it has a mostly white interior dotted with hanging light bulbs, a Polaroid wall and a reading corner.

Ong Shi Yun, the owner who co-runs the space with her cousin, explained, "We make the breads, cakes, cookies, waffles and dressings ourselves. We get our ideas from the internet and cookbooks." For instance, their freshly baked daily house bread is served with *kaya* and butter (RM3.50) or jam (RM4.50). Both the *kaya* (coconut jam) and jam which are also homemade make a world of difference.

Highly recommended are their tossed pasta (RM16), avocado egg mayo sandwich (RM18) and bruschetta roast chicken (RM22), all brimming with flavours. For an element of surprise, order the beef stew with pasta (RM22) which is infused



with a hint of red wine.

Another noteworthy mention is the limited while-stocks-last *gula melaka* cheesecake (RM11 per piece) which is drenched in *gula melaka* syrup and yet not overly sweet. Also, try their coffee hot, iced, or latte style.

"We are planning to shift beginning of next year to a more intimate space that can be easily handled by just the both of us since it is difficult to obtain permanent staff. Everything is still under planning though," Shi Yun shared.

Pre-order, tailored to your budget and taste, is available for all cakes and pastries for small parties and weddings.

La Tentation is located at No. 3, Medan Istana 6, Bandar Ipoh Raya, 30000 Ipoh. Opens from 8am to 4pm (closed on Sundays and Mondays). Interested readers can call **05 241 1948** to find out more. It is pork free with some desserts and main courses containing alcohol.

Mei Kuan

Wellness

By SeeFoon Chan-Koppen

Is your mobile phone your pain in the neck?

Whether it's your iPad, your digital reader or the biggest culprit of all, your mobile phone, the amount of time we now spend using these devices is giving us literally: a pain in the neck.

Dr. Cheang Chee Keong, Consultant Neurosurgeon, **KPJ Ipoh Specialist Hospital** shared with me this big shocker when he pointed to the illustration of what most people do with their mobile phones: which is bending the neck at an unnatural angle, causing most of the current epidemic of spinal degeneration.

Referring to the illustration below, he used a most vivid analogy when he said that the way most people today are glued to their phones is the equivalent of having 3 full bags of rice stressing on the joints of their neck bones.

"A mere 15 degree tilt of the head is equivalent to a 27lb pressure on our cervical vertebrae. At 60 degrees it is 60 lbs which is equal to 3 bags of rice. So imagine carrying that around for the majority of your waking hours as most people do these days. Or you could be hunched over your desktop computer, creating havoc with your spine." Dr. Cheang stressed.

"All this stress causes degenerative spinal disease, as the intervertebral discs lose their water, bringing the vertebrae closer together. As a result, the nerve openings in your spine become more narrow. When this happens, the discs don't absorb the shocks as well, particularly when you are walking, running, or jumping. Wear and tear, poor posture, and incorrect body movements can also weaken the disc, causing disc degeneration.

"For some of us, **degenerative disc disease** is part of the natural process of growing older. As we age, our intervertebral discs can lose their flexibility, elasticity, and shock-absorbing characteristics. For others, degenerative disc disease can stem from an injury to the back.

"And now with the new digital devices that we are all addicted to, this degeneration is further exacerbated and more and more people are in pain. I have 20-30 year olds coming to me with pain and numbness and pain in their neck and upper limbs.

"Oftentimes, surgery is the last resort after conservative treatment with pain medication and other non-invasive methods have been tried," he added.

But fears of invasive surgery with its attendant risks of nerve injury, post surgical debilitation and a long stay in hospital and recovery period can now be allayed with the **new minimally invasive keyhole surgeries** which are practiced today.

TLIF or a transforaminal interbody

fusion is a type of spine surgery that involves approaching the spine from the back of the body to place bone graft between two vertebrae. The procedure may be performed using minimally invasive surgical techniques. **(Refer to picture of minimal vs open surgery and the scar left as result).** With this, patients can **return home after a day or two** in the hospital and suffer minimal postoperative discomfort.

Sometimes, all that needs to be done when a patient presents with spine degeneration is to have injections to their neck joint, epidural, nerve roots or discs. **Injections using "Discogel"** to rehydrate the discs, **radio frequency ablation** of the disc, **laser therapy of the disc** are all simple procedures to relieve pain.

Dr. Cheang should know as he is a faculty member of **AO Spine International**, an international community of spine surgeons generating, distributing, and exchanging knowledge to advance science and the spine care profession through research, education, and community development. With this collaborative approach AOSpine continues to advance spine care worldwide.

Dr. Cheang received his **MBBS (UM) and M.S (UKM)** and specialist training in Neurological Surgery at the **Royal Melbourne Hospital**, before joining **KPJ Ipoh Specialist Hospital** a year ago. Previously he was **head of department Neurosurgery** at **Hospital Raja Permaisuri Bainun Ipoh**. His field of interest in addition to general neurosurgery is in vascular and spinal degeneration, with Cerebral Aneurysm and minimally invasive spinal surgery his pet specialties.

Dr. Cheang's **advice** for avoiding spinal degenerative problems for people of all ages is, "You can't avoid degenerative spinal disease due to disease or accidents but please don't hasten it with poor general posture, no exercise and most importantly, bad posture habits regarding using digital devices. You can avoid coming to see me if you follow these tips!"



Dr. Cheang Chee Keong
Consultant Neurosurgeon
MBBS (UM), M.S (UKM)



Dr. Cheang Chee Keong's clinic:
Consultant Neurosurgeon
Suite 2-05, KPJ Ipoh Specialist Hospital,
26, Jalan Raja Dihilir, 30350 Ipoh. Tel: 05 240 8777 (Ext 131, 132)

LETTERS

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

Looking for Long-lost Family

I am writing from Perth, Australia. My family is originally from Ipoh and I was wondering if you can help me locate the following:

1st story:

We are searching for four sisters: Sim Eng, Sim Onn, Sim Lian and Ah noi Yoong. When east and west Malaysia became one in 1963, half of the Yoong family went to the new frontier which in Sabah, more specifically we know that they relocated to Jesselton. 1963 is the year my father last saw his four aunties above and cousins. We know that one sister married a Chinese named Lim Eng Hock who was a bank manager for a chartered bank in Telok Anson, Perak, then moved to Sabah. They had 10 children: Ah Pek, Ah Kim/Elizabeth, Bambi and Spanky – my dad forgot the rest of the names. Of course they are nicknames, but this family was renowned for being a tall, lanky chinese family, Bambi and Spanky (boys) became well known models in Europe. There has been no contact since 1963.

