

BAN BAD STRAWS

By Ili Aqilah

Ipohites produced 500 to 520 tons of waste every day and the statistics will go up higher during festive seasons. The wastes comprise food, garden waste, electrical goods and of course, plastics. These days we can see most everything around us are made of plastic and while many are biodegradable, what happens to the ones that are not recyclable especially single-use plastics such as straws?

With its growing population, it is without a doubt that Ipoh will soon be producing more plastic wastes by the day. Is Ipoh ready to follow its neighbours and ban the single-use plastic straw? Can Ipoh be a straw-less city?

Continued on page 2



Bukit Merah Laketown Resort

Bukit Merah Laketown Resort is surrounded by lush greenery and rolling hills of the Bintang Range. The Resort sits at the edge of a natural lake which is the source of drinking water for the Matang Larut District and the heritage town of Taiping.

Measuring in excess of 7000 acres, Bukit Merah Lake is one of the largest freshwater lakes in the country.

Attractions synonymous with the resort are its waterpark, eco-park, skycycle, water chalets and an Orangutan Sanctuary.

According to manager Ahmad Fauzi Zainal Abidin, the resort will be given a new facelift in December aimed at attracting even more visitors, especially to its waterpark.

"The addition of new slides such as the mini-tornado slide and race slide will enhance the

marketability of the waterpark. And this will be incorporated in combo packages to make prices more affordable, in view of the coming school holidays.

"We'll increase the number of water and land activities for our guests. Besides that, new attractions

such as the Banjar Museum and Time Tunnel are in the pipeline. Time Tunnel will depict the resort's history from establishment till the present.

"Guests will be in awe looking at the unique paintings of graffiti art running on the concept of 'Love Malaysia' around Mariana Village," he added.

After taking Instagram-worthy selfies of the graffiti art, don't forget to try the ice cream rolls of various flavours available there along with graffiti fries kebab and graffiti roti kebab. One can also opt for the nearby Le Lac Cafe for its mandi rice and grilled chicken chop.

Your trip is incomplete without visiting the Orangutan Sanctuary. It is accessible via a 10-minute boat ride from the jetty. The primates, numbering 24 from Borneo Island, live in an environment similar to their natural habitat. In addition, there are over 30 types of herbal plants to satisfy your curiosity.

Bring along a fishing rod during your stay at the water chalets, as they are located right in the middle of the lake. If your luck is good, you can take home a freshwater fish or two, courtesy of Bukit Merah Lake.



WEB- www.bukitmerahresort.com.my
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Plastic is not fantastic

It was announced in September this year that Federal Territories of Kuala Lumpur, Putrajaya and Labuan will ban the usage of plastic straws, and beginning from January 1, 2019, businesses found using plastic straws will face serious charges including losing their deposits, fined and owners even be imprisoned.

"I hope that business owners will cooperate and follow the requirements for the greater good of the environment," said Ministry secretary-general, Datuk Seri Adnan Mohd Ikhsan in September. He also added that since the requirement is stated clearly, there is no excuse for business owners' ignorance.

In addition to the plastic straw, Federal Territories has also banned plastic bags and polystyrene food packaging from September last year.



Adnan Mohd Ikhsan

Will the government step up?

Back in 2016, former state councillor for Education, Science, Environment and Green Technology, Datuk Dr Muhammad Amin Zakaria announced that Perak will ban the usage of plastic and polystyrene and the ban will be extended statewide from January 2017.

However, till today we can clearly see that it isn't working as no action has been taken as Perakans are still freely using non-degradable plastic.

In addition to Amin's statement, a statement was made by Ipoh Mayor, Datuk Zamri Man regarding the same issue on the same year. According to the mayor, businesses can charge 20 to 30 sen per plastic bag to customers who wish to use plastic bags and MBI will organise more events to encourage the public to use less plastic bags.

However, till today, aside from charging customers for plastic bags, the Perak government has yet said nothing about banning the usage of plastic straws. With the upcoming state assembly scheduled this month, will we be hearing about this issue or will it be forgotten?

"Ipoh can be a straw-less city like the Federal Territories, but it will take us time as many are still unaware about the harm of plastic straws," said Aziz Bari, state councillor for Education, Technology, Science and Environment.



Aziz Bari

What's wrong with plastic straws?

In 2015, a marine biologist from Texas A&M University, Christine Figgner filmed a video of her colleagues and her helping a male Olive Ridley sea turtle who had a 10-12cm plastic straw lodged in his nostril and they had to help the poor turtle to remove it during their research trip in Costa Rica. The painful 8-minute video, which garnered more than 33 million views on YouTube, was among the first videos that sparked the dangers of plastic straws.

In her interview with National Geographic this year, while collecting data on sea turtle mating, they found something in the nose of a 35kg sea creature. Since they were hours away from a vet, the team knew they had to remove it themselves. Christine was not sure how the straw ended up there, but the experts believe that it could have swallowed the straw and tried to regurgitate it back up.



Removing a straw from a turtle's nose

Christine's video wasn't the only proof on the dangers of plastic straws. A quick research on your favourite search engine can show various cases of animals affected by plastics. In fact, in a study done by Oona M. Lonnstedt and Peter Eklov in 2016 found that baby perch will actively choose to eat plastics over plankton and this will increase mortality.

Microplastics in Malaysian fish

If that doesn't concern you, perhaps this will, a study was done by a team of Malaysian and French researchers in 2017 where they found particles of microplastic from the flesh of fish eaten by humans. The research from Scientific Reports discovered 36 tiny pieces of plastic in the bodies of 120 fish samples. In the report, the research team suggested people who consumed the fish (mackerel, anchovies, mullets and croakers) that are often sold dried in Malaysia and its neighbouring countries, could consume more than 240 pieces of microplastic a year.

"Our food chain is now contaminated with microplastic. Although it is 'micro' it could slowly affect the lifespan of humans and hopefully the government will do something about it. We have many biodegradable materials to replace the usage of plastic such as banana leaves, hemp and vegetable waste that can be converted into organic-plastic or perhaps create a biodegradable replacement. This is where the government needs to play its role and support on a bigger scale," said Hafizudin Nasarudin, the current president of Persatuan Aktivis Kuasa Alam / The Society of Environmentalists (KUASA).



Ipoh without straws?

Cafe owner Nabihah Mahayuddin, who spends nearly RM200-RM300 a week purchasing plastic straws, plans to stop using plastic straws as soon as possible because she too, saw the video by Christine.

"We are still using plastic straws, but my team and I are working hard to find a supplier that could provide us a reasonable price for alternative straws that are made from paper, metal or bamboo. As for now, we only provide straws when the customers ask for it," said Nabihah.

She also added that aside from finding suppliers, she is also trying to find alternative ways to replace plastic packaging and plastic straws for takeaways.

"It hurt me when I saw the sea-turtle videos so I'm working hard to find a solution to not use plastic straws and packaging as I know how it will affect sea animals," she added.

As for Susan Ho, she believes that instead of cutting down on giving straws, customers should just opt not to take straws from hawkers voluntarily.

"Substitute straws are not easy to find and expensive – both for paper and metal straws. Perhaps we can ask customers to pay for it like how Selangor made people pay for plastic bags. Of course, they will get upset but after a while they will accept it," said Susan on behalf of her mother who owns a hawker stall in Ipoh.



Plastic garbage in the sea

Sipping without plastic

There are many other materials that can be used to replace plastic for straws. Recently in Malaysia, many chose metal (stainless steel) straws that can easily be purchased online or at local shops. Aside from metals, you can also choose bamboo or paper straws. These straws come in different sizes; similar to the plastic straws.

After using metal straws for nearly two months, Ainina Sofia hopes she can be consistent and encourage more people to ditch the plastic and start using metal straws instead.

"The awareness reached me months ago after I watched various videos of animals choking on plastic straws. One even had a straw stuck in its nose. However, it wasn't until several months ago that I found a solution to reduce straw and plastic pollution.

"I believe that every F&N outlet must stop providing plastic straws. It's a process of educating the public but once it becomes a norm, it will not be a problem anymore," added Ainina.

Recycle and reuse

Plastic will take hundreds of years to decompose, so stop throwing them mercilessly and start recycling or reuse your plastic waste. What can you do with your used plastic straws?

You can make crafts with plastic straws! Tutorials of how to create one can easily be found from YouTube or Pinterest.

Another way to reuse your plastic straw is to turn them into ecobricks; a plastic bottle stuffed with non-biodegradable items that can be used to create furniture and many more. According to Russell Meir, one of the co-founders and principal of the South East Asian Ecobrick movements, after his visit to Northern Philippine Cordilleras, the land of the Igorot people, Meir learnt that in their native language, there is no concept of waste or worthless among the Igorot people. Everything in Cordilleras including bowls, tools, packaging and even houses are locally sourced and can be reused locally and personally in some new way.





From The
Editor's Desk

By Fathol Zaman Bukhari

MEET DATIN *Jane Doe*

It gets a little nauseating when these titled persons insist on being addressed perpetually with their titles.

How often does one get to enjoy three state holidays in a month? October will be a record of sorts for being the month with the most number of head of state birthdays. The auspicious days and dates are as follow: Saturday, October 6, Sabah Governor's birthday, Friday, October 12, Malacca Governor's birthday and Wednesday, October 24, Sultan of Pahang's birthday. The one thing that many prefer to associate these ostentatious days, beside the accompanying holiday and extravagance, is the bestowing of honorific titles and awards to the "deserving" many.

Malaysia is blessed with nine titular heads of state or sultans and four governors (Agong is head of Federal Territory). They are at liberty to bestow titles and confer awards, deemed appropriate, on their subjects, as recommended, of course.

I have this dislike for honorific titles. A man is given a name upon his birth and the name remains with him for life. Over time he may earn a nickname or coin a moniker like Tiger or Botak-head (with a hyphen) depending on his inclination and preference. The rest is pure hubris.

Do we really need more PJK/KMN/DSNS/DPTS and the accompanying "Dato", "Datuk Seri", "Tan Sri", etc.? Here are some stinging criticisms which have been around since the country adopted the British constitutional monarchy system of governance.

Before it was, "You throw a stone it'll land on a Datuk's head". Then when the field got crowded and more titled men and women joined the ranks, it became, "You throw a stone it'll bounce off one Datuk and lands on another Datuk". The more cynical suggests throwing rocks and grenades.

