

# SUKMA GAMES XIX 2018

By Ili Aqilah Yus Amirul

The Sukma Games (Sukan Malaysia, literally Malaysian Games) is a biannual national multi-sport event involving young athletes from the country's 13-member states and Federal Territory.

It was initiated by the then Minister of Culture, Youth and Sports, Anwar Ibrahim in 1983. The rationale was that a national games will help improve quality, produces and encourages athletes to participate in sports at state level, improve officials' expertise, encourages the building of new and the upgrading of existing sporting facilities at state level and inculcate a national-integration spirit among Malaysians.

The inaugural games, supposed to have begun in the months of August and September 1985 and consisting of six events namely, tennis, table tennis, cycling, athletics, sepak takraw and volleyball did not go as planned. A counter proposal by the public to include additional events was submitted and accepted by the National Sports Council of Malaysia. A decision was also made to hold the games every two years beginning 1986 and one that alternates with the Southeast Asian (SEA) Games.

*Continued on page 2*



Howard Lee with Taekwondo athletes

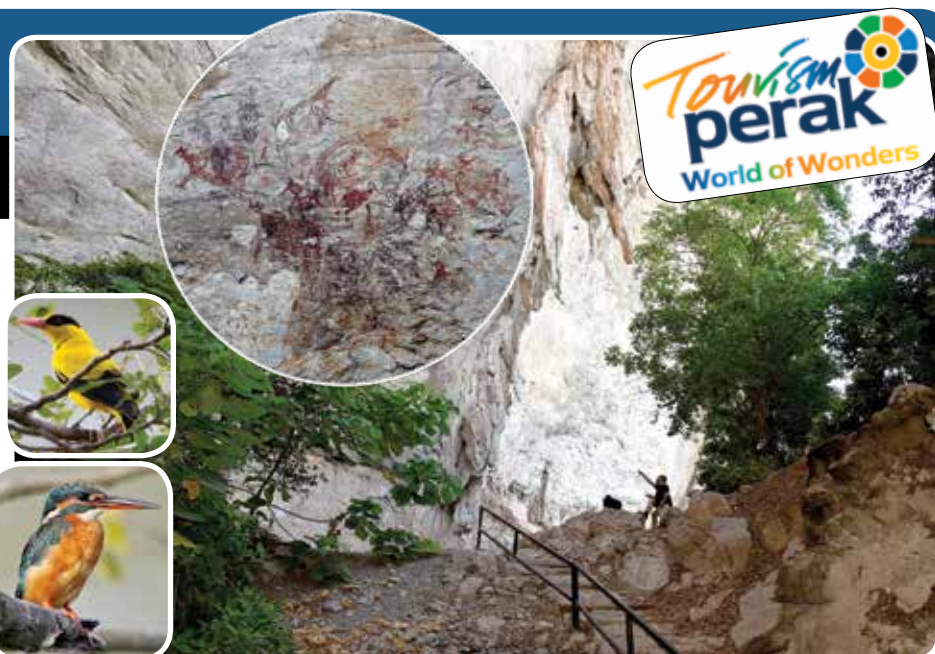


## Kinta Valley Geopark – Global Geo-tourism Destination

Perak is about to have another new tourism attraction that will feature prominently, nationally and globally.

Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture, said Kinta Valley is not only located within a mountainous region but is brimming with historical, cultural and natural artifacts.

"Kinta Valley is rich in history and culture. Therefore, its development must incorporate environmental conservation in order for it to be acknowledged as a national geopark.



"A total of 18 geosites have been identified. They are of natural, archaeological, cultural and historical significance. It has an area of almost 2000sq km.

The Kinta Valley Geopark covers two district and land offices (Kinta and Kampar). It is administered by three local authorities namely, Ipoh City Council, Batu Gajah District Council and Kampar District Council," he explained.

The launch of the Kinta Valley Geopark proposed development plan was held in November 2014.

According to Tan Kar Hing, the promotion of the geopark, at national level, would be done in the near future in order to obtain the next-level recognition.

"We need two years at the national level, as a prerequisite for recognition from United Nations Educational, Scientific and Cultural Organisation (UNESCO).

If successful, our tourism sector will be more well-known throughout the world," he stated.

Some of the popular state tourism products among the 24 geosites are Tempurung Cave, Gunung Lang Recreational Park and Tambun Cave.





# Second time for Perak to host SUKMA in 32 years

The first Sukma Games, held in Kuala Lumpur from April 19 to 26, 1986, saw some 3850 athletes from Kuala Lumpur Federal Territory, Malaysian Universities Sports Council, Royal Malaysian Police, Malaysian Armed Forces and the 13 states taking part. The third edition was held in Sarawak in 1990, making it the first time the games was held in East Malaysia.

This is the second time Perak is hosting the games. The first was in 1994 when Sarawak topped the medal tally with 39 gold. Perak emerged third securing 26 gold, 26 silver and 25 bronze. At the 18th Sukma Games in Sarawak in 2016, Perak was placed 12th out of 15, winning 72 medals in total (12 gold, 26 silver and 34 bronze).



Ahmad Faizal Azumu and Howard Lee with SUKMA XIX mascot, Chor

## What's in store for Host Perak?

Perak is playing host once again. And with home-ground advantage what does the 19th Sukma Games have for Perakeans? Will we improve on our standing or will we stagnate and continue to languish at the bottom? Much money and effort have been expended by both the state government and those responsible for organising the event.

Expectations amongst Perakeans are high. The eventual outcome, nevertheless, rests on the preparedness of the athletes to do battle with their adversaries. Ipoh Echo's team of sporting reporters will keep a close watch on the progress of our much-touted athletes.

And with the Jakarta Palembang Asian Games 2018 still fresh in our minds, Sukma XIX 2018 comes at a most opportune moment.

## Mascot

As with all Sukma Games a likely mascot will be created to represent the host state.



This edition of Sukma Games is no exception. **Chor, the wildebeest**, is the official mascot for Sukma XIX. Wildebeest has always been associated with Perak's sports team. Incidentally, the official logo and mascot of the Perak Football Association (PAFA) is a wildebeest too.

The name "Chor" is a common word among Perak Malays to denote siblings' hierarchy. "Chor is numero uno (number one) in the hierarchical order. The mascot is in three colours as per the Perak state flag – yellow, black and white.

## "Wow! We're Great"

The official slogan for the games is "Wow! Kita hebat" or "Wow! We're great". The word "wow" stands for "World of Wonders" an acknowledgment given by popular travel magazine, Lonely Planet to Perak following the success of Visit Perak Year 2017. The theme song, "Wow! Kita the Greatest" is available on the games' website: [sukma2018perak.gov.my](http://sukma2018perak.gov.my).

## Events and Venues

For the upcoming Sukma XIX all 12 districts in Perak will be hosting the scheduled 29 sporting events, both compulsory and elective.

There are 16 compulsory sports namely, aquatic, badminton, cycling, football, gymnastic (artistic and gymnastic dance), hockey, karate, lawn bowling, archery, shooting, athletics, sailing, squash, silat, bowling and wushu.

The 13 electives sports are: volleyball, netball, basketball, futsal, judo, cricket, muay thai, pétanque, rugby, boxing, weightlifting, sepak takraw and taekwondo.

As host, the Perak contingent will partake in all 29 categories involving 427 events. A total of 583 athletes will be participating in the games.

## Targets

Instead of the initial 70 gold medals, newly-minted Executive Councillor for Sport



Howard Lee speaking to Perak athletes

and Youth Development, **Howard Lee Chuan How**, had reduced the target to a more manageable 50. According to Howard, this was decided after a heart-to-heart talk with coaches and athletes.

"I don't pluck the figure out of thin air. We arrived at that number after careful consideration and analysis by all involved. The figure is more realistic than the previous. However, a target is just a target based from records," said Howard who is optimistic about Perak's athletes' performances especially in athletics, shooting and silat.

During a state hall meeting recently, Howard shared that Perak was set to break the Sukma Games record in weightlifting.

"For the past 18 months, our athletes have been exposed to intensive training and tournaments specifically designed, based on sports science theories. Athletes are given appropriate nutrition and are psychologically evaluated. Bio-mechanic and periodisation training plans are incorporated into their training programmes," Howard told Ipoh Echo.



Ahmad Faizal Azumu, Tan Kar Hing and Howard Lee giving SUKMA souvenirs to the public

## Intense Preparation

Chef de mission, former national high jumper, **Low Kum Zee** said that the Perak contingent would surprise many as it had been preparing itself for the past two years.

"Based on my observations, the athletes have definitely improved. We'll get a better placing than in 2016. During the 2016 games, although I wasn't part of the contingent, it's the lack of preparation that brought us down. It's a different ball game this time around. Be ready to be wowed by our youngsters," Low enthused.

## Anti-doping Tests

Perak will be the first state to have an anti-doping station at all venues. Perak athletes will undergo pre-games doping tests, via random sampling, to ensure that none are tainted by drugs or illegal substance usage before and during the tournament.

"The Games Secretariat will go all out to ensure that Sukma XIX 2018 will not be encumbered by doping issues. We've acquired the assistance of the Malaysian Anti-Doping Agency. Their officers will be placed at all venues to conduct random tests on athletes," said Perak Sukma CEO, **Haji Musa Dun**.

## Facilities for Public Use

In 2017, former Menteri Besar, Dato' Seri DiRaja Dr Zambry Abd Kadir revealed that the state government had allocated RM1.17 billion for the games. It involved major and minor renovations, upgrades and expansion of existing sporting facilities. With such an amount being expended, what will happen to these facilities once the games are over?

"The facilities will be open for public use once the games are over. It's part of our plan to provide Perakeans with affordable and accessible sporting amenities to encourage a healthy lifestyle. The venues will then be managed by respective district councils based on their locations," said Howard.





# END OF PH ONE HUNDRED DAYS

*Malaysians know the government cannot change a system so embedded in every layer of the society in just 100 days. More time is needed.*

“**P**akatan Harapan (PH) continues to be hampered by a trust deficit. Many of its own members are attacking one another. Conspiracies about alliance, intensive politicking and reports of infighting (often played out in the media) are taking place away from what PH should be focused on – governing. After 100 days, these sort of things should be declining, not increasing in prominence” – Dr Bridget Welsh.

I have but to concur with Bridget's conclusion as that is what it boils down to when making a definitive assessment of Pakatan Harapan's performance after being in power for a hundred days. Incidentally, the 100-day deadline ended on Saturday, August 18. However, in Perak the party's 100-day honeymoon concluded on Monday, August 20, a hundred days after Ahmad Faizal Azumu was sworn in as the 12th Menteri Besar of Perak.

The euphoria over regime change, a taboo word before the unexpected results of General Elections 14 on May 9, is predicted to last perhaps till the end of the year. And it may end much earlier. But on the whole Malaysians are generally happy with developments thus far. My simple answer when posed with this question, “Will Tun Mahathir's government survive the test?” I say so with much conviction that he would, considering what he has achieved so far. As far as I am concerned getting rid of a highly corrupt government led by a kleptocratic leader whose only interest was to milk the country dry is no mean feat.

And based on this premise, I feel most Malaysians are prepared to give Tun Mahathir more time for the simple reason that the new government cannot change a system so embedded in every layer of the society in just 100 days. The *rakyat's* needs are simple. They only want two things – “zero tolerance for corruption” and “accountability by those in positions of power”.

And this is what Mahathir has done so far. The much-disliked Najib has been arrested and charged in court and hundreds of officers appointed to senior posts by the former prime minister have been removed and replaced. The new PH administration's house cleaning may look spiteful but it has the desired results. The fact that Najib and his cohorts get to air their grouses with impunity in the papers and over social media is testament to how “new Malaysia” is being touted. Outdated, regressive and punitive laws are being rescinded for the benefit of the people. To many, the ouster of an arrogant, decadent and highly corrupt government helmed by Barisan Nasional and led by a condescending Umno is the icing on the cake.