2nd story:

I am looking for anyone that knows: Philip Aloysius Yoong born on the 26th May 1905, Port Weld. This story is important because he left behind a 6-year-old, my now 80-year-old uncle. Philip was attacked by the Chinese communist in 1945 in Pusing, his body was left on the side of the road. From records, I know that he played for the Perak football team (circa 1929-1933), travelled all over SE Asia as a footballer player and had many games in Singapore and graduated as a sanitary inspector in Singapore on February 8, 1933, from the Royal Sanitary Institute, London. He also went to St George's Institution, Taiping as a child. Anyone that knew him as a football player, a student at St George's Institution, or just as friend, or enemy, or just knows something about the last moments of his life, please urge them to come forward.

3rd story:

We are looking for descendants of Bartholomew and Serofina Yoong from Ipoh, we have found four lines, but are looking for:

Yoon Kong, Yoon Foh, Yoon Kee. From records we know that Yoon Kong worked for the Straits commercial Co Ltd, Singapore and was part of the Penang Chinese Union. Yoon Kong died in May 26, 1927, Penang: from records it does look like all the brothers attended his funeral. He may have been a towkay, but this is not confirmed. If anyone knows their descendants please urge them to come forward.

Mel
Perth, Australia
Email: mummymoo1984@hotmail.com

Vacant Houses @ Tiger Lane

These abandoned houses used to be the homes of expatriates who have left their property, rendering it stagnant since a very long time ago. We have been staying in this house for over 40 years and things like lizards and snakes keep intruding our home, and I can't let my dogs loose or they'll attack them. Smaller insects and pests including mosquitos and other critters have been causing problems and my poor boy is always getting bitten by them.

We have called the MBI to help clear the overgrowth in the four vacant houses around my residence, however, they have yet to come despite telling us that they will look into it; which has been an ongoing problem for over 15 years.

On the other hand, the trees from the graveyard just next door have been growing into my compound and leaves are falling everywhere as a result. Snakes like King Cobras and Iguanas come in quite often – once every few months at least. In fact, they have managed to come into our rooms on a few occasions which is pretty terrifying!

During the Qingming Festival (Chinese tomb-sweeping day), they set fire to the cemetery to clear the grass and vegetation which could be very dangerous to surrounding areas.

My neighbours, too, are experiencing the same problems that we have and I hope something can be done to put an end to our dilemma.

R. Devindran



Deepavali Round-Up

Empowering The Third Force



A gathering to celebrate Deepavali together organised by 25 NGOs (non-governmental organisations) and three public agencies saw good support from 700 people on November 18 at Ipoh Town Hall.

Dato' Samsuddin Abu Hassan, Executive Councillor for Entrepreneur and Cooperative Development, Consumer Affairs, NGOs and Civil Society in his address said, "Nowadays, nobody can deny the importance of NGOs in the development of the country and society. An NGO is a third force that plays a valuable role by relaying information from the government objectively, as they're not a political party," he told a press conference following "Pesta Cahaya Deepavali 1 Malaysia".

According to Samsudin, presently every issue has been politicised, including efforts to help the rakyat by both state and federal governments.

"However, NGOs have always played their role, as a third force, helping the government to clarify policies such as Budget 2018," Samsudin added.

Samsudin deemed the unique gathering a success. They had collaborated effectively to accomplish a single mission – to celebrate Deepavali together. "This is commendable, as the celebration is a platform to foster unity among the various races and ethnic groups," he said.

To empower the NGOs, Samsudin said the state government would devise a strategic approach spearheaded by Institut Darul Ridzuan.

Event organising chairman, Associate Professor Dr Richard Ng, who is also the president of Ipoh City Watch and Koperasi Hijau (KOHIAU) hoped that the state government would allocate funds, in its upcoming Budget 2018, to some 6000 NGOs in Perak.

"There are about 2000 NGOs which are active in terms of activities, performances and impact on Perakians.

"I want the state government to empower this third force by increasing the budget for us (NGOs). However, only about 2000 are active and the number of people involved does not necessarily have an impact," he pointed out.

Among the participating NGOs that Saturday were Greentown Wellness, Ipoh City Watch, KOHIAU, Perak Women for Women Society and Persatuan Prihatin Wanita Perak.

Nabilah Hamudin

A Dental-themed Deepavali

The Deepavali gathering at Dewan Yogi Ram Surat Kumar, Buntong on Saturday, November 18 was jointly organised by the Dental Division of the Perak Health Department and the Perak Hindu Religious Council. It was held in conjunction with the just-concluded Oral Cancer Awareness Week.

The event was graced by Dato' Elango Vadiveloo, special adviser to the Menteri Besar. Its objective was to promote dental hygiene within the Indian community while fostering good relationship between the health department and the religious body.

Based on a 2016 survey on oral cancer, involving 7164 people in Perak, it was found that 52 per cent of them were at risk while 60 people were diagnosed with oral cancer. In fact, people between the ages of 50 to 70 are commonly diagnosed with tongue cancer.

Ipoh Echo questioned the benefits of dental screening procedure, which was done in a modified trailer on-site and free-of-charge. Dr Ashvini Maniam, the head of the Buntong government dental clinic responded, "Dental screening helps to determine oral hygiene and signs of oral cancer. It's important for everyone to know."

She added that such screening could reveal lifestyle-related problems such as smoking, alcohol consumption and tobacco and betel-leaf chewing that affect oral hygiene.

Over a hundred people were screened during the duration of the event. Goodie bags were given to the first 50 attendees. Exclusive items were presented to those who had



Connexion

By Joachim Ng

Deepavali and Raya



Zappy Malay colleagues wore trendily designed Kurta or Baju Kurung with peacock-motif trimmings, and two Chinese songbirds belted out Kuch Kuch Hota Hai — an evergreen Hindi number. Poppadom and other mouth-watering Deepavali favourites were contributed by employees who included non-Indians in the main.