Like or loathe it we have to accept the envy, distaste and morbid fascination Malaysians have for titles. And it did not disappear even with a change of government and the dawn of Malaysia Baru. I am equally perplexed as any Ahmad, Ah Chong and Muthu. In spite of the ensuing negativity associated with titles and honours, there is no end to the pursuit for personal glory via a fitting title to one's name.

There are no laws requiring Malaysians to serve these titled holders. "To serve" connotes a different meaning from what you and I understand. "Serve" covers all kinds of sins from loan application (legal and illegal) to contract procurements. Unfortunately, our ministries, companies, organisations and sane people eagerly roll out the red carpet at the hint of a titled VIP approaching.

The title, if anything, only adds on the prestige of the recipient not his aura or his bearing. Anyway, a title is as good as the person himself. If he is a crook, a title means nothing. We have seen this happening far too often. Remember the youthful "Datuk Seri" who assaulted a uniformed Rela man because he stood in his way or the recent case of a "Datuk" beating up a parking attendant for refusing to open the boom gate? When it comes to titles, if you are useless without them, you are equally useless with them. Period.

When I got posted to my battalion at Lok Kawi Camp, Kota Kinabalu in 1970, the only titled senior officer then was our Kuching-based divisional commander, Maj-Gen Dato' Jimmy Yusof, an Anglophile Sandhurst-trained gentleman. He spoke with a Cockney accent and was very British in his outlook. We were told to address him as "Datuk" when spoken to. Being a little apprehensive, I slipped and called him "Sir" instead. He whispered to me, "It's okay, young man. I prefer "Sir" to "Datuk".

It gets a little nauseating when these titled people insist on being addressed perpetually by their titles. "Tan Sri" seems more chic and cool than Ahmad, Ah Chong or Muthu. The frenzy is even apparent in their children. It's Dollah bin Datuk Babu not merely Dollah bin Babu, as you and I would prefer. However, in a seamless world like today where technology takes prominence, titles and honours mean little. But in this part of the world they still do.

I am piqued by the way one Pakatan Harapan minister responded when asked about the Datuk Seri title she received on occasion of the Governor of Malacca's 80th birthday on October 12. She was among the first PH politicians to receive honorific titles.

"The award will spur me to better serve the people," said Rural Development Minister Rina Harun from Parti Pribumi Bersatu Malaysia, a component party of Pakatan Harapan.

You mean to say without a title it does not do the trick? Come on, lady.

"I didn't ask for the award. It'll be impolite and disrespectful to reject the award by the governor," said Wong Fong Pin, the Malacca State Legislative Assembly Deputy Speaker.

I am in agreement with DAP leadership's stance regarding honorific titles. The party feels that members should reject state and federal awards to show that they are not after awards and titles while in public service. They should only do so after their retirement. It gives a wrong impression as it is barely a year since DAP became part of the ruling coalition. Party stalwarts like Lim Kit Siang, Lim Guan Eng and Kulasegaran have yet to receive awards and titles and are happy with none. It is definitely unbecoming to adopt the Barisan Nasional habit of chasing after awards and titles.

I wish to share some interesting anecdotes about my titled friends that I had

the misfortune of knowing.

There was this contractor friend who was tasked to build the governor's official residence behind my camp in Bukit Beruang, Melaka in 1995. He had to pass through my camp to get to his worksite and would eagerly look for me whenever I am around. The day he was bestowed a datukship he said, "Colonel, drop by my office in town and ask for Datuk Wong."

This other incident is simply outrageous. It shows what people transform into after being given a title. "Fathol, meet my wife, Datin Jane Doe." I almost puked. I have known the wife since the day I met him.

I asked another friend what he did to deserve a datukship from Pahang. "I served in Kuantan," he replied. I was in and out of Raub jungles throughout 1979 hunting for the notorious terrorist Chong Chor, I got nothing. This is the outcome when one buys rather than earns his title.

I would not mind if you were author Clare Rewcastle Brown whose revelations helped bring down a despicable and corrupt government. But a dandy whose only claim to fame is his deep pockets, that is immoral.

But what can you expect from a society that is still trapped in a feudalistic mindset, so much so people cannot separate fact from fiction? "Titles open doors," one gleefully said.

I rest my case.



EYE HEALTH — WORLD SIGHT DAY 2018

In conjunction with WORLD SIGHT DAY, Ipoh Echo talks to Consultant Eye Surgeon Dr S.S. GILL on EYE CARE TIPS.



The World Health Organization (WHO) estimates that 253 million people are visually impaired worldwide. Almost 80% of them could have been avoided or prevented. In this second part in conjunction with World Sight Day, Dr Gill shares some tips on Eye Care:



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

1. LIVE HEALTHY

• Good Nutrition: Your diet should

be rich in green leafy vegetables and fruits that contain vitamins and carotenoids lutein and zeaxanthin, along with meats like fish that are rich in Omega 3 Fatty Acids.

- **Exercise:** Has a beneficial effect on glaucoma, AMD and diabetic eye diseases.
- **No Smoking:** The effects of smoking should not be taken lightly as it accelerates cataract formation, macular degeneration and also nerve problems.
- **Medical Conditions:** Keep all medical conditions such as Diabetes Mellitus and hypertension well controlled. These illnesses have profound effects on the eyes.
- **Avoid Obesity:** Keep your weight in check. Obese people are more prone for health as well as eye problems.

2. USE ELECTRONIC DEVICES CORRECTLY

Placing your computer screen at an ideal viewing angle of roughly 10 to 20 degrees below the eye level is important because a screen placed too high can lead to dry irritated eyes as we invariably blink less when concentrating. Remember to practise the 20-20-20 rule of taking a break every 20 minutes, by looking away into the distance of 20m for at least 20 seconds.

3. WEAR GOGGLES

Always wear a pair of protective of safety goggles whenever you do any chores around the home. This includes the wearing of goggles during gardening, while playing certain sports and while mowing the lawn. Remember, eye injuries cost a lifetime of problems to an individual, to their families and to healthcare.



4. MINIMISE UV-LIGHT EXPOSURE

Wearing sunglasses that cut off ultraviolet light rays from the sun is a must. Look for a reasonably good pair of sunglasses that have the CE marking, and filters off UVA and UVB light rays from entering the eye. Sunglasses that

are polarized are a bonus. Remember, as discussed in previous issues, ultraviolet radiation promotes cataract formation and macular degeneration.

5. EYE CHECK

If you are 40 years and above, you should get your eyes checked once a year. Getting the eyes checked for your spectacle prescription is not enough. A full eye examination that includes a vision check, eye pressure testing and a full dilated pupil eye examination is required. Just like your annual medical examination and blood testing, the eye examination is equally important. It is recommended that all adults between 18 to 40 years get their eyes checked every three years, those 40 to 50 years should get an eye check every two years and those above 50 years should get an eye check annually.

World Sight Day IAPB picture, courtesy of International Agency for the Prevention of Blindness (IAPB)

For more information, please call Gill Eye Specialist Centre, Hospital Fatimah **05 545 5582** or email gillyeyecentre@dr.com



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153 Jalan Dato Lau Pak
Khuat, Ipoh Garden, 31400
Ipoh, Perak Darul Ridzuan.
Tel: (605) 543 9726
Fax: (605) 543 9411
Email: editorial@ipohecho.com.my

EDITORIAL

Fathol Zaman Bukhari
G. Sivapragasam

GRAPHIC DESIGN

Rosli Mansor Ahd Razali
Luqman Hakim Md Radzi

MARKETING & DISTRIBUTION MANAGER

Deanna Lim

REPORTERS

Ili Aqilah Yus Amirul
Tan Mei Kuan

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Seksyen 15, 40200 Shah
Alam, Selangor.

USEFUL CONTACTS

Ibu Pejabat Polis Daerah (IPD):

05 2451 072 (CCC)
05-2451500 (District)
05 2451 222 (Operator)
999 (emergency)

Ipoh General Hospital:

05-208 5000

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Royal Belum is a Cronies' Paradise

Instead of being a trendsetter and true reformer, the Perak Menteri Besar, Ahmad Faizal Azumu, would rather emulate his predecessor, Zambry Abdul Kadir, in refusing to protect our precious jungle.

Ahmad Faizal is the caretaker of one of the world's oldest rainforests. A Malaysian Nature Society (MNS) report (2005), states that the Royal Belum forest reserve is approximately 130 million years old, and is older than the Amazon and the Congo. Its biodiversity is complex. It supports a wide variety of flora and fauna, some of which are unique to this forest.

Yet, on October 10, the MB shocked many Malaysians when he dismissed the importance of the UNESCO World Heritage Site status for the Royal Belum State Park, in Gerik.

He said, "It is not fair on us to stop all logging there because the state government will be deprived of the revenue needed to provide services to the people".

Leaders like Ahmad Faizal place little value on the UNESCO status. For him, Royal Belum is just another place for individuals, companies and the state to make vast amounts of money. The state will issue logging licences, and then collect revenue. A UNESCO status carries with it a lot of responsibilities.

The Perak MB is being shortsighted. In 2010, the former MB, Zambry, rejected a proposal by a German joint venture company, to carry out a sustainable conservation project in the Belum-Temenggor forest.

The former MB was not happy about the monetisation from ecotourism of the rainforest, as the return was too slow, unlike the issuing of logging licences to bring in easy and ready money.

Leaders should be aware that their decisions affect conservationists, environmentalists and the Orang Asli (OA) people who reside in the area. The OA and the animals in the area, have made their homes in Royal Belum. Some of the rarest flora and fauna are only found here. Who knows, perhaps, another cure for a disease will be discovered from a plant or animal species.

If we are not careful, Royal Belum will only be featured in films or books. Loggers, both legal and illegal, harvest the forest for its timber, and jungle produce like agarwood (gaharu). Poachers hunt for rare species and smuggle them across the border, sometimes with the collusion of those in authority.

What is wrong with thinking long-term and also becoming known as a person who helped save the environment? What about sustainable logging and the promotion of ecotourism activities?

It is alleged that many crony timber companies are in collusion with the state forestry department. OA land has been given over for development, despite the promises of the state.

If the state cannot protect the people who live there, then who can? Perhaps, it would be more truthful to say that the UNESCO status will make it difficult for those who want to take advantage of the many loopholes in the state rules.

The state does need a lot of funding to manage Royal Belum, to prevent illegal logging and stop poachers from making a lucrative trade in the forest, such as hunting the Malayan tiger, pangolin and Sun Bear. The government needs to enlist the help of various state agencies and third parties, like the World Wildlife Fund (WWF), MNS and the wildlife trade monitoring network (TRAFFIC South East Asia).