The Pakatan Harapan manifesto promises 12 things in the first hundred days. Although not all 12 promises have been fulfilled, the government is on to a good start. The dreaded Goods and Services Tax has been abolished in its entirety. The government has set to make Employment Provident Fund contributions for housewives a must. It has restricted student loan repayments and abolished the blacklisting of defaulters. A comprehensive review of megaprojects like the High Speed Railway project between KL and Singapore and the lopsided East Coast Railway Link between Port Klang, Selangor to Pengkalan Kubor in Kelantan has been made. Mahathir has re-negotiated a new deal with the Chinese Government, one that is more Malaysian-friendly. The issue of stateless Indians has been resolved. Those above 60 and with red identity cards are given automatic citizenship.

Having done so the one thing that requires immediate attention is ridding the “Umno DNA” from the top layer of the administrative machinery. The officers were appointed for one simple reason – loyalty to Najib. One reason why Najib was able to circumvent established procedures was because he appointed those who were willing to look the other way when he was “robbing the state coffers”. Although many have been identified and flushed out there remain a few and these misfits are giving ministries and departments a tough time. Therefore, there is a need to make key institutions free again in order to avoid another scandal similar to 1MDB.

Some of the unfulfilled promises include the debt problem affecting FELDA settlers, setting up of royal commissions of inquiry into the impropriety of 1MDB and financial losses incurred by FELDA, MARA and the pilgrimage fund Tabung Haji. These promises require a heavy injection of funds which the country can ill-afford now that the national debts are in excess of RM1 trillion. The upcoming budget in October will, hopefully, address these shortcomings.

Thus the first 100 days was basically about giving the *rakyat* what they had wanted – arrest and charging of Najib and a massive cleaning up of the administration. As the government forges past the symbolic deadline, it has to deal with difficult choices head-on in order to correct a corrupt system that has been systematically abused and defrauded by a leader who could not resist the temptation of cold hard cash and the moniker, “Pahlawan Bugis”. While he plundered, his wife was overcome by handbags and tiaras. We are dealing with a morally sick couple.

Having said that, let us examine how much has our 100-day old Menteri Besar Ahmad Faizal Azumu progressed since taking office.

Overall, I am not very impressed. This sentiment is shared by many. Perakeans look forward to a dynamic Menteri Besar unlike the one that craved for cheap publicity on board a City Council dumpster holding a rake and a broom for good measure. Ipohites' needs have transcended that less-than-enduring image. They look forward to someone who walks the talk and mean what he says. It is one huge disappointment. A leader must be in the thick of the action not someone who is afraid of making mistakes or stepping on his bosses' toes.

The land lease issue of new villages comes to mind. Faizal's reluctance to convert



temporary titles to permanent titles sticks out like a sore thumb. He has alluded to the Federal Constitution and argued that it was unlawful to bestow permanent titles to new villages. Faizal cited the National Land Council decision in 1988 to double leasehold period from 30 to 60 years to support his claim.

Come on Faizal, these poor settlers have been living on their miniscule plots of land since the Briggs' Plan of 1951 well before you were born. If Nizar could convert 11 leasehold titles belonging to Orang Asli to freehold in Kampung Baru Kuala Rui, Gerik in 2008, during his short tenure as MB, I don't see why you can't. Is this because they are Chinese? Why the double standard?

Constitutional expert and state executive councillor Aziz Bari had insisted that there is no such provision in the Federal Constitution. Perak Pakatan Harapan has pledged to issue freehold titles as part of its election manifesto. Aziz Bari and Nizar were warned by Faizal not to air differences of opinion in public and to the media.

Encroachment of Orang Asli's lands is another issue that requires an equitable solution. The culprits are companies who extract timber in their concessions without a care for the environment. Their callousness is causing much hardship to the Orang Asli community as their livelihood is being affected.

Faizal's leadership is suspect. He being in the good books of Tun Mahathir is no assurance of him holding on to his post for a full term. There are rumblings of a no-confidence vote echoing in the halls of the state legislative assembly.

## EYE HEALTH — GRAVES' DISEASE

***Ipo Echo's EYE HEALTH series continues with Consultant Eye Surgeon Dr S.S. GILL talking to us about Thyroid Eye Disease.***

**T**he thyroid gland is an important organ in the front of the neck that releases thyroid hormones which are “chemical messengers” essential for managing the body's metabolism. When the gland functions well, it goes unnoticed but when it becomes hyperactive it may result in eye problems known as Thyroid Eye Disease or Thyroid Orbitopathy, Ophthalmic Graves' Disease or Thyroid Ophthalmopathy.



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

### WHO GETS THYROID EYE DISEASE?

Thankfully this is not a very common condition. In every 100,000 people, approximately 15 women and three men are affected by Thyroid Eye Disease, mainly in the middle age group. There is a genetic link, making those in some families to be more predisposed to suffering from Thyroid Eye Disease. It is the most common cause of protruding eyes (*proptosis*).

### WHAT HAPPENS TO THE EYES

Muscles and fat surrounding the eyeball gets inflamed (swollen) causing the following eye symptoms:

1. Eyes protrude or bulge out of its sockets – an appearance that the person is staring!
2. More of cornea (*transparent part of the eye*) and the conjunctiva (*white of eye*) get exposed because the eyelids may not be able to close fully (eyelid retraction).
3. Intermittent sharp pain when the cornea dries out especially when the person is concentrating on something for long, as in reading.
4. Some people get diplopia (*double vision*) because the eye muscles are unable to move properly due to the swelling of the eye muscles.
5. Blurring vision in some patients.



This may happen along with other features such as irritability or nervousness (*mood disturbances*), preference for cold environments, increased sweating, insomnia (*sleeping difficulty*), palpitations (*a rapid heartbeat*), tremor of the hands, weight loss, frequent bowel movements, unexplained fatigue or weakness of muscle, difficulty in conception and irregular menstruation.

### HOW IS IT DIAGNOSED

If a doctor suspects Thyroid Eye Disease, the following tests are usually done:

1. Thyroid Function Test (*blood test*): This will measure hormone levels in your body which includes TSH (**Thyroid Stimulating Hormone**), T4 (main thyroid hormone) and another thyroid hormone T3, plus Thyroid Stimulating Immunoglobulin Test (*TSI*). The other blood test that may be done is the RAIU test (**Radioactive Iodine Uptake**) – which helps to evaluate the Thyroid gland and to find out the cause of increased production of thyroid hormones (*hyperthyroidism*).
2. Thyroid Scan – to determine the shape and size of the thyroid gland and to pick up any thyroid nodules that may be benign or cancerous.
3. MRI Scan of the Orbits – to determine the amount of proptosis (bulging forward of eyes) and the amount of inflammation of the eye muscles within the eyeball sockets.

*More on Thyroid Eye Disease prognosis and treatment in the next issue.*

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah **05 545 5582** or email [gillyeyecentre@dr.com](mailto:gillyeyecentre@dr.com)



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## The most important person in Malaysia

For the past ten years I have done nothing, but write, to expose the wrongdoings of Umno-Baru, and to try and persuade people to vote for the opposition. Many particularly those in the civil service and the armed forces were too scared to vote against Umno-Baru.

Others were prevented from voting for any party other than Umno-Baru.

Umno-Baru used every trick in the book to fix the elections and nothing the Opposition did, was effective, because they still “won” every election.

I had to find a way to end decades of Umno-Baru rule, and after talking to many people, I found a solution. It was simple. Note that I did not say it was easy – just simple.

All I had to do, was to speak to the most powerful person in Malaysia, and ask for this person’s help.

This person’s influence, is very wide.

Members of royalty would be nowhere without the most powerful person in Malaysia, because without him, the royals are nothing. This person could remove royalty, if he felt so inclined.

He could ignore the ulama, because he knows that he is only answerable to God.

With a few choice words, this most powerful person could start a race riot, but then again, he could just as easily say “I love you”, and melt everybody’s hearts.

He has the power to heal and save lives, but when he is ignored, he can be most destructive, and demolish all that he worked hard to achieve.

Prime ministers and members of the Cabinet consult him, because they need him to support their policies.

Although I found him and tried to speak to the most powerful person in Malaysia, he was good at ignoring me.

I left many messages with him, but he refused to listen. I pleaded with him, humoured him, even promised him many things, like a bright future together, a solid relationship and a lot of wealth, but no such luck.

Finally, after ten years of trying to get through to him, he acknowledged me.

Remember I said it was simple. I did not say it was easy, just simple.

I finally reached the most powerful person, in Malaysia. That person is **YOU!**

On May 9, the most powerful person finally listened to what I, and my peers, had to say, and voted Umno-Baru out of office; but the big question is, “Why did it take him such a long time for him, to listen?”

## THE TEN (10) DEADLY SINS

Here are ten reasons why the most powerful person in Malaysia, was resistant to change, and because of this, we need to get rid of these bad habits, so that he can exercise his power and be instrumental for change.

Gossip: Who does not love a bit of gossip? Some of us thrive on gossip. If we were to say that such-and-such a politician was caught with his pants down in a seedy hotel room, social media and the cyber waves, would speed into overdrive.

As soon as we talk about serious issues, like how to prevent physical and sexual abuse in children, most people switch off. Few people are interested.

We are aware that talking bad about someone, who is not present, is a disgusting habit. We also know that the person with whom we are gossiping, will a few minutes later, be gossiping about us, and yet we persist.

Drama: TV3 has made use of our ability to be absorbed by mindless, and mind-crippling drama.

I know, because when I visit the houses of some of my relatives, the women are focussed on the TV set, watching movies about love, divorce, mistresses, affairs and counter affairs, even as we sit down for a meal. Their eyes are glued onto the set. Eating in silence, whilst watching the drama unfolding, is the norm.

When I want to engage them in conversation about sex education for our young, in school, the state of our education, the roads, the governance, etc, everyone looks away and switches off. Or they look at another drama on their smartphones, and all conversation is lost.

Doing nothing when things go wrong: Let us say that the customer service in a government department is poor. Instead of speaking up and complaining to the relevant people, so that the system can be improved, we do nothing, because we have more important things to do, or cannot be bothered.

How can anyone even begin to help that person, if he will not help himself first?

Being judgemental: Let us say that an injustice is being perpetrated against a member of the LGBT community and so we speak out, they are after all, one of God’s creatures.

Instead of getting the support we need, some people will criticise the actions of the people who are trying to help.

I have found this myself, when I defended an LGBTB person, I was accused of being a liberal, a free thinker and someone who champions free sex.

Can these people listen, without being judgemental?

Negativity: A couple marry. They are both Hindus but after a few years, the marriage breaks down, The wife successfully gains custody of her children but the former husband, decides to convert, and kidnaps his children so that his wife has no access to them. He will have used the shariah courts to ensure that his wishes are enforced.

This has happened many times in real life, when the mother of the children, has not persevered to regain custody of her children. She wrongly tells herself. “What can I do? The shariah courts are all-powerful and I do not have a remote chance of winning.”

People easily give up, because they think they cannot do anything; but have they even tried?

Complaining: Just observe the things around us. Here for instance. The drains are blocked or have bushes growing out of them. Rubbish is strewn everywhere and the rubbish men have not been for a few weeks.

Instead of complaining to the relevant people, we do nothing. Instead of complaining until the authorities resolve the problem, we give up at the slightest hint of resistance.

Complaining seems to be a national pastime. We complain about everything. The weather. The economy. The education. The roads.

Some people in Umno-Baru made complaining an art form. The economy is bad. Blame it on DAP. The currency is falling. Blame it on the Chinese. Food prices have gone up. It is the Singaporeans fault. The rain is non-stop. Blame it on the Christians who

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## COACHING CORNER BY ABLE COACH

Dr Shan Narayanan  
Consultant General Paediatrician, Hospital Fatimah

## COACHING PARENTS

Great to meet all of you at the Coaching Corner!

Coaching can be used for various purposes. Being a Paediatrician, one of the purpose that I apply coaching regularly is with parents.

Parenting is raising a child. It is the promoting and supporting the physical, emotional, social and cognitive development of a child from birth to adulthood. Parents may be biological parents, adoptive parents or anyone who plays a major role in bring up a child.

Babies do not arrive to parents with an instruction manual. Parents acquire the skill to parent from hand down information from their parents, reading and from the mistakes they make in the process of parenting.

There are challenging situations where parents are unable to move forward in bring up the child. This is the area where coaching has a major role. Coaching offers the parents, an alternative perspective around family situations to deal with the challenges and thus bring resolution and move forward.