The fun celebration two months ago in October was one of many lively events held in the premises of big commercial firms, including government-linked companies that employ culturally diverse workforces. And just three months before that – during Hari Raya festivities in July – Indian and Chinese employees donned colourful Baju Melayu and tucked into rendang and lemong. Some even qualified for 'best dressed' catwalk.

Similar happening scenes are rolling out, though on a smaller scale, these four December weeks in thousands of retail outlets as non-Christian store assistants spread Yuletide cheer in their bright red-white costumes and eye-catching Santa caps. Oh, by the way, there is nothing fearfully religious about the Santa costume: the white accent signifies winter season and the red signifies the gift package. Christmas is the season of giving and forgiving.

Our 60-year-old nation has the vibrant commercial sector to thank for carrying high the torch of multi-ethnic unity and keeping it lighted forever more. It's the Malaysian way; our unique style of connectivity to make diversity work for everyone's enjoyment and benefit.

The motivation for large business units to organise festive celebrations — usually Hari Raya, Deepavali, Christmas, and Chinese New Year — is, of course, workforce morale enhancement. Team spirit goes up two or three notches when everyone makes it a point to join in the camaraderie, especially when the boss is called to sing. It doesn't matter should rain fall immediately. Festive fun is a cool way to break the ice barrier separating managers from the juniors, and company old hands from the new younger employees.

Smaller firms may lack ethnic diversity on a substantial scale; nevertheless, many of them co-opt the festive mood with ketupat dangling from the ceiling during Raya, kolam on the floor at Deepavali, Christmas tree with twinkling lights and tempting gift boxes (empty lah, just for show) in December, and red angpows on the table at lion dance time. The customers love it, and it builds esprit de corps among the staff when they do things together for the joy of it. Simple gestures; big returns.

These seasons of joy present opportunities for every Malaysian to do something positive, something jovial, something that goes a long way to reduce communal divisions and build connectivity.

Let down your hair and step into another person's cultural world for the occasion. It will open your mind and soften your heart when you discover from experience that the underlying unity is fundamental in nature and far more significant than the surface differences. Come to think of it: 'light' features prominently as a decorative theme in both Raya and Deepavali traditions symbolising the victory of good-heartedness and wise understanding. May the light dispel the darkness in our lives.

And with the year-end festivities just beginning, is there something you can do that's a little bit out of your normal routine?



perfect oral conditions, as a form of incentive.

"There are five rules to observe when taking medicine," said a local pharmacy representative. "They're timing, diagnosis, medication type, dosage and how to take the medicine correctly."

Tooth mascots, a music band and several dance performances made up the bulk of the morning programme. Children were intrigued by the sight of a walking life-sized denture.

Jack Foo

Community



Damage done to the gate and wall

Car as a shield

Living in Fear

For the past three years Wong Fook Wei has experienced many sleepless nights, fearing the sounds of smashing steel and concrete outside of his house. As a final resort, he parked his old car in front of his gate to act as a barrier.

The 50-year-old trader's house in Jalan Kledang, Menglembu has been rammed countless times by speeding cars. It happens normally between 1am and 4am in the morning.

"Most of the drivers were drunk. After knocking my wall they would simply drive off without even coming down to look. A few happened in broad daylight. One elderly woman driver fainted after ramming my wall. It must be the shock," said Wong who has been staying in the house for over 30 years with his mother and siblings.

Wong said the remorseful ones would pay for their mistakes while the irresponsible ones would leave without even saying sorry. When that happens he has to bear the cost of repairing the damaged wall and gate.

"I had to park my old car in front of the gate to warn drivers to slow down when taking the corner. But instead of slowing down one driver knocked into the car instead.

"Had I not done so I'd have to repair the gate and the wall once more," said Wong. The incident happened on Saturday, November 11 around 1.30am.

His neighbours are beginning to fear for their safety too, as speeding cars can veer off track and hit their houses as well. Wong raised the matter with Ipoh City Council two years ago but no action was forthcoming. He has made four reports so far.

"They promised to build a speed hump and erect signage to warn motorists but nothing has materialised," he said.

Wong has spent a lot repairing his gate and wall. But that is not the issue. His concern is his safety and that of his family.

"I can't sleep at night worrying about this. In fact, my health is being affected because of this," he told Ipoh Echo when met at his house recently.

Upon checking with Ipoh City Council, we were told that a speed hump would be built in early December.

Nabilah Hamudin

District Governor visits Rotary Club of Greentown



http://proskills.academy info@proskills.academy Pro Skills Academy Sdn Bhd

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District Governor of Rotary District 3300, Dr Manohar Kurup visited the Rotary Club of Greentown for the first time since taking office. Dr Manohar Kurup, an accountant by profession, has been an active Rotarian for the past 10 years.

On his visit to Rotary Club of Greentown on October 30, he had a compact itinerary including the launching of an awareness board at Sangeetha Sabah Tamil School, Ipoh. The board is to acknowledge the fact that the Rotary Club of Greentown has been providing educational support in terms of providing needy students with spectacles, food and education. Later in the afternoon, the DG had a meet-up session with the interactors of Tenby International School that falls under the umbrella of the club. He was briefed on projects hosted by the interactors of the school. Campus principal Ms Jane Kwok was also present to lend her support.

Club President Subain Singam later hosted a dinner at Syeun Hotel for Dr Manohar, guests and members of the club. At dinner, a new member, Rotarian Balachandran, was inducted by the District Governor. He later presented a token of appreciation to the sponsors of the spectacles project at Sangeetha Sabah. He also presented certificates to members of the club who have served for more than 20 years. The District Governor, guests and members were also treated to a sensual Malayalee dance performance by Ms Jasmine.

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Community

What is Cyberbullying?

As part of the **One Million Stars to End Violence** project, the team consisting of **Perak Women for Women Society (PWW)** and **Soroptimist International (SI Ipoh)** presented an enlightening talk on cyberbullying at Methodist Girls' School Ipoh on Tuesday, November 14.

Cyberbullying is the **usage of digital media** to purposefully harm someone. It occurs through digital devices such as handphones, tablets and computers via SMS, Twitter, Facebook, online chat forums, Instagram and Snapchat.