To create an effective organisation to control poaching and cross-border encroachment, the state will need to form a task force involving the Army, the Immigration department, the Customs department, the Jabatan Orang Asli, the Perak State Parks Corporation and the Forestry Department.

Ahmad Faizal is being disingenuous when he mentioned logging activities, but failed to describe the massive "encroachment" onto OA lands in the



THINKING
ALLOWED

by Mariam Mokhtar

Royal Belum State Park. Development has turned thousands of acres of jungle, the natural habitat of the OA, into oil palm plantations, and mines. There is also extensive illegal logging.

Many acres of forest have been destroyed, so the OA and wildlife, have to fight for their existence and survival. As a result, tigers and elephants wander onto farms and kampungs to eat livestock,

because their natural habitat and sources of food, have been taken over by the villagers.

The UNESCO status will oblige the state to recognise the rights of the indigenous peoples, and protect their reserves, traditions and culture. Protecting Belum is also an ongoing part of the effort to tackle climate change.

With careful planning and help from the private sector, Ahmad Faizal could promote eco-tourism and the other sustainable forms of conservation and environmental protection, but that would be too much hard work. The Perak MB should lead the way and not be known as just another man who wants to plunder Perak's natural wealth.

In many parts of the world, such as Palau Island in the western Pacific Ocean, eco-tourism has proven to be many times more profitable than eco-exploitation.

If Ahmad Faizal is serious about making money for the state, he should promote eco-tourism.

Source: <https://www.freemalaysiatoday.com/category/nation/2018/10/10/perak-will-lose-revenue-if-royal-belum-given-unesco-status-says-mb/>

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SeeFoon gets away to a hideaway

Pics by Vivien Lian


**ON IPOH
FOOD**

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


It's called the **Squirrels Hideout at Roots Eco Resort**. Lest my dear readers conjure up images of scurries of squirrels jumping about, have no worries as it refers to the nest, a cosy protected place in nature.

That is exactly what the Squirrels Hideout is: a cosy nest in nature situated just past the railway station and 10½ milestone on Jalan Chemor in Tanjung Rambutan. You could easily whizz by and not see the sign which is so discreet that it is almost invisible.

Here where the Kinta River flows, you can order a lovely lunch or dinner and listen to the sounds of nature, either right by the river or undercover, sitting in their outdoor dining area. It is the ideal venue to bring the family over the upcoming Deepavali celebrations, and as the kids roam the grounds, the adults can sit with a bottle of wine or a few beers and enjoy the ambiance while perusing the menu.

Roots Eco Resort is a resort usually catering to groups of eco tourists whom they take on visits to Orang Asli villages, the Chepor waterfalls, sunset trekking, water abseiling, white water rafting and night walks, accompanied by trained guides. A range of villas varying in price from a riverside villa with an outdoor jacuzzi at RM368 to standard twin bedded villas at RM228 and even a tree house are available for rent! All villas come with breakfast for two.

The lunch and dinner menu is eclectic: from Indian, Malay, Chinese depending on the market availability and the whim of Chef Shanty who can cook up a storm.

We had quite a tasting from their menu which is not extensive but satisfying and most of the dishes we tried are to be specially ordered in advance. To begin, we had nibbles on their **Snackeroo fish and mutton cutlets** which were perfect snacks for pre-dinner drinks. Mildly spiced and deep fried mutton: RM18, and fish: RM16.80. On menu.

Shanty's **Chicken Varuval** had all the right notes, using **Scotch Bonnet Chilli** which can blow the roof off your mouth but you can tell her to tone it down. To be ordered in advance and size to be determined for price. The same goes for their **Ayam**



Masak Merah Sambal, Lamb Curry and the unusual Sardine Varuval.

If sitting by the riverside is to your liking then check what is special for that day or evening. Sometimes thosai is on the cards with different themes changing weekly.

For the kids and adults with a sweet tooth, do check out their **Sarah Lee Cheesecakes** ranging from Strawberry, Salted Caramel, Triple Chocolate Bavarian and Cookies and Cream Bavarian. Also do check out the Mars mud pie. I know you can get these elsewhere but its the ambiance that changes the whole sweet experience!

There is also a **beer bucket promotion** with five bottles for RM65 only.

Squirrels Hideout @ The Roots Eco Resort

10½ Mile, Jalan Chepor, 31250 Tg. Rambutan, Perak.

Tel: Sudesh 012 277 0510, S. Agilan 010 371 2498 (Resort Manager)

Operating hours: 12pm-2.30pm and 6pm-9.30pm



"I often receive comments from my dear readers to the effect that some of the restaurants I have reviewed were disappointing. I do need to emphasize, which I have done on quite a few occasions, that all restaurants do some dishes well and some not so well. So I suggest that you follow my recommendations on the dishes that I write about. This way, you may have a better meal."

SeeFoon

If you would like SeeFoon to try your food, contact Vivien at **014 332 3859**.

Email: vivienlian@ipohecho.com.my

We do not promise a review but we're open to discovering new or interesting eating places.

Ban Bad Straws . . continued from page 2

“There is no need to wait for the next eco-innovation or technological breakthrough. Co-creating a thriving, harmonious world is as simple, and as momentous, as losing some words, and learning some new ones,” said Meir.

According to Ecobricks website (www.ecobricks.org), the concept of ecobricks is about going against the general idea people have about plastic. It is not a ‘trash’ or a ‘garbage’ but rather as a resource to create new things that can be used. Not only is it an ideal way for a deeper solution to plastic, ecobricks will also help plastic in the recycling industry.

There are many things you can create using your own ecobrick, in fact in their website, 99% of ecobricks are being used for small homes, school and community creations such as tiny applications like furniture models. More information about ecobricks movement can be found on their website!



Ecobricks

What will happen after 12 years?

Early this month, the United Nations (UN) warned that we have only a 12-year period to limit the climate change catastrophe of our planet as it will not be able to sustain itself. Climate change will affect pollination of crops and plants, insects will lose half of their habitat and 99% of corals will be lost if the earth’s temperature goes higher.

Plastic plays a crucial role in climate changes as most of them are made from oil and gas that come from fossil fuels extracted from the ground. Getting the fuel involves transportation, manufacturing and disposal which comes together with tonnes of carbon pollution.

Sure, the carbon footprint to make your average disposable plastic bottle is only 82.3g but we used 563 billion single-use plastic bottles every year and it is increasing. That means, through the production of plastic bottles alone, we created 46 billion tons of carbon footprints.

Carbon print is the sum of all emissions of Carbon Dioxide that contribute to raising the earth temperature. The higher it gets, the more danger we are in. We can see many natural disasters happening in the past few years and that is not a coincidence, thanks to our ignorance about the usage of plastic.

The Multiplier Factor

One person using one plastic straw may not impact the earth but in Ipoh alone, we

have over 670,000 Ipohites. Imagine 670K plastic straws being used daily, monthly and annually. Although you might argue that some plastic straw packing claims that it is recyclable, you should also be informed that plastic will never fully degrade as plastic is not a biodegradable material and even degrading plastic releases chemicals that are toxic to wildlife and the environment.

“Customers should refrain from using plastics by bringing their own reusable bags and tiffin carriers or tumblers. Traders should stop using single-use plastics. Everyone must help to ensure they spread the frightening news about 8 million tonnes of plastic entering the ocean yearly and their effect on marine life,” said Richard Ng, chairman of Koperasi Alam Hijau Perak Berhad (KOHJAU) that aims to promote recycling for a sustainable environment as part of the social business city model adopted by Ipoh.

Be more responsible, start now!

Why do we need for the government to implement rules when we can start to not use plastic straws by ourselves? We keep on parading the phrase ‘New Malaysia’ yet our mindset is still as before when we remain unaware of what is happening to our planet and our country and our state.

A plastic straw is easy and free but what will happen at the end of our last fossil fuels? Should we wait to witness the last sea turtle or the last tree or don’t we care about our planet at all? Mars might be a new planet for us according to NASA but do you know that the weather in Mars is extreme and the air is largely carbon dioxide which means that it is good for the planet but bad for people? Since it may take us years to find a new hospitable planet to reside, isn’t it time to take care of our current planet?

Stop sipping through your plastic straw now, choose earth instead.

**Nosh News @ Meru Valley Resort with SeeFoon****New Gourmet Delight**

As the holiday seasons approach, a refreshing new set lunch menu has been launched at Meru Valley Resort Dome Restaurant.

Set menu starts from RM26.50 and includes a starter, main course and dessert. Diners can choose from four set lunch menu options, from the Grilled Angus Beef and Dorper Lamb Rack, Savoury Seafood Potpie, Creamy Spinach Shrimp Pasta and Northern “Ayam Percik”, paired with soup or salad of the day and completed with a sweet dessert.

The à la carte menu is refreshingly creative and inexpensive, with a unique mix of local favourites and innovative international dishes. Everyone is welcome to dine at the Dome, you don’t have to be a member of the golf club.

The set lunch is available from October – December 2018, on Tuesdays – Sundays from 12pm – 3pm. To make your reservation call Dome Restaurant on **05 529 3358**.

Grilled Angus Beef and
Dorper Lamb Rack

Savoury Seafood Pot Pie



Northern 'Ayam Percik'



Creamy Spinach Shrimp Pasta

Upcoming Event

PCCCI Talk: Understanding Grants and Incentives



Perak Chinese Chamber of Commerce and Industry (PCCCI) will be organising a talk on Saturday, November 17 in PCCCI Pak Khuan Hall, No. 35-37, 3rd Floor, Jalan Tun Sambanthan, 30000 Ipoh.

The talk will be on the understanding of the facilities like grants and incentives available under MITI, MIDA, MATRADE, SME CORP, SME BANK, MIDF, MPC and INVEST PERAK.

PCCCI president, Dato' Liew Sew Yee said the talk is to enable members and business community to understand and to check the eligibility of their firm in applying for grants and facilities. It also gives them the opportunity to understand the guidelines and procedure as well as the services available.

Sayed Shariffuddin Bin Sayed Shamshuddin, Chief Executive of Invest Perak, explained that his agency's main function is bringing investment into Perak, maximising its natural resources and using this the advantage to attract more foreign investors.