Recently, I had Julia, mother of Ashley (not their real names), 11 years old, come to the clinic. Ashley has been under my care since birth. The usual bubbly mum, was here looking very stressed and tired. The following is the conversation we had:

Julia: Doctor, I can’t handle Ashley any more, he has become very difficult.

Me: Why do you say so Julia?

Julia: He is always out with a new group of boys. He takes money off my purse. He makes me mad!

Me: Why do you think Ashley is doing so?

Julia: I am not sure doctor. That is why I am here.

Me: I am here to support you Julia, do give a thought, why Ashley is behaving this way?

Julia goes quiet, then breaks down crying.

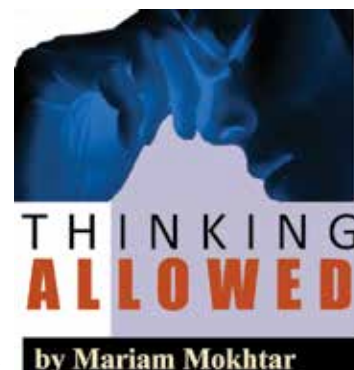
Julia: (Sobbing) she says, Recently I have taken up a second job, I am away most of the time. Every time I am at home, I have been shouting at Ashley for something or other. I think I am pushing him away from me”

Me: Wow, Julia, with that awareness, how do you think, we can move forward?

The above conversation is a coaching conversation. Various questions were asked to understand the situation without making any judgement. Through the conversation, the mother became aware of the source of the problem. With this awareness, we then had a discussion on the various adjustments she had to make and then went through the skills she needs to deal with Ashley’s behaviour.

This is the beauty of coaching, the awareness created, empowers one to move forward.

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





# SeeFoon revisits an old Nyonya favourite

Pics by Vivien Lian


**ON IPOH  
FOOD**

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The eponymous restaurant has been around almost 30 years and **Bee Gaik** is still at it, preparing and serving her famous Nyonya dishes to an appreciative clientele. With recipes handed down from her mother, Bee Gaik has been cooking up a storm all these years and the restaurant is holding its own amongst the plethora of new eateries opening (and closing) around her.

Looking like something one is more likely to find in Malacca rather than in the middle of Ipoh Garden South, Bee Gaik Restaurant is definitely old style, its imposing facade complimented with old memorabilia inside, creating the ambiance of a Nyonya Baba teahouse.

And the menu is certainly more Malaccan than what is commonly available here in Ipoh. Especially when it comes to the **Perut Ikan**, a specialty of the house that is so rare these days and finding one that is well prepared even more precious. Pickled fish intestines that many a squeamish would find abhorrent, is cooked with a mix of vegetables and spices resulting in a dish that looks unappetising on the plate, nevertheless in the masterful hands of Bee Gaik, turns into a taste sensation on the palate, **RM12/19/24 S/M/L**.

Phuah Bee Gaik is a Nyonya chef from the old school preferring to do things the old fashioned way than to succumb to modern shortcuts. Like her **Ju Hu Char**, that distinctive Nyonya dish that requires hours of labour-intensive cutting and slicing to produce the fine chiffonade of yam bean (machines cannot compete) which is fried with tau cheong or preserved bean paste (only the merest hint) and topped with slivered dried



squid. The homemade chilli sauce is dolloped onto the yam bean, which you wrap in lettuce leaf, is a mouthful of heaven, **RM12/24 S/L**.

Another delightful treat is the **Tung Po Yoke**, quivering pork belly, braised to a jelly-like consistency and served with mantou, steamed Chinese bread. This requires a lot of skill and patience to slowly braise the pork which high heat will render stringy and tough. Totally melt-in-mouth divine, **RM18**.

For those looking for a quick bite, check out the **Nyonya Asam Fish slices noodle soup**. The fish slices were Garupa, firm and fresh in texture, combined with brinjal chunks and redolent with the aroma of kaffir lime leaves. The whole dish is tangy without being overly spicy, the spices well blended for a deliciously slurpy soup/

sauce, **RM8.50**. And while eating that, share an **Otak Otak**, a very typical Nyonya egg/seafood custard made with coconut milk, spices, redolent of lemon grass with slices of fish and steamed in a cocotte.

**Salted Fish Achar** was interesting. Pickled onions, whole shallots, ginger, whole garlic, chillies, salted fish and rempah, not overly spicy but with enough kick to go beautifully with white rice and the other dishes, **RM12/18/20**.

**Chicken Kapitan** was coated with a thick coconut milk laden gravy, the spices well blended, and the chicken chunks tender, **RM17/26/34 for S/M/L** and we finished off the meal with the **Pork Belly Malacca**, thinly sliced pork belly, sautéed with onions and topped with loads of scallions.



**Bee Gaik Dining Place & Buffet Catering**  
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 Closed on Tuesday



## SUKMA GAMES XIX 2018. . . continued from page 2

## SUKMA XIX PERAK 2018 SCHEDULE AND VENUE

Bil	Sports	Date	Location
1	Football	Sept 8-12 2018	Padang Bandaran Majlis Daerah Kerian, Kerian Stadium Majlis Perbandaran Manjung, Seri Manjung Stadium TLDM, Lumut Universiti Pendidikan Sultan Idris, Tanjung Malim
2	Badminton	Team: Sept 9-13 2018 Individual: Sept 14-18	Arena Badminton Amanjaya, Kompleks Sukan MBI, Ipoh
3	Gymnastic Dance	Sept 11-13	Stadium Indera Mulia, Kompleks Sukan MBI, Ipoh
	Gymnastic	Sept 17 -19	
4	Cricket	Sept 11-13	Padang Ipoh Padang Batalion ke-2 Rejiman Ranjer DiRaja, Kem Syed Putra, Ipoh
5	Wushu	Sept 11-13	
6	Hockey	Sept 12-21	Stadium Hoki, Sultan Azlan Shah, Ipoh
7	Roadbike Cycling	Sept 12-14	Arena Square Batu Kurau
	Criterium Cycling	Sept 15	Taman Tasik Taiping
	BMX Cycling	Sept 16-17	Taman Tasik Kamunting, Taiping
	MTB Cycling	Sept 18-19	Taiping Bike Park, Taiping
	Track Cycling	Sept 20-22	Velodrome Rakyat, Ipoh
8	Judo	Sept 12-14	SMJK Kerian
9	Lawn Bowls	Sept 12-21	Gelangan Lawn Bowls, Kompleks Sukan MBI, Ipoh
10	Sailing	Sept 15-21	KD Pelandok Pangkalan TLDM, Lumut
11	Petanque	Sept 13-19	Gelangan Petanque, Kuala Kangsar
12	Takraw	Sept 14-21	Dewan Sri Perdana, Institut Latihan Kementerian Kesihatan Malaysia, Sultan Azlan Shah
13	Weight-lifting	Sept 14-21	Dewan Merdeka, Tapah
14	Archery	Sept 15 -21	Padang Universiti Teknologi Petronas, Seri Iskandar
15	Muay Thai	Sept 15-21	Dewan Serbaguna Majlis Daerah Gerik, Gerik
16	Silat	Sept 14 -21	Dewan Jubli Perak, Kuala Kangsar
17	Tenpin Bowling	Sept 15 -21	Ampang Superbowl, Ipoh Parade, Ipoh
18	Boxing	Sept 15 -21	Dewan Dato' Loppe Hashim, Bagan Datuk
19	Volleyball	Sept 15-20	SMJK (C) Hua Lian, Taiping
20	Basketball (5 on 5)	Sept 15-21	Dewan SM Poi Lam (SUWA)
	Basketball (3 on 3)	Sept 15-21	
21	Golf	Sept 15-17	Royal Perak Golf Club
22	Karate	Sept 15-17	Dewan Muallim Politeknik Sultan Azlan Shah, Behrang
23	Shooting	Sept 15 -21	Kompleks Menembak Amanjaya, Chepor
24	Rugby	Sept 15 -16	Padang Ragbi Perak, Kompleks Sukan MBI, Ipoh
25	Aquatic	Sept 17 -21	Akuatik Perak Amanjaya, Kompleks Sukan MBI, Ipoh
26	Netball	Sept 16-21	Pusat Latihan Teknologi Tinggi (ADTEC), Taiping
27	Atheletics	Sept 17 -20	Stadium Perak, Ipoh
28	Squash	Sept 17 -22	Arena Skuasy Amanjaya, Kompleks Sukan MBI, Ipoh
29	Taekwondo	Sept 17-20	Dewan Tan Poh Sang, SMK San Min, Teluk Intan

“We plan to build sporting facilities in accordance with people’s needs. Perak Sports Council (MSN Perak) will be the agency to plan and organise sporting events for the benefit of the community, especially the youths.

Ipoh Echo will endeavour to disseminate relevant information on Sukma XIX 2018 from September 11 to 22 via online (Facebook) and in print so readers get to read the latest.

We sincerely hope Perak will secure its targeted medal tally and perhaps exceed expectations by winning more. Good luck to Chor, the wildebeest.

Follow SUKMA XIX on Facebook: [www.facebook.com/ipohecho](http://www.facebook.com/ipohecho)



SUKMA XIX souvenirs

### The Indie Scene

## “About that Time” by Jess Loh

Jessica Loh Mei-Ern, better known as Jess Loh, dropped by Ipoh as the penultimate stop on her EP (short album) “About that Time” launch tour on Thursday, August 16 at Aud’s by JJ Café. Attended by over 30 people, the intimate solo acoustic gig also featured Nichol Chan.

The 27-year-old Jess grew up in Ipoh and schooled in Methodist Girls’ School. She studied biomedicine in Melbourne University and then medicine at Monash University Melbourne. She is currently working as a resident in her first year of basic physicians training in Frankston Hospital, Victoria, Australia.

“I started writing sounds five years ago, in my first year of medical school in a rural town in Gippsland. I did not have much to do other than study so I decided to start recording covers and putting them on SoundCloud. Without my knowledge, my SoundCloud account was linked to my Facebook account and the track received some attention from friends, and thus, my ‘singing’ career was born. I dabbled in YouTube but I felt that songwriting was the logical next step. I actually never thought myself as a songwriter, but ideas kept on coming, so I kept writing and discovered I enjoyed it!” she recalled.

Inspired by various artists and genres as well as long drives, her songwriting is very much in the folk/pop camp. Writing songs from her own experiences and from people’s stories, she conveys messages about relationship, self-belief and identity.

“I learnt piano formally, and taught myself the guitar. Unfortunately my piano skills are extremely rusty hence I write and perform on the guitar now. I also lead worship at my church and started playing music because of church, so I learnt a lot of my skills and confidence from young,” she explained.

What keeps her doing what she is doing? “Well, not for the money for sure. Writing and performing the songs are sort of a catharsis for me. And seeing friends and strangers resonate with the songs, that’s the best part. Plus, meeting and working together with people you won’t usually meet in the hospital gets me out of my comfort zone and helps me grow,” the amiable Jess enthused.

The self-released sophomore EP (short album) was out in August with five songs: “Rubble”, “Strange Strange Land”, “Carousel”, “Dangerous Game” and “Two Ships”.

“It was recorded, produced, mixed and mastered in Melbourne. I asked producer Simon Moro (ninety-nine studios) to be on the project and he roped in top musicians for this project: drummer Daniel Farrugia, guitarist James Ryan, bassist Craig Newman, keyboardist Phil Turcio,” she highlighted.

Priced at RM30, readers can purchase a physical copy of the EP at Aud’s by JJ Café. For more, do swing by her website (<http://jessloh.com>), YouTube account ([jesslohmusic](http://jesslohmusic)), Instagram page ([theonlyjloh](http://theonlyjloh)), Spotify/Apples Music account ([Jess Loh/Jessica Loh](http://Jess Loh/Jessica Loh)), Bandcamp account ([jessloh.bandcamp.com](http://jessloh.bandcamp.com)) or simply email: [jesslohmusic@gmail.com](mailto:jesslohmusic@gmail.com)

“People should support local musicians – not for the sake of supporting ‘local music’, but because they are good music, period. I want to thank all those who have, sacrificed their coffee dollars to buy an album or merchandise, listened on streaming services, went to a show or two, a small gesture like that means all the world to us indie musicians,” she concluded.