"Some people take a lot of selfies, that is an addiction. It is very dangerous because anybody can take your photos, cut it up and put it on nude body or a body that doesn't belong to you. Once you uploaded it on Facebook, anybody can access it and will destroy your life. We've had plenty of such cases in PWW," **Mary Anne Joseph, advocacy officer** from PWW spoke to the responsive crowd made up of Form 2 and Form 3 students.

Based on statistics compiled by CyberSecurity Malaysia, cyberbullying among students is more serious, with 250 cases reported in 2012, 389 in 2013, 291 in 2014, 256 in 2015 and 338 in 2016.

"Cyberbullying gives perpetrators power and control, anonymity and deniability," Mary Anne explained.

Do you know that cyberbullying is a criminal offence? Thus, in the face of cyberbullying, what do we do about it? First of all, talk to someone be it your parents, teachers, counsellors or police. Secondly, do not respond, delete or forward cyberbullying messages. Save the proof via screenshots by taking note of the date, time and descriptions. Next, make a report to the service providers (Facebook, Twitter, Instagram, etc.) and to a figure of authority such as the police. Also, report the pages and remove yourself from the sites to block the bully.

Check out the following websites to find out more: www.perakwomenforwomen.org, www.cybersecurity.my and www.cybersafe.my.



Sumathi Sivamany, President of SI Ipoh, then briefed the girls on the project that lasts from October till March next year. Interested readers who would like to join the effort can visit the project's Facebook page at: <https://www.facebook.com/1MillionStars/>.

Mei Kuan



A Safe Neighbourhood

A gathering to discuss the formation of the first neighbourhood watch programme in Bandar Baru Sri Klebang (BBSK) areas D1-D7 took place on Sunday, November 19. The intended programme is a collaborative effort with the Malaysian Crime Prevention Foundation.

Held at SRJK(C) Poi Lam, it was graced by Toh Muda Dato' Ab Wahab bin Dato'

Seri Azizul Hassan, territorial chief of Kinta. Present was Henry Choong, the chairman of Malaysian Crime Prevention Foundation (Ipoh chapter).

"We have 450 houses and almost 80 percent are occupied. We plan to have this area gated or guarded upon getting a 70-percent consensus and above. Once that is done, we'll make an application with Ipoh City Council," said Eric LCW, chairman of the residents' association for BBSK areas D1-D7 to Ipoh Echo.

How does the neighbourhood watch work? "There are two ways. The passive way is via a Whatsapp group where residents can share pictures of suspicious activities taking place in their neighbourhood. The active way is to hire security guards and fence up the area," he explained.

The crime rate, said Eric, has been on the rise since early this year due to the booming population. Common crimes committed are house break-ins, stealing of machineries and iron grills, petty theft and vandalism. "The Malaysian Crime Prevention Foundation will check on progress and results of cases submitted to the police each month," Eric added.

The proposed maintenance fee would be as low as RM50 a month. Once activated, security will be managed by the BBSK committee members who are also residents of BBSK D1-D7.

The self-formed committee, consisting of over 20 volunteers, has gone from house to house distributing flyers every weekend to spread the idea. Interested residents can contact Haris: **018 955 8551** or Shah: **019 416 0743**. For more updates, check out Facebook page: BBSK D1-D7 community.

Mei Kuan

Christmas and New Year Promotions



Kinta Riverfront Hotel and Suites, Ipoh will be hosting not one, not two but three different dinners this month namely, Christmas Eve, Christmas Day and New Year 2018.

The dining hall will be adorned with decorations such as gingerbread houses, different lighting, Christmas trees and others to complement the festive season – not to forget Santa will be there too.

An array of specially-prepared dishes are available to whet diners' appetite. They

include an assorted sushi bar, seafood-on-Ice, roasted turkey (you can pre-order between December 1 and 25), lamb shanks, New Zealand sirloin, Christollen (a Yuletide log) and the ever-popular gingerbread house.

On the other hand, the New Year's Eve dinner will feature a much more contemporary mix of dishes augmented by Thai mango salad with dried shrimps, Paella Valencia, salmon and roasted duck, among others.

Besides food, there will be lucky draws, games and free gifts for everyone for all three dinners. An attractive prize to be won each night.

Prices:

Christmas Eve (Early Bird): RM60 nett. Normal price: RM68 nett.

Christmas Day (Early Bird): RM45 nett. Normal Price: RM50 nett.

New Year Eve Dinner (Early Bird): Adults RM55 nett, Children and senior citizens RM30 nett. Normal Price: Adults RM55 nett, Children and senior citizens RM30 nett

For reservations, call Palong Coffee House at **05 245 8817**.

Jack Foo

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



Education

ProSkills Academy Relocates

Pro Skills Academy (PSA), an Ipoh-based automotive engineering academy unveiled its new building during a formal launch at the Jelapang Industrial Park on Sunday, November 12.

It began with a ribbon-cutting ceremony, followed by lion dance and luncheon for staff and guests. The event was officiated by the president of the Perak Chinese Assembly Hall, Dato' Chai Wang Yook.

Principal Clement Heh disclosed that the momentous event coincided with a relocation exercise drawing its Bercham's operation to a close.

"We relocated to better serve our students. This new premise can accommodate about 75 students per intake and is better equipped than the previous. Our Bercham building can only take 25 students per intake.

"The timing is perfect, as the next intakes are in December and January," he told reporters during the media conference.

According to Heh, PSA is in collaboration with Warnborough College, UK to produce better qualified personnel for the automotive industry.

"The upgrading is to satisfy the growing demands for professional courses in the field. Apart from having a fully-equipped facility, we're also expanding in terms of quality courses.

"Those graduating from our academy can work at supervisory level and beyond. They can be workshop managers or owners of their own workshops. We'll try to mould our students to become engine designers. It's not just conventional foremen, but highly skilled workers," he posited.

For the coming intake, Heh said PSA will offer the Certificate in Engine Management System, Certificate in Vehicle Chassis System, Diploma in Light Vehicle Maintenance and Advanced Diploma in Automotive Technology.

Their courses are open to Form Three school leavers onwards.