For all members of Perak Chinese Chamber of Commerce and Industry, Dewan Perniagaan dan Perindustrian Melayu Perak, Perak Indian Chamber of Commerce, Malaysian International Chamber of Commerce & Industry (Perak Branch) and Federation of Malaysian Manufacturers (FMM), the first participant will be free while additional participants will be charged a registration fee of RM25 per pax. Non-members will be charged RM50 per pax and with the medium in English and Malay. Besides that, refreshment and lunch will be provided to all participants. **Closing date by Wednesday, November 14.**

Any enquiries, please contact PCCCI Secretariat Foong Sok Wah at 05 242 1366 or email: pkcchem@gmail.com.

Tourism

Perak Fun Drive

Perak Tourism Association (PTA), in collaboration with the Malaysian Association of Hotels (MAH) Perak Chapter, organised a two-day-one-night fun drive from Ipoh to Lumut in mid-October. The objective was to promote tourism in Perak.

Association President, Datuk Hj Mohd Odzman bin Abdul Kadir said that tourism was one of the economic pillars of Perak. Therefore, PTA was committed in supporting the state government's effort in enhancing the tourism industry.

Thus the "Get to Know Perak Fun Drive" served as a platform to highlight the yet unexplored-driving tours in Perak. After all, according to a Nielsen Global Survey of Automotive Demand in 2014, car ownership in Malaysia is one of the world's highest at 93 per cent.

"Perak has one of the best road networks in the country. Most tourist destinations are road-connected; visitors are able to drive to Perak with ease from all parts of the peninsula. In addition, there are two other entry points from the north coming from Bentong, Thailand to Pengkalan Hulu, and from the east from Cameron Highlands to Simpang Pulai," said Odzman.

MAH Perak Chapter Chairperson, Maggie Ong added, "Besides learning about new tourist destinations, we rediscovered older attractions. Personally, I am delighted to be reacquainted with interesting tourism products along the route, as I've been too used to



Wellness

By SeeFoon Chan-Koppen

FAST way to deal with Stroke

The acronym FAST is a good reminder of what you should do if you think someone is having a stroke.

F – is for face. Ask the person to smile and see if their face droops.

A – is for arm. Have the person lift both of their arms to see if one drifts.

S – is for speech. Check if there is slurring.

T – is for time. The sooner the person gets to hospital, the better.

According to Dr. Ang Chong Lip, there is a **four and half hour** window of time for a patient to get to the hospital and receive immediate attention. After this period, the chances of full recovery are much slimmer, though not impossible.

Dr. Ang, who is the Consultant Neurologist and Specialist in Internal Medicine at Pantai Hospital, Ipoh was emphatic about recognising the symptoms and paying heed to the time factor.

Once in hospital, a CT scan will determine whether it's an

- **Ischemic Stroke** (Clots) which occurs as a result of an obstruction within a blood vessel supplying blood to the brain.

- **Hemorrhagic stroke** (Bleeds) which occurs when a weakened blood vessel ruptures.

- **TIA (Transient Ischemic Attack)** TIA (transient ischemic attack) is caused by a temporary clot which is called a warning or a mini stroke.

Of these 3, Ischemic strokes account for over 87% of all stroke cases. If no contraindications are present anti clotting medication will begin through intravenous means. Hemorrhagic strokes may require surgery and that is when a Neurosurgeon steps in.

As to the causes of strokes, Dr. Ang says they are multifactorial, including Hypertension or high blood pressure, high cholesterol, diabetes, poor diet, smoking, obesity, artery disease and a lack of physical activity. So watching these factors and taking care with medication is essential in stroke prevention.

Dr. Ang also admonishes everyone to take more care of these possible stroke factors after the age of 40. A non invasive test is the **echocardiogram**, or "echo", which is a **scan** used to look at the heart and nearby blood vessels. It's a type of ultrasound scan, which means a small probe is used to send out high-frequency sound waves that create echoes when they bounce off different parts of the body. This is a test that is helpful to detect heart disease. Further tests using MRI (Magnetic Resonance Imaging) or MRA (Magnetic Resonance Angiography) which includes the injection of a dye, will further pinpoint actual or potential problems including **brain aneurysm** which is a bulge or ballooning in a blood vessel in the **brain** which can leak or rupture, causing bleeding into the brain (hemorrhagic stroke).

Dementia, that curse of senior citizens, may sometimes be caused by a series of small strokes which often go undetected. If early intervention begins, major dementia may be avoided, Dr. Ang added.

Dr. Ang who is an Ipoh boy, has been three years in Pantai Hospital, having received his MBBS in India, his MRCP from UK and made a Fellow in Neurology in Malaysia. He spent a year in Australia working on Stroke Management and is currently very keen on spreading the message about speed in Stroke management.

"You can lose 1.9 million neurons for every minute lost in getting to the hospital. That's how important the time factor is" he stressed.

**Ang Specialist Clinic
Neurology & Internal Medicine**

G-09 Pantai Hospital Ipoh
126 Jalan Tambun, 31400 Ipoh, Perak
Tel: +605 540 5555 Direct: +605 540 0384



DR. ANG CHONG LIP
CONSULTANT NEUROLOGIST
& PHYSICIAN
MBBS (IND), MRCP (UK)
Fellow in Neurology (Mal)
Stroke (AUST)



plying the North-South Expressway over the years."

Participation in "Get to Know Perak Fun Drive" was by invitation only with representation from the hospitality and tourism industries, as well as state government officials and members of the press.

The convoy consisted of four superbikes and 36 cars, totalling 160 participants in all. The two-day event, commencing Monday, October 15 and ending Tuesday, October 16, covered Ipoh, Kuala Kangsar, Taiping, Lumut and Pangkor.

Feedback from stakeholders and data gleaned from the event will be annotated in a report for reference by the state government in relation to the underdeveloped driving tour sector.

Rosli Mansor

Psychological Wellness

7 Things Not Helpful To Say To People With Depression – Part 1

Major Depression is a severe medical condition that negatively affects the way we think, feel, and act. Effective treatment of depression includes good social support. Despite with good intention, we sometimes say things that are unhelpful or may worsen a person's depression:

1. Don't be lazy; you're wasting your time!

WHY NOT? Feeling tired all the time and loss of interest in activities are common symptoms of depression. "Lazy" implies that the person is making it up. Say: It must be very frustrating feeling tired and moody all the time.

2. Nothing is impossible; think positive and be strong.

WHY NOT? Having Depression is an illness, not a weakness. Many great people in the world had depression. Say: I'm sure it's tough going through all the difficulties. Maybe you're too strong for too long, and it's time for more self-compassion.

3. Be grateful; many people have a worse experience.

WHY NOT? This response may be invalidating the emotional pain of a depressed person. They may think, "Yes, I'm ungrateful. People can move on, but I can't. I'm a burden to others." Say: It's unfortunate that many bad things had happened to you. Thank you for sharing your experience. We'll see what we can do to help you.

4. It's a result of your bad karma or sin; do more good and let go-lah!

WHY NOT? We may worsen guilt, shame, and worthless feeling which are common in depression. Say: Bad things sometimes do happen in life and nobody knows why. It happened to me (share your experience). It's painful. Let's try to move on together.

5. How long more do you want to be depressed?

WHY NOT? Being depressed is not a deliberate choice. People with depression are often victims of abuse and discrimination. Say: Wow, you've been struggling for so long. Well done for not giving up. Let me know if there's anything that I can support. We care for you.



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

Arts and Culture

Rentak Tari 2018

Taiping Community College, Department for Culture and Arts Perak and People of Remarkable Talent (PORT) collaborated to revive Malay traditional dances during an event held at the department's auditorium on Wednesday, October 10.

Department director, Wan Din Wan Muhammad, said that the programme was aimed at providing an opportunity for community colleges in the country to showcase traditional Malay dances. "This is the best way to preserve Malay traditional heritage through the involvement of youths at tertiary education level. Our aim of acquiring new talents in this field has been fulfilled. The participants were very committed," he added.

There was a total of 19 dance groups from 15 community colleges, two universities and two polytechnics. The contest was divided into two categories – traditional and contemporary.

Teluk Intan Community College won the traditional category. Runners-up were Batu Gajah Community College and Taiping Community College. Universiti Kebangsaan Malaysia (Kolej Ibrahim Yaakob) took the contemporary category title. Runners-up were Universiti Pendidikan Sultan Idris and Universiti Kebangsaan Malaysia (Kolej Pendeta Za'Ba). Winners received cash, a trophy and a certificate each.

PORT general manager, Zamari Muhyi said that contemporary dance, which combined cultural rhythm, could go far. "Contemporary dance is normally performed abroad and it's very popular. The combination of rhythm conveys an image and a message. The younger generation will inherit our culture and help bring it to another level," he added.

Abdul Hamid, the chief judge, said the judges had difficulty in assessing the performers, as they were good.

Rosli Mansor



Business

MICCI Perak Annual Luncheon

Celebrating a 106-year milestone, The Malaysian International Chamber of Commerce and Industry (MICCI) Perak held its annual luncheon on Tuesday, October 16 at the ballroom of WEIL Hotel.

Dato' Lim Si Boon, Branch Chairman explained, "MICCI Perak has been kept occupied in 2018. The branch organised a session with MITI, MIDA, MIDF and Telekom Malaysia on Industry 4.0, the fourth and latest industrial revolution in the digitisation and automation of manufacturing process and services. Many people actually don't realise this revolution is also affecting the service sector intensively, especially on staffing such as in banks."

"Our highlight for 2018 is the formation of Joint Chambers encompassing the Chinese, Malay, Indian Chambers with MICCI and FMM to address common issues faced by the business people in Perak. The joint chambers' main task is to provide relevant, more forceful feedback to the state government on ways to further improve the economy and investment climate," Lim added.

Lim hoped that the new state and federal government can speed up the investment in infrastructure such as road, rail, sea and air access to the state, completion of the gas supply and broadband facilities.

"We would also like to work closely with the state and federal government to continue to develop skill development centre and institution of higher learning to build capacity and capability of human resource. To my understanding, there are about 63,000 undergraduates in the state and they generally tend to be very transient. They come to study here and then move on. We hope to help them stay and grow here," Lim enthused.

Present were guest of honour, Dato' Seri Ir Mohammad Nizar B Jamaluddin, the Executive Councillor for Investment, Industrial and Corridor Development; Sivanesan Achalingam, Executive Councillor for Civil Society, Consumer Affairs, National Integration, Human Resources and Health; and Dato' Gan Tack Kong, Branch Chairman of Federation of Malaysian Manufacturers (FMM) Perak.