Mei Kuan

## To Advertise



## Deanna Lim

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# Rotary Club of Kinta - Be the Inspiration



**R**otary Club of Kinta was formed towards the end of 1979 to increase membership when the Rotary Club of Ipoh celebrated its 50th anniversary and the Rotary International its 75th anniversary. Named after the Kinta Valley and chartered in 1980, the service-oriented NGO has had many milestones over the years.

Ipoh Echo spoke to its committee members recently to find out more about Rotary, the only service organisation based on vocation in the world.

"The Rotary Club of Kinta initiated the Ipoh International Run, established the International Peace Park and 5-star public toilets in Taman D.R. Seenivasagam and founded the Ipoh Society for the Prevention of Cruelty to Animals. We supplied rehabilitation machines for National Stroke Association of Malaysia and computers as well as educational toys to Sekolah Semangat Maju. Plus, we provided humanitarian aid to Sri Lanka during the tsunami in 2015," Dato' Dr S. Sivanesan, assistant governor highlighted.

Running on the global Rotarian theme of "Be the Inspiration" this year, all initiatives of the club are focused in six key areas: peace and conflict prevention/resolution; disease prevention and treatment; water and sanitation; maternal and child health; basic education and literacy; as well as economic and community development.

Dr Shan Narayanan, incoming president for 2018/19 detailed his vision for the club, "First and foremost, to consolidate the club and increase membership. Next, doing a project in each avenue of service and increasing fellowship among members. Our strength lies in the youth service, thus we want to further enhance activities in this avenue."

Youth service recognises the importance of empowering youth and young professionals through leadership development programmes such as Rotaract (in Universiti Teknologi PETRONAS and St Michael's Institution) and Interact (in Anglo-Chinese School, Methodist Girls' School, St Michael's Institution and Tarcisian Convent).

"For Perak schools, the Rotary Club of Kinta is the organiser for the annual National I-Quiz Challenge Trophy, a general knowledge quiz. We send the winning team to Kuala Lumpur for finals," Rev Robin Arumugam, charter member and past assistant governor elaborated.

Under community service, the projects encompass medical camp, medical talk, site visit to Orang Asli villages, dengue awareness campaign, prevention of avoidable blindness, eradication of polio, dental equipment donation and wheelchairs for the needy.

"Currently we are supporting and facilitating two single mothers who aspire to be entrepreneurs," Dr Shan added.

Looking for service-minded individuals of 21 years old and above, the membership goes on expertise classification and is by invitation only. "Our motto is, 'Service above Self'. Men and women who joined Rotary are young professionals or established people who are able to contribute time and expertise to give back in humanitarian projects both locally and internationally," Nigel Jones, the President-elect for 2019/20 added.

Present were Gnanasagaran Ratnasamy, honorary secretary and Dr S Elangovan, director of community services and past president.

Interested readers may contact Gnanasagaran at **012 5162102** or Dr Shan at **016 5940321**. For updates or swing by its Facebook page: Rotary Club of Kinta

**Mei Kuan**

*Dr Shan Narayanan, consultant general paediatrician cum professional coach and now the incoming president of the Rotary Club of Kinta, is a regular columnist in the Ipoh Echo writing on child health and coaching.*



*President Dr Shan with District Governor Dr G. Baskaran(R) and Assistant Governor Dato S. Sivanesan (L) at the wheelchair presentation to Mdm Kanni Theresa on 1st July 2018 to kickstart the new Rotary Year 2018/19.*



## iSpeak

By A. Jeyaraj

# Report Card for Councillors

**A**ppointment of new MBI councillors every two years is routine and no one gets excited about it. However, this time ratepayers were wondering what the PH government would do. The new government followed what was done previously and except for two councillors from NGOs, the rest were political appointees. It is back to square one. DAP councillors were given a pep talk on their role.

Perak DAP Chairman, Nga Kor Ming, in his speech during a retreat at Tower Regency Hotel for DAP councillors, urged all DAP local councillors to reform and transform. He added that local councillors have a high responsibility as they will be meeting the people every day.

"Local council is a very important aspect. The job is not all about rubbish, grass and drains; it's about mission and vision on how you're going to transform a district or city into a more liveable place."

Right now MBI cannot carry out its basic functions of garbage collection, grass cutting and drain cleaning and it's a joke talking about transforming Ipoh into a more liveable place at this point in time.

"This is not a prize for you. Live up to the expectations. Don't think that you can sit in the position easily. I will propose to the State Exco in charge of local council to terminate you this December if you don't perform. Don't think you will have time until next July. These six months is your probation period," said Nga.

"Don't abuse the power given to you. Don't let yourself be corrupted in any way. Stick to the law and fulfil all the promises," he added.

Councillors have been told what they should do and what is expected of them. They are being paid to do the job.

The councillors must allow the public to attend their sub-committee meetings. Then the people will know how

much deliberation is done before projects are approved and also the expertise of the councillors can be gauged. This is practiced in other countries.

The new councillor for my zone has not come to my area at the time of writing this piece. I wonder whether other councillors have visited their zones. Photo of the councillor and contact details must be placed in all zones.

It is not the job of Nga to supervise the councillors, it is the job of the ratepayers. Residents Associations (RA) must monitor the performance of their councillors and prepare a report card of their performance.

RAs should have regular meetings with their councillors and get feedback on what projects are being planned. They can propose what improvements need to be done to their zones. Solutions have to be found for flooding, stray cattle, mosquitoes, parking woes, poor road maintenance and other related issues pertaining to each zone. To achieve liveable city status we must get rid of these problems.

I surfed the internet and found that local councils in other countries have report cards for their councillors and their performance is published on their website. Councillors have been graded from A to F. Other countries are certainly more advanced than us.

I think RAs should submit quarterly or half yearly report cards on their councillor to the Exco in charge of Local Council. And also follow up what action is taken.

I am attaching a sample questionnaire for Councillors Performance Evaluation which RAs can use to evaluate the performance of the councillors. The questionnaire is in two parts. Part 1 deals with familiarisation of the councillors with their zones, residents and problems. Part 2 will cover jobs relating to development of the zone and making Ipoh a liveable city. Once the basic problems are solved. I will publish Part 2 after councillors have become familiar with their jobs.

## Councillor's Performance Evaluation Part 1

This evaluation is designed to evaluate the appointed council's performance according to the following criteria:

1. Residents in one particular area able to identify with the councillor
2. Councillor is able to communicate and establish rapport with residents
3. The councillor's knowledge about the given area of work
4. Understanding of the nature and scope of the work that needs to be performed

This evaluation should be filled out by providing a score to match the performance of the councillor at the particular aspect identified. The full score for this evaluation is 75 points.

[1 - VERY POOR, 2 - POOR, 3 - AVERAGE, 4 - GOOD, 5 - EXCEPTIONAL]

Name of Councillor:  
Zone:

No.	Evaluated Criteria	Score
1	Residents in one particular area able to identify with the councillor	
1.1	Initiative by the councillor to make his/her presence known	
1.2	Accessibility to councillor	
1.3	Interaction of the councillor with the Residents' Association	
1.4	Knowledge of the councillor in regards to the geography of the area	
2	Councillor's ability to communicate and establish rapport with residents	
2.1	Communication of decisions in regards to complaints filed	
2.2	Period taken to carry out action in regards to complaints filed	
2.3	Sensitivity of councillor to complaints of the residents	
3	Knowledge of a councillor about the given area of work	
3.1	Ability of councillor to minimise disruptions while performance of tasks	
3.2	Ability of the councillor to act proactively to prevent new issues from arising	
3.3	Ability of councillor to carry out assigned tasks safely	
3.4	Effectiveness of actions carried out by the councillor	
4	Councillor's knowledge of the nature and scope of the work that needs to be performed	
4.1	Ability of the councillor to identify problem areas	
4.2	Ability of the councillor to prevent recurring problems	
4.3	Ability of councillor to delegate resources efficiently	
4.4	Ability of councillor to execute tasks within allocated time	
SCORE		/75

Otherwise how else can we evaluate our councillors and to whom do the councillors report?

To us, the ratepayers should, I hope, be the answer.



## Psychological Wellness

### The 7 Happifying Effects of Voluntary Service

I was bestowed with the Nalanda Award in Social Action & Responsibility last year. It was in recognition of my voluntary service in promoting good mental health in the community.

Many people often ask me, "How can you find time for voluntary service despite your busy schedule?" I can find time because it gives me happiness.

How does doing voluntary service create happiness? This is what happens when we help others:

1. We often discover that others are also facing similar problems as ours. This sense of the universality of suffering, "I see, I am not the only one with such a problem," helps to buffer the gravity of our problems in life.
2. We often realize that there are many people with worse situations than ours. The realization gives us a sense of perspective, "I am lucky, it could have been worse." That awareness relieves our pain.
3. We are indirectly focusing on our strength. We discover, "I am not useless. I can contribute something to the community." Our self-esteem and confidence become stronger than before.
4. We automatically become less preoccupied with our problems, especially those that we have attempted in vain to solve. By channeling our energy for the happiness of others, we avoid inflating and worrying too much of our problems.
5. We often receive appreciation for the selfless service. Then, we understand, "My existence does make a meaningful difference to the people around me." This kind of existential effect is a powerful antidote for those who find life meaningless and isolated.
6. We get to settle the unresolved guilt that torments us. Doing voluntary service allows us to effectively and gradually let go of this emotional baggage and free ourselves from our mental prison of guilt.
7. We get to share our experience and feelings with others. The opportunity for emotional ventilation is useful for our mental health. Our sincere sharing also helps to attract more genuine and supportive friendship.



Dr. Phang Cheng Kar (M.D.)  
Consultant Psychiatrist  
& Mindfulness-Based Therapist,  
Sunway Medical Centre.



For more information, please call Dr. Phang's Clinic, Sunway Medical Centre 03 7491 6505 or email: [pckar39011@gmail.com](mailto:pckar39011@gmail.com)

## Connexion

By Joachim Ng

### Stop calling each other 'unbelievers'



On Malaysia Day, rise before dawn and Look East — exactly east to a land across the South China Sea. East Malaysia receives the light while peninsular folks are still in darkness. Enlightened in the ways of multi-ethnic and multi-faith living, Sabah-Sarawak serves as role model for the nation.

Peninsular folks may have greater power, but East Malaysians have better character. Sabah Chief Minister Datuk Seri Mohd Shafie Apdal graces a Christian home service with his presence. A neighbourhood mosque and church in a Sarawak town share their car parks on Fridays and Sundays. By collaborating instead of competing, they exemplify what it means to be Malaysian. There you find adherents of diverse religions living in one village without bad blood.



The scene in peninsula tends to be starkly different. Confrontational, as some dominant faith communities are hooked on the warring psychology of conflict-driven West Asia and pre-modern Europe. From these regions, peninsular folks learned to use the deadliest word in any language — "unbelievers". It was a battlefield call to demarcate "Us" from "Them" as rivals fought to be No. 1. Often, the military campaigns were genocidal as the order was to kill all "unbelievers" so that resistance to land seizure and political supremacy would be totally eliminated. A grisly example was the walled city of Jericho that was obliterated by an occupation force.

The defining mark of every nation or civilisation was its state religion, and a citizen expressed his loyalty through absolute compliance to the doctrines and full observance of the rituals. If you were called an "unbeliever" it meant you didn't belong, and unless you were a stranger on business visit you could be treated as an enemy of the state.

Without understanding this background, our peninsular folks use the word "unbelievers" to disparage people of other faiths. We are living a throwback surreal life, anchoring our minds in the discordant past of the world's most strife-torn regions in history. Shockingly, an urban audience nods in approval when a foreign preacher in town says you will go to hell if you support an "unbeliever" in political elections.

Perak once stood out as the state with a bright silver lining. In the 1950s-1960s, Ipoh was a beacon of multi-faith harmony when few would use that disparaging word. Ipoh boy Swami Satyananda knocked on doors to proclaim an underlying unity behind diversity, and Ipoh's public library beside the iconic railway station was an oasis of multi-faith learning with its good selection of reference materials.