In terms of educational loans, students can apply with Koperasi JayaDiri Malaysia Berhad (Kojadi), Employees Provident Fund (EPF) under the Education Withdrawal Scheme, National Higher Education Fund Corporation (PTPTN) or Skills Development Fund Corporation (PTPK).

Academy advisor, Yang Kien Seng said that demand for professional automotive engineering courses is on the rise as more people are owning cars these days.

"Therefore, there's a need for skilled personnel to fill the many vacancies available at workshops and car-service centres," he said.

Nabilah Hamudin



Beauty

Top to Toe Beauty

RêJeune, a leading entrepreneur in the beauty industry, gathered in Syeun Hotel recently, for an exhibition cum celebratory dinner.

Running on the theme "When We Work Together to Create Perfection for You", the glittering evening complete with a red carpet and backdrop for the VIPs to add their signatures during the opening ceremony, was aimed to help one look great from top to toe. After a video presentation depicting the RêJeune brand story, models showcased the works of Wars SB Salon & Academy, Artistic Makeup Academy, LCH Photography, Jolie D Beauty Eyelash & Brow and Lester Yim Couture.

Ipoh Echo had an exclusive one-on-one with Aenie Wong, popular Malaysian television actress who was appointed as the ambassador of RêJeune four years ago.



Aenie Wong

Aenie, a fan of the RêJeune Meridian beauty concept, enthused, "My hectic schedule playing a heavy role during filming of 'The Undercover' really affected my sleeping quality as I had insomnia. However, right after the Meridian body treatment which makes use of magnetic tools on acupuncture points to promote blood circulation, I slept soundly!"

"It helps me to stay beautiful from the inside out. The concept is, if we take care of our inner health, it will help you achieve that naturally glowing skin," the KL girl explained.

"Besides my sleep quality, my make-up artist noticed that make-up stays better on my skin. My mother also observed the changes in me and that led her to try the treatment with equally positive results!" the amiable Aenie said.

"Since I am getting married next year, I am focusing on taking care of my womb and the RêJeune Woman cream is perfect for me. While everyone is looking for fast results which don't last, RêJeune insists on the most natural way to stay beautiful for a longer term," she concluded.

Present were Grace Cheah, director of E Rejuvenation Sdn Bhd, Edison Chan, head of Penang franchise and Michelle Tan, head of Johor franchise.

"RêJeune has been established in Malaysia for about eight years. Thus, we always come up with promotional events to let more people know how RêJeune stands out from the rest," Michelle Tan highlighted.

"RêJeune is not just a traditional beauty centre as we focus more on health. As we become healthy, we will gain beauty," Edison added.

The night culminated in the announcement of the top three winners of the 21-day slimming challenge which used RêJeune's latest technology, far infrared, to reduce toxins from the body. The Ipoh winners were Kyla Wong, Teh Shu Tien and Kang



Cheng Lian. Grand champion walked off with prizes worth RM25,470, the 1st runner-up received RM11,580 and 2nd runner-up RM4480.

Interested readers can visit RêJeune located at 1 Jalan Medan Ipoh Bistari 1b/1, Medan Ipoh Bistari, 31400 Ipoh or call 05 545 2293.

Mei Kuan

Community

From Nurburgring to Ipoh

Ban Hoe Seng (Auto) Sdn Bhd, the only authorised Honda Sport Dealer in Perak, celebrated the nationwide launch of the highly anticipated Honda Civic Type R on Saturday, November 18 at its showroom.

With over 100 invited guests, the pit party featured performances such as street dance and neon light dance, the rhythm complemented by a DJ spinning tracks and multi-coloured LED lighting. The evening culminated in the unveiling of the new hot rod. Plus, the space was spread out with food galore, crafted by the Dome Restaurant of Meru Valley Resort.

Present were Ignatius Chew, Ban Hoe Seng founder's grandson and Dato' Lim Si Boon, the chairman of Bonanza Venture Holdings Sdn Bhd.

With a record-breaking 7:43.80, the winning ride is the fastest front-wheel-drive production car to ever finish the track around the Nurburgring. There are three finely tuned driving modes for the circuit or the city: flip to "+R" for ultimate control in the circuit, "Sport" for a more powerful and direct driving experience and "Comfort" for an easy, smooth drive around the city.

The **2.0L VTEC turbocharged engine** produces 310 PS and 400 Nm of maximum torque, thus offering effortless acceleration and thrilling top speed with a maximum speed of 272 km/h.

Fully imported from the UK, it is presently only available in one colour, "Championship White" with price starting from RM320,000 on the road without insurance.



For more detailed specs, call **Ban Hoe Seng (Auto)** at **05 241 3433** or visit their premises at 14-20, Jalan Raja Permaisuri Bainun, 30250 Ipoh from 9am to 6pm. Be one of the first in Malaysia to get it!

Mei Kuan

Arts and Culture

Artist to Watch: Hug Yin Wan

The exclusive interview series of Perakian artists from the Nando's Art Initiative continues with 23-year-old Hug Yin Wan in the spotlight.

Hailing from Ayer Tawar, he was honoured with the grand prize in the fine art category during his first-time participation in 2015. Prior to winning the competition, he already has a solo exhibition to his name.

With a passion for drawing since he was a kid, he completed his diploma in fine art at Dasein Academy of Art. "I realise that art can express my emotions and it can be created with any materials without any limitation," Yin Wan enthused.

Growing up in a Buddhist family inspires him to believe in the concept of impermanence in life. "Having experienced the effects of life and death a few years back, I am painfully aware of how the existence of each being is temporary and is subjected to constant change beyond one's control," he shared.

"I use lines in my work to create infinity visual works. Life is just like a line, made of joined points from a starting point to an ending point. The repetition of lines creates an illusion of motion in space, like the feel of impermanence, continuously running and changing," he explained.

The concept of duality is expressed via woodcut, his main medium. "I just love the natural texture on woodblock," he told Ipoh Echo.

The month of September saw his latest solo exhibition entitled "Transformation" being presented by G13 Project Room. Featuring seven artworks of woodcut on plywood, the emerging artist integrated the use of Perspex for additional dimension and embossed paste for texture into his new series of work. Meanwhile, his earlier works incorporated oil paint techniques and mix media.