"The state is working earnestly to bring in more investments as well as encourage our existing investors to further reinvest their business operations by reducing bureaucracy. I assure you that the new government will reduce and cut all these delays caused by red tape," Nizar highlighted.

Established in 1911, some of the chamber services include advocacy, business networks, export documentation, trade opportunities, information resources and SME mentoring. For more info, call 05 253 2233.

Mei Kuan



Property

Finalist: Best Northern Development

Meru Valley EcoVillage has been chosen as a finalist in the search for the Best Northern Development at the annual iProperty Development Excellence Awards (IDEA) 2018 organised by iProperty.com Malaysia. Running for the second year, IDEA raises the national spotlight on the property industry's most accomplished.

Set 10 minutes outside of Ipoh city centre, Meru Valley EcoVillage is pitched as a true haven of wellbeing. Set in the heart of the thriving Meru Valley championship golf course, the development features a mix of 34 single-storey villas, 48 townhouses and 84 low-rise apartments, each with their own green credentials, access to healthcare, community spaces and extensive facilities.

All the homes have been designed in keeping with environment and making life easier. The sustainable-focused village features rainwater harvesting system that recycles rain for external use; high-level windows that allow natural sunlight and ventilation; and solar heater system that saves energy. Sunscreen louvres and deep roof eaves are used to block the sun.

Meru Valley EcoVillage is a mixed development that is focused on wellness and that many already call home. The village is built on a philosophy that a place should be designed for everyone with everything one needs to live well. There is access to a wide range of wellbeing and health facilities, a medical centre with GP, specialist gym, spa rooms, hairdresser, grocery store, dining venues and 27-hole golf course and two-tier driving range on your doorstep.

On top of this, Meru Valley EcoVillage has an excellent partnership with KPJ Ipoh Specialist Hospital. The multi-skilled Meru Valley EcoVillage team, including a doctor and home nursing team, works together with GPs, nurses, physiotherapists and family members.

Residents enjoy the relaxed and safe lifestyle, open spaces, convenience of amenities and they always comment on the friendliness of the staff and the supportive community.

The integrated approach ensures they have everything they need on their doorstep while being in the tranquil surroundings of the majestic valley. Meru Valley EcoVillage is slated to be the industry's benchmark of an ecological, sustainable and liveable neighbourhood. There is still a selection of homes available, with show homes open daily from 10am to 6pm.

An independent panel of judges who are highly experienced in the disciplines of building and landscape architecture, engineering, valuation, law, topography and interior design will judge 13 categories. Winners will be revealed at a premier gala dinner on Thursday, November 15 at The Majestic Hotel, Kuala Lumpur.



Connexion

By Joachim Ng

The multi-faith Deepavali Way

Deepavali, the festival of lights, is a timely occasion to spotlight Hinduism's greatest lesson: the underlying oneness of all religions. This fundamental tenet of the religion explains why yogis cherish multi-faith diversity, seeing it as many colours of the rainbow. Colours are just wavelengths; behind every colour there is only light that can manifest as any colour.

Appreciation of diversity explains why Hindus don't go around converting others, although they are often targeted for conversion as happened to the under-aged children of Ipoh-based kindergarten teacher M. Indira Gandhi. Which colour of the rainbow is supreme? You may know the yogi's favourite prayer: "Lead me from darkness to light." The journey of truth is to find the light within all colours, and the good news of Deepavali is that the light has been found.

No, it's not Shahenshah, the lightning-fast crime-fighting superhero of Bollywood-style Deepavali. The real Deepavali is a celebration of the Eternal Way or Sanatana Dharma in Sanskrit. The word "Hindus" was coined to label the people of the Indus River in old India, and "Hinduism" was similarly a label for their religious practices. The eternal reality behind this label is "beyond names and forms" (Sanskrit: paramatman), and the natural state of every human being is to live in God or to live in communion with God.

The Eternal Way sounds very familiar to Chinese classical scholars. One of China's two indigenous religions — Taoism — doesn't have a name either. The word Taoism is just a label for classification. Taoism is simply following The Way. According to the sacred texts, The Way is "nameless and formless," and is "the origin of heaven and earth."

Christianity bids its adherents to follow "the Christ" (Hebrew: Messiah) and Christ identifies himself as "the way, the truth, and the life." In like manner, Krishna of the Bhagavad Gita describes himself allegorically as: "I am the life of all that lives." Islamic literature speaks of Abraham — the patriarch of Jews, Christians, and Muslims — as representing primordial humanity in following the ancient way of divine reality.

This divine reality is a seamless web, just as light is seamless. Whereas you can discern apparent borders separating colours of the rainbow — much as you can see big differences separating various religions — when you are fully in the light, you see no colours and no differences. You see a wholesome oneness. Light up your inner life with Deepavali today.



Community



Hospice Run 2018

Organised by the Perak Palliative Care Society (PPCS), the first ever Hospice Run 2018 was held on Sunday, October 14 at the Polo Ground. The 5km charity run was flagged off at 7am by guest of honour, Dr Lee Boon Chye, Deputy Minister of Health. Meanwhile, the state government donated RM10,000 to PPCS.

The main objective of the event was to create public awareness on palliative care.

Present were Wong May Ing, the Executive Councillor for Women and Family Development, Character Development and Social Welfare and Dr Koh Wai Keat, President of PPCS.

"For elderly care or palliative care, the state government will put in more efforts to train more medical helpers or professional carers in the coming five years because at the moment Perak has the second highest elderly population in Malaysia. Two years later, Malaysia will also be named an aging nation," Wong May Ing explained.

"Cancer is one of the top four killers in Malaysia and it has devastating effects for the family. In Ministry of Health, we are focusing on prevention and treatment. The overall treatment of cancer patients involves palliative care. Thus we are supporting PPCS in their efforts to promote awareness in this field. In palliative care, we are not just emphasizing on comfort and pain relief, it also provides psychological social support," Dr Lee highlighted.

"At the moment, we are located at Jalan Sultan Azlan Shah. Our running costs per month are about RM60,000. We are relocating as the state government has kindly allocated another bigger land along the same road for us to have our new purpose-built building which is estimated to cost approximately RM1 million," Dr Koh Wai Keat told Ipoh Echo.

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

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.

Mei Kuan

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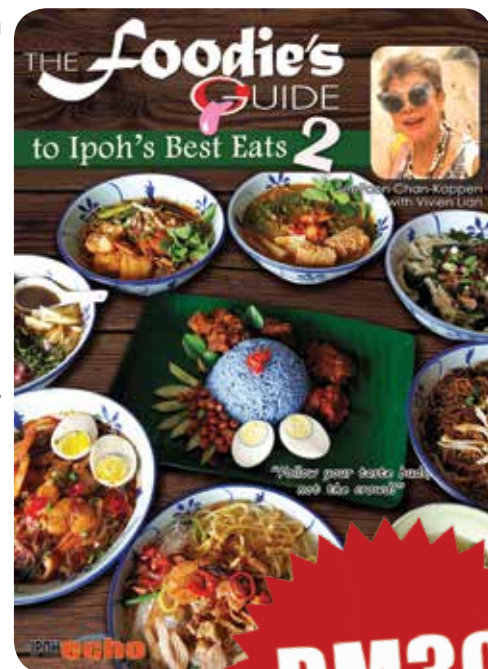
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News

Visit by Indonesian Media

Some 40 media practitioners from the Indonesian Journalist Association of North Sumatra visited Perak recently. The October 18 and 19 event was to reciprocate the trip made by members of the Perak State Welfare and Sports Club to Medan in 2016.

Club President, Rosli Mansor Ahmad Razali said that the visit by the Indonesian journalists would help strengthen the relationship between both countries besides promoting tourism.

"They're captivated by the natural environment and the local and traditional dishes available. We agreed to set up a joint-charity fund, with the co-operation of the Malaysian Malay Contractors Association, to help victims of natural disasters," he told Ipoh Echo. He said so in view of the recent earthquakes in Sulawesi which had claimed several lives.

The 19 Indonesian media agencies who made up the entourage were Harian Analisa, Harian Mimbar Umum, Harian Waspada, Harian Koran Medan, Komisi Infomasi Publik, Harian Medan Post and Minggu Gebrak.

Also present were Republik Indonesia, Harian Medan Bisnis, Harian Berita Sore, Televisi Republik Indonesia, Radio Sonya, MNC Group (RCTI, etc.), Harian Sumut Pos, Harian Realitas, Harian Andalas, GoSumut.com and Harian Sinar Indonesia Baru.



A memorandum of understanding (MoU) was signed by both parties during an earlier visit to Medan. The MoU encompassed the promotion of tourism locations in both countries and news sharing.

The Indonesian delegation was brought to Movie Animation Park Studio (MAPS), mini craft centre at Terminal Amanjaya and Sultan Azlan Shah Roundabout in Meru. The visitors were served bubur anak lebah (porridge with rice grains resembling little bees), rendang tok (fried dried beef curry) and madu kelulut (stingless bee honey).

The finale was a friendly futsal match between guests and hosts. It ended in a hard-fought draw.

Rosli Mansor

70 Years of Volunteerism

Inner Wheel Club (IWC) of Ipoh celebrated its 70th anniversary on Saturday, October 6 at Excelsior Hotel, Ipoh. Nearly 300 guests attended the auspicious event. Club members came Kuala Lumpur, Seremban and Penang.

The celebration started off by the lighting of candles and reciting of the "Candle of Friendship". "We're all superwomen who wake up early in the morning to prepare our family and then rush to work. We're tireless and capable. Now, let's double our efforts and help even more people. I'm glad that this club is continuing its long legacy of extending meaningful help to the less fortunate and providing, both monetary and non-monetary support to the needy," said Dr Nomee Ashikin Mohammed Radzi, the Perak Menteri Besar's wife.

"Such spirit of volunteerism is so greatly needed to ensure the well-being of our communities and inculcate the spirit of giving back to society. In fact, volunteerism should be given greater recognition in our society and to be promoted as virtues, especially among the younger generation," she added.

Past presidents of the club received a token of appreciation each. While the guests dined they were entertained with music, songs and dances performed by IWC of Taiping and IWC of Ioras, Ipoh.

The Inner Wheel movement began on November 15, 1923, in Manchester, England, when a meeting of a group of ladies, prompted by their Rotarian husbands, was held at Herriots Baths.