**NEXT: How Ipoh can lead again**

## The most important person in Malaysia . . . continued from page 4

stopped Malaysia from adopting hudud laws.

Excuses: You apply for low-cost housing and submit your application form with all the necessary documentation. A few weeks later, you find that your application has been rejected but you also find out that a friend, who made a similar application, was successful.

When you dig deeper, you find that your friend has a stronger 'kebel-ke-atas'. He has submitted his application with a letter from an MP, because he was told that having strong political connections help. You know this is not fair, but instead of complaining about this abuse of power, your excuse for doing nothing is that, you know nobody and you will lose. So, your justify inaction with a multitude of reasons.

Exaggeration: How many times have you heard Umno-Baru politicians telling you that only their party can defend the Malays and protect Islam? If it is not Umno-Baru saying this, it is PAS.

You ask yourself. "Defend the Malays" from what? "Protect Islam" against whom? The Malays enjoy positions of power in the civil service, armed forces, GLCs, and many other institutions. Islam is the official religion of Malaysia. The Malays comprise 60% of the population. Why should they exaggerate their fear of being threatened?

Dogmatism: This is like believing something just because you are told it. We get bombarded with facts and someone else's opinions and sometimes the two become mixed-up. Instead of checking to see if these stories are true, we share this information with others and claim that it is the gospel truth. It makes listening very difficult.

The ten deadly sins made it very difficult to reach out to the most powerful person in Malaysia.

### MATI:

The only way forward for Malaysians, is to MATI, yes MATI

**M is for the Malaysian identity and Malaysian values.**

As the nation grew and most people became more wealthy, we forgot our values, we became greedy, ignored the poor and the needy, and pursued material wealth.

At the same time, most of us identified ourselves, or allowed others to portray us as Malay, Chinese, Indian, Orang Asli, Sawakian or Sabahan. In Malaysia Baru, we need to forge a new Malaysian identity? Can we do it? Yes, I think we can.

**A is for Alarm and Accountability. It is also for Apathy.**

For decades, we were all consumed with apathy. The Malays were too busy focussing on their so called Special Rights, so they lived in their own little world. The non-Malays, who were forced to accept second class citizenship, could only tell their children to work hard and make a life abroad.

It was only because the country was going downhill fast, that alarm set in, when they saw how their leaders were not serving the *rakyat*, but were serving themselves. More people saw the importance of leaders who were accountable for their actions.

**A could also be for "Action".** Finally, people took action, in GE-14 and voted for change.

**T is for Thought or Thinking and for Tolerance or rather lack of Tolerance.**

In the new Malaysia, we should start to think about our actions. What happens if we do not censure our MPs, like Bung Moktar Radin, who swears, and makes sexist and racist remarks in parliament? What sort of example does this set for our children? What does that tell us about the speaker? What does that tell us about our MPs? Why should we tolerate bad behaviour? Why should we tolerate the extremists among us? Think! If we do nothing, these people will think that we do not care, or mind.

When Najib said that only Umno-Baru can save Islam and the Malays, most Malays believed him and continued to vote for Umno-Baru. They were too lazy to ask what he was saving them from. They did not listen critically and think, "This crook is talking codswallop".

**I is for Integrity or for Intellectual or thinking things through. I is also for "I".**

As we became a more wealthy nation after Merdeka, we forgot our common values and focused on ourselves. The "I". We forgot our values, our community and just thought about ourselves.

**"I" is also for integrity.** What is personal integrity? Do we only help those from our own race? Professional integrity. You have heard of lapses in the judiciary, the police force, the education system and in public services. Why did we let things slide?

### WRITING YOUR STORY

As a storyteller, I find that some themes are repeated time after time: Injustice. Greed. Ignorance. Fear. Loyalty. Suffering.

Few people thought the events of May 10 possible. The *rakyat* has prevailed, but the task is not complete.

Many reforms must be made to give us a modern and just governance.

There is a fifth column of former Umno PMs and stalwarts who have been welcomed into Pakatan Harapan.(PH) These people proved that they were dishonest in Umno. Will they change their spots in PH? No! There are obvious signs that some of them have got their snouts in the trough already. They have no place in the New Malaysia.

We need to recover ALL of the money that was misappropriated. Trillions of ringgit that have been stolen.

We need to end contracts that are not in the best interests of the country or the *rakyat* — We must not forget our cousins in the east — East Malaysia. Logging and deforestation in Sarawak, and Sabah, and making the Eastern seaboard of Sabah very insecure.

Stabilise the economy. Work on education. Separate religion from politics. We need to make Malaysia a world class country. We can do it. It will not be easy but we must persevere for our children's futures. We may not see the results of our work, but they will.



# KLK Palm Oil Education Programme

## – Educating Young Minds



KUALA LUMPUR KEPONG BERHAD

For a child, when one mentions palm tree, the first thing that may come to his or her mind would be the rows of palms that one can see when travelling along the highways. An inquisitive child may ask “What is that orange looking fruit on the tree?” The fresh fruit bunches may attract attention but just knowing that it is where palm oil comes from would not do justice to this beneficial fruit. There is definitely a lot more to know about from how it is grown, the processes to obtain palm oil, its uses, its nutritious value and to its contribution to the economy.

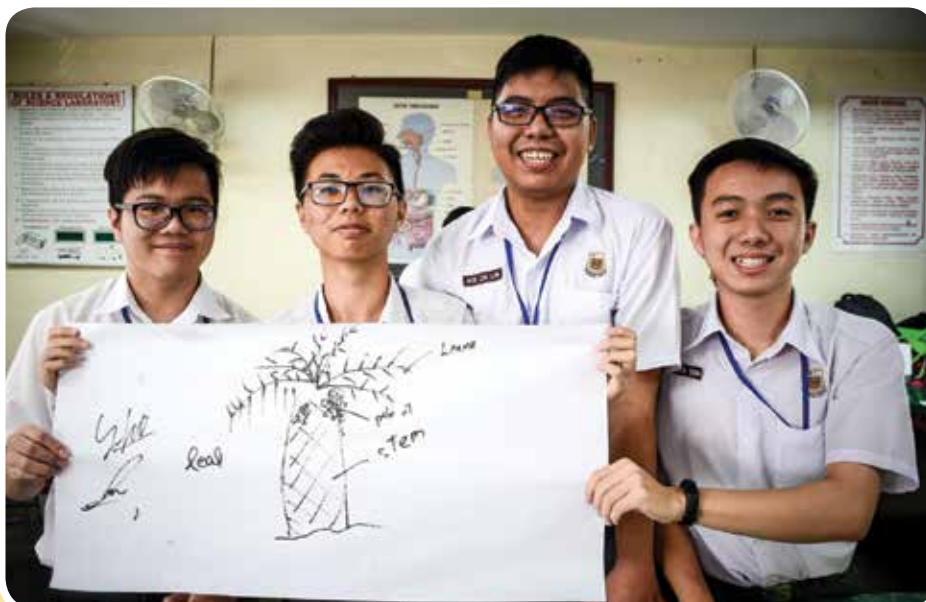
Kuala Lumpur Kepong Berhad (“KLK”), one of the leading plantations companies in Malaysia, had through its KLKCare corporate responsibility initiatives, collaborated with Science Bridge Academy to design its KLK Palm Oil Education Programme. The programme focused on creating awareness about the uses and benefits of palm oil. The KLK Palm Oil Education workshops comprised of a talk on the uses of palm oil in our daily lives, economy development and career opportunities in palm oil industry. The students also have the chance to participate in interactive quizzes and hands-on soap making activities.

KLKCare rolled out its Palm Oil Education programme to 4 schools in Ipoh namely SMJK Sam Tet, SMK Methodist (ACS), SMK St Michael

and SMK Perempuan Methodist. A total of 855 students participated in this programme during June and August 2018. This is an extension of the same programme which was undertaken where similar information was shared between 1,150 students of 5 schools in the Klang Valley.

KLK believes that early education is essential to ensure the right foundation and positive impact are established. A survey was carried out at the beginning and upon completion of the workshops indicated that 86% of the students found that the workshops helped them have a better understanding about the palm oil industry and were beneficial to them.

Malaysia, as the second largest producer of palm oil in the world after Indonesia, accounted for 39% of world palm oil production and 44% of world exports. The Malaysian palm oil industry is a significant contributor to Malaysia’s overall economy, providing both employment and income from exports. To fulfill the growing global need for oils and fats sustainably and to stay at the forefront of this industry, it is important that we raise better awareness on the palm oil industry as well as to build up a more relevant talent pool for Malaysia’s economy. To learn more about palm oil, you may visit [edupalm.org.my](http://edupalm.org.my)



Students of SMJK Sam Tet showing their oil palm tree drawing



Students of SMK Methodist (ACS) focusing on their soap making activity

### Finance



## Elevating Financial Literacy

The Malaysian Financial Planning Council (MFPC), in collaboration with the Counseling and Credit Management Agency (AKPK), Prudential BSN Takafu, Malaysian Insurance Deposit Corporation (PIDM), Federation of Investment Managers Malaysia (FiMM) and Employees Provident Fund (EPF) organised a financial planning talk at the Ungku Omar Polytechnic, Ipoh recently.

The 7-hour talk, appropriately named ‘MyMoney and Me’ consisted of seven short sessions presented by representatives from each organisation.

According to Ipoh born Chung Kar Yin, the Executive Director of MFPC, the objective of the talk was to elevate financial literacy among youths in Malaysia.

“Our research shows us that Malaysians are too prudent when it comes to managing their money,” she said. “There is a misconception among Malaysians, that agencies like AKPK are money lenders. Malaysians don’t understand the importance of professional financial planners. We’re trying to help them understand,” she said.

MPFC is a non-profit organisation that actively organises financial planning talks all over Malaysia. These talks are open to the public, and are not limited to specific age groups.

Twenty-year-old polytechnic student, Nabilah said that she attended the talk which was recommended by her lecturer.

“One of the subjects I study here involves research. I came to this talk to attempt to understand financial planning so I can channel the knowledge acquired into my research,” she added.

Asked if she found the talk productive, she said that it was just average, given that the talk had only commenced for an hour at the time of our interview.

The talk touched on various topics such as will-writing, insurance, private retirement schemes and shariah savings.

Loshni Nair



# New Chairman for MCCBHST Perak



**D**r James Ratnam has been elected Chairman of Malaysian Consultative Council of Buddhism, Christianity, Hinduism, Sikhism and Taoism (MCCBHST) Perak, for the period 2018-2020. The interreligious group was formed about 20 years

ago. It is composed primarily of officials from the main non-Muslim faith communities in Malaysia and acts as a consultative and liaison body towards more open dialogue and cooperation.

James said "Respect, understanding, tolerance and unity are the hallmarks of Malaysia's multi-religious, cultural and racial community and society. On the religious aspect, we must respect all spiritual paths and honour the Divine Wisdom of all religions, faiths and creeds prevailing in the country."

MCCBHST is dedicated to the promotion of goodwill, harmony and unity amongst all Malaysians irrespective of creed, religion, race, culture or gender. Round-table dialogue is its principal and preferred means to resolve potential conflicts arising from differences in a plural society. They believe that there can be unity in diversity. 'Many Faiths, One Nation' is our vision for Malaysia.

James added that the group celebrates all religious festivals and once a year gather at one religious place. They focus on the youth and give motivation talks.

Assemblyman for Buntong, A. Sivasubramaniam, is co-ordinating with the committee. Ipoh Echo through this scribe, has been trying for more than three weeks to contact Siva to no avail. There was no problem when he was in the opposition. If an assemblyman is not reachable, how is he going to serve the people?

The question to Siva is: "What is the government offering for the committee?"

**A. Jeyaraj**

## Colour Run



**F**ive hundred people took part in a charity event named Colour Run. The 3km run organised by City Harbour International School, Lumut was held in aid of Sekolah Semangat Maju (SSM), Sitiawan, a day school for mentally challenged children. Presently it has an enrolment of 50 students. It shares its premise with an old folks home.

The eager participants gathered in the field as early as 7am on Sunday, August 12.

Pasir Panjang state assemblyman, Yahaya Mat Nor better known as Cikgu Yahya, released pigeons to signal the start of the event.