Rather than succumbing to traditional means, he explores the simplest of material that can enhance the visual perception of his art. Fans of his creations will be glad to know that he is currently preparing for another showcase next year.



Citing Thai artists, Khanittha Nualtaranee and Jakkee Kongkaew as his inspirations, he added, "My biggest motivation is my family as they always encourage me and respect what I do."

His other accolades include the bronze award in the UOB Painting of the Year 2016, first prize in mix media in the Tanjong Heritage Awards 2015, consolation for Maybank Hari Raya Aidilfitri 2014 Creative Wau Designing Competition and finalist for Prosperous Horse Decoration by Viva Home in 2014.

When asked on his hometown, he stated, "I love all of the things in Ayer Tawar such as its many delicious traditional food and amazing landscape."



Interested readers can commission a piece from Yin Wan or find out more about his work:

Email: yin2wan@gmail.com
Facebook: Hug Yin Wan
Instagram: yin2wan
Website: hugart.weebly.com

Next issue is all about oil painting on canvas as we highlight Khairul Amri bin Ibrahim whose work was shortlisted in the fine art category of the Nando's Art Initiative 2017. Don't miss out!

Mei Kuan



Villupaattu

"Villupaattu" is an ancient folk art of Southern Tamil Nadu. It is a form of storytelling with a combination of singing and speaking. According to history, Villupaattu was born in the hands of a rural King who turned the bow and arrow into an instrument whereby the arrow was used to play upon the thread of the bow with a pot being tied to the bow for balance.

Greentown Indian Cultural Society Ipoh had the privilege to bring Villupaattu to Ipoh. This event was held at **Chettiar Temple Hall, Jalan Lahat** on November 7. The artistes who made this possible were 'Kalaichidarmani' Mrs Bharathi Thirumagan who has been performing on stage for the past 45 years and is currently pursuing her PhD in Villupaattu. She was joined by the ever talented T. Kalaimagan, Dr S. Thirumagan and B.V. Ganesh Rao. They hail from Chennai, India and are the only Villupaattu artistes to be accredited with the Indian Cultural Centre.

The hall was packed with enthusiasts who were very appreciative and enjoyed the evening. According to GICS President, Subain Singam, this is the first such event organised in Ipoh. This show was jointly organised by the management of Chettiar Temple and **Arunagirinathar Society**.

Sport



SUKMA XIX – An Update



Perak will host the 19th Malaysian Games or Sukan Malaysia (SUKMA) scheduled for September 12 to 19, 2018. The first SUKMA was held in 1986 in Kuala Lumpur. It is a game held every two years with the host being determined by consensus.

The last time Perak hosted the games was in 1994. Incidentally, Sarawak was the 2016 host. At SUKMA 2016, Selangor topped the medal tally with 59 gold, 73 silver and 64 bronze. Perak was placed 12 out of the 15 participating states, including Brunei. Our home state won 12 gold, 26 silver and 34 bronze.

With only a few months left before the commencement of the games, media representatives were taken on a site visit of five sporting venues.

Aquatic Centre

The biggest on-going renovation taking place presently is the Ipoh City Council public pools. Renovations began in August 2016 and are scheduled to complete in February 2018. The centre is the venue for swimming, diving and water polo during the Games. Among the facilities available are a training pool, a recreational pool and two wading pools for kids.

Badminton and Squash Courts

Renovation works on the Ipoh City Council Badminton Centre began in January. They will be completed by year-end. As for the squash courts, work began in May and will be ready by February next year.

Shooting Range

Located in Chepor, the new Perak Shooting Range will be the main venue for all shooting events. Works on the range began in January. It has a 100m range, 50m range and an open range for clay-pigeon shooting. Hopefully, this state-of-the-art facility will, subsequently, be the venue for national and international shooting events on par with the Subang Shooting Range in Kuala Lumpur.

Perak Stadium

The Games opening and closing ceremonies will be held at Perak Stadium. It is also the venue for all athletics events – track and field. There is not much renovation done to the stadium except for the running tracks and some alterations to the public gallery and additional VIP rooms.

During the visit, State Secretary Dato' Seri Abdul Puhat Mat Nayan, who is also Chairman of SUKMA XIX Core Committee, said that in total 29 sports will be contested. Besides Ipoh, other venues include Taiping, Teluk Intan, Manjung, Tronoh, Gerik and Mualim, to make it a real state-wide sporting carnival.

"In line with Menteri Besar's mission to popularise sports among Perakeans, some sporting events will also be held at universities and schools. Netball at Universiti Pendidikan Sultan Idris, Tanjong Malim, basketball at SMJKC Poi Lam and archery at Universiti Teknologi Petronas, Tronoh, to name a few," said Abdul Puhat.

During a meeting of the Perak Sports Council on November 9, Executive Councillor for Human Resources, Youth and Sports, Dato' Shahrul Zaman Yahya clarified on rumours about Velodrome Rakyat, "The condition and status of the velodrome are being questioned. The project is directly under the purview of the Ministry of Sports. The viability of the velodrome is presently being certified by the International Cycling Union. Hopefully, it'll be completed by December," said Shahrul.

Velodrome Rakyat has successfully hosted some cycling competitions following repairs of its damaged timber track costing RM11 million.

Ili Aqilah

My Say

By Jerry Francis



Is it BBQ Lamb Park or a Food Speciality in the Park?

It amuses me to see big bold letters "BBQ LAMB" erected on the arches at the entrance of a once beautiful Ipoh Riverfront Park located beside the Kinta River, along Jalan Sultan Iskandar Shah, in the heart of the city.

Has the city council renamed the park? I wonder. However, to anyone it now appears that the whole complex is to be known as BBQ Lamb.

It is because the defunct restaurant in the park will soon be operating. It will specialise in barbeque lamb and grilled beef, chicken and duck.

Well, even if it is so, do we have to rename the park "BBQ LAMB"?

Why not remain as the Ipoh Riverfront Park, where over RM4.4 million of taxpayers money were spent about eight years ago, rather than it be known as "BBQ LAMB"?

What would happen if the project aimed at making barbeque lamb as popular as the city's Chicken Tauge, failed? Do we end up with a failed "BBQ LAMB"?