The Ipoh's Inner Wheel Club was formed in 1948, the first in Malaya. The club aims to promote true friendship, encourage the ideals of personal service and foster international understanding.



Qistina Izfarina

McDonald's In The Hospital



McDonald's Gunung Rapat, together with Ronald McDonald House Charities, celebrated Children's Day with 35 young ones and their parents at the children's ward of Pantai Hospital Ipoh (PHI) on Wednesday, October 17.

The community social work was supported by four other outlets namely, McDonald's Jalan Gopeng, McDonald's Klebang, McDonald's Jalan Sultan Azlan Shah and McDonald's Meru.

Staff from McDonald's decorated the playroom, played games with the kids, prepared Happy Meals and gave away goody bags and prizes. Besides a cake cutting ceremony, there was a special appearance by Hamburglar, a character from McDonaldland.

Present was Rajpal Singh, director of nursing of PHI.

Mei Kuan



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Community

Removing Stigma of Mental Illness

Rotary Club of Greentown and Hospital Bahagia Ulu Kinta jointly organised a 25km World Mental Health Day commemorative walk on Wednesday, October 10 in order to educate society and reduce the instances of stigmatizing views about mental illness.

Flagged off at MBI Square, there were participants of all ages from Rotary Club of Greentown, Federal Reserve Unit, Fire and Rescue Department, Malaysia Road Transport Department, Royal Malaysian Customs Department, Quest University, Hospital Bahagia Ulu Kinta and Perak Society for the Promotion of Mental Health.

Present were Dr Baskaran Gobala Krishnan, Rotary's District Governor 3300, Dr Sumeeta Dhanoa, President of Rotary Club of Greentown and Dr Norhayati Nordin, the Director of Hospital Bahagia Ulu Kinta.

"We started with 75 participants and I believe we have more than 60 who completed the 25km walk. It was not easy especially the last 5km but we pulled through and encouraged one another," Dr Sumeeta explained.



"I hope we can do more joint activities like this with other NGOs. Today in the month of October marks World Mental Health Day and it runs on the theme of 'Young People and Mental Health in a Changing World'" Dr Norhayati said.

The morning concluded with a certificate presentation and palm print ceremony at the grounds of Hospital Bahagia Ulu Kinta.

Mei Kuan

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Nostalgia

by Ian Anderson

Missing Memorials – Malaysians Have Short Memories

The 11th day of the 11th month, Remembrance Day, is known throughout the Commonwealth of Nations as Poppy Day. It is the day when we remember those that died in the Great War (1914-1918) and all subsequent wars. The occasion is generally marked in Kuala Lumpur by a joint British/Malaysian service at the National Memorial. In Ipoh, although we have a cenotaph in the station forecourt to remember those fallen in war, we do not mark this special day. This is hardly surprising as we seem to have a history of short memories and disappearing monuments, rather than honouring our dead.

Take for example the two Birch monuments: the JWW Birch Clock Tower (dedicated in 1909 and still standing) and the EW Birch Fountain. The former has suffered the loss of the bronze bust (and descriptive plate) of the first British Resident murdered in 1875. The latter, erected in 1913 by the Ipoh Chinese business community, to mark the contribution Sir Ernest Birch (British Resident 1905-1910) had made to Ipoh town, has disappeared totally.

Then, there is the cenotaph (mentioned above), dedicated in 1927, which had (at one time) three cast bronze plaques nominating this British and Indian servicemen from Ipoh who lost their lives defending freedom. These plates disappeared sometime in the 1970s leaving the four sides of the cenotaph completely blank. Some 25 years later, thanks to a retired police officer, one of the plates was found in a government store and replaced. The remaining sides of the memorial now have simple, modern plastic plates without names of those who fell.

Those British, Commonwealth and Malaysian citizens of Ipoh, who died in the Malayan Emergency, also, at one time, had their own memorial in town. It was built in 1960 to mark the official end of the Emergency and known as the "Emergency Memorial Park". It sported a Bunga Raya fountain, a plaque and associated landscaping. Sadly, it simply disappeared without trace when the State Mosque car park was extended! It seems Ipoh does not wish to remember those who gave their lives to save us from communism. The photograph is from a postcard that reads "This lovely popular park located in the town of Ipoh just after the 'Merdeka' - independence of Malaya, is considered to be one of the best beauty spots in the Federation of Malaya, will not fail to attract throngs of people living in the town." Huh!

Next, the General Hospital. At one time there was a memorial plate on the wall



JWW Birch bust



Ipoh Hospital memorial plate



EW Birch fountain

of the Ipoh hospital with names of the medical staff of Perak that died as a result of enemy action 1941-1945. It included four British doctors and 11 other British and Malaysian medical staff. No trace can be found of it today. Perhaps one of our readers can throw some light on its whereabouts.

Similarly, the Batu Gajah Hospital also had a memorial plaque mounted on the old heritage building. It was last seen in a store there in 1995. Recent enquiries at the hospital have provided no clues as to its whereabouts although they have promised to search for it. This particular memorial was dedicated to the memory of six of the staff, five of which were British ladies drowned at sea in an attempt to escape from the Japanese invaders. This plaque has recently raised the interest of the Malayan Volunteers Group (MVG) in UK. This group developed from an informal gathering of a few British Malaysians who were Volunteer Veterans. As their numbers gradually decreased over the years, the tradition was carried on by their children and families. At their last meeting questions were raised about the location of this memorial plaque. Again, can anyone help us locate it and have it reinstalled in its rightful place?

Henry Waxman (Politician, Strategist and Orator) summed up Ipoh perfectly when he said:

"Memorials become relics if they do not stir our modern conscience."

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LETTERS

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Travel in Comfort by KTM

On October 5, myself, wife and two grandchildren boarded the KTM (ETS 9029) from Ipoh Railway Station and arrived at Central Kuala Lumpur. Our mission was to attend a close relative's wedding dinner in Segambut, Kuala Lumpur.

Our journey by KTM to KL was so pleasant without any hitch. Right at the beginning – from the clerks at Ipoh Railway Station to the officials on this train were polite and they discharged their duties very well.

The numbered seats were very comfortable and as the train was about to reach the next station, clear announcements were made by the officials on the train. Everything is so systematic and punctual. Passengers moved about in the train without any hassle. Toilet facilities are also good.

On our return journey back to Ipoh on October 7 (ETS 9024) was also a pleasant one. There was no delay at all and the train arrived/departed according to schedule.

We are thankful to KTM for their prompt service to the general public and we look forward of travelling again in KTM.

K. Letchimanan

Matters of Life and Death

Dr Tan Chin Yong's erudite letter ('The Emptiness of All Matter') would turn up just a couple of weeks after my barrister friend passed on with an eulogy in Issue 290.

The timeless realities Dr Tan wrote about, put into perspective such intensely personal events as birth and death: and suggest that our lives, however dramatic or otherwise, are but mere blips in that miraculous, mysterious continuum we call the universe.

Strangely enough, Sivapragasam's passing was the eleventh in this year's list of friends who decided to have nothing more to do with me, and which happened at approximately monthly intervals beginning early January.

Some were members of the Catholic church, and at least two living ones were once upset at my oblique references to death and dying.

One exclaimed "Choy" (a Chinese expletive) when I remarked that a poster on an online forum suggested that meditation could be a preparation for death.

Another claimed that I had upset her by sending a message in gratitude, "Thx & may you be rewarded in heaven" or words along that line.

And this in spite of the Christian message of the "resurrection" of the body into a spiritual one.

But to cut to the chase as my friend, trained screenplay writer Charmalee S might say ...

I wonder if there may be some brave souls of Dr Tan's ilk in Ipoh who might be keen to discuss, on an irregular basis and in the flesh, the mysteries of life and death at a local venue or two that have been called "Death Cafes" worldwide.

Peter Wang

How to Prevent Corruption Even in an Open Competitive Tender?

After careful thinking, I regretted that I have posted my article to criticise the Pakatan Harapan government for terminating the MRT contracts undertaken by MMC Gamuda Joint venture. The value of the two contracts are RM8.2 billion and RM15.47 billion.

A few months before I posted the above article, I wrote and posted my article namely "Follow the World Bank's Guidelines in calling open tender to prevent corruption". If the previous BN government wanted to accept bribes, the World Bank's guidelines could not prevent corruption.

When any contract is worth several billion Ringgit, the contractor can spare several hundreds of RM millions to bribe the officials who have the power to award the contract.

Here are seven ways to prevent corruption:

1. The Pakatan Harapan Prime Minister Tun Dr Mahathir must appoint honest ministers who must appoint honest people on the tender board to valuate tenders and the minister in charge must always supervise the tender process to prevent corruption.
2. Split the whole project into smaller contracts, so that more contractors can qualify to tender. If only a few contractors are invited to tender, it is easier for the few contractors to collude or come to a secret understanding.
3. The Minister must not allow the official in charge to invite a few of his 'kaki' or friends to tender. Always publish in the newspapers to invite contractors to prequalify to submit tender.
4. If all the contractors are prequalified to tender, only the cheapest tender should be given the contract.
5. All tenders must be open and publish the prices of each contractor to show that the cheapest contractor is awarded the contract.
6. Never allow the official to invite contractors to submit their proposals for any project because each contractor would have his own proposal. The tender committee cannot compare the price of an apple with a pineapple.
7. Always appoint an engineering consultant who has the necessary knowledge and experience in this type of project to put up the design and specifications for all the prequalified contractors to tender. If all the contractors are prequalified, the cheapest contract should be given the contract.

Remember honesty is the best policy.

Koon Yew Yin



iSpeak

By A. Jeyaraj

Perak – What is in Store for the Future?

Whenever I go the 'mamak' restaurant near my house, the owner confronts me saying that he does not see any change with the new government taking over and that my writing is not forceful. Many others have also complained that nothing seems to be happening in Perak and what am I doing about it. I inform them that all the media can do is highlight problems and raise issues. It is up to the party concerned to take action. The media has no other authority than to write.

Iphites are becoming impatient because very little is being said about what is happening in Perak. Most of the ideas coming out of the PH government are not new.

Selling water is not new and when Tan Sri Tajol Rosli was Menteri Besar the sale of water to other states was raised, but the public was not in favour and the idea was dropped. The new international airport was in BN's manifesto. The previous government was already in the process of building a new sea port. BN government had already prepared a blueprint for the mining industry.