Other complementary events held to keep the crowd occupied and entertained were face-painting and a photography session with Optimus Prime and Bumblebee, characters from the popular American science fiction action film, Transformers.

"I wish to thank City Harbour International School for organising the event. Hopefully we can work together in future for the betterment of the students," said Ms Sathia, the principal of SSM.

**Loshni Nair**



## Community Centre for Orang Asli

**T**he Orang Asli community must brace themselves for change to improve their living standards, in line with the state government's plan to develop rural areas.

"Education, along with proper access to information, is the best way for a community to develop," said Menteri Besar Ahmad Faizal Azumu.

"The community has to give their children a chance. They must encourage the upcoming generation to study and be successful, as this will help their community and their village.

"It's important for us to hold on to traditions and culture, but that does not mean we should turn a blind eye to education. The community must be serious when it comes to children's education," he told reporters at a press conference recently.

Ahmad Faizal was at Kampong Legap, Sungai Siput to officiate the Samsung Smart Community Centre, a joint effort by the Orang Asli Development Department (JAKOA), the National University of Malaysia (UKM) and Petronas University of Technology (UTP).

Its purpose is to create a conducive study environment for Orang Asli children, especially after schooling hours. Samsung provided the centre with tablets, while UKM provided educational applications and software for usage.

Ahmad Faizal added that the advancement of information technology has made the process of learning more interactive and exciting. "The use of technology is very important. It helps to ensure that the younger generation of the Orang Asli community has access to proper education thus reducing the number of dropouts," he said.

Ahmad Faizal said the decision by Samsung, JAKOA, UKM and UTP to build the community centre was a step in the right direction.

"This will expose the children to interactive-learning techniques, as well as develop in them, a love for education," he added.

**Luqman Hakim**

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# Helping Cambodian Children

Seventeen learners and five staff members of Asia Metropolitan International School (AMETIS) took part in an outreach programme, Project Cambodia 2 from July 4 to 8.

The school has been actively involved in community-based outreach activities since 2015, as they believe that learning takes place both in, and outside of the classroom. Previous programmes include Project Kerala 1 and 2, done in 2016 and 2017, respectively.

The outreach group spent two days at schools run by the Volunteer Development for Children's Association (VDCA) in Siem Reap, Cambodia which runs two schools in rural areas of Siem Reap, with their evening school catered to young people who spend most parts of their days working to support their families. Here, they are taught English, hygiene and equipped with basic life skills to improve their living conditions.

The Anlung Pi Free School is a primary school and nursery for kids from disadvantaged families. The school provides free education, aiming to take the children off the streets.

The group from the Ipoh-based international school conducted various activities like language games, sing-alongs, painting sessions and hygiene-awareness classes.

Donations from friends and family allowed the group to provide the schools with 30 boxes of items that consisted of clothes, medicine, books, stationery, toiletries and food. They also made a cash donation of USD1200 (RM4800).

Loshni Nair



## International Yoga Day & Ayush Conference

For the first time Ipoh became the host for the International Yoga Day 2018 & Ayush Conference. The event was held at The Lost World Hotel Ballroom in Tambun. The event was organized by Greentown Indian Cultural Society Ipoh.

The day began with a meditation session by Guru Lui from the Brahma Kumaris at 7.30am after which the Yoga Master from Nethaji Subash Chandra Bose Indian Cultural Center Kuala Lumpur, Master Shri Kempchad Gupta led all participants to a yoga session. A total of 180 participants attended the event. The session was conducted for two hours. There was a mix of participants of all races, young and old.

Another highlight of the day was the Ayush conference attended by more than 230 participants. Ayush means a mix of Ayurveda, Varma, Homeopathy and Yoga.

According to the President of GICS Subain Singam the 230 participants had an opportunity to listen to the insight on edifying topics and wonderful presenters.

Master Kempchad Gupta spoke on "Diabetes Management Prevention Through Yoga"; Dr Vijay Kumar Srivastava spoke on "Ayurveda Dietetics and its role for Good Health". Dr G. Senthilvel spoke on "Effective Pain Management through Varman"; and Professor Dr Ibrahim Usman Mhaiker spoke on the "Roadmap to Education for Homeopathy in Malaysia".

The event was graced by Dr Varun Jeph – First Secretary (Commercial and Info) High Commission of India to Malaysia and Mr Ayyanar, the Director of NSCBICC.

The event was jointly organised by Nethaji Subash Chandra Bose Indian Cultural Centre and the High Commission of India to Kuala Lumpur in collaboration with Lost World Hotel Tambun, Quest International University Ipoh, Brahma Kumaris Ipoh and Hatha Yoga Ipoh.



## THUMBS DOWN

### Library or House of Horrors

On a recent visit to the Tun Razak Library, Ipoh Echo scribes were greeted with eerie looking stairways, poorly-maintained elevators and a veritable house of horrors.

Tun Razak Library, formerly known as Ipoh Juvenile Library was built in 1931. Initially managed by Rotary Club Ipoh, Ipoh Town Council took over in 1961 and re-named the library. Soon, it became known as the Ipoh Library.

In 1977, the library was again re-named, in honour of the second prime minister of Malaysia, Tun Abdul Razak. The late prime minister's wife, Toh Puan Hajjah Rahah officiated the opening of the library on November 11, 1977.

Libraries are places of knowledge. They are supposed to be vibrant, calming and welcoming. They are supposed to make the public feel safe and encourage them to learn. The first floor and entrance of the library did just that. It was painted with vibrant colours and well-lit, but that is about where it ends.

The staircases were dirty, with shoe marks everywhere. Nicknames and hearts 'decorated' the walls, full of grey-coloured prints and stains. The windows were fogged, with layers of dust, probably collected over the years. The doors were old and damaged.

The elevators were dark and poorly lit, and the outer walls were stained with unidentifiable brown substances. The environment in the stairways through all five floors was strangely unpleasant, and at some points, felt almost claustrophobic.

A few questions came to mind.

First, what has Ipoh City Council been doing to maintain, and/or improve the



Thumbs Down

conditions of this library?

Malaysia achieved her Independence in 1957. It has been 61 years since, but it seems that 61 years has not taught us right from wrong.

Vandalism is wrong. Destroying property that is being funded and maintained with the public's hard-earned money is unacceptable.

Where is our sense of morality? Where is our sense of responsibility? Where is our common sense? Named after our second prime minister, also known as Malaysia's "Father of Development", it seems that we have disappointed the very man this library was named after.

Now is the time for us to open our eyes and learn the value of things. If we continue living our lives without a single care of the world around us, the future generation will not be able to enjoy a single shred of the facilities that were built for us – the people that make, or break this beautiful city.



## Tourism

# Tambun Cave Clean-up

The rock art found on the walls of Tambun Cave is one of the archaeological artefacts found among the 18 geosites within Kinta Valley.

Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture emphasised that the preservation of these artifacts is essential and should be continued. It is the responsibility of all Perakeans, not the authorities alone.

"The state government places importance on cleanliness and comfort for the benefit of visitors, especially tourists. These hotspots have beautiful landscapes and possess their own unique history. If not taken care of properly it'll tarnish our image and prestige.

"Tambun Cave is renowned for its Neolithic rock art dating back to approximately 10,000 years ago. It's sad to see the place being neglected and filled with undergrowth. After promoting geopark, we'll identify the department responsible to oversee this precious site," he said after a cleaning programme at the Tambun Cave on Saturday, August 4.

The clean-up was a collaborative effort between Tourism Perak, Perak State Parks Corporation, Ministry of Tourism (Perak) and Ipoh-based Second Malaysian Infantry Brigade, among others.

Rosli Mansor



## Ways to Improve Tourism Industry

Perak Tourism Association (PTA) plans to have a fun ride programme to spice up the state tourism industry.

Chairman of PTA, Dato' Mohammad Odzman Abdul Kadir said that the upcoming fun ride would give a huge impact to the state tourism industry players.

"The programme will help the state government especially Tourism Perak in promoting the local tourism products besides spotlighting the new products.

"Participation is open to all Perak-based tourism industry players. We will tour the state to see various communal activities and districts with potential to contribute to the tourism sector.

"The date of the fun ride is still being discussed and will be announced soon. This is the best way to help those who have been sidelined even though they have plenty of interesting products to be commercialised," he said during the PTA "Teh Tarik" session at Movie Animation Park Studio on Thursday, August 9.

Present among the 60-odd attendees were staff from different public and private agencies, tourism players and representatives from hotels and NGOs.

Current tourism issues and ideas were raised and discussed to find ways to improve the state tourism sector.

Rosli Mansor



## Upcoming

## Hospice Run 2018

Organised by the Perak Palliative Care Society (PPCS), the 5km Hospice Run 2018 will be held on **Sunday, October 14** at the Polo Ground. The charity run will be flagged off at 7am by the guest of honour, Wong May Ing, the Executive Councillor for Women and Family Development, Character Development, and Social Welfare.

There would be a Zumba warm up, performance, information booth and free blood pressure and blood sugar tests for all participants.

Lee Kock Huat, general manager of PPCS explained, "This is the first time we are organising a run. We did a fundraising walkathon more than ten years ago. We plan to hold this yearly if the event is successful."

Hospice Run is organised in conjunction with World Hospice and Palliative Care Day in October. The main objectives are to create public awareness on palliative care and to raise funds for the society.

"Our target is to raise RM50,000 and so far we are still RM30,000 behind target. The fund will be used in the operation of the society to provide free home palliative care services to terminally ill cancer patients," Lee elaborated.

PPCS is a non-government, non-profit and non-religious organisation that provides free palliative care services to patients with life-threatening illness, irrespective of age, race or religion.

When asked for his thoughts on Perakean's awareness on palliative care, he replied, "Though the number of patients under our care is increasing (an average of 200 patients per month), the public awareness

on palliative care is still lacking. Eighty per cent of our patients are referred by doctors at general hospital and private hospitals."

PPCS needs monetary donations to run its home care programme (where doctors and nurses go to patients' houses to provide palliative care services); day-care/sunshine programme where patients are invited to the centre for activities like simple exercise, handicraft making, singing and dancing. It is aimed to bring a change of environment and routine for the patients so they might feel a little happier and it allows the carers some respite from the burden of caring and lastly for staff education and training.

Established since 1995, PPCS has serviced 5660 patients. Besides the home care service, PPCS also loans medical equipment free of charge (surgical bed, wheelchair, oxygen concentrator, ripple mattress, etc.) to needy patients.

"We have four palliative care nurses and a medical director who visit the patients every day. Besides Ipoh, we also cover patients from as far as Kuala Kangsar down to Tapah. Our volunteers will visit the Palliative Care Unit at Batu Gajah Hospital every two weeks to bring joy to the patients there," Lee added.

Readers who would like to help can donate at PPCS centre (54 Jalan Sultan Azlan Shah, 31400 Ipoh), contact PPCS at **05 546 4732** or make a direct transfer to PPCS Public Bank account: **3096888034**. Tax exemption receipt will be issued upon request.

Meanwhile, the race kit can be collected from **October 10 to 13** from 9am to 5pm at the society. Fees are



priced at RM53 (open and junior category) and RM42.40 per pax for family (2 open + 2 junior). The closing date for registration is September 9. To register for the run, visit <https://event.howei.com/event/hospice-run-2018>.

Mei Kuan



## News

## 10 Deadly Sins by Mariam Mokhtar

Ipo Echo columnist, Mariam Mokhtar was at the Perak Equestrian Centre, Ipoh on Thursday, August 16 for a talk on "Rebuilding Malaysia".

"We need to iron out our differences and work together to build a new Malaysia. We must move as one," said Mariam.

"Rebuilding Malaysia' is about investing in our children, and their children's children," she added.

Earlier, she outlined the "10 Deadly Sins" of the most powerful people in Malaysia – the people (as she puts it), that led us to wait for 61 years before recognising the need for change.

A member of the audience called for "race" to be removed from bureaucratic forms, in line with New Malaysia.

"Malaysians should be protected irrespective of our races," he insisted.

Mariam shared his sentiments, adding that the word "religion" should also be removed from forms. Although she agrees that the opinion is idealistic, Mariam believes that we must start somewhere.

However, there is a question worth pondering on: are we turning a blind eye to decades of systemic discrimination by blurring racial lines?