It is commendable that the city council is coming up with yet another idea to revive the park, which has been neglected and abandoned for years.

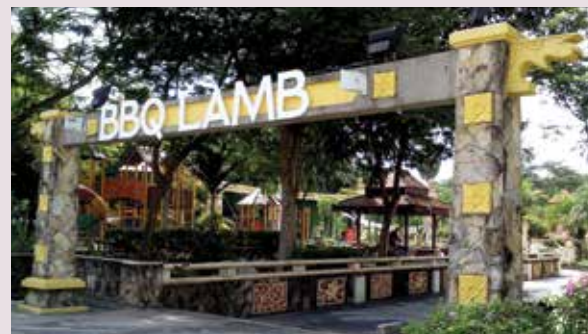
All previous plans to save the park have failed.

Let us hope it will be a success this time, and will offer another attraction to the increasing number of tourists coming to the city, particularly during weekends and public holidays.

The Ipoh Riverfront Park, which was uniquely designed and developed with great emphasis on Islamic motifs and patterns both in the structures and on the ground, could have been a popular tourists' attraction on its own had it been well looked after and maintained.

Instead, after a short glorious existence following its transformation from the "People's Park" into a spectacular garden of grandeur, it has become a haven for drug addicts.

I hope whatever plans the city council has for the revival of the park will be a success. All the public recreation parks in the city too need to be spruced up.



Mitsuki Wins Junior Tennis Title

Thirteen-year old **Mitsuki Leong** from SMJK Poi Lam, Ipoh won the Asian Tennis Federation (ATF) Junior U-14 boys' tennis tournament held in Langkawi recently.

He beat players from over eight countries to take the number one spot for both the singles and the doubles competition at the international junior tennis tournament.

"This is my first time winning both singles and doubles titles at the ATF Juniors," said an elated Mitsuki, whose daily training with his dad, tennis coach Jeff Leong at the MBI tennis courts has paid off.

The teenager started competing in the ATF Juniors at the start of this year and was ranked 337 after his first ATF debut. At the second ATF leg, he came in second in singles and doubles, and in the third leg, he was third in singles and second in doubles. With the latest victory he is now ranked top-40 in ATF and his national ranking, as of early this year, was top-3.

His 10-year-old sister, Shihomi Leong from SJKC Poi Lam is another star in the making after being placed fourth overall in the Girls U-14 at the same tournament in Langkawi. Her opponents were much older than her. Shihomi's national ranking is top 3 today for girls U12 while her ATF ranking is 99 for girls U14.

Well done to the Leong siblings for making Ipoh proud.

Wern Sze

Heritage

SeeFoon Chan-Koppen

Ipoh Museum at Top 1% of World Must-visit Sites

With two months still to go to its third anniversary, **Han Chin Pet Soo, The Hakka Miners' Club Museum** has been voted as being in the top 1% of world attractions alongside Malaysia's heavies, the Islamic Museum and Melaka's Peranakan House. This is a massive achievement for such a small building with limited space and those involved in the restoration, design and management of the museum should be congratulated.

Managed by **Ipoh World Sdn Bhd (ipohWorld)** and opened in February 2015, after extensive restoration, the museum tells the story of the miners' club, founded by philanthropic tin miner Leong Fee in 1893. His original club was in a double-storey building on the same site as today's three-storey museum which replaced it in 1929.

The new museum quickly gained international fame, appearing on an Australian travel website after only two months of operation and becoming Ipoh's **number one 'Things to do' on TripAdvisor** just three months later. A position it still holds today



despite the increasing number of attractions in Ipoh and its surroundings.

This is a majestic building with European architectural overtones which dominates the skyline in Jalan Bijeh Timah (Traacher Street) and the glorious name Han Chin Pet Soo – Entertainment and Leisure Villa.

From the very beginning this was not an ordinary club. Membership was restricted to those of the Hakka dialect group, who were extremely rich and also friends of Leong who paid for it all. Consequently, the club ran without any of the rules and regulations imposed on the 'White Man's Club' (Ipoh Club) founded the same year.

For 121 years the club was a place of mystery and intrigue to anyone other than the membership. In the early 1900s large black cars would draw up at the steps and a solitary Chinese would be allowed to enter before the door was slammed shut. No women were ever seen entering those double doors and any request by a non-member to enter would be curtly denied. However, if one listened carefully you could hear the clacking of mahjong tiles. Surely they were not gambling! But they were, for, in 1897

permission had been granted for members to gamble on the premises. The letter was signed by the Kinta magistrate.

But in those far-off days, gambling was not their only vice for to the affluent Chinese who, on average had four wives, 'Entertainment and Leisure' meant much more. 'Dancing girls' (prostitutes), particularly Japanese, were popular visitors to the club through the back door. Then there was opium smoking, alcohol and 'Triad' (Secret Society) meetings on the premises. After all that there was always time for a meal in the dining room cooked to order by the resident maid.

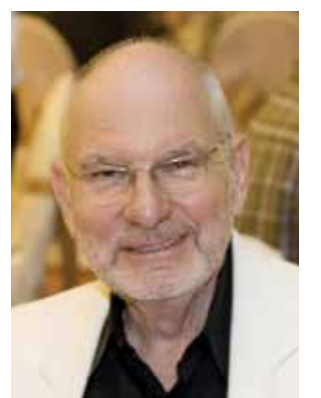
But what of the museum today? Having been open to the public for 34 months it has been a great success. Around 42,000 visitors have taken the one hour plus tour which can be conducted in Mandarin, Cantonese, Malay or English. The museum is open from Tuesday to Sunday with up to eight tours per day and the normal maximum tour size is 40 pax divided into two groups. Extra numbers or special arrangements may be accommodated by arrangement in advance. The best way to guarantee a place on the tour of your choice is to use the very simple booking system at www.ipohworld.org/reservation.

Of course none of this could be achieved without support from the media who have really done their best to bring the museum to the notice of the general public. To this end Han Chin Pet Soo has been featured in all the mainstream press in Malaysia. Astro and the editors of major travel magazines have also done their bit to spread the word. Also, there are many pages on Google that speak well of the museum, while a glance at YouTube will highlight short videos made by supporters.