The only new idea is the brainchild of our MB Ahmad Faizal Azumu to sell his official residence which the public are not happy about. In fact columnist Mariam Mokhtar had written an article "The MB's House is not for sale" in Ipoh Echo (issue 287, August 16-31).

The so called 100 day honeymoon period is over, but Perak PH have not set any specific targets to be achieved. The people who voted for change want to know what the plans are for the future of the state.

A couple of years ago, the keynote address by Professor Emeritus Dr Zakariah Abdul Razak, Malaysian Institute of Economic Research at the 3rd IDR Annual Research Seminar, was on "Can Perak State Achieve High Income Economy by 2020".

Dr Zakariah explained that the criteria to be accepted as High Income Economy is that per capita income must be USD15,000 (RM60,000). In 2014, the average monthly household income for Malaysia was RM6141 and that for Perak was RM4268, which is 30% below national average. In fact only four states exceeded the national average and were responsible for the high figure. Perak is number two from the bottom, just above Kelantan.

The highlight of the event was the launching of a Data Bank by Datuk Mohammad Zahir Abdul Khalid, Chairman, Perak Industries, Investment and Corridor Development. Dr Mazalan Kamis, CEO, Institut Darul Ridzuan said that this is an interactive database and users can compare the position of Perak against other states online. There was a demonstration on comparison of Perak to Selangor. In the sixties they were on par, but eventually Selangor shot up. The programme was on trial then and I am not sure whether it is available for the public to use now.

Former Menteri Besar Dato' Seri DiRaja Dr Zambry Abd Kadir Zambry came to know of the study a few months later and disagreed with the findings saying that the calculations were flawed. It is up to PH government to say where Perak actually stands compared to other states.

In July, MB established the State Economic Advisory Council (SEAC) as part of aggressive efforts to attract investments to the state. This should have been done earlier. How long will it take for this council to submit its report? Will it be made public or only for the eyes of MB.

After attending a fundraising dinner at YMCA in August, reader Judy Lam wrote in Ipoh Echo "In his address YB Nga Kor Ming mentioned his belief that Ipoh/Perak's future lies in tourism and not industry as Ipoh lacks the necessary infrastructure.

The glaring question would then be: Why does Perak lack the necessary infrastructure that has enabled Penang to be a giant in industry thus generating jobs for Penangites?

Ipoh is renowned for its excellent food and voted by booking.com as THE place to sample local delights.

But relying on tourism alone is just lazy. Pakatan Harapan needs to do better for Perak". Her remarks are valid.

In the fifties when the country was agriculture based, Ipoh was industrialised and workshops served the needs of the mining industry. There were many workshops; they are still in business and most of them are along Jalan Lahat. They should be transformed into successful SMIs.

Former MB Zambry used to say that Perak is sandwiched between two of the most industrialised states of Penang and Selangor and is difficult to get investors to come to Perak. He organised the Pangkor Dialogue forum and invited businessmen from all over the world to come to Ipoh and see for themselves what the state can offer. Lots of money and time was spent, but it was not successful. I cannot say the BN government did nothing. It has come up with many plans such as:

- Perak State Government 5-Year Development Plan – 11th Malaysia Plan (2016 to 2020)
- Perak State Draft Structural Plan 2040
- The Northern Corridor Implementation Authority (NCIA) specific development plans for Perak under the Northern Corridor Economic Region (NCER) Development Blueprint 2016-2025 (Blueprint 2.0) yesterday.
- Southern Development Corridor 2017-2037.

Instead of re-inventing the wheel, if the plans proposed by the previous government are feasible, then PH government must study and implement them.

Once upon a time Perak was the richest state and now it is one of the poorest. It may not be possible to regain that position, but we must strive to be in the top half. PH government must prove that they can regain the lost glory of Perak.

There is a saying in Tamil "The jasmine in another's garden would also be fragrant."

Regardless from whom the ideas come, implement them if they can bring progress to the state. Let us not "throw out the baby with the bathwater".

Upcoming Events

Synopsis: "Being Different, Being Loved"

Matilda (premiere 2010)

Matilda is a bright little girl who is very eager to learn. Her insensitive parents send her to a school run by Miss Trunchbull, a cruel authoritarian who loathes children. Matilda befriends her school teacher, Miss Honey. This musical adapted by Dennis Kelly with music and lyrics by Tim Minchin centres on Matilda, a precocious girl with the gift of telekinesis, who loves reading. Matilda overcomes obstacles caused by her family and school, and helps her teacher reclaim her life. The main idea of Matilda is that even if you are smaller or younger, if you set your mind to it you can achieve anything. Finally, even though she was different from other children, she found someone who loves her.

Wicked (premiere 2003)

Wicked, written by Winnie Holzman, music and lyrics by Stephen Schwartz tells the story of two unlikely friends, Elphaba, the Wicked Witch of the West and Glinda the Good Witch. They were so different but they each just wanted to be loved. It is a story of their friendship.

Five things to learn from Wicked:

1. Never judge from face value. The green-faced Elphaba was good while the great wizard was a fake.
2. Friendship stands the test of time. (Elphaba and Glinda)
3. Always help the lowly and outcast.
4. Good deeds may not always be rewarded, but do them because "no good deed goes unpunished".
5. Keep getting up even if you fall, and you might just "defy gravity".



Date: 24 & 25 November 2018 (Sat. & Sun.)
Time: 4pm & 8pm
Venue: Jabatan Kebudayaan & Kesenian Negara Perak, Jalan Caldwell, 30350 Ipoh.
Contact: 012 588 2313

Fashion For A Good Cause

Running on the theme "Even Bigger", the International Ipoh Fashion Week 2018 (IIFW '18) will be held from November 9 to 11 to showcase Malaysian-based fashion talents globally and welcoming the world to the wonders of Perak.

IIFW '18 serves as a platform to generate funds for the benefit of the neonatal intensive care unit of the General Hospital. With the aim of saving tiny babies, table tickets for the opening charity gala dinner on Friday, November 9 at 7pm at Syeun Hotel is priced at RM3000, RM2000 and RM1500 nett per table.

Besides Malaysia, the homegrown event will also feature fashion labels from China, India, Singapore, US and Nepal. Vic Teo, Ipoh-born international artist and music producer based in Taiwan, is slated to perform.

The second night from 7pm will see a display of Islamic fashion, modern cultural fashion (ready-to-wear) and avant-garde hair trends. Tickets for runway show on Saturday, November 10 at Syeun Hotel is priced at RM30 each.

As for the closing ceremony at Lost World of Tambun on Sunday, November 11 at 7pm, it is strictly by invitation. Accompanied by flaming percussion, there will

be a unique closing runway of pret-a-porter (ready-to-wear), hairdo show, sports accessories, safari and resort theme wear.

"This year we have 30 female models and five male models who will be parading at the IIFW. We are proud to have on board Dr Nomee Ashikin, wife of Menteri Besar, who happens to be the advisor for IIFW. We thank her for all the support. Part of the proceeds for this year's event is channelled to general hospital's neonatal unit. Last year, it was channelled to the paediatric cancer unit," explained Louis Sebastian, Founder and CEO of IIFW during a press conference held on Monday, October 22 at Lost World of Tambun.

Present was Tan Kar Hing, Executive Councillor for Tourism, Arts and Culture. "The state government is giving full support for IIFW. This is a wonderful programme and I hope it can bring more tourists to Ipoh and Perak," Tan stated.

IIFW '18 is open for sponsorship, marketing opportunity and donors. For booking and enquiry, please contact 012 386 9265 / 012 508 1969 or email to iifw.perak@gmail.com.

Mei Kuan



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Hawker Food

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Where else do you go for Ikan Bakar/Grilled Fish? This is the place that registers in our mind when we want something flavourful, sour, spicy, but not heavy. Their 'asam sambal' will ignite your burning desire. Good for the rainy season, better with a pint of beer.

Aneka Selera Restaurant Kam Wan (left corner shop)
 87 Lengkok Canning, Taman Canning, 31400 Ipoh.
 4°36'39.8"N 101°06'35.6"E
 5.30pm-11pm



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Sport

Meru Valley Resort Club Championship

Meru Valley Resort's 25th annual club championship saw two thrilling days of golfing prowess on October 13 and 14 with a total of 45 players squaring-off, all vying for the coveted crowns of Club Champion.

On the well-manicured course, the championship teed-off spectacularly with a field of five ladies and 40 of men going head to head in their respective tournament's category in pursuit of coveted top spots in one of the most anticipated events on the club's golfing calendar.

The electrifying event saw Tan Chee Kean, handicap 1, seize the Men Club Champion title by a 154-shot victory over Teh Chew Choong in the Men's Category after repeatedly played three rounds at hole 18 to determine the winner. Meanwhile, the ladies' crown was successfully defended by Sally Choo, handicap 10, who effectively kept up her momentum and continued her winning streak two years running with a total score of 177 over Tomoko Ikawa, score of 189. All the players rose splendidly to the occasion in displaying some impressive golf skills.

A prize presentation ceremony with lunch at the Dome Restaurant of the clubhouse concluded the day. Both club champs were presented with a customary challenge trophy together with other prizes by Shaifuzan Bahari bin Shamsul Bahari, CEO of Meru Valley Resort and Edwin Tan, Executive Director of Operations Meru Valley Resort.



A Record Abseiling Event

Some 176 participants of JomBEDS 2.0, an extreme sports programme, abseiled down the 18-metre high Victoria Bridge in Karai on October 13 and 14. And in the process created a record, of sorts.

JomBEDS 2.0 was organised by Ventrex Outdoor Recreation in collaboration with the Menteri Besar's Office, Malaysian Association Youth Club Perak and Persatuan Mendaki Perak.

State assemblyman for Jalong, Loh Sze Yee who was present to officiate the programme, got to experience the flying fox activity firsthand.

The youngest participant, Aiman Harith Sulaiman, 8, was never afraid when he descended the Victoria Bridge across Perak River. Aiman is an extreme sports enthusiast and has kayaked, biked and hiked mountains with his parents. Aiman was accompanied by his father, Sulaiman Ahmad, for this activity.

JomBEDS 2.0 was given due recognition by the Malaysia Book of Records for having the largest number of participants.

Edwin Yeoh, the Malaysia Book of Records director, presented the certificate of recognition to Ventrex Outdoor Recreation programme director, Mohd Fadly Md Noor.

Fadly expressed his gratitude to all the participants for making the event a reality. "The response was overwhelming and unexpected. Obviously, the youths have passion for extreme sports but they just don't have a platform," he said.