Mariam urged Malaysians to actively speak out.

"We need to talk, even about issues that are deemed sensitive. If we don't start now, when are we going to?" she asked.

"Being afraid to speak your mind tells me a lot more about you than you can imagine," she posited.

"Criticise the Pakatan Harapan (PH) government as you see fit. We do not want an UMNO Baru 2," she added.

Although Malaysians have done their part by voting for GE14, Mariam believes that the fight is not over.

"We need to remove the UMNO Baru mentality. We have to think critically, and stop being fence-sitters," she added.

Mariam called for a free press, as she believes that this is the only way politicians can be made accountable.

Another member of the crowd asked for her stance on the 100-day promise made by PH, to which she responded by saying: "Let's give them a chance."

"Six decades cannot be undone in 100 days," a floor member chipped in.

However true that is, we cannot ignore the fact that these were promises made to us by the PH government.

With New Malaysia in the works, are we still allowing political parties to feed us with empty promises to get our votes?

*Details of her talk can be found on page 4 under 'Thinking Allowed' column.*

Loshni Nair



## Mrs Gorgeous World 2018

Beauty pageants not only emphasise on physical appearances but can be used as tools to empower women.

Mrs Gorgeous World 2018 is out to do just that and change past misconceptions.

The pageant, which will be held in Syeun Hotel on **September 8**, is aimed at highlighting the diverse roles of women in society. These roles are not limited to mundane roles like being mothers, wives, and daughters but on a more significant scale as providers of resources to the community.

According to organiser Mok Junni, the response was overwhelming although the event is one month away. "Both categories are fully subscribed although the deadline was on July 31," she told Ipoh Echo.

Contestants are divided into two categories, Crystal (ages 25 to 45) and Diamond (ages 46 and above). Each category has 14 contestants. They must be married and have given birth to at least one child.

The evening will kick-start with its first round, the Cheongsam Round followed by Evening Gown Round and Talent Show.

Besides the Mrs Gorgeous title, there are other subsidiary titles to be won with accompanying prizes. They are, Mrs Best Elegance Wear, Mrs Best Cat Walk, Mrs Sweet Smile, Mrs Most Popularity, Mrs Elegance and Mrs Photogenic.

Prizes for winners are sponsored by De Era with First Prize, in both categories, of RM10,000 worth of De Era treatment plus RM3000 cash, crown, sash, trophy, products, vouchers and an offer of a one-year contract as De Era Clinic ambassador.

First Runner-up Prize is worth RM5000 De Era treatment plus RM2000 cash, crown, sash, trophy, products and voucher. The 2nd Runner-up Prize is worth RM3000 De Era treatment plus RM1000 cash, crown, sash, trophy, products and voucher.

Third and fourth runner-up prizes will also be given as consolation prizes.

Nabilah Hamudin

## Nobel Laureate in Ipoh

Ipo Echo had an exclusive one-on-one with Nobel Peace Prize winner, Professor Muhammad Yunus when he dropped by Ipoh to give a talk on "Discovering a World of Three Zeros: The New Economics of Zero Poverty, Zero Unemployment and Zero Net Carbon Emissions". Hosted by Institut Darul Ridzuan it was held at Impiana Hotel, Ipoh on Sunday, August 12.

Yunus is known internationally as the father of both social business and microcredit as well as the founder of the bank for the poor, Grameen Bank ("Village Bank" in local parlance). Grameen Bank has reversed conventional banking practice by removing the need for collateral and created a banking system based on mutual trust, accountability, participation and creativity.

At Grameen Bank, credit is a cost effective weapon to fight poverty. It serves as a catalyst in the overall development of socio-economic conditions of the poor who are kept outside the banking orbit on the ground that they are poor and hence not bankable. The bank monthly report for July 2018 recorded a high recovery rate of 99.12 per cent, far better than the industry standard for loans to those who have collateral.

As for social business, how did it all begin? "Our work began with microcredits, trying to bring financial/banking services to the poor people. And it worked and expanded. People are enthusiastic, earning money and improving their lives. Then, we see other problems in their lives. First thing that comes to notice when working with the poor is health conditions. If you're poor, you're poor in health, it goes together like two sides of the same coin," Yunus explained.

"First, we saw children having malnutrition and poor eyesight so we tried to address that by selling vegetable seeds. We sold it very cheap so that everyone can start growing vegetable and feed their children. As Grameen Bank grew, our vegetable seed business grew. At one time it became the largest vegetable seed seller in the whole country. Then, night blindness disappeared from the country. Next we saw there were no toilets in the villages. Thus we created a company to produce toilets in the village and gave money to borrowers to buy and set it up in their homes so that every house has a toilet. It caught up," Yunus recalled.

"Gradually we moved from one thing to another. We placed a fully trained doctor with pharmacy in the village and covered the revenue generated from the health channels and it worked. We don't lose money but at the same time people get healthcare. Then it became clear that this is the business we do to solve problems. We called it social business defined as a non-dividend company to solve human problems,"



Muhammad Yunus



## UNIQLO is Now at AEON Station 18

UNIQLO Malaysia has opened a new store at AEON Ipoh Station 18. The store would be the 48th UNIQLO store in Malaysia.

"We are pleased to extend our reach to more customers and to offer great clothes that give our customers comfort in every situation. We look forward to growing our footprint here and will continue to be committed to producing clothing with the best user experience," said a UNIQLO representative.

UNIQLO has also recently announced that it will roll out the Uniqlo U 2018 Fall/Winter collection from Friday, September 14. The latest collection will feature a vivid fall and winter color palette and designs with in-trend volumes. The collection features brilliant reds and fuchsias as rich and warm accents that symbolize the coming of fall. For more information about UNIQLO's product offerings and latest updates, do visit [www.uniqlo.com/my/](http://www.uniqlo.com/my/).

Yunus enthused.

When asked on his advice for budding entrepreneurs in social business that are just starting out, he said, "Be stubborn and be tough. You do it because you want to solve people's problem. Design it extra seriously because you're doing it for the first time and nobody else has done that. Remember, business means a big chance of failure. If you fail, don't get upset, try again and finally you'll make it. It's like learning how to ride a bicycle. Have a good idea and make it very small so that it's easy to handle."

His latest book, "A World of Three Zeros: The New Economics of Zero Poverty, Zero Unemployment and Zero Net Carbon Emissions" is on sale at MPH Malaysia for **RM88.90** (paperback).

Mei Kuan



# Joint Exercise a Success



Exercise Land Malphi 19/2018, a 14-day bilateral exercise involving troops from the Malaysian and the Philippines armies, held its closing ceremony on Thursday, August 16 at the parade grounds of Gua Permai Camp, Ipoh. It was coordinated by Headquarters 2nd Malaysian Infantry Brigade with the assistance of 23rd Battalion Royal Malay Regiment.

"This exercise has demonstrated that we're able to work together and complement one another when necessary. The conduct of the exercise not only allowed our armies to apply operational doctrine but helped inculcate understanding through the sharing of experiences and our willingness to shoulder and overcome challenges. This collective training is the best approach to boost our confidence," said Lt-Gen Datuk Azizan bin Md Delin, Commander Malaysian Army Field Command (West).

Earlier in the day, the Commanding General of the Philippines Army, Lt-Gen Rolando Joselito Delizo Bautista gave a closed-door presentation on the Battle of Marawi at the auditorium of the Territorial Army Training Centre located nearby. Only selected officers were allowed in as the talk was classified. Incidentally, Bautista was the joint task force commander during the fight against suspected Islamic State terrorists in Marawi.

"One of the lessons learnt from the exercise is interoperability. It means both armies are able to operate together. We're working on harmonising our military doctrines for mutual purpose," Azizan added during the press conference.

"What we're doing right now is part of a defence MoU between the Malaysian Army and Philippines Army. It encompasses other agreements such as subject matters, expert exchange, personnel exchange and training exchange at operational and tactical levels. More importantly, I'd like to thank the Malaysian Armed Forces for their assistance in Marawi, as they facilitated the sending of humanitarian aid to affected communities. When we're in need to secure the borders, the Malaysian government, without hesitation, provided immediate assistance by conducting border patrols," Bautista highlighted.

When asked if we have the equipment to conduct urban warfare, which was the emphasis during the exercise, Azizan replied, "Our army is rather good in counter insurgency warfare, but as of now, everybody is trained for urban warfare. We've an urban warfare centre down south in Johor. We too conduct urban warfare training in the units. We've to improvise. In military strategic thinking, we never leave behind aspect of urban warfare, we make it a priority. In urban warfare, factors such as population, utility and dwelling need to be considered."

Present were Commander of the Philippines Army Training and Doctrine Command, Major-General Casiano C Monilla; Assistant Chief of Staff (Operation and Training) Army Headquarters, Major-General Dato' Ya'cob bin Hj Samiran; General Officer Commanding 2nd Malaysian Infantry Division, Major-General Dato' Mohd Ramli bin Jaafar; General Officer Commanding 3rd Malaysian Infantry Division, Major-General Datuk Hasagaya bin Abdullah; and Commander 2nd Malaysian Infantry Brigade, Brigadier-General Datuk Mohd Nizam bin Hj Jaffar.

The first Malphi joint-exercise was held in 1999 in Kota Kinabalu. "We've been doing this for 19 years. Previously, the exercise was mainly held in Sabah. We then felt the need to expose our Philippines counterpart to the situation in the peninsula. That's why we're here," Azizan reflected.

Mei Kuan

## Sport

### Perak Koshiki Karatedo Competition

Hing Hwa Chinese School Tambun, Ipoh won the 'overall champion' title at the Perak Koshiki Karatedo Competition, held on Sunday, August 19. The host school, Hing Hwa, took home an astounding 3 gold, 2 silver and 1 bronze medals.

Perak State EXCO for Tourism, Arts and Culture, Tan Kar Hing, was present to officiate the competition.

Chief Technical Director, Shihan (Master Instructor) Neoh Then Hock, said that the competition saw over 100 participants taking part in both the kata and kumite categories.

The Karatedo Competition exposes young learners and beginners to the hard-contact format of karate, popular in countries such as Japan and Russia.

Barath a/l Balakrishnan representing Mambang Diawan Tamil School, emerged as the champion for the Boys Kata Individual category, while Cheng Kar Mun of Hing Hwa won the girls category.

The participants were divided into the boys' and girls' kumite categories, and further divided into five age groups, namely, under-8, under-10, under-12, under-15 and under-18.

Cheng Kar Mun took home her second gold by winning the girls kumite under-10.

Darwin a/l Munishwaran of Mambang Diawan Tamil School won the boys kumite under-15, and Irdina bt Shariful Anuar came top for the girls' kumite under-18.

Loshni Nair



## Twinning Programme with Ipoh



Ipoh-born British High Commissioner, Victoria (Vicki) Marguerite Treadell paid a courtesy call on Menteri Besar Ahmad Faizal Azumu at his office on Wednesday, August 8. Her intentions were noble – to strengthen bilateral ties with Perak, Ipoh in particular.

"This is our initiative to restart fresh and improve relationship with the United Kingdom, including inviting investors from the UK to invest in Perak. We noticed the reducing numbers of British investors since a few years ago.

"Executive Councillor for Investment, Industry and Corridor Development, Dato' Seri Ir Mohammad Nizar Jamaluddin will work harder to strengthen the relationship between Perak and Great Britain," Faizal told reporters. He added the possibility of having twin-city programmes between Ipoh and cities in Britain.

Perak government will also focus on sectors such as education, as many Perakeans are keen to pursue studies in the UK. This covers primary, secondary and tertiary levels education.

"It's wonderful to be back here in Ipoh. I've a soft spot for Ipoh and Perak. The objective of my visit today is to meet the Menteri Besar and his team. We're here to discuss priorities of the new government and to see where we can fit in. Besides education, youth and human capital developments, we too want to discuss trade and investment," said Vicki.

Present at the meeting were several executive councillors namely, Dato' Seri Ir Mohammad Nizar, Yong Choo Kiong and Howard Lee.

Ili Aqilah



## 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.

## Illegal Food Stalls

Recently, my friends and I attended a talk on, "Ipoh – Future City from the Past" at 22 Hale Street Heritage Gallery, Ipoh Old Town. There were two speakers from Ipoh City Council while another was a lecturer from UCSI University.