Sponsored since inception by **Kinta Properties**, it is clear that the museum is a great success. The company philosophy is that no one should be turned away because they cannot afford an entrance fee for a place on the tour. Heritage belongs to everybody and the more they are exposed to it the more they will care. Thus the admission charge is scaled with tour parties donating RM10 to cover the cost of additional guides and facilities whereas private visitors are asked to donate RM10 or whatever they can afford after enjoying the tour and taking their souvenir photographs of Ipoh's top attraction. Whatever is collected goes towards the running and maintenance of this grand old building.

The irony is that donations do not appear to be an important part of local culture and having produced a world-class tourist attraction, there are never enough donations to cover the cost. How long can the museum continue on this basis? To close it would be a massive loss to Ipoh's tourism potential, education and heritage.

As for **Commander Ian Anderson** who has put his heart and soul into the conservation and refurbishment of the museum, leaving no stone unturned in his search in every nook and cranny all over Perak for just the right artefact, the perfect accoutrement for setting a scene or finding skilled craftsmen to restore period pieces, Han Chin Pet Soo was a **labour of love** and he wishes that more Perakeans would share his love of heritage conservation and come forward to help preserve Perak's wonderful heritage.



Commander Ian Anderson



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Hallmark Memorial (HM) is another brainchild of a group of pioneers responsible for the development of one of the biggest and most successful memorial parks in the region. HM land is officially approved by the Perak State Government.

Our project "Da Ming Palace" columbaria incorporates best feng shui value with art. It is developed based on the 'actual' imperial palace complex of the Tang Dynasty and has competed in the 2013 International Cemetery, Cremations & Funeral Association (ICCFA) competition under Innovative Personalized Product Category.



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Hallmark Memorial knows the art of decorating gardens with precision. The magnificent green surroundings entrancing Gardens Boutique Columbaria formalizes its beauty & grandeur. Some say when you increase the number of gardens, you increase the number of heavens!

Gardens Boutique Columbaria niches are made from premium quality marbles & stones. They have double-layered front panels for added security & engineered to stand the test of time. A class like no other.



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HAPPENINGS

Ipoh Echo IS the ONE and ONLY medium to reach Ipohites and Perakeans for your Announcements or your Ads.

Only pay RM30 for chargeable events/seminars announcements. You get 3 media avenues for the price of one: • Print (circulation 100,000) • Website (over 1 million hits per month – verifiable) • Facebook Free public events are published FREE.

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.

ARTS & CULTURE

SECOND NI ART FESTIVAL (Supported by Sharpened Word) will be held from **December 8 to 10 at SMJK Yuk Choy**. It will feature the works of seven visual and fine art artists. Official opening ceremony will be held on **December 8 (Friday)**, 6pm. There will be various performances and dialogues over the three-day event. Admission is free and open to public. Please check our FB page: Ni Art Week for opening hours and further details.

Perak Department for Arts and Culture (JKKN Perak). FREE ARTS AND CULTURE LESSONS. Dance and music: Every Saturday 9am-12pm. Children's theatre: Every Saturday 3.30pm-6.30pm. Adult's theatre: Every Friday 9pm-11pm. JKKN Perak is conducting free music, dance and theatre lessons at its complex along Jalan Caldwell for enthusiasts aged 7 and above. 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**.

COMMUNITY

Amnesty International. WRITE FOR RIGHTS. DECEMBER 3 (Sunday), between 10.30am-4pm at Diabetes Malaysia Perak, 46A Jalan Hussein Nordin, Taman Kin Mee, Fair Park, Ipoh (opposite Velodrom Rakyat). For further details, contact Hj Darji **011 3501 4877** or Mr Patrick **012 509 3292**.

FREE SKY YOGA CLASSES. Every Wednesday, Saturday and Sunday, 6.45am-8am at 46a, Jalan Ng Weng Hup, Taman Pertama, Ipoh. Vethathiri Maharishi Yoga. Open to all Malaysians. For more information, contact Sambasivam **016 670 4285**.

Workshop: CREATING AN AWESOME 2018. December 16 (Saturday), 2pm-4pm at **YMCA Ipoh**. Learn how to set and achieve goals in 2018, making 2018 your best year ever! Open for those 25 years old and above. Tickets sold at RM50/person. Limited seats. For registration, contact Cynthia **013 734 5008**.

Kechara Earth Project. LET'S RECYCLE FOR GREENER EARTH. EVERY 4TH SUNDAY of the month, 9.30am-11.30am in front of Ipoh Garden Post Office, Jalan Dato Lau Pak Khuan, Ipoh Garden, 31400 Ipoh. Carton boxes, paper, metal/aluminium, electronic equipment, plastics, light bulbs, batteries and used clothes. Funds are channeled towards Kechara Food Bank that serves the urban poor and underprivileged community in Ipoh. For more details, contact: **016 532 8309** (Mr So) or **012 522 3200** (Ms Yee Mun).

LEARN GERMAN IN IPOH: new beginners class is still open for new students to join. We are preparing kids and adults for the A1 beginners exam. You learn basic communication to get along in Germany, e.g. introducing Yourself, shopping, asking directions, etc. We meet every Monday 8pm. Contact: Heinz Bongers, email: **germaninipoh@arcor.de**, WhatsApp: **019 5432 358**.

EDUCATION

SUNWAY COLLEGE IPOH OPEN DAY. DECEMBER 16 & 17 (Saturday & Sunday) from 10am to 4pm. During the Open Day, FREE hands-on workshops on Programming in C++, Sketchup, Adobe Illustrator, Personal Branding, Marketing, Ideation, Business Planning and English Language, will be conducted. If you are interested in attending any of the workshops, please email **infoipoh@sunway.edu.my**, call Ms Sydney at **05 5454 398** or text Ms Michelle at **012 507 5953** to reserve a place.

ENTERTAINMENT

Marina Island. 'Fantasy Lights of Marina' Fiesta. NOVEMBER 24, 2017 to MARCH 4, 2018 at Marina Island, Pangkor, Perak. LED light displays and more. Early bird tickets will be available from November 1-20. For further information on the fiesta and purchase of ticket, contact ticket hotline: **016 524 9800**. Other enquiries, contact Jocelyn **012 515 2862**.

To Advertise



Deanna Lim

016 501 7339