The programme continued the following day with the public trying out abseiling for themselves. Azhar Kassim, 54, from Taiping were among the first to abseil. "This is a good platform for those who love extreme sports. It helps build one's mental and physical strength. I hope the event will be held more often," he added.

Luqman Hakim

Friendly Tennis Match

Perak Turf Club (PTC@YMCA) hosted its first friendly match recently at home ground against Royal Perak Golf Club (RPGC). Helming the PTC team was captain, Dr Yee Meng Kheong and leading the RPGC team was Tan Sri Lee Oi Hian.

Both teams battled it out for tennis supremacy on the new Moses Tay Tennis Arena which was named in honour of the former Malaysian Davis Cupper. Dato' Daniel Tay, president of YMCA Ipoh, who was instrumental in the relocation of PTC tennis courts to the current premises at YMCA, was also part of PTC team.

In the end, PTC emerged victorious winning seven out of nine games played. The night continued with dinner at the YMCA restaurant together with members of YMCA committee. Members of PTC expressed their gratitude to Dato' Daniel Tay and the board of directors at YMCA for their kind and continuous generosity to PTC.



Federal Territory Wins SOPMA 2018

Federal Territory emerged as the winner of the 20th SOPMA (Sukan Orang Pekak Malaysia) Perak 2018 that was held recently for three days starting from October 15.

Federal Territory who was also the 19th SOPMA champion bagged seven gold medals, 11 silver and 5 bronze leaving Sabah in second with 6 gold, 7 silver and 8 bronze followed by Sarawak with 6 gold, 6 silver and 2 bronze.

Host Perak won 10th placing thanks to two gold medals through men's and women's futsal events. During the SOPMA closing ceremony held at the Sultan Azlan Shah Ministry of Health Malaysia Training Institute in Ulu Kinta, Menteri Besar Perak Advisor, Dato' Zainol Fadzi Paharudin congratulated SOPMA for setting new SOPMA records.

"Through the 20th SOPMA, we have found many new potential athletes as well as many new records made in this tournament. Congratulations to everyone who has participated in this tournament!" said Zainol.

Terengganu high jump athletes Nor Shahdan Muhamad and Nora Faezah Abdullah were announced as the sportsman and sportswoman of the 20th SOPMA. Also held during the ceremony was the handing over of the SOMPA flag to Johor as the host of the next championship.

Ili Aqilah

HAPPENINGS

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

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ARTS & CULTURE

BALLET: 'BEING DIFFERENT BEING LOVED'. NOVEMBER 24 & 25 (Saturday & Sunday), 4pm & 8pm at Jabatan Kebudayaan & Kesenian Negara Perak, Jalan Caldwell, 30350 Ipoh. City Ballet, together with Soroptimist International Ipoh, presents 2 most outstanding musicals 'Matilda' and 'Wicked', a double bill fundraiser for SI Ipoh EduFun Project. For further information, call: **012 588 2313**.

IT'S CHRISTMAS ON BROADWAY! DECEMBER 8 (Saturday), 8pm at the Auditorium of St Andrew's Presbyterian Church, 47 Jalan Golf Club, 30350 Ipoh. A concert in aid of charity. Further details, contact: Stanley Tham **012 512 5629**.

COMMUNITY

TIN MINING FESTIVAL 2018 – TIN STORY. NOVEMBER 3-4 (Saturday & Sunday), 9am-5pm at Kinta Tin Mining Museum, Kampar. Guided tours, exhibitions, talks (in Chinese & English) and carnival. Free admission. For more information and registration, contact: Mr Jacky Chew **012 288 8530** or Mr Vincent Lua **017 480 3036**. For further details of the festival, log on to: www.facebook.com/kamparmuseum/.

CROSS COUNTRY RUNNING FESTIVAL. NOVEMBER 4 (Sunday), 7am to 11.30am at The Perak Turf Club. Organised by the Equestrian Centre at Perak Turf Club. All proceeds from the food fair will be donated to Noah's Ark Ipoh (NAI) and Kiko Food Bank. 'The Foodie's Guide to Ipoh's Best Eats 2' will be sold at the festival. For more information on the Ipoh Food Fair, visit the registration page: <https://www.ticket2u.com.my/event/11562> or call: Kanna **014 221 8715** or Sheila **012 512 2687**.

DEEPAVALI CULTURAL NIGHT 2018. NOVEMBER 9 (Friday), 7pm onwards at Meru Valley Clubhouse lobby. An explosive night of entertainment for family and friends to celebrate the Festival of Lights together with Greentown Indian Cultural Society. Free event. For more information, contact Golf Reception **05 529 3300**. Email: info@meruvalley.com.my. Website: meruvalley.com.my.

CERTIFICATE IN EARLY CHILDHOOD EDUCATION COURSE. NOVEMBER 12 TO DECEMBER 19, on Mondays to Fridays, from 8am-5.30pm at: Dewan Seminar, Family Wellness Club, E-2-8, Level 2, Greentown Square, Jalan Dato Seri Ahmad Said, 30450 Ipoh. Conducted by Family Wellness Club, with the cooperation of the Social Welfare Department Malaysia (JKMM) and UBS Training & Consultancy, to help overcome the acute shortage of qualified and trained child carers/home nannies. Accredited by JKMM, it will be conducted in both Malay and English. Fees: RM900. Limited places. First come first served basis. For registration, SMS/Whatsapp (only), name and MyKad number to **012 501 8325** before November 5.

SHARPENED WORD ON SOCIAL BUSINESS. NOVEMBER 17 (Saturday), 2.15pm-5pm at 22 Hale Street, 22 Jalan Tun Sambanthan, 30000 Ipoh. Guest speakers from Malaysia and Singapore explore the potential of such new business model in this millennium. More details at <https://www.facebook.com/sharpenedword.kinta/>.

THRANGU DHARMA RETREAT CENTRE – MIRACULOUS CUNDI BODHISATTVA PUJA & DINNER. NOVEMBER 24-25 at and SJK(C) Sam Chai, Jalan Shah Bandar, 31650 Ipoh. For details contact: **012 515 2601, 017 575 0755** or **012 590 3525**.

EXHIBITION: MIGHTY MORPHIN POWER RANGERS & MASKED RIDER COLLECTIONS. NOVEMBER 24 & 25 (Saturday & Sunday), 11am-8pm at Mydin Mall Meru Raya, Ipoh. More than 100 action figures and replica models on display; meet-and-greet session with cosplay characters; game demonstrations with prizes to be won; etc.

LABPARK DEEPAVALI. NOVEMBER 2-6, 7pm-11pm at LABpark, Bandar Baru Sri Klebang. Celebrate the majestic *Festival of Lights* with lanterns, art and dancing. Free entry for all ages. Contact **05 292 1333** or [facebook.com/labparkipoh](https://www.facebook.com/labparkipoh).

TIN MINING FESTIVAL 2018 – TIN STORY. NOVEMBER 3-4, 9am-5pm at Kinta Tin Mining Museum. Guided tours, exhibitions, talks and carnival. Free admission.

INTERNATIONAL IPOH FASHION WEEK. NOVEMBER 9-11 at Syeun Hotel and Lost World of Tambun. A platform to generate funds for the benefit of the Neonatal Intensive Care Unit, Hospital Raja Permaisuri Bainun Ipoh. For booking enquiry, contact: **012 386 9265** or **012 508 1969**. Email: iifw.perak@gmail.com. Facebook and Instagram: [iifwipoh](https://www.facebook.com/iifwipoh). Website: internationalipohfashionweek.com.

SANGHIKA DANA. NOVEMBER 11 commencing at 7.15am at Sukhavana Meditation Monastery, a Buddhist monastery located at Bercham, Perak, after the rains vassa. All are welcome to this auspicious event (for Non-Muslims only). For a programme of events and enquiries, contact Ong **010 383 4362**, Swee Lian **016 536 4301** or Jean **012 515 8488**.

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 earn 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 or Whatsapp us at **019 368 1096**.

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. You can also call **15999 Childline** to report bullying.

Sport

Doping Report is Untrue

Despite report of one Perak athlete being tested positive for triamcinolone acetonide, the Perak government is of the opinion that there was no element of doping involved.

"The girl trained hard for the tournament, she deferred a semester to prepare for the recent Sukma Games (Malaysian Games). To see her name and reputation tarnished is uncalled for. Therefore, it's the state government's duty to defend her good name,"

Howard Lee, Executive Councillor for Sports and Youth Development told reporters during a media conference at Impiana Hotel, Ipoh on Thursday, October 24.

Triamcinolone acetonide is classified as a S9 category glucocorticoid on the World Anti-Doping Agency (WADA) 2018 list of prohibited drugs. The alleged athlete reported her injury on September 6 and received treatment three days later on September 9 at Raja Permaisuri Bainun Hospital, Ipoh. The medical officer administered an Intra-articular Injection on the athlete's stenoicervicular joint using triamcinolone. The aim was to repair the injury and to reduce pain.



"I've spoken to her coach regarding the matter and decided not to subject her to undue stress. I'll meet up with her soon," said Howard.

According to Howard, an internal board of inquiry has been formed to look into the issue based on the anti-doping agency's report. The result on the sample taken shows a content of 30ng/ml Triamcinolone Acetonide Parent, which is within the dosage allowed.

"We're at the hearing stage, as investigation is still ongoing. Since the treatment received by the athlete is not against any anti-doping regulations, report about the judo exponent using a prohibited substance to enhance her performance is deemed untrue," Howard insisted.

Ili Aqilah

Seeking Contributions from our Readers

We are starting a new column for every issue with different topics. The topic for next issue is Fond Memories of Ipoh. Share with us your story, with photo if you have any.

Send to: editorial@ipohecho.com.my with not more than 500 words.

We reserve the right to publish only the ones we deem suitable.



Dirgahayu Tuanku



Our Heartiest Congratulations to

**Duli Yang Maha Mulia Paduka Seri Sultan Perak Darul Ridzuan
Sultan Nazrin Muizzuddin Shah
Ibni Almarhum Sultan Azlan Muhibbuddin Shah Al- Maghfur-Lah**

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**Sultan, Yang DiPertuan Dan Raja Pemerintah
Negeri Perak Darul Ridzuan**

On The Occasion Of His Royal Highness' Birthday 2018

With Utmost Sincerity From
The Board of Directors, Management & Staff
of



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