Their talks were mainly focused on the future urban planning projects, but we were also keenly anticipating on enforcement issues such as illegal parking, illegal dumping of garbage, illegal hawkers and eateries especially at pavements and parking lots.

A few months ago, Ipoh was voted the top nine best places to retire and the third most affordable city in the world in a foreign media. Ipoh has successfully made its mark through a combination of revitalized heritage streets and buildings, hip cafes and good food but not illegal hawkers.

Hence, the enforcement unit attached to the Ipoh City Council must take immediate steps to shut down illegal roadside and parking lots stalls that obstruct parking places and pose a danger to motorists and road users.

Our planned township is fast passing into the clutches of encroachers. The township that once took pride in its neat and clean look and wide pedestrian-friendly pavements during the Seenivasagam era is now the happy ground for hawkers selling wares ranging from art to silver display along Jalan Sultan Idris Shah (Brewster Road). These illegal sellers and hawkers have occupied the pavements along Jalan Sultan Idris Shah especially on Sundays, and due to the increased number of traders, it has now spilled over the edge of the road and causes traffic congestion.

The Taman Rekreasi Sultan Abdul Aziz (Polo Ground), started off as a strictly "No hawkers" zone. Today it's a haven for hawkers, worst of all, they have occupied parking lots with blatant disregard for park rules nor basic decent respect for the environment.

The playground at DR Seenivasagam Recreational Park is slowly being occupied by some illegal hawkers, they seem to be very comfortable and customers are happily littering the site.

The stretch by the side of Hospital Raja Permaisuri Bainun and the surrounding

area is now occupied by almost ten illegal hawkers on the pavements causing obstruction to pedestrians. But the worst one is a noodle stall along Jalan Dato Onn (Cockman Street) quite close by the Telecoms, where the hawker has built a permanent structure on the pavement.

Strictly speaking, under the Ipoh City Council by-laws, no hawker is allowed to trade along roadsides and shoulders or on pedestrian walkways or pavements legally or illegally.

In fact, once a hawker sets up a food stall in these places and, if not evicted immediately, others will come in to set up more stalls in the vicinity. They merely exist because the enforcement under Ipoh City Council authorities have seemingly taken the matter lightly, thus, giving a public impression that someone in the enforcement arena has an eye closed or is on the take. Otherwise, how could these illegal hawker food stalls survive for such a long long time? Incidentally, this means, that the Ipoh City Council law enforcement officers had failed to perform their duties. This is really a suspicious business. The Pakatan Harapan government of Perak must seriously look into this matter.

However, here is this Ipoh Echo reader's solutions: in fact, this is a call to the enforcement unit of Ipoh City Council to relocate all the roadsides stalls, stalls at the recreation parks in Ipoh city to designated food courts or eateries without further ado, so that these operators can continue making a living, by finding suitable places for them.

Also let's not forget to rope in all end-lot coffee shops and mamak restaurants and kopitiam as well for using the road shoulders and pavements by placing their tables and chairs and food stalls.

We the Ipoh Echo readers, would love to anticipate a reply from the Enforcement Director of the Ipoh City Council.

**S. Sundralingam**

## Is there Hope for the Civil Service?

I have found courage to write this after the strong words from our Prime Minister Tun Dr Mahathir Mohamad to the civil service recently. He encouraged those in civil service to not blindly follow instructions, to speak up if there are wrong doings and that he will support those who have been 'tortured'.

I have entitled this article "Is there Hope for the Civil Service" because of the long standing culture of victimisation in the organisation. Many of us join the civil service to serve the public. Some of us have better financial prospects elsewhere but choose the civil service because it offers us an unparalleled opportunity to serve the people of our nation. Unfortunately the civil service is, as Tun clearly points out, populated with leaders who are self-serving (to put it mildly). Over the years I have seen some who have taken advantage of their position to enrich themselves or abuse their power. So much so, that the prevalent culture is to "keep your head down and follow instructions", even if things are wrong. Those of us who attempt to speak up when we see wrong or necessary correction in the system are often censured at times with measures detrimental to our career. We are constantly reminded that we belong to the "government service".

Kindly allow me to share a personal example from my own life. I have just retired after serving in the civil service for more than 35 years. In April last year I received a show cause letter to say I have brought shame or detriment ("memalukan & memburukan") to my ministry and the civil service. I was also informed verbally that action was being considered at the highest echelons of the organisation to sack me without pension.

Now you may ask what action had I done to bring such wrath on myself? What had prompted this response was a tweet that I had made which stated that "we are civil servants, not government servants". I went on to say that it is the "taxes of the people that pay our wages". You may say that what I tweeted was factual and 'mild' but remember that this was in April 2017, before the elections when fear was prevalent and many were being censured. This tweet was forwarded by some 'cyber trooper' to the highest levels of the organisation and so I was threatened with a show cause letter.

It was a traumatic learning experience for me. I found that, despite many years of work and bringing change/pride to the health services (I received a number of international awards), no one was prepared to openly stand up for me. I tried meeting

the senior civil service management but was unsuccessful. In the end the previous health minister, Datuk Seri Dr S. Subramaniam, was kind enough to act on my behalf when I approached him. Even then I still received a warning letter ("teguran") saying I had been found to have brought shame/detriment to the organisation and was warned about future actions.

Why do I bring this up you ask? Because if the civil service is to have any hope we need to get rid of petty victimisation of staff and offer safe opportunities for staff to speak up when they see wrong. The Regulations for Public Officers (Conduct and Discipline) [Peraturan-Peraturan Pegawai Awam (Kelakuan dan Tatatertib) 1993] has an over-reaching "Peraturan 19 (1)" about any civil servant speaking up. This was put in place to protect government policy, but is also used to silence every voice that attempts to speak up. It can and is used arbitrarily, as was on me. I hope the Institutional Reforms Committee can look at this section and consider with the government an amendment to focus it on government policy and not on personal statements. If there is no safe mechanism to express the wrongs that are conducted in the civil service, a mechanism outside the system, then many will not dare to support the necessary change for reform in our civil service. Even now as I speak up about the way I was treated (and it is frightening when you go through it), I have some fear that action can be taken against me after retirement.

If you wonder why sometimes there is low morale in the civil service, remember how I was treated for making a simple, true statement. Remember the lack of support within the system for staff who speak up. It is time to bring back a civil service we can be proud of. It requires a radical change in how we appoint leaders in the service and how much we encourage constructive dissent (voiced disagreement and discussion on policies and decisions). There is a lot of dead wood and self-serving individuals that needs to be removed, but there are still many who want to serve our beloved nation.

I hope the civil service can be found committed to ensuring the best services for our public and nation and not that of individuals.

**Dato' Dr Amar-Singh HSS**

## Business

The state government is committed to help Bumiputera entrepreneurs, especially those around Bandar Meru Raya, Ipoh.

Menteri Besar Ahmad Faizal Azumu, said the state government would design a new development plan for the area to help attract more people. The building of a water park is on the cards.

Pre-existing plans to build hotels, houses, and malls within the area will continue.

Although the plans were made by the previous state government their execution was stalled due to bureaucratic problems.

Faizal added that Bulatan Amanjaya would most likely be rebranded so international and larger-scale events could be held.

"The Perak state government through the State Development Corporation (PKNP) will formulate these plans. We'll make sure they are made without running up debts. We don't want to cause problems for state-owned companies or hurt the state government in any way.

"We'll continue to develop this place where it becomes the public's focus," said the Perak Menteri Besar during the launch of Jamuan Jalinan Mesra Gabungan Usahawan Meru Raya.

The reception was held on Friday, July 27 at Rumah Kutai Bandar Meru Raya, Ipoh. Present were the Executive Councillor for Islamic Affairs and Rural & Entrepreneur Development, Asmuni Awi, and Hasnul Zulkarnain, Executive Councillor



for Communications, Multimedia, NGOs and Cooperatives.

According to Asmuni, the state government is committed to help young Bumiputera entrepreneurs who wish to expand their business. "Hopefully, these young entrepreneurs would be able to create job opportunities and provide training for aspiring businessmen," he said.

**Luqman Hakim**





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

### ARTS AND CULTURE

**KINTA VALLEY SYMPHONIC SOCIETY ORCHESTRA CONCERT** will hold its annual concert entitled "Rendezvous" on **SEPTEMBER 23, 3pm** at Dewan Leong Wan Chin. Programme consists of an interesting array of music of different genres and different eras performed by the Kinta Valley Wind Orchestra. Amongst them is Cymbal Gesture which is making its debut performance in the country. Others are West Side Story Selection to celebrate the 100th birthday of Leonard Bernstein, Gabriel's Oboe, The Girl With the Flaxen Hair and more. Entry is by donation. For details, call **017 508 1351** (Ms Yam), **017 570 7776** (Ms Lau) or visit its Facebook page.

**A PUPPET PERFORMANCE 'ROMANCE OF THE CELESTIAL FOX'. SEPTEMBER 29 (Saturday)**, 7.30pm at 19 Jalan Tun Sambanthan, 30000 Ipoh (adjacent to Ipoh Padang). Proudly presented by Ipoh Fine Arts Society. This is a very rare form of puppetry; known as the Iron Stick Puppeteers, performed by the Teochew Puppet & Opera group, it's a dying art form rarely performed in Malaysia. Limited seats available. For further details kindly contact: **016 532 1087, 016 527 2959, 012 524 0104**.

### COMMUNITY

**MAIN CONVENT (CLASS OF 1968) 50TH REUNION DINNER. SEPTEMBER 30 (Sunday)** at **22 Hale Street, Ipoh**. All 1968 graduates of Main Convent Ipoh are invited. For details please contact Mai at **012 400 2313**.

**FREE YOGA CLASSES.** Wednesdays 7pm-8.15pm: meditation & talk on Vethathiri Philosophy by Dr R.M. Muthiah (Asst. Prof. in Yoga for Human Excellence); Fridays 6pm-7pm: Vethathiri simplified holistic exercises in Tamil & English; 7.15pm-8.15pm: Vethathiri Simplified holistic exercises in English; Saturdays 4.30pm-6pm: Hatha Yoga classes for children (7-15 years old) with Mr Yoganathan Periyasamy. **At R.M. YOGA & MEDITATION CENTRE, 68 Jalan Tun Abdul Razak, 30100 Ipoh.** For further enquiry, contact Ms Yoges Muthiah **016 544 6855** or Dr Muthiah **012 591 4493**. Preferably via WhatsApp.

**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).

### EDUCATION

**SUNWAY COLLEGE IPOH WEEKEND COUNSELLING SESSION.** Calling all SPM, STPM, O-Level & UEC school leavers. Come and learn more about various Diploma programmes ranging from Business, Information System, Entrepreneurship, Graphic design and Interior design. A pathway to own your dual degree with our Foundation in Arts programme. Fast track to earned your Professional Accounting Qualifications (CAT/ACCA) with us, ACCA Platinum Approved Learning Partner. We are open every day from Monday to Friday (8.30am-5.30pm) and every Saturday (10am-4pm). Alternatively you can email: [infoipoh@sunway.edu.my](mailto:infoipoh@sunway.edu.my) or Whatsapp us at **019 368 1096**.

### SPORT

**IPOH 5KM HOSPICE RUN 2018 by Perak Palliative Care Society. OCTOBER 14 (Sunday), 7am at Polo Ground.** Fees: RM53 (Open and Junior Category) and RM42.40 per pax for family (2 Open + 2 Junior). Fees include finisher medal, t-shirt, goodies bag, e-cert, lucky draw and service fees. Trophy for top 5 winners. The closing date for registration is September 9. Race kit collection on **October 10 to 13** at Perak Palliative Care Society along Jalan Sultan Azlan Shah from 9am. For more info call **05 546 4732** or visit [www.ppcs.org.my](http://www.ppcs.org.my).

### IMPORTANT

**REPORT BULLYING.** All schools in Malaysia have an Anti-bullying Guideline. Anti-bullying hotline: Talian Aduan Disiplin **1800-88-4774** or email [adudisiplin@moe.gov.my](mailto:adudisiplin@moe.gov.my). You can also call **15999 Childline** to report bullying.

